



*A national campaign from the*  
**Office of Head Start**

## **#HeadStartHeals Campaign**



# **Head Start Heals Office Hours: Understanding Meaning in Behaviors that Challenge Us**

**June 30, 2020  
3:00- 4:00 pm EST**

*Promoting empathy through trauma-informed and  
healing focused practices*



# #HeadStartHeals

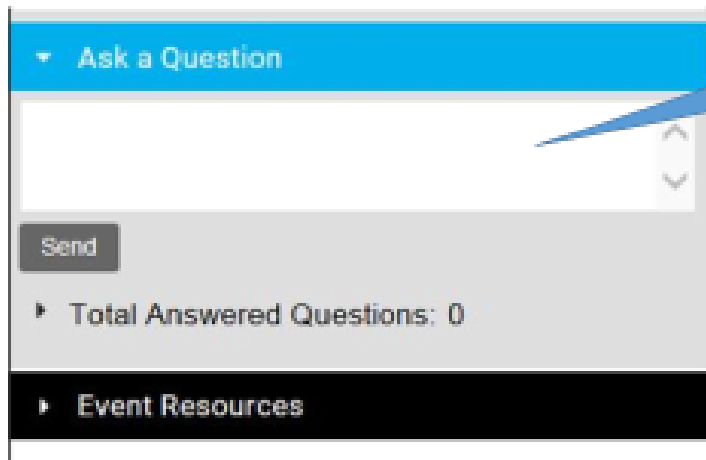


**Sangeeta Parikshak, Ph.D.**  
**Behavioral Health Lead**  
**Office of Head Start**  
**ACF/HHS**

# Welcome



**Please use the left side bar to ask questions, submit comments, or download handouts**



Ask your questions and submit your comments here

Download handouts from Event Resources

# #HeadStartHeals



Jani Kozlowski, MA  
NCECDTL



Randi Hopper, M.Ed.  
NCECDTL



Beth Vorhaus, M.Ed.  
NCECDTL



# Commonly Asked Questions



*I am noticing a lot of challenging behaviors, now more than ever. How do I even begin to make sense of all of this? What can I do?*



# Commonly Asked Questions



*Could you apply this to children of all ages? What about children with disabilities?*

<https://eclkc.ohs.acf.hhs.gov/children-disabilities/article/highly-individualized-teaching-learning>

<https://eclkc.ohs.acf.hhs.gov/video/fostering-connections>

# Commonly Asked Questions



*What can you do if you cannot figure out the function of the behavior?*



<https://eclkc.ohs.acf.hhs.gov/video/responsive-caregiving-effective-practice-support-childrens-social-emotional-development>  
<https://www.ecmhc.org/tutorials/social-emotional/index.html>

# Commonly Asked Questions



*When you pause and reflect and the behaviors are still aggressive and destructive... how do you approach that behavior?*



<https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/help-me-calm-down-teaching-children-how-cope-their-big-emotions>

# Commonly Asked Questions



*I work with a child who is a dual language learner. How can I tell if the function of a child's behavior is a result of language differences or something more?*



<https://eclkc.ohs.acf.hhs.gov/culture-language/article/dual-language-learners-challenging-behaviors>



# Commonly Asked Questions



*How can we ease the anxiety and stress of drop-off changes, new requirements and other new routines?*

<https://eclkc.ohs.acf.hhs.gov/transitions/teacher-time-series/supporting-infants-toddlers-their-families-through-transitions>

<https://eclkc.ohs.acf.hhs.gov/transitions/teacher-time-series/supporting-preschoolers-their-families-through-transitions>

# Commonly Asked Questions



*What are ways to partner with families to support children with new routines and rules?*



<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/s-e-tips-families-infants.pdf>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/s-e-tips-families-toddlers.pdf>



## Inclusion Series

### Special Edition Webinar: Resources and Strategies to Support Children with Disabilities and their Families During COVID-19

July 7, 2020

2:00PM – 3:00PM

[Register Online Now!](#)

Upcoming  
Webinar:





**MyPeers**

# Communities

- ❑ Open communities including: **Mental Health and Disabilities/Inclusion**
- ❑ Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- ❑ Communication tools – Group Chat, Instant Message, and internal email
- ❑ Robust search engine
- ❑ Social Network style feeds

<https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-collaborative-platform-early-care-education-community>



*Office of Head Start*



*U.S. Department of Health & Human Services*  
Administration for Children & Families

# National Hotlines



- If you or someone you know is experiencing negative mental health effects and need more immediate assistance, please reach out to SAMHSA's [Disaster Distress Helpline](https://www.samhsa.gov/247) (1-800-985-5990) or the [National Suicide Prevention Lifeline](https://www.suicidalifeline.org/) (1-800-273-TALK). Both are available 24/7, 365 days a year.
- [24 Hour Parent Support](#)  
National Parent Helpline for Parent Support any time  
1-855- 4A PARENT • 1-855-427-2736
- [Domestic Violence](#)  
The National Domestic Violence Hotline is 1-800-799-SAFE (7233) or [thehotline.org](https://www.thehotline.org).

# National Hotlines



StrongHearts Native Helpline at 1-844-7NATIVE  
(762- 8483) or [strongheartshelpline.org](http://strongheartshelpline.org).

- Child Abuse and Neglect

The Childhelp National Child Abuse Hotline is 1-800-4A-CHILD  
(422-4453) or [childhelp.org/childhelp-hotline](http://childhelp.org/childhelp-hotline).

- Substance Use

Alcoholics Anonymous Number – [1-212-870-3400](tel:1-212-870-3400)

National Association for Children of Alcoholics – [1-888-554-COAS  
\(2627\)](tel:1-888-554-COAS2627)

National Institute on Drug Abuse (NIDA) – [1-301-443-1124](tel:1-301-443-1124)



# Office of Head Start #HeadStartHeals campaign



## Office Hours coming up:

- 8/20/20 Engaging with Families in Conversations about Sensitive Topics
- 9/17/20 Using the PFCE Framework to Promote Healing and Resilience in Head Start Programs

## Webinars coming up:

- 7/30/20 Stories of Healing and Resilience from Native Communities During Challenging Times
- 9/10/20 Families Thrive: Responding to Domestic Violence during Covid-19

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## Email

[trauma@eclkc.info](mailto:trauma@eclkc.info)

## Website

<https://eclkc.ohs.acf.hhs.gov>

### Explore What's New



#### Head Start Heals Campaign

Find ways to effectively work with mental health consultants, address challenging behaviors, and have difficult conversations with families.

[Explore Resources ▶](#)



#### Check-In

Days Head Start and Early Head Start supporting children and families during the coronavirus disease 2019.



### Head Start Heals Campaign

Find ways to effectively work with mental health consultants, address challenging behaviors, and have difficult conversations with families.

[Explore Resources ▶](#)