



Guiding Providers in Supporting the Social-Emotional Needs of Young Children during the Pandemic and Other Traumatic Events

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National Center for
**Pyramid Model
INNOVATIONS**

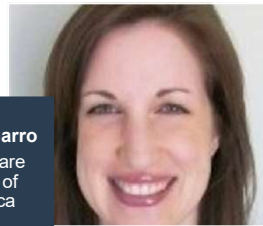
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Welcome

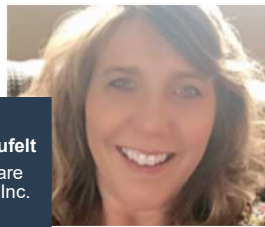
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What We Know

- Family of young children are reporting impacts on the family that result in **negative moods, poor sleep, and uncooperative behavior** (Gassman-Pines, Ananat, & Henley, 2020)
- National survey published in Pediatrics, **27%** of families report mental health declines and child problem behavior intensified. **Families of young children were most impacted** (Patrick et al., 2020)



Considerations

Children may have big emotions about coming back to school.

- How are we planning for these emotions and creating a safe space for children?

The schedules and routines of the classroom are likely to be quite different than what children experienced during virtual school.

- How to we support them to learn the routines?

Children may not have been around peers during Covid.

- What does this mean in terms of how we support them to interact with their peers?

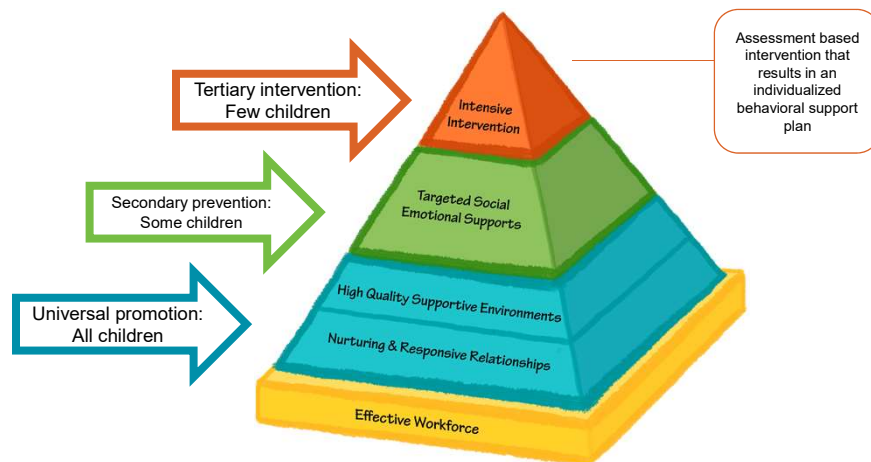


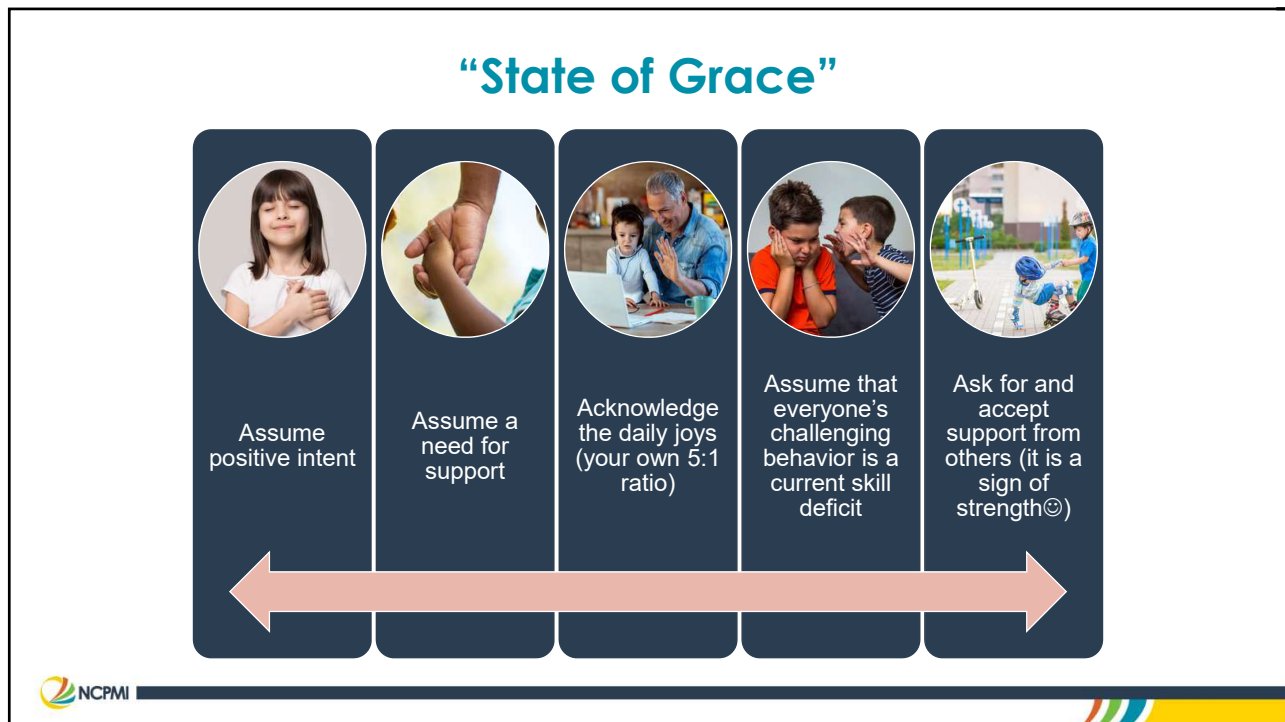
Pivotal Practices



- Establishing relationships
- Providing predictability
- Teaching social emotional skills

The Pyramid Model: Promoting Social-Emotional Competence and Addressing Challenging Behavior





Supporting the Child Care System

Nikki Garro, MPH
Director of Early Childhood Health Programs
Child Care Aware® of America

Child Care Aware® of America

Founded in 1987

Child Care Aware® of America (CCAOA) is a national membership-based nonprofit organization working to advance a high-quality, affordable child care system that supports children's growth, development, and early education.

- Work with more than 400 state and local Child Care Resource and Referral agencies nationwide.
- Advocate for child care policies that improve the lives of children and families
- Lead research that advances the child care and early learning field
- Leverage technology to help families make informed decisions about child care
- Provide professional development for child care providers.



2020-21: Our Collective Experience

- Worldwide COVID-19 pandemic
- Disruption of "routines"
- Long-term isolation
- Widespread civil unrest
- Fall 2021 – Return to and/or Start of School



Mental Health and COVID-19

- Family needs (Gonzalez et al, Harvard School of Education)
 - 66% worried about pandemic
 - 73% concerned about health
 - 69% concerned about future well-being
 - 72% concerned about balance of work/family
- Low-income families are 4x more likely than high income families to say pandemic has caused financial stress
- Mental health ED visits up by 24% among children age 5-11 (despite reduced ED visits generally) (MMRR, 2020)



Support for CCR&Rs, Providers and Families

- Addressing emotions and promoting wellness
- Self-care
- Tools to support social and emotional wellness (i.e. Pyramid Model)
- Infant and Early Childhood Mental Health Consultants



New York State Region 2 Pyramid Work

Rose Shufelt, MA, IMH-E®

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What we do:

We support social emotional development through a whole child approach that encompasses, health, mental wellness, special needs, and Pyramid Model.

Health

Registered Nurses provide free technical assistance to all potential and existing child care providers on health related topics.

Provides Medication Administration Training and serves as Health Consultant of Record.

Mental Wellness

Our mental health consultants work to create a bridge between child care programs and home. They work with directors, staff, parents, care givers, and others to provide resources and technical assistance for positive social emotional development in children.

Pyramid Model

Child Care Council Inc. is one of the NYS Pyramid Model Hubs. Through a community wide effort, we support programs with Pyramid Model implementation, including training, coaching, and technical assistance.

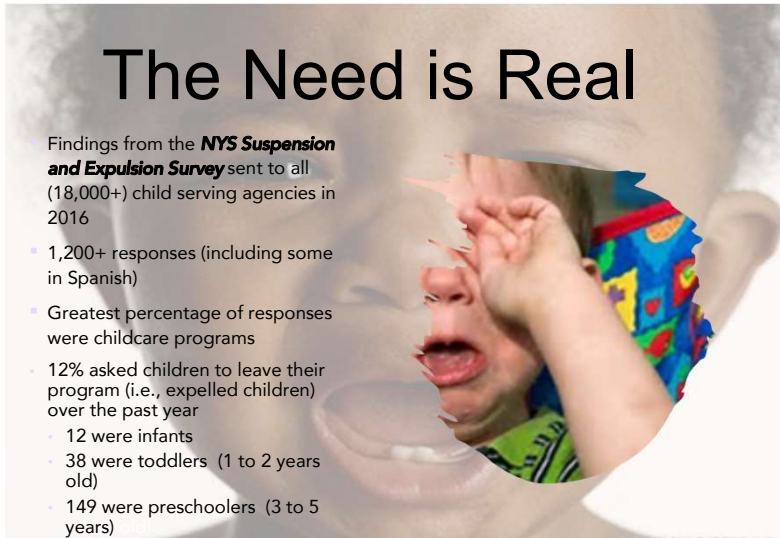
Special Needs

WE provide assistance in locating child care or other community resources for families with children with a developmental disability or developmental delay. Gives equipment loans for children with special needs.



The Need is Real

- Findings from the **NYS Suspension and Expulsion Survey** sent to all (18,000+) child serving agencies in 2016
- 1,200+ responses (including some in Spanish)
- Greatest percentage of responses were childcare programs
- 12% asked children to leave their program (i.e., expelled children) over the past year
 - 12 were infants
 - 38 were toddlers (1 to 2 years old)
 - 149 were preschoolers (3 to 5 years)



New York State Goal

Implement the
Pyramid Model
to fidelity
within
Child Serving programs

Program-Wide Implementation Guide



Revised 8/2/18
Governor: NYS Council on Children and Families
Website: <http://www.nysccf.org/child-emotional-competence>

Pyramid Model Hubs



- 5 CCRR's across NYS were chosen as "Hubs".

(Child Care Council, Rockland County, Albany, Buffalo, Chautauqua County)

Hub Responsibilities

- Create a Community-wide Leadership team
- Recruit programs for future cohorts: currently 10 Centers and HS's and 15 FCC/GFC programs in Region 2, covering 9 counties, implementing Pyramid to fidelity.
- Assist programs with readiness (All modalities)
- Hold 2-day kick-off
- Collect data, report to state and regional partners: a state data system was created in 2019)

Trauma and Pyramid Model

Pyramid Model

- Promotes social emotional development and school readiness of young children
- Effectively addresses challenging behavior through intentionally teaching SE skills
- Leadership team guides the implementation process

Trauma Informed

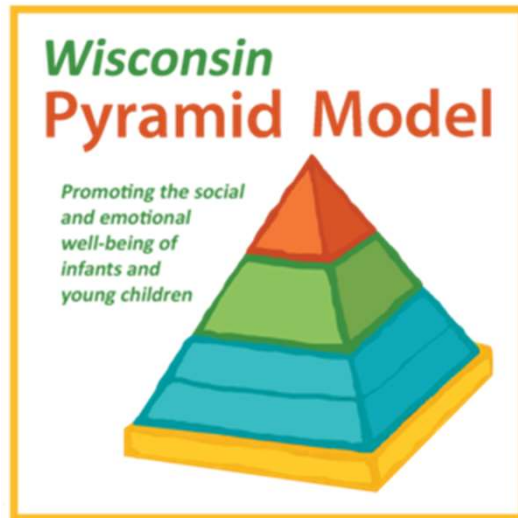
- Addresses the consequences of trauma in the individual and facilitates healing
- Realizes the widespread impact of trauma and potential paths for healing
- Recognizes the signs/symptoms of trauma
- Fully integrates knowledge about trauma into policies, procedures, practices, and settings.

Mental Health Consultation

Benefits of IECMHC

- IECMHC is an approach that is backed by evidence for:
 - Improving children's social skills
 - Reducing challenging behaviors
 - Preventing preschool suspension and expulsion
 - Improving child-adult relationships
 - Reducing provider stress, burnout, and turnover
- Region 2 has 13 Center-Based programs and 18 FCC/GFC providers who are receiving IYMHC (3 Centers and # FCC/GFC are not Pyramid Implementing sites)





Pyramid Model Work in NE WI



Our Service
Delivery Area

Seven counties, three Native
American Tribes

Population of 430,000 people

204 regulated childcare programs

64 of the programs are family
childcare

Pyramid Model Trainings

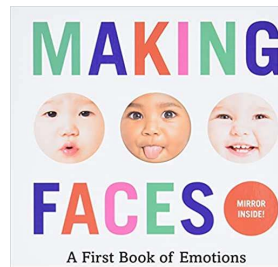
Pyramid Model 8-Part Series

Pyramid Model Infant-Toddler 8-Part Series

Promoting Mental Health in Young Children (Head Start, 4K, 5K teachers and paraprofessionals)

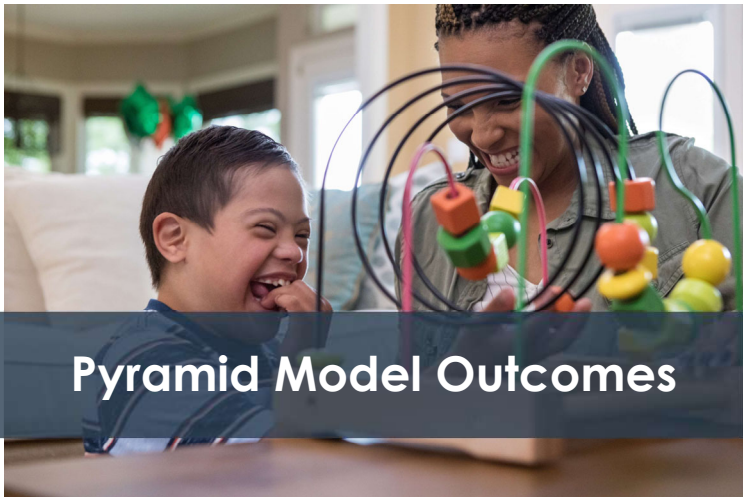
E-Modules (from NCPMI) with Reflective Coaching via email, phone calls and virtually

Social and Emotional Tools for Training Participants





Impact of Trauma

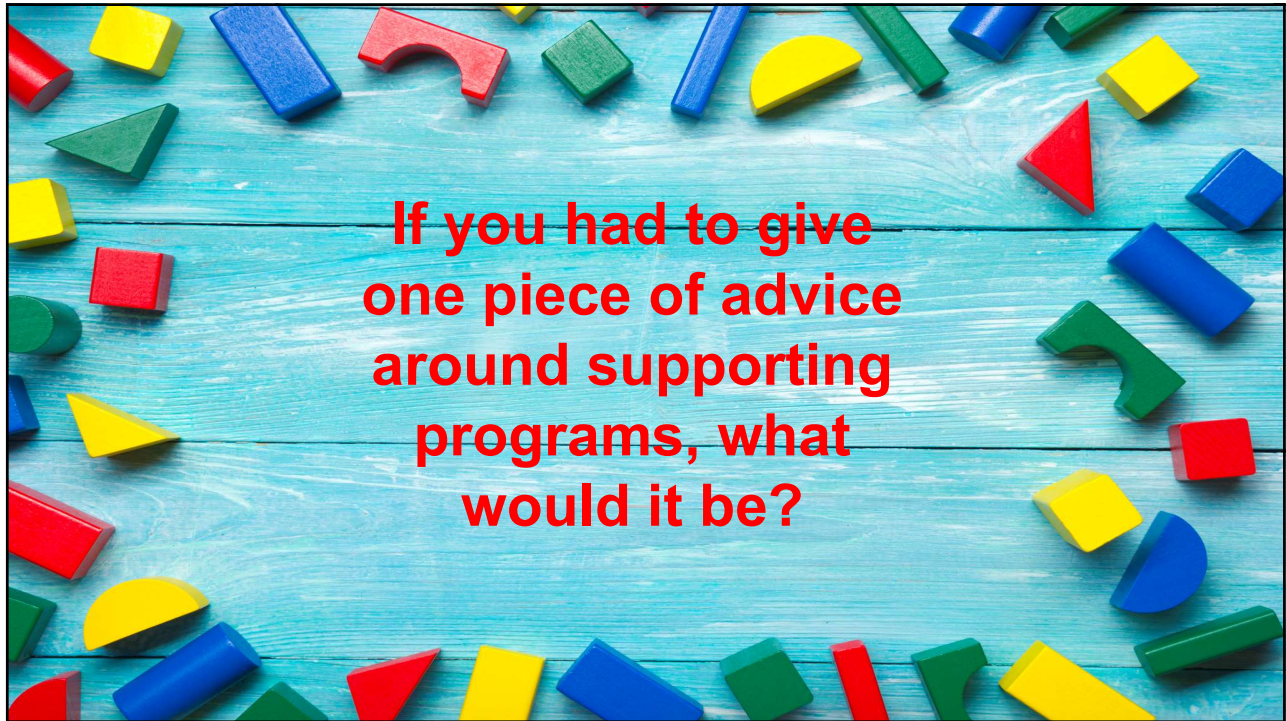


Pyramid Model Outcomes





School Readiness



If you had to give one piece of advice around supporting programs, what would it be?

Go all in!



- Train CCRR staff in SE development, specifically Pyramid Model.
- Dedicate someone as your “champion”.
- Provide training and coaching to providers on SE/Pyramid practices (fit into existing funding).
- Advocate for state-wide Pyramid implementation (and mental health consultation).

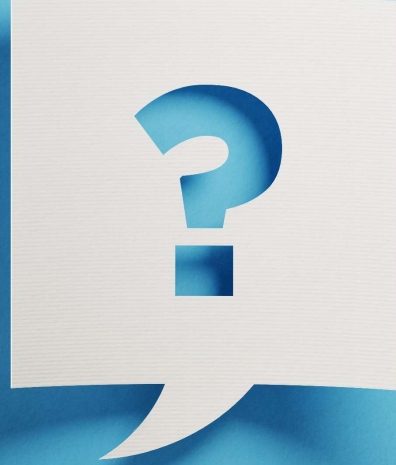
Connect with....



- Children in your program
- Families and adults
- Co-workers
- Leadership

Questions?

Use the
Q&A panel
to submit your
questions.



THANK YOU!!

learnmore@usa.childcareaware.org

New Back to School Resource for Teachers!

All About My Child

Instructions: Fill in the boxes with the information you want to share with your child's teacher. Add a photo if you have one.

My child's name is: _____

My child likes to be called: _____

(place photo here)

Some things I want you to know about my child are:

My child lives with (people, pets): _____

The languages my child hears at home are:

My child loves (tell me about toys, activities, or favorite things): _____

My child has a difficult time when (tell me what might frustrate your child): _____

Things I hope my child will learn in the next year: _____

To help my child calm down or feel better, you can: _____

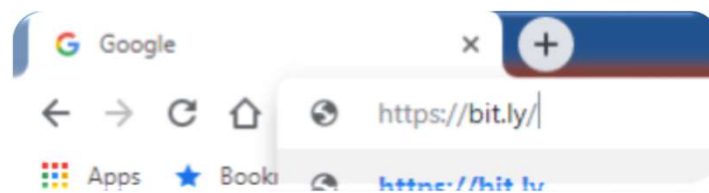
- **Available in English and Spanish!**
- Supports teachers in building relationships with families and children
- Send home to families with your Back to School Welcome Letter



Survey and Certificate

Recording Viewers

- Type URL on presentation recording into a web browser window
- *URL is case sensitive*



Visit us online at ChallengingBehavior.org

The National Center for Pyramid Model Innovations

The goals of the National Center for Pyramid Model Innovations (NCPMI) are to assist states and programs in their implementation of sustainable systems for the implementation of the Pyramid Model for Supporting Social-Emotional Competence in Infants and Young Children (Pyramid Model) within early intervention and early education programs with a focus on promoting the social, emotional, and behavioral outcomes of young children birth to five, reducing the use of inappropriate discipline practices, promoting family engagement, using data for decision-making, integrating early childhood and infant mental health consultation and fostering inclusion.

Get the basics on the Pyramid Model.



Thank You



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