

Join us in person at the Weed Community Center, 161 E. Lincoln Street, in Weed on

**Thursday, March 16<sup>th</sup>, 9am - 3:30pm**

# for **Roots of Mental Health**

## WHY EARLY DEVELOPMENT MATTERS

**New Date**  
Previously scheduled  
Feb 23<sup>rd</sup> date changed  
due to winter  
storm warning

Presented by  
**Beth Heavilin, MA Ed.**

This training is designed for anyone who is interested in a multi-disciplinary approach to child, youth and family support.



Register at [https://www.surveymonkey.com/r/Mar16\\_9am](https://www.surveymonkey.com/r/Mar16_9am)

No cost to participants – Lunch is included Questions? 530.918.7222

In this training, you will learn the foundational concepts in Infant-family and Early Childhood Mental health. The trainer will use common myths around mental health and children to support an understanding of the importance of promotion of mental health, prevention of mental health issues and the treatment of mental illness in young children. You will leave the training with a deeper understanding of their role in supporting mental health, understanding social and emotional wellbeing and the long-term consequences of unsupported trauma and chronic stress on a child's lifelong health.

### OBJECTIVES:

- Share a definition of Early Childhood Mental Health
- Explore some myths that impact how we support early childhood mental health
- Gain a deeper understanding of healthy social and emotional development
- Begin to consider brain health and the early influences that impact long-term growth and development
- Understand the practitioner's role in supporting mental health in young children



**Beth Heavilin** has worked in the field of early childhood for the past 30 years and currently provides Infant-family and Early Childhood Mental Health Consultation for the California Department of Education and is the lead of a Humboldt County multi-disciplinary group called the 0 to 8 Mental Health Collaborative (MHC). Beth is the Director of the Humboldt, Infant-Family and Early Childhood Mental Health Training Program where she provides the facilitation of the program, content training and reflective practice.



Siskiyou Child

