

Services are for children ages 0-8 and their families in Montezuma County. Services are free.

Our program supports the developing capacities of children from birth to age eight:

- To regulate emotions
- To form close and secure relationships
- To explore the environment and learn
- To be ready for success in school and beyond



## *Early Childhood Mental Health Program Services*

- Consultation to families, preschools and child care providers
- Screenings to determine individual needs
- Training for child care providers and other community members
- Parent support and education
- Psychiatric evaluations
- Child and family therapy in home or school setting



Della Pope  
Early Childhood Specialist  
(970) 565-7946 Main  
(970) 335-2316 Direct  
[dpope@axishealthsystem.org](mailto:dpope@axishealthsystem.org)

## *Axis Health System*



## *Early Childhood Mental Health Program*

*Cortez Integrated Health System  
691 East Empire  
Cortez, CO 81321  
Main 970.565.7946  
Direct 970.335-2316*

## *What are signs that a child may need help?*

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- The child is destructive to himself or others
- There is evidence of abuse or neglect
- The child is frequently fearful or on guard.
- The child is unable to calm herself.
- Stressful events have occurred for the family.
- The child is non-compliant with caregiver requests.

## *Why is early childhood mental health important?*

To grow and learn, children need good mental health, as much as they need good physical health. The first years of life create the foundation for a child to have positive relationships, self confidence and the ability to meet change and challenges successfully.

Healthy social and emotional development is necessary for success in school and life. Mental health is tied to relationships the child has with caregivers. Children learn how to effectively express emotions, make friends, and explore the world around them through these relationships.



## *How do I nurture a child's mental health?*

- Create trusting relationships
- Provide stable and consistent caregivers at home and in child care.
- Learn about and respond to a child's cues.
- Learn about child development and have realistic expectations.
- Spend unhurried time together.
- Comfort and reassure a child when they are scared, angry, or hurt.
- Develop consistent routines to promote predictability and security.
- Model good relationships and healthy ways to manage conflicts.

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*Services are available in Archuleta, Dolores, LaPlata, and Montezuma Counties.*