

## MAKE AN APPOINTMENT

Our therapists work directly in preschools and day care centers offering consultation and collaboration to promote success and retention in the classroom. Please call 330-395-9563 to inquire about our services.

## SERVICE LOCATIONS

**ADULT OFFICE:**  
**(330) 399-6451**

150 E. MARKET ST.  
WARREN, OH 44481

**CHILDREN'S OFFICE:**  
**(330) 395-9563**

318 MAHONING AVE.  
WARREN, OH 44483

**SOUTHEAST OFFICE:**  
**(330) 759-8237**

4970 BELMONT AVE.  
YOUNGSTOWN, OH 44505

**ADMINISTRATIVE OFFICE:**  
**(330) 394-6244**

150 E. MARKET ST.  
WARREN, OH 44481

**TDD PHONE NUMBER:**  
**(330) 394-6244**

*VCS is a contract agency of the Trumbull  
County Mental Health and Recovery Board.*

*We are an Equal Opportunity Employer  
and provider of services.*



*Empowering Individuals & Communities.*

## Early Childhood Mental Health



[www.vcsinc.org](http://www.vcsinc.org)

# Empowering Individuals.

## WHAT IS EARLY CHILDHOOD MENTAL HEALTH?

Early relationships and experiences at home and in other environments set the stage for how a child learns to manage his or her emotions. Raising a child to grow up healthy and safe can be especially challenging when mental health issues are present in the family. The Valley Counseling Services (VCS) Early Childhood Mental Health (ECMH) Program provides parents and caregivers of young children (infants and pre-school children up to 5 years of age) with the skills to help their children develop into mentally healthy individuals.



The ECMH Program is led by a team of experienced clinical staff who help parents and caregivers provide a safe and nurturing

family environment. Services are designed to identify children of preschool age that are experiencing behavioral problems and work to prevent these problems from worsening.

The ECMH Program will teach effective parenting skills and knowledge of appropriate child development through education and support; teach coping skills and how to deal with behavioral problems in a positive manner; help parents to better understand their own physical and emotional health and the importance of family relationships.

## WHAT DOES THE EARLY CHILDHOOD MENTAL HEALTH PROGRAM OFFER?

- Assessments and evaluations
- Developmental guidance
- Child and family therapy
- Parent support/educational groups
- Home visiting services (case management)
- Consultation to child-care facilities
- Collaboration with your child's health care professionals
- Linking to community resources

## REASONS TO REQUEST CONSULTATION

- Responding to individual children displaying challenging behaviors.
- Promoting healthy social and emotional development for young children.
- Supporting families and early child care providers' capacity to meet children's social/emotional needs

## WHO QUALIFIES FOR THE PROGRAM?

We work with children ages birth to 5 and their families.



## SOME OF THE BEHAVIORS WE TREAT

- Issues relating to uncontrollable temper tantrums, defiance, aggressiveness, hostility, sibling rivalry, etc.
- Behavioral patterns that affect sleeping, feeding, toilet training.
- Concerns about anxiety, depression, phobias, trauma.
- Issues relating to attachment and bonding.
- Parent-child relationship difficulties.

Empowering Communities.