

Live Life to the Fullest

### Who May Benefit

- ▲ Children with behavior problems that do not resolve with typical care, such as aggressiveness, anger, and disobedience that impairs their development or adjustment at home, childcare, preschool or other settings.
- ▲ Children who are often anxious, fearful, depressed, or otherwise showing emotional distress.
- ▲ Children who have stress-related physical symptoms, such as eating, sleeping, or bladder or bowel control problems.
- ▲ Children who show emotional, social, or behavioral reactions to physical illnesses or handicaps, hospitalization, or painful medical procedures.
- ▲ Children who have a limited capacity for close relationships within the family, difficulty getting along with family members, or difficulty letting themselves be comforted.
- ▲ Children who have difficulty coping with stressful or traumatic experiences such as:
  - Death or illness of a family member
  - Family conflict or violence
  - Physical or sexual abuse
  - Family alcohol and drug abuse
  - Parental separation and divorce
  - Remarriage and blended families
  - Catastrophic or frightening events
  - Placement away from home and family
  - Reactions to adoption



**Early identification and treatment is important for your child's well-being and can help prevent more serious difficulties later in life.**



**Aurora Mental Health Center**

**Early Childhood and Family Center**

11059 E. Bethany Drive • Suite 101

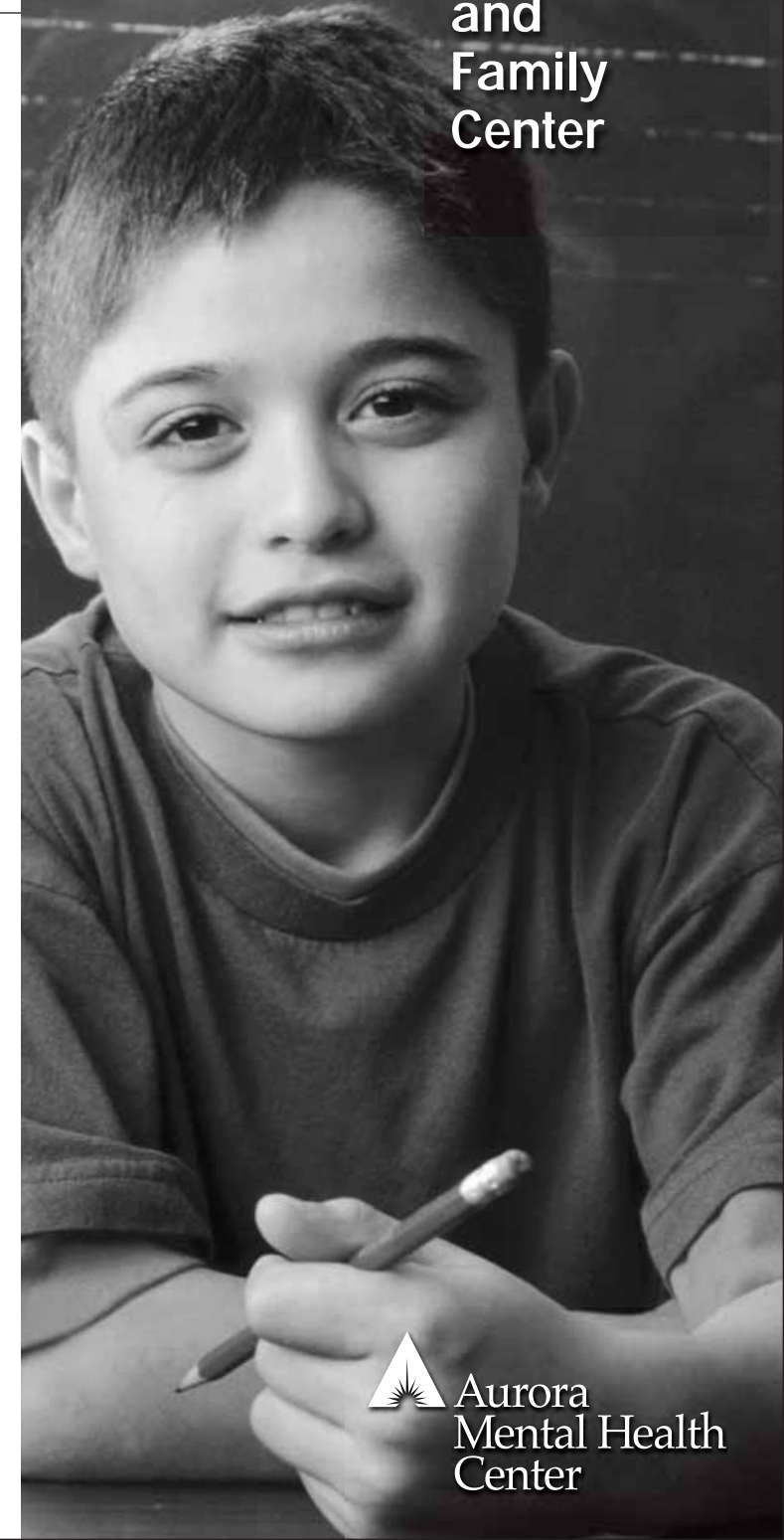
Aurora, CO 80014

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

For more information about any of our programs or services, please call:

**303.617.2300**

**Early  
Childhood  
and  
Family  
Center**



**Aurora  
Mental Health  
Center**



## Early Childhood and Family Center

Helping and caring for children and their families.

The Early Childhood and Family Center knows that guiding young children early on in life can help a child grow into a healthy, stable adult. Furthermore, our team knows that providing families with the support and education they need to foster positive learning and development for their child will allow the entire family to live full and productive lives.

Since 1986, the Early Childhood and Family Center has been offering services and programs to children, from birth to six years old, with social, emotional or behavioral difficulties and their families, including parents, foster parents, grandparents, and other supportive caregivers. Our team works closely with the family, supporting the primary relationships and culture essential to early mental health development. Investing in children's mental health early on will lessen or avoid further developmental and emotional problems, ultimately preparing them for school and life.

### Services for Children and Their Families

Our therapeutic services and programs are designed to focus on early intervention by providing individual, family, group, and in-home therapy in an interactive setting. Positive experiences help the child develop self-esteem, self-control, and skills to better cope with future challenges.

Customized treatment plans are developed by our professional child therapists, psychologists, psychiatrists, and case managers. All have special training and education in working with infants, toddlers, and preschool children to help them gain emotional skills and overcome trauma or disrupted care.

#### Our services include:

- ▲ **Individual Child Therapy** helps children recognize and express feelings instead of acting them out in the form of behavioral problems.
- ▲ **Child Group Therapy** addresses social skills, relationship building, and specific issues such as adoption, attention deficit hyperactivity disorder (ADHD), sexual abuse or family violence.
- ▲ **Family Therapy and Parent Support and Guidance** works with families and caregivers to implement strategies that enhance learning and coping experiences, build relationships, and promote the emotional and behavioral development of their child.
- ▲ **Psychological Services** are available to provide additional evaluation in situations where the general assessment process is not able to fully identify problems and guide treatment.
- ▲ **Psychiatric Services** support therapy with consultation on diagnosis and the relationship of presenting problems to medical issues. They also recommend, prescribe and provide close management of medications for young children.

▲ **Parent-Child Interaction Therapy** treats oppositional behavior with young children (ages 2-7). It is a coaching intervention that teaches skills proven to increase cooperative behavior in young children.

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#### Did you know?

- **One in five children has a diagnosable mental, emotional or behavioral disorder and up to one in ten may suffer from a serious emotional disturbance.**
  - **Trauma that is unresolved or chronic in early childhood can interfere with development and trigger long-lasting problems in behavior, emotions and thinking.**
  - **Children exposed to drug and alcohol abuse by their caregivers are up to four times more likely to develop substance abuse and mental health problems than children who do not have these stresses in their lives.**
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- ▲ **Trauma-Focused Cognitive Behavior Therapy** is a five-phase treatment of post-traumatic stress disorder. It requires that the child be in a safe and supportive environment and have a caregiver who can work closely with the therapist through the process.
- ▲ **Child-Parent Psychotherapy** is an integrated treatment that helps a relationship between a young child and caregiver recover from trauma.
- ▲ **Nurturing Parenting Program** is a comprehensive, 16-week parent development program. It focuses on protective parenting practices including empathy, attachment, gentle touch, positive discipline, expression of feelings, and parent self-care.
- ▲ **Perinatal or Postpartum Depression Services** help a family to identify mood concerns during or shortly after pregnancy, facilitate a referral to adult services for the mother and help mother and baby have a healthy relationship during this important time of development.

### Outreach and Consultation

Aurora Mental Health Center staff members are available as a resource to the community for consultation regarding care, management or programming for children and parents.

- ▲ **BEST for Development** (Behavioral, Emotional and Social Tools for Development) program supports children with emotional and behavioral problems in childcare settings.
- ▲ **Wraparound** program helps families plan for and coordinate the multiple resources needed to best support their child with serious emotional concerns through a special team of family support and professionals.
- ▲ **In-Home Services** are available to support office-based therapy through an in-home consultant who will work on implementing parenting strategies and positive discipline in the home.

### Fees and Insurance

Our services are affordable, available, and accessible. Our fees vary according to services provided. A sliding fee scale is available upon request.

### Schedule an Appointment

Call 303.617.2300 Monday – Friday 8 a.m. - 5 p.m.  
Visit [www.aumhc.org](http://www.aumhc.org) for additional information.

