

children's institute

STRENGTHENING SOCIAL AND
EMOTIONAL HEALTH

Strengthening, developing, and
coordinating resources that
promote the well-being of
children, youth and families



*Standing together so children's
growth, development, and
resilience are strongly
supported*



Stress + Resources = Resilience

Children's Institute is helping children, schools, providers and families rise to the challenge of adapting to the rapidly changing landscape of children's services and schooling. Children are now facing many situations affecting their adjustment and wellbeing in school and life. And - as the COVID-19 crisis continues into 2021 - changes in families, care settings, schools, and enrichment opportunities will continue. We are helping to bridge the gaps while identifying new opportunities as changes arise and are deliberated - to ensure infant, children and youth's holistic well-being, including their social-emotional development, is an area of strong support families receive while raising children in this tumultuous time.

Now, more than ever, we are called to model the world we seek to live in - putting health, safety, and all the areas of well-being of children and families at the forefront - including social and emotional health and wellness. Before the pandemic, about 1 in 5 young children exhibit school behaviors that inhibit learning - a rate now expected to increase over the coming year. Children are facing situations that can tremendously impact their growth, development and learning: food insecurity, lack of devices and internet access for online learning, systematic racism that impacts health, language barriers, lack of supports for their special needs, anxiety around a parent's job situation, plus loss of in-person learning time, to name a few challenges. Adults who care for children are experiencing higher levels of stress and burn out - and as children's demands increase, their need for self-care and supportive routines and resources is paramount.

Staying safe and continuing to holistically care for our own and one another's well-being and strengths is our call to action in this very difficult time. With partners, we continue to develop and share innovative "virtual" programs for schools, childcare centers, and afterschool programs that address these needs. We are conducting comprehensive health and developmental screening and support for services - via a mobile unit and through virtual screening approaches. We are helping teachers, paraprofessionals, providers, and families better support children's development while facing all the new challenges. We are conducting new research on the short and long-term impact of such events on children's functioning, and how to best help them through the immediate crisis, as its effects carry forward.

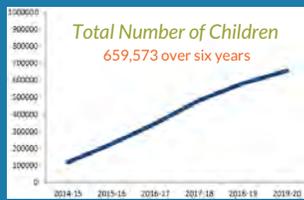


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WWW.CHILDRENSINSTITUTE.NET

How far we've come in six years towards serving one million children ...



Healthy development of social-emotional life experiences among children and adults

PROGRAM SUPPORT • PARTNERSHIPS • SYSTEM CHANGE • COLLECTIVE IMPACT

- Partnering with parents and adults to expand children's skills and strengths in social & emotional wellbeing
- Consultation and training to advance prevention and promotion-oriented program and system solutions
- Incorporating whole child needs universally, applying principles of equity and anti-racism
- Community check-ins and training to support self-care of adults working with children
- Infant mental health service expansion & alignment in health & human service systems within communities
- Community initiative leadership to integrate parents, schools, childcare centers & health care provider views
- Training to help adults respond to racism's effects on children

Child-centered and play-based practices that are culturally responsive and relevant

EDUCATION • HEALTH • HUMAN SERVICES • CHILD CARE • YOUTH DEVELOPMENT • FAMILIES

- Offerings tailored to the unique needs of schools & other child-centered environments - in-person & virtual
- Programs that bridge the digital divide for pre-K & young families with caring, fun, home-based check-ins
- Work with parents together, strengthening relationships with their children
- Behavioral health consultation, opening up discussions of racism and trauma with adults and children
- In-person & virtual screening to comprehensively assess children's developmental and health needs
- Rich, cross-domain community partnerships leveraging existing service and delivery systems
- Services delivered with cultural humility & capacity-building practices

Information and quality enhancements to support children reaching their full potential holistically

EVALUATION • RESEARCH • CONTINUOUS IMPROVEMENT • TECHNOLOGY INTEGRATION

- Observations and strength-based quality measures that help teachers optimize classroom experiences
- Data integration between school district and child care centers, coordinated with parents and health providers, providing timely checks, referral and follow-up, optimizing opportunities for growth and learning
- Training and support in virtual classroom quality assessment and online play-based therapies for children
- Research, evaluation, publications and continuous improvement processes embedded in real settings
- Community data collection and information development using ethical and secure methods to help families, providers, teachers and communities make decisions and take action
- Practical approaches to help people better visualize & plan systems together to drive and meet specific goals

RECENT INITIATIVES AT CHILDREN'S INSTITUTE

Our Caring Connector introduced Children's Institute's behavioral health services to two families, and now both children are back and engaged in preschool.

Another family with several children under the stress of COVID and trauma leveraged this program to add family support and keep the children engaged in learning, fully appreciating the value of the Caring Connector relationship.

PRIMARY PROJECT

Develop adaptations to maintain the quality of this unique program during COVID, including guidelines for virtual programs, a focus on relationships. Within a month, training was launched using a Learning Management System (LMS) and modular videos.

RACISM AND SOCIAL JUSTICE

Children's Institute's website now features a Racism and Social Justice page with resources on how to talk about racism with children, racism as a public health crisis and anti-racism as a core component of SEL.

RAPP

The Rochester Area Parent Program is piloting the EzParent online learning system provided by our partners - the Chicago Parent Program - to foster virtual parent learning groups.

COLLECTIVE IMPACT

We are preparing to host ROC the Future in spring 2021 as a backbone organization for collective impact, advancing systems thinking in our community to support child outcomes more broadly.

CARING CONNECTIONS

Creating equity in digital access to learning and pre-K family supports in Rochester in response to challenges caused by the pandemic.

WHOLE CHILD CONNECTION

The Whole Child Connection incorporated explicit content and activities related to exploring SEL within the context of equity and anti-racism. Also the team hosted a virtual convening of youth leaders and adults who support them, focused on the transformative power of genuine relationships, featuring key note speaker Dr. Dena Simmons.

GET READY TO GROW

Our GROW developmental screening and referral bus arrived mid-August! GROW screenings are now virtual, as we strengthen integration with pediatric practice workflows, and to enhance parent linkage as the development of our new Parent Portal is completed in partnership with COMET Informatics.

PROJECT LAUNCH

Project Launch's training to integrate infant mental health care in pediatric practices were provided in a new virtual modality beginning in September.

