

Division of  
Children and Family Services  
Early Childhood Mental Health

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Cleveland, Ohio 44115

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Mail to: [ECMHR referrals@jfs.ohio.gov](mailto:ECMHR referrals@jfs.ohio.gov)

Call or e-mail to request a referral form.

Forms are also available at

<http://investinchildren.cuyahogacounty.us/en-US/forms.aspx>



## What is Early Childhood Mental Health?

Early Childhood Mental Health (ECMH) is the healthy social-emotional developmental of young children, age birth through age six. Very young children can experience social-emotional challenges such as:

- Anxiety
- Depression
- Difficulties with sleeping, eating, or staying calm
- Bonding and/or attachment difficulties
- Problems with focus or hyperactivity
- Anger and aggression, including hitting and biting
- Challenging behaviors in the classroom or child care setting

Early Childhood Mental Health Services are here to help!



Cuyahoga County  
**Together We Thrive**

Department of Health and Human Services  
Division of Children and Family Services



# Early Childhood Mental Health

For Children  
Birth to Age Six

Did you know that healthy social-emotional development can help pave the way for success in school and throughout life?

A call to the Early Childhood Mental Health Centralized Referral System can be a first step for many families seeking support for a child struggling with social, emotional, or behavioral concerns such as:

- Anger
- Sadness
- Fearfulness
- Hyperactivity

Quality programming is available to address the needs of infants, toddlers, and pre-schoolers, age birth through age six:

- Home and Community-Based Consultation
- Mental Health Assessment
- Home, Community, or Office-Based Treatment Services
- Links to other community resources such as high quality childcare and preschool opportunities, adult mental health services, parenting supports, and neighborhood collaboratives.

### **What is Early Childhood Mental Health Treatment?**

ECMH Treatment is provided locally through several behavioral health agencies and involves more intensive treatment for children with social-emotional or behavioral concerns. Treatment usually occurs once a week for a period of 3-9 months. Providers use a variety of age appropriate interventions including play and art-based work to help children develop more appropriate social-emotional skills with the support of their caregiver.

### **What is Early Childhood Mental Health Consultation?**

ECMH Based Consultation is a short term intervention. It may be appropriate for children at risk for developing more serious social-emotional difficulties. Consultants will use a social emotional screening to identify a child's areas of strengths and needs. The consultant will then work closely with the caregiver to develop strategies that will build social-emotional skill and decrease challenging behaviors. The consultant will also work to identify appropriate community resources, and link the family to other services if necessary and requested by the parent or guardian.

ECMH services are available for all children and families of Cuyahoga County regardless of insurance coverage.



### **Tips for Service Providers assisting families:**

Please complete a referral form, available online at <http://investinchildren.cuyahogacounty.us/en-US/forms.aspx>, and have the parent or guardian sign the bottom to initiate a referral for ECMH services.

Fax the completed form **including parent signature/consent** to our Coordinator at **(216) 432-5037**. The Coordinator will contact the family directly to identify appropriate supports for the child and family and quickly connect the family.

With consent from the parent or guardian, you will receive feedback regarding the outcome of the referral.

Call our Coordinator anytime with questions or concerns regarding the status of a referral and/or ECMH services.

**Call now to learn more  
(216) 881-5507**