Early Recognition & Screening Program

The Early Recognition, Coordination and Screening Initiative cultivates cooperative relationships with local primary care practices, schools and other community-based programs, to promote early identification through social emotional developmental screening and linkages to services.

Thirty-seven providers throughout NYS receive funds from the NYS Office of Mental Health to support a full time early recognition specialist.

What does the Early Recognition Screening Initiative offer?

- Screening: With parental consent, a free and confidential social and emotional screening to check that children are on the right track for healthy development. Screenings may take place in a school, health center or other locations in the community.
- After the screening, responses are evaluated. Families of children who are identified as needing support are given referral information to agencies that can provide further assessment and treatment.
- Educational presentations and programming to promote social emotional wellness and combat stigma.

For more information about an ERS program in your area, contact:

Kate Provencher
ERS Coordinator
NYS Office of Mental Health
518-474-4039

TIPS FOR EVERY PARENT

- Show children love often—by saying it, writing notes, and providing comfort.
- Children like to hear what their parents like about them. Say out loud gratitude and appreciations of children. Help them feel good about successes with “you” messages.
- PLAY, PLAY, PLAY! (Parents need it too!)
- Make time for activities outside, especially where trees are present.
- Provide clear expectations for your children and give your child rules and chores.
- Children like for their parents to work towards health and happiness. Make time to refuel and energize yourself.
- Children need models in courage.
- Talk to your children about kindness toward others and model doing something nice for others.

For more information about Children’s Social Emotional Health

- www.mentalhealthamerica.net/every-child-needs
- www.childmind.org
- www.nemours.org/service/health/growuphealthy/emotion/families.html
- www.csefel.vanderbilt.edu/resources/family.html
- www.kidshealth.org/teen/your_mind/stress_center.html
- www.cdc.gov/ncbddd/childdevelopment/facts.html
- www.cdc.gov/ncbddd/childdevelopment/mentalhealth.html
- www.zerotothree.org/parenting-resources/MOEM/
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teach your child to relax by taking slow deep breaths &amp;/or blowing bubbles.</td>
<td>Make a homemade book about feelings.</td>
<td>Children’s Mental Health Awareness Day! WEAR GREEN!</td>
<td>Be active together.</td>
<td>Tell your older children a story about one of your favorite memories of them.</td>
<td>Take a hot bath; taking care of yourself is part of taking care of your children.</td>
<td>Make a construction paper link necklace. On each link write one reason you love your child.</td>
</tr>
<tr>
<td>Say something good to the person in the mirror and teach your child to do the same.</td>
<td>Notice out loud. Tell kids when you notice something they might be feeling.</td>
<td>Give praise often and honestly, but without overdoing it.</td>
<td>Eat together.</td>
<td>Limit time spent on the computer/TV/games/video games.</td>
<td>Tell your child/parent one thing you like about them.</td>
<td>Have a dance party in the living room with your child. (Let Loose!)</td>
</tr>
<tr>
<td>Bake cookies with your child or another favorite recipe.</td>
<td>Put a positive note in your child’s lunch or back pack.</td>
<td>Do something to make today special.</td>
<td>Decrease the search for perfection—of you and your children.</td>
<td>Lead by example. Be a model for healthy eating and exercise.</td>
<td>“Tell me and I forget. Teach me and I remember. Involve me and I learn.” —Benjamin Franklin</td>
<td>Visit your local library. They have great programs for your child and things for you.</td>
</tr>
<tr>
<td>Talk about one thing that you and your child learned today.</td>
<td>Drink plenty of fluids.</td>
<td>Spend 15 minutes reading with your child.</td>
<td>Listen to your children. Ask them to tell you what’s wrong.</td>
<td>Take a family walk together.</td>
<td>Listening to soothing music will help decrease stress.</td>
<td>Encourage play and join the fun!</td>
</tr>
<tr>
<td>Be spontaneous and affectionate! Your love will help boost your child’s self-esteem.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mental health in childhood means reaching developmental and emotional milestones, and learning positive social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.