

Guide to Services



Early Childhood Intervention

Mental Health Services

Developmental Services

Early Childhood Education

Support for Your Child and When to Seek Help:



- How do you know if your child needs mental health services? Children express emotional or behavioral problems in many different ways. Sometimes it is not easy to know when your baby or young child may need extra support. Seek help for your child if you are concerned by any of the following:

1) In babies (birth to 18 months):

- Fussiness or excessive crying
- Difficulties with sleep
- Feeding problems
- Changes in appetite or other behaviors
- Prematurity or medical issues at birth

2) In toddlers and preschoolers:

- Social withdrawal
- Fearfulness, sadness or tearfulness
- Frequent behavioral problems at preschool or home
- Aggression towards others
- Changes in appetite or sleep
- Threats to harm self
- Rejecting or avoiding being touched or held
- Not turning to familiar adults for comfort

There may be many reasons for what's causing your concern. We can help.



Services Provided

Developmental Services:

- We Care's **Beyond Boundaries** program provides opportunities for individual learning within a natural group environment through the implementation of the Early Start Denver Model (ESDM) practices for children 18 months to 3 years with autism or at-risk for autism. ESDM is an evidence-based program centering around naturalistic and routine-based theories built on relationship-focused teaching practices.
- Our **"We Play"** developmental playgroups are designed to help parents and children work together to meet the child's developmental goals. The playgroups are facilitated by an early childhood specialist and designed to provide fun activities to promote each child's language, problem-solving, motor skills, and social interactions. Parents and children finish the eight week session having developed improved ways of learning together that can last a lifetime.

Preschool:

- Our **preschool** serves typically developing children (three to five years old) and provides a core class curriculum that prepares the children for kindergarten. We address each child's educational needs through developmentally, culturally, and linguistically appropriate activities.

Mental Health Services:

- Our attachment-based **clinical services** are provided in the family home or at our offices and include parent/child, individual, and family therapies. We Care's model is particularly effective for children dealing with trauma, loss, depression, anxiety, and aggression.
- We Care provides home-based **infant/parent services** for eligible babies (birth to 12 months) and their families in Central Contra Costa County. Our infant specialists can help with baby fussiness, excessive crying, issues related to adjustment to premature birth or medical problems, and other concerns.

Mental Health Services: (continued)

- Our **Wraparound** program provides a family-driven, team-based planning process that is individualized and coordinated to meet the goals of children and their families with complex needs. Each family is provided a team Facilitator as well as a Family Partner to aid in advocacy and peer support.
- Our school-based mental health **inclusion** program is for children (three to five years old) who have had difficulty maintaining a placement in a typical preschool. This program offers children with behavioral and/or emotional concerns placement in a standard preschool, but with a Behavioral Specialist who can help each child succeed through individualized interventions.

Preschool Consultation Program:

- Preschool Consultation Program is an early-childhood mental health consultation program addressing the needs of area preschools struggling with students whose disruptive behaviors place them at risk of expulsion. Our consultants work closely with the early care and education staff, administrators, and families. Services include observation, assessment, consultation with staff, brief counseling with families, and training and resource referrals.

Intensive Foster Care Services:

- Our "Katie A." program provides intensive case management services for eligible children (birth to age six) in current foster care placement or in the family reunification process. This program provides a team-based planning process to meet the complex needs of young children and families in the foster care system.

Who We Are

We Care Services for Children was founded 62 years ago in Contra Costa County, California, by parents of children with developmental and cognitive disabilities in response to a lack of appropriate services in their community. These parents understood the unique and complex needs of at-risk children and forged an agency that has since evolved to address a wide range of developmental and mental health concerns – all while keeping focus on each family and its specific strengths.

Today, we support the unique mental health, developmental, and educational needs of disadvantaged children up to age 5 through an array of effective, research-based therapies. Embedded in our programs are developmentally, linguistically, and culturally appropriate activities helping provide each child with the best possible start to his or her life.

Mission Statement

Through targeted, compassionate, and effective early intervention services, We Care helps young children and their families reach their full potential, regardless of their abilities or circumstances.



About

We Care Services for Children is a private, nonprofit human services agency serving Central Contra Costa County. We receive funding through:

- Contra Costa County Mental Health
- Regional Center of the East Bay
- First 5 Contra Costa
- Contra Costa Community Services Bureau
- Contributions of individuals and foundations

Private pay options are also available.

Contact information and child eligibility:

General Information:

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