Maryland Rebuilds: Expanding Mental Health Supports and Services

Strategy Information Session
September 7, 2022

Presented By
Maryland Rebuilds:
Expanding Mental Health Supports and Services

Steven Hicks
Assistant Superintendent
Nick Miller
Program Specialist

MARYLAND STATE DEPARTMENT OF EDUCATION
EQUITY AND EXCELLENCE
Agenda

Primary Resource: Maryland Rebuilds Guidance Document

• Welcome and Introductions
• Maryland Rebuilds: Grant Opportunity
• Expanding Mental Health Supports and Services
  • Focus Areas & Key Activities
  • Inspiration from the Field
  • Additional Readings
  • Potential Applicants
  • Funding for this strategy
• Key Dates and Support
• Q&A
Expanding Mental Health Supports and Services

Expand existing mental health programs and/or create new supports to address the mental health needs of infants, toddlers and young children through one of three focus areas.
Expanding Mental Health Supports & Services: Focus Areas

Applicants will expand existing mental health programs and/or create new supports to address the mental health needs of infants, toddlers and young children through at least one of the following 3 focus areas:

1. Coordinate with state and local partners.
2. Develop a statewide social-emotional development curriculum.
3. Coordinate with state and local partners to develop a cohort of professionals to provide trauma-informed care.

Applicants may use up to June 30, 2023 to develop the curriculum.
Focus Areas 1: Coordinate with state and local partners to develop a plan to connect families to mental health support services

Key Activities

• A community engagement plan (that expands beyond marketing) to raise awareness for mental health support services related to early intervention and resilience activities with special attention to underserved populations and regions in Maryland.

• Training for families on topics such as trauma informed care, managing stress at any age, teaching parents about school readiness, and providing positive foundations for children.

• State and local partners include:
  • Judy Centers
  • Early Childhood Advisory Councils
  • Local Infant and Toddler Programs
Focus Areas 2: Develop a statewide social-emotional development curriculum that aligns with the Pyramid Model Framework, the Social Emotional Foundations Early Learning and the Early Learning Social Emotional Standards.

Key Activities

- Ensure that curriculum is inclusive of students who have a development delay, disability, or sensory impairment;

- Includes a plan to train a cohort of providers, educators and support staff working in underserved regions across Maryland to pilot the curriculum

- Identifies a coaching model that supports the pilot and implementation of the curriculum (i.e. training, technical assistance, mentorship).
Focus Area: 3

Coordinate with state and local partners to develop a cohort of child care providers, early childhood education teachers, and support staff for the prevention and response to challenging behaviors in young children using evidence-based practices and trauma-informed care (e.g. National Pyramid Model, Infant and Early Childhood Mental Health Consultation) across a continuum of home, school, and community environments or underserved geographic locations.
Inspiration from the Field

1. **We know how to help young kids cope with the trauma of the last year — but will we do it?**
   (The Hechinger Report)
   - Safe and stable settings with clear, predictable routines supports children’s need to feel secure.
   - Experts encourage child care centers to embrace a trauma-informed approach in order to help kids process painful experiences and develop coping skills.

2. **There’s a Mental-Health Crisis Among American Children. Why?**
   (The New York Times Magazine)
   - No single, comprehensive surveillance system for children’s mental health in the United States exists.
   - Early screening for depression and anxiety at schools and pediatricians’ offices is crucial, to mitigate damage.
   - More children getting adequate mental-health care earlier, means fewer ending up in the E.R.

3. **A Day in the Life of an Early Childhood Mental Health Consultant**
   (Center of Excellence for ECMH Consultation)
   - Details a series of real-life vignettes illustrating the early childhood mental health consultation process and can be used to:
     - Enhance training for new ECMH consultants.
     - Strengthen practices through journaling and self-reflection.
     - Dialogue and reflect with other others within group supervision.
Additional Readings

- InBrief: Early Childhood Mental Health (Harvard University)

- A Resource for Developing Integrated Strategies to Support the Social and Emotional Wellness of Children (Administration for Children and Families)

- Pyramid Model Equity Coaching Guide (NCPMI)

- The Center of Excellence for Infant and Early Childhood Mental Health Consultation (IECMHC)

- The Basics of Infant and Early Childhood Mental Health: A Briefing Paper (Zero to Three)
Potential Applicants

• Technical Assistance Centers
• Non-Profit Organizations
• Local Education Agencies (LEAs)
• Institutions of Higher Education (IHEs)
• Partnerships and collaborative entities

*Selected grantees may use up to June 30, 2023 to develop the curriculum.*
Funding for this Strategy

- Amount available: $6 Million
- Estimated number of grants awarded: 15
- Average range of award: $200,000 - $600,000
Key Dates and Support

Next General Session: September 8, 2022 at 1:00 PM
Upcoming Strategy Session: September 20, 2022, 10 AM
Submission Deadline: October 10, 2022 at 11:59 PM

Support from MSDE

Individual Appointments

Grantee may schedule an individual appointment with MSDE staff at any time throughout the process by emailing Marylandrebuilds.msde@maryland.gov.

The Grantee sets the agenda. (Appointments are optional)

Contact
Andre Murray

Email
Marylandrebuilds.msde@maryland.gov

Website
https://earlychildhood.marylandpublicschools.org/MDRebuilds
## Strategy Session Dates

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Dates/times</th>
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<tbody>
<tr>
<td>Expanding Access to Quality Child Care</td>
<td>September 6 and September 19 from 10:00 – 11:00 a.m.</td>
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<tr>
<td>Early Learning Models of Excellence</td>
<td>September 6 and September 19 from 2:00 – 3:00 p.m.</td>
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<tr>
<td>Expanding Mental Health Supports and Services</td>
<td>September 7 and September 20 from 10:00 – 11:00 a.m.</td>
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<tr>
<td>Growing a Highly-Effective Child Care Workforce</td>
<td>September 7 and September 20 from 1:00 – 2:00 p.m.</td>
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<tr>
<td>Boosting Family Child Care</td>
<td>September 9 and September 21 from 10:00 – 11:00 a.m.</td>
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<tr>
<td>Advancing a Coordinated Prekindergarten Enrollment System</td>
<td>September 9 and September 21 from 1:00 – 2:00 p.m.</td>
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Questions?