

# Help Me Grow North Texas News

July 2021 Edition

## Contents:

- Welcome Rebecca!
- Thank you Dr. Finch!
- Save the Date!
- Program Highlight  
Mental Health  
Consultation
- Developmental  
Academy in Review

## Reminders:

- Next Quarterly  
Subcommittee  
meetings will be  
held in September
- Next Collaborative  
Meeting will be held  
in January 2022
- Be sure to like us  
on social media  
[@HelpMeGrowNTX](#)

## Welcome Rebecca!



Rebecca will be joining the Early Learning Alliance (ELA) as their new Project Manager. Rebecca is a first generation college student where she holds a Bachelor of Arts in Spanish Translation and Interpreting with a minor in Women's Studies from the University of Texas at Arlington. She previously served as Senior Program Director of STEM at Girls Inc. of Tarrant County.

She is a problem-solver and leader who brings the skills, experience, and passion needed to join the ELA movement. As the new Project Manager, she will bring her bilingual (English and Spanish) leadership and networking skills to the table to support ELA's mission and vision. Rebecca firmly believes that every child should have a strong start in early education so they can succeed in school and in life. Welcome Rebecca!

# Thank you Dr. Finch!

## You will be missed!!



Janet (Jan) Finch, LCSW, Ph.D. has been a social worker for the past 48 years. She is retired from the University of Texas at Arlington (UTA) School of Social Work as Associate Professor in Practice and is currently an adjunct professor. Prior to her work at UTA, she has been a social Work clinician, administrator, and supervisor in nonprofit agencies, focusing her work on disabilities and trauma informed practice with children and adults. She currently has a private practice, assisted by her certified therapy dog, Allie. Dr. Finch has been a Licensed Clinical Social Work Supervisor for the past 20 years, and actively supervises LMSW's for the private practice credential (LCSW). Dr. Finch provides community leadership and support in mental health and is a public speaker on trauma, mental health, and social work ethics.

Dr. Finch has been a wonderful leader for the Comanche Peak Coalition for Mental Health and expanding mental health support in Hood County. Through her leadership, the coalition achieved 501c3 status and a bank account. She also helped plan and support through the coalition two drive-thru resource fairs in Granbury and three self-care events for Granbury ISD teachers. The coalition has been submitting biweekly news articles within the Hood County news regarding mental health and supports in the community. The coalition regularly participates in the Results Based Accountability (RBA) process with an active scorecard for community accomplishments.

Dr. Finch is moving to Arlington to start her next adventure and focus on her private practice work. Her leadership in Hood County will be missed. Thank you Dr. Finch for all you have done!

# Save the Date!

## Help Me Grow North Texas Two Year Celebration

On September 30 from 12-2 all of Help Me Grow North Texas will be celebrating our two year anniversary. We will be reminiscing and celebrating all that has happened over the last two years. since our official launch on September 30, 2019. This event will be come and go so plan to join as you can. The event will be held at the George Hawkes Downtown Library Campus in Arlington in the reBrary room. The address for the venue is 100 S Center St, Arlington, TX 76010.

At the event, we will have printed infographics that were created to highlight big accomplishments and several big data points including developmental screenings across the network, referrals into the Help Me Grow North Texas call center, utilized resources by families interacting with the call center, and partners who have signed a partnership pledge with Help Me Grow North Texas.

Invitations will go out closer to the event, but save the date on your calendar! We hope you will join us!

**Sept 30- 12-2 p.m.**



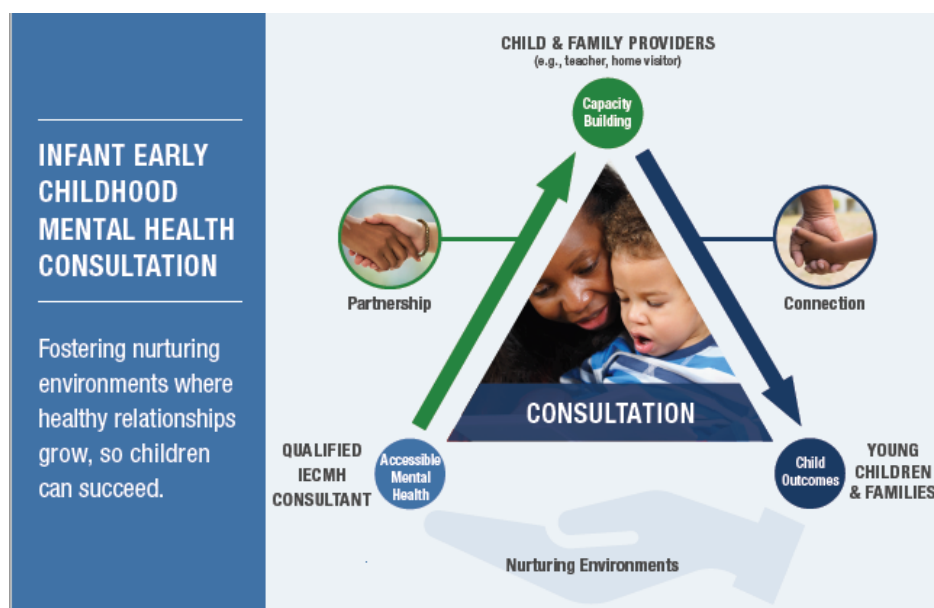
# Program Highlight

## My Health My Resources of Tarrant County Mental Health Consultation Program

The Mental Health Consultation Program from My Health My Resources of Tarrant County's Early Childhood Services is a free program and resource for child care centers and family child care homes in Cooke, Denton, Wise, Tarrant, Hood, Parker, Somervell, Erath, Ellis, Johnson, Palo Pinto, and Navarro counties. The mental health consultants are master's level, licensed mental health professionals that have expertise in promoting healthy relationships, environments, and supporting children within the classroom. The mental health consultants work with directors and teachers to help create the best possible environment for the children in their care.

The mental health consultants utilize the below model that focuses on children accessing mental health supports within their natural environments like a child care classroom, builds capacity of the providers that work directly with the families to help improve their environment, and builds successful outcomes for children in learning and relationships. The program focuses on working with centers and children under the age of six. The mental health consultants also utilize Trust Based Relational Intervention.

To learn more or access a mental health consultant for your center, reach out to the Help Me Grow North Texas Navigators at 844-NTX-KIDS (844-689-5437) and request Mental Health Consultation.



# Developmental Milestones Academy

## Opportunity in Review

On June 12 from 9 a.m. to 2 p.m. The Early Childhood Services Family Engagement and Groups team at My Health My Resources of Tarrant County (MHMR) hosted a free virtual professional development opportunity. The Act Early Milestone Academy allowed 19 child care providers to come together and go through specific milestones, strategies, and exercises based on different ages of the children providers work with. Mental Health Consultants from MHMR Tarrant supported Trust Based Relational Intervention (TBRI) practices throughout the academy. Attendees were taught how to download and use the Milestone Tracker App within their classroom. Additional information was shared on Parent Cafés, Power Groups, and incorporating protective factors into their work with families.

Attendees were asked to fill out a survey after the event to share about their experience. Attendees shared that the most beneficial information that they learned was related to TBRI, protective factors, behavior support and how to use the CDC Milestone Tracker app. Most attendees also shared that they will use the information they used they learned quite a bit and that it had a huge impact on their practice of working with children within their center. This Milestone Academy was the first to be held from MHMR Tarrant staff and more are being planned for the near future.



**Act Early Milestone Academy**



**Date:**  
Saturday  
June 12th

**Time:**  
9:00am-2:00pm

Come learn how you can take your class to the next level.

Join us for our first Milestone academy endorsed by Help Me Grow North Texas. You will learn about developmental milestones, activities, and navigate through the CDC Milestone Tracker App. Along with understanding how to access mental health consultations to support your classroom.

**\*\*CEU will be given upon Completion of the Academy.\*\***

Registration is required as space is limited. Please register with the link below or scan the QR Code.



<https://aema.eventbrite.com>

EarlyIsBestNorthTexas.org | 844-NTX-KIDS  **early childhood services**  
MHMR TARRANT | WE CHANGE LIVES