Maryland Rebuilds:
Expanding Mental Health Supports and Services

MARYLAND STATE DEPARTMENT OF
EDUCATION
EQUITY AND **EXCELLENCE**

Strategy Information Session
September 7, 2022

Presented By

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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)

2 There's a Mental-Health Crisis Among American Children. Why?
(The New York Times Magazine)

3 A Day in the Life of an Early Childhood Mental Health Consultant
(Center of Excellence for ECMH Consultation)

- 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.

- 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.

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)

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Website
https://earlychildhood.marylandpublicschools.org/MDRebuilds

Strategy Session Dates

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

Q&A

Questions?