

WHY CHILD AND FAMILY CLINIC PLUS?

Social and emotional development colors every aspect of a young child's life and sets the stage for a strong foundation for later development. Early childhood mental health is important for the social, emotional, and behavioral well-being of children, birth through five, including their capacity to:

- Experience and express a wide range of emotion;
- Form close, secure relationships with family and caregivers; and
- Explore their environment and learn.

WHERE CAN I LEARN MORE ABOUT CLINIC PLUS?

Contact your local mental health department.


Information on Child and Family Clinic Plus is also available online at the New York State Office of Mental Health's Clinic-Plus website at clinicplus.org

New York State
David A. Paterson
Governor

Office of Mental Health
Michael F. Hogan, Ph.D.
Commissioner

David J. Woodlock
Deputy Commissioner,
Children and Families

New York State
omh
Office of Mental Health



Child
and Family
Clinic Plus

WORKS
WITH
EARLY
CHILDHOOD

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EARLY CHILDHOOD MENTAL HEALTH IS INFLUENCED BY:

- ☉ The child's innate temperament;
- ☉ The quality of the adult relationships in the child's life;
- ☉ The care-giving environments the child is in; and
- ☉ The community and cultural context in which the child and family live.

Child and Family Clinic Plus partners with families and early childhood programs to facilitate the early recognition of emotional issues and provide for subsequent intervention with the child and family, and caregivers. While some children may be identified by their families, pediatricians, or child care providers as needing help, many are still growing up with untreated emotional health needs. Either the signs and symptoms are not seen, or their behavior is interpreted as something else, or caring adults just don't know where to turn for help. Clinic Plus is designed to be proactive and systematic in recognizing emotional health issues in children and engaging families with flexible, culturally relevant services that have been shown to be effective. Research tells us that if we can identify and intervene early, we are more likely to:

- ☉ keep issues from affecting emotional, intellectual, or physical development;
- ☉ provide relief from symptoms earlier rather than later, and possibly prevent long-term problems; and
- ☉ improve school performance and personal relationships with family and friends.

WHAT IS CHILD AND FAMILY CLINIC PLUS?

Clinic Plus is a confidential, early recognition and intervention program funded by the New York State Office of Mental Health and operated at a local level by a Clinic Treatment Provider.

CHILD AND FAMILY CLINIC PLUS OFFERS:

Screening: in natural settings like schools, health centers, and other community locations to reach children early who may have emotional needs

Assessment: comprehensive and as needed to identify needs and strengths of both child and family

In-home services: flexible and convenient, to make sure interventions work in "real-world" settings like at the dinner table

Expanded clinic services: easier access to traditional clinic services when necessary

Evidence-based treatment: interventions that have been shown to work