





# Early Childhood Services Program Information

## STAR VISTA

Our Early Childhood Services programs strive to foster healthy cognitive, emotional and social development for pregnant women and families with children **birth through age five**. At the heart of our programs is the belief that young children thrive when they are cared for by nurturing adults. We believe that responsive relationships with consistent primary caregivers build positive attachments that support healthy social-emotional development. Because these relationships form the foundation of social and psychological development for children, our approach focuses on the parent-child relationship as the primary means for intervention. Identifying difficulties early and providing families with support and interventions can make a difference in a child's earliest years and for many years thereafter.

Our Early Childhood Services are:

- ✓ *Free of charge to families*
- ✓ *Home-based when safe and appropriate*
- ✓ *Available in English and Spanish*

Our Early Childhood Services are provided through the following programs:

**Early Childhood Community Teams (ECCT):** ECCT serves families located in Half Moon Bay, La Honda, Pescadero, Redwood City (North Fair Oaks Area), Daly City, and South San Francisco. Our purpose is to support healthy social-emotional development in these specific regions by providing a full spectrum of services which include the family support services listed below, as well as mental health consultation in schools and daycare centers. Funding provided by the Mental Health Services Act and San Mateo County's Measure K.

**Healthy Homes:** Healthy Homes serves families across all of San Mateo County. Healthy Homes strives to reduce the impact of risk factors such as: domestic violence, homelessness, unsafe neighborhoods, poverty, substance abuse, mental illness, recent immigration and language barriers, among others. We provide case management support, parent education and mental health to at-risk families. Funding provided by First 5 San Mateo County.

### Program Services:

#### Family Support Services

Community Workers partner with families with children 0 to 5 with a special focus on infants and children under three. Using the parent-child relationship as a primary means of intervention, a strength-based approach is applied in aims to reduce family stressors, preventing child abuse and neglect, while enhancing the family dynamic. Family Support Services include case management, parent education, family advocacy and assessments related to child development.

#### Parent-Child Mental Health

Intervention model for children aged 0-5 who have experienced traumatic events (e.g., loss of a caregiver, invasive medical procedures, child abuse, substance abuse in the family, witnessed domestic violence) and/or are experiencing mental health, attachment, and/or developmental and behavioral concerns. A central goal of this service is to support and strengthen the caregiver-child relationship as a vehicle for restoring and protecting the child's mental health.

### Group Services:

#### Parent-Child Activity Groups

Provide opportunities for caregivers to enhance their relationship with their children, while building a support network and promoting their children's social, emotional, and cognitive development.

#### Parent Support Groups

Create a safe, nurturing environment for parents to share their feelings and concerns with other parents, while also learning new strategies & skills. These groups also aim to promote a sense of community.

Please send completed referral via email to [ecsintake@star-vista.org](mailto:ecsintake@star-vista.org) or fax to (866) 470-4025.