

EARLY CHILDHOOD MENTAL HEALTH

EARLY CHILDHOOD MENTAL HEALTH and behavioral health needs have been important areas of focus with our early childhood programs, particularly within the Early Intervention Program where services and supports for children with autism and social emotional delays are seen as some of the most exceptional in Colorado. Our unique focus on both child and parents/caregivers aligns with research of best practices for addressing trauma and challenging behaviors in young children. TRE has created a tiered response to support strong social emotional development in children birth to eight:

- *Prevention:* Supports that are universally effective for young children to build strong social emotional skills
- *Promotion:* Focused Supports for At-Risk Children and Families
- *Intervention:* Evidence-Based Intervention Supports for Children and Families Experiencing Challenges



Contact The Resource Exchange or your Service Coordinator to learn more about our programs or classes.



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*Partnering with people who seek support,
so they can live the lives they want to live.*



EARLY CHILDHOOD SERVICES

The Resource Exchange offers comprehensive Early Childhood Services with a variety of programs and classes for children and families. Building a healthy foundation early in life can promote a child's ability to develop, learn, and thrive.



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EARLY INTERVENTION

EARLY INTERVENTION provides developmental supports and services to children birth to three who have developmental needs or delays. TRE Early Intervention teams are geographically located throughout southern Colorado and comprise a dedicated group of physical, occupational, speech, and behavioral therapists, developmental interventionists and nutritionists. Working collaboratively with the family and caregivers, our teams develop the most effective action plans for the infants and children they serve, delivering services right in the child's home.

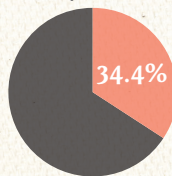
- 123 TRE Early Intervention providers
- 26 average years experience among our clinical staff
- 30% percent of children who graduate from Early Intervention need no further assistance



POWER OF PEERS

POWER OF PEERS is a play-based program where children of similar age, some with developmental delays, learn from each other in a supportive setting. This innovative program focuses on coaching to support children who receive services through TRE. Peer-to-peer learning flips our traditional model: peers become teachers and children with and without developmental delays grow from the experience.

- Children with developmental delays who participate in the Power of Peers program experience a 34.4% improvement in social-emotional skills



POSITIVE SOLUTIONS FOR FAMILIES

In partnership with The Colorado Center for Social Emotional Competence and Inclusion, POSITIVE SOLUTIONS FOR FAMILIES teaches parents about children's social and emotional skills to help them implement positive behavior. This free, research-based, eight-week program is most useful for parenting children birth to eight. It helps individuals learn how to develop social and emotional skills, understand challenging behavior, use key strategies to address that behavior, and implement positive discipline methods through these key takeaways:

- Knowledge about why children do what they do
- Ideas to improve the family dynamic
- New strategies to build an ongoing, healthy environment for children



TELE-ASL

The Resource Exchange and the Colorado School for the Deaf and the Blind offer American Sign Language (ASL) "TELE-ASL" classes for families with children birth to three interested in visual language acquisition. Communication is fundamental to development, and sign language is important to foster communication earlier, providing psychological benefits, such as enhanced confidence and self-esteem. This series of seven sessions is free to all TRE families, and is as easy as signing up and connecting via a computer or mobile device.



HANEN LANGUAGE

The Resource Exchange is proud to have certified HANEN LANGUAGE trainers in It Takes Two to Talk® – The Hanen program®. The It Takes Two to Talk® program is designed specifically for parenting young children birth to five with language delays. In a small, personalized group setting, practical strategies and everyday examples are taught to help children learn language naturally throughout their day together.

INFANT MASSAGE

The Resource Exchange is proud to have IAIM Certified INFANT MASSAGE Instructors (CIMI) lead a series of classes with personal attention. Infant massage is simple, easy to learn, and is a fun way to learn how to soothe your baby and understand your baby's non-verbal language. Research shows that when babies receive infant massage, they may sleep longer and deeper and may spend more time active and alert for learning. In addition, supportive services are also available at classes to address social and emotional needs with a licensed professional counselor.

