



What is Social-Emotional Health?

Young children with healthy emotional development are learning to experience, regulate and express emotions; form close and secure attachments; and to explore the environment and learn. You should be concerned about a baby if you see behavioral warning signs such as:

- Excessive fearfulness or fussiness
- Problems sleeping or feeding
- Unusually quiet, sad, or uninterested in other people
- Overly active
- Long and frequent tantrums
- Excessive clinginess or dependent behaviors

Support Groups

Project Fatherhood Men In Relationship Groups (MIRG): Groups provide a supportive, therapeutic environment in which fathers can address traumatic experiences in their past, understand how their personal history may impact parenting, and build skills that promote positive, responsible fatherhood.

Mindful Parenting Groups (MPG): MPG is an interactive group workshop designed to enhance parents' capacity to "read" babies' and toddlers' cues to develop resilient, health and secure parent-child bonds.

Project BRAID

Identify - Parents, Service Coordinators and Service Providers have the skills needed to partner with each other to support infants and toddlers experiencing social and emotional challenges.

Link - Improved linkage and relationships between the Early Intervention Community and the system of Mental Health services to infants and toddlers will improve access to appropriate services

Treat - dyadic and individual interventions are available to infants/toddlers and their families through Family Resource Centers, Mental Health and Service Providers.

Parent Workshops

Parent Behavior Classes: Parent training for parents and caregivers that have a goal of preventing or reducing common behavior problems in children. The goal of these classes is for the parent and caregivers to learn about behavioral principles and intervention techniques and to apply the appropriate techniques in the home to modify their child's behavior.

Reflective Parenting Program (RPP): 12-week workshop designed to enhance critical parenting skills, most notably the capacity to make meaning out of a child's behavior. RPP utilizes a reflective learning process, in a group setting, to help parents address everyday challenges with their child. A group consists of 6-10 parents working with two facilitators.

Positive Solutions for Families: This is an evidence-based series of four to six sessions developed by the Center on the Social and Emotional Foundations for Early Learning (CSEFEL). It is designed to help parents and caregivers promote their young child's social and emotional development and to better understand young children's challenging behaviors. Parents and caregivers will learn how to use positive approaches to improve their interactions with their child; help children learn appropriate behavior; and to build their child's confidence and self-esteem. Thereby, preparing children for successful early learning experiences.

Positive Parenting for Challenging Behaviors : A workshop for parents and caregivers on how a different parenting perspective can encourage bonding and positive relationships between child and caregivers. Caregivers will learn ways to build confidence and gain skills to influence appropriate behaviors.

Incredible Years-Babies, Toddlers, & Preschool: This parenting groups format fosters peer support networks and shared learning. Trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate group discussions. In the IY Babies group, parents practice skills with their babies in the group.

Home Visiting Programs: Provides new and expectant parents with information, support, and referrals to community resources and services, promote good maternal and child health, home safety, food security, and positive parenting.

Triple P: Positive Parenting Program is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Therapies

Child-Parent Psychotherapy (CPP): (for families who have experienced trauma) The primary goal of CPP is to support and strengthen the relationship between a child and his or her caregiver as a vehicle for restoring the child's cognitive, behavioral, and social functioning. Therapeutic sessions include the child and parent or primary caregiver. Appropriate for children between the ages 0-5.

Parent Child Interaction Therapy (PCIT) (for children two and over): PCIT is conducted through "coaching" sessions during which the parent and child are in a playroom while the therapist is in an observation room watching interactions through a one-way mirror and/or live video feed. The parent wears a "bug-in-the-ear" device through which the therapist provides in-the-moment coaching on skills to manage your child's behavior.

DIR/ Floortime: A comprehensive interdisciplinary approach that focuses on the child's ability to interact with other people. The philosophy behind this method is that a child must be emotionally attached to the people in his/her world and have the ability to interact with them in order to develop cognitively and emotionally.

Organization	City	Contact Info and Location	Services Provided
ENKI Health & Research Systems	BG COM	6635 Florence Avenue Suite 101, Bell Gardens, CA. 90201 (323) 647-6740 Call Center (866) 227-1302 1000 Goodrich Blvd., Commerce, CA 90022 Phone: (323) 832-9795 Call Center: (866) 227-1302	Individual & family therapy, case management, Children's Field Capable Clinical Services (FCCS- (mental health services can be provided outside the traditional setting including school, home, community), school based services, medication support, assessment, crisis intervention, 0-5 services at both sites. Parent-Child Interaction Therapy (PCIT), Child-Parent Psychotherapy (CPP), Positive Parenting Program (Triple P), specialized foster youth program.
St. John's Well Child and Family Center/ East Compton Community Health Center at Casa Dominguez	CPT	15715 S. Atlantic Avenue 2nd Floor, E. Rancho Dominguez, CA. 90221 Tel: 310-604-5000 Fax: 310-604-5005	Individual, group, couples/family therapy, crisis intervention, short-term therapy, psychiatric evaluation and treatment. Ages 3-adult.
Star View Community Services	CPT	1303 West Walnut Parkway, Compton, CA. 90220 310-868-5379	Individual & family therapy, case management, Children's Field Capable Clinical Services (FCCS), medication support, assessment, crisis intervention, and support groups., Child-Parent Psychotherapy (CPP), Incredible Years, Parent-Child Interaction Therapy (PCIT)
Alma Family Services	ELA	4701 E. Cesar Chavez Ave., Los Angeles, CA. 90022 Phone: (323) 881-3799 Fax: (323) 260-5202	Individual, group & family therapy, case management, medication support, case management, school based services. Parent Child Interaction Therapy (PCIT), Ages 0-25.
San Antonio Mental Health Center	HP	2629 Clarendon Avenue, Huntington Park, CA 90255 (323) 584-3700	Individual, group & family therapy, case management, medication support, case management, assessment and evaluation. Specialized programs that focus on infants, toddlers, and children 0 to 5 years of age including Parent-Child Interaction Therapy (PCIT). Email referrals to Jaime Anzaldo JAnzaldo@dmh.lacounty.gov, Direct phone number is 323-584-3717. Ages 0-18.
The Village Family Services	HP	2677 Zoe Ave #110, Huntington Park, CA 90255 Ph: (818) 755-8786	Individual & family therapy, case management, medication support, case management, psychological testing, specialized foster youth program, school based services, and parent education. Parent Child Interaction Therapy (PCIT), Positive Parenting Program (Triple P), Seeking Safety program, Interpersonal Therapy (IPT). Contact person is Liliana Hernandez - LHernandez@thevillagefs.org. The referral form can be emailed or faxed to 323-277-4761. Ages 0-21.
Children's Bureau-Magnolia Place Family Center	LA	1910 Magnolia Ave, Los Angeles, CA 90007 (213) 342-0100	Individual & family therapy, family support programs, 0-5 programs, child development and family enrichment programs. Call 213-342-0154. Center based case management support that assists parents with resources referrals and parent education/parenting classes please call 213-342-0191
St Francis Children's Counseling Center	LYN	3630 East Imperial Hwy, Lynwood, CA. 90262 (310) 900-8490	Individual & family therapy, case management, medication support, case management, psychological testing, school based services. Positive Parenting Program (Triple P), Ages 4-21.
Hillsides Bienvenidos Children's Center Inc.	MON	110 S. Garfield Ave., Montebello CA 90640 323-869-9255	Individual & family therapy, case management, Parent Child Interaction Therapy (PCIT), Therapeutic Behavioral Services (TBS), Wraparound Services, Multidisciplinary Assessment Team (MAT), Intake department phone number (323)274-3075. Ages 0-59.
Wellnest	SLA	3787 S Vermont Ave, Los Angeles, CA 90007 (323) 766-2345	Individual, group & family therapy, case management, medication support, school based services. Child-Parent Psychotherapy (CPP), Interpersonal Therapy (IPT), Positive Parenting Program (Triple P), Seeking Safety, Accept walk-ins. Ages 0-18.
Wellnest	SLA	3031 S. Vermont Ave., Los Angeles, CA 90007 (323) 373-2400	Day Treatment Intensive Program for children 2.5 - 5.5 years old with emotional or behavioral problems. Child must be toilet trained and have full scope medi-cal. Parent/ caregiver participation is mandatory. Early Intervention Outpatient Program, Family Resource Center and Home Visitation Program.
Kedren Community Health Center- Avalon	SLA	4211 S. Avalon Blvd., Los Angeles, CA 90011 323-233-0425	Individual & family therapy, case management, medication support, assessment & evaluation, parenting classes, and social skills training. Positive Parenting Program (Triple P), Parent Child Interaction Therapy (PCIT), Seeking Safety and Day Treatment for children 5-11(structured mental health treatment program that operates daily for children who present with moderate to severe behavioral problems that impact their home, school, and community functioning). Ages 0-25.
Children's Institute, Inc.	SLA	10221 S. Compton Ave., Los Angeles, CA 90002 (213) 260-7622	Individual & family therapy, support groups, school based services, parent education, 0-5 home visitation program, and project fatherhood program. Parent Child Interaction Therapy (PCIT), Child-Parent Psychotherapy (CPP).
MLK-MACC Augustus F. Hawkins Family Mental Health Sevices	SLA	1720 East 120th St., Los Angeles, CA 90059 (310) 668-4272	Individual & family therapy, medication support, case management. Parent Child Interaction Therapy (PCIT). Ages 5-18.
SHIELDS For Families	SLA	12021 S. Wilmington Ave., Los Angeles, CA 90059 (323) 242-5000	Individual & family therapy, case management, medication support, assessment. Welcome Baby Program (0-5), Home Visitation Program (0-5), Healthy Start Program (0-18 months) and Therapeutic Nursery (day treatment program designed to work intensively with young children to address behavioral and emotional difficulties while also working with the parents to provide them with the parenting tools they need to support their children's progress, ages 3-5. Child-Parent Psychotherapy (CPP), Seeking Safety, Multi-Systemic Therapy (MST) and Functional Family Therapy (FFT). Ages 0-24.
Pathways Community Services	PR	8337 Telegraph Rd, Ste 300, Pico Rivera 90660 Phone: (562) 865-3644	Individual & family therapy, case management, medication support, parent education and school based services. Child-Parent Psychotherapy (CPP), Parent Child Interaction Therapy (PCIT), Positive Parenting Program (Triple P), Seeking Safety, Ages 0-20.

When making a referral to a mental health agency, remember to make clear that you are seeking assessment and treatment for a co-occurring mental health/behavioral condition.

Parents/Caregivers will need a "warm-handoff" to an specific person at the agency.