

Early Childhood Mental Health Resources for Child Care Providers in Hampton Roads

It starts with creating a strong environment right at home!

Parents, care givers, and teachers can learn more about developmental milestones and how to build a healthy body and brain by exploring the links below:

- [CDC Learn the Signs. Act Early Campaign](#)- Visit the site for free child development materials.
- [The Hampton Roads Basics](#) are five fun, simple and powerful ways that every family and all child care providers can use to build healthy brains and to give every child a great start in life. Visit www.TheBasicsHR.org to learn more.
- [Bright Views](#), EVMS, CINCH – Bright Views is an engaging, holistic health curriculum for children ages 3-6. For more information, contact Cinch@EVMS.EDU

There are many professional networks that have supports for teachers working in early learning environments!

Explore the links below to see about training and coaching opportunities in the Hampton Roads region:

- [Early Education Business Consultants](#)- Training early childhood leaders on best business practices.
- Child Care Aware – [Virginia Shared Services Network](#) – A web-based platform open to all centers and family child care providers offering resources to save time, save money, and increase quality.
- [Square One](#) – Providing professional development training to those who work with children ages 0- 8 and their families.
- [Children’s Harbor Community Training Program](#) – Providing quality professional development experiences to ECE providers. [Provider Training Series](#)
Contact: training@childrensharbor.cc
- [Professional Development Training list](#) - an extensive list of agencies and organizations currently offering training in the Hampton Roads region (look for social & emotional support training)

- [Social Butterflies Club](#) provides social communication therapy and groups for children in a fun, structured environment. The unique structure of our program also develops speech, language, fine motor, gross motor, and social/play skills. Contact: Rhonda Osisek M.S., CCC-SLP
- [Tidewater Training and Technical Assistance Center](#) (TTAC) – T-TAC ODU improves educational opportunities for children with developmental delays and disabilities including individuals with intellectual disabilities (through age 21). T-TAC ODU also provides training and support to teachers regarding assistive technology that will assist students with communication needs and provide access to the general education curriculum.

There are also supports for more intensive interventions

Start by contacting an early intervention program:

- [The Virginia Infant & Toddler Specialist Network](#) (VA- ITSN) - Through training, child care providers will learn how to encourage infants and toddlers to express and regulate emotions, solve problems, develop positive relationships and focus on tasks. [Click here](#) to request training (All services are provided within the child's natural environment. We will team with the family to develop interventions that will work as part of their everyday routines and activities).
 - Eastern Region- contact Children’s Harbor at **757-399-1337**
 - Peninsula Region- contact Center for Child & Family Services- **757-229-7940**
- [Infant & Toddler Connection of Virginia](#) - The Infant & Toddler Connection of Virginia is Virginia's early intervention system for infants and toddlers (age 0-36 months) with disabilities and their families. Any infant or toddler in Virginia who isn't developing as expected or who has a medical condition that can delay typical development is eligible to receive early intervention supports and services under Part C of the Individuals with Disabilities Education Act (IDEA).

(Services include the Office of Special Education Programs and Part C Early Intervention Programs. DBHDS is the lead agency for Part C in Virginia).

Chesapeake- **757-819-6222**

Norfolk- **757-441-1186**

Portsmouth - **757-776-3088**

Virginia Beach - **757-385-4425**

Eastern Shore – **757-442-5437**

Western Tidewater- **757-562-6806**

- VA ITSN also has [Infant and Toddler Mental Health Consultants](#) across the state who support excellence in early care through promotion, prevention, and intervention strategies designed to foster social emotional development and mental wellness. Contact for Eastern Region: **(757)- 345-5376**
- [CHKD - Care Connection](#) - CHKD Care Connection supports children with special needs by providing services that are family centered, culturally sensitive, community-based, coordinated, collaborative and outcome-oriented. **(757) 668-7132**
- [CHKD Mental Health Hospital](#)- CHKD’s Mental Health Program includes experts in the fields of child psychiatry, psychology, licensed clinical social work and licensed professional counseling. We strive to collaborate closely with primary care pediatricians, pediatric specialists and caregivers on early identification of mental health vulnerabilities. **Contact: 757- 668-4673 (HOPE)**
- [Kempsville Center for Behavioral Health](#)- provides inpatient hospitalization for children and teens, ages 4 to 18, who are in a mental health crisis. Following an initial assessment and crisis stabilization, our staff, develops individualized treatment programs for each patient. **Contact: 757-461-4565**
- **Community Services Board:**
 - [Chesapeake Integrated Behavioral Healthcare \(CIBH\)](#) - **757-547-9334**
 - [Norfolk Community Services Board](#)- **757-823-1630**
 - [Portsmouth Behavioral Healthcare](#)- **757-393-5357**
 - [Virginia Beach Child & Youth Behavioral Health Services](#) – **757- 385-0850**
 - [Eastern Shore](#) – **757-442-3933** ext. 400
 - [Western Tidewater](#) - **757-758-5106**

Often, parents and teachers can benefit as well from mental health supports for themselves while balancing the challenges of work and personal life!

Psychology Today: [Therapists in Virginia](#) - Browse this extensive directory of the best Therapists, Psychologists and Counselors near you using your zip code.

Maternal Mental Health Hotline: This hotline is available for pregnancy, postpartum, and post-loss support.

1-833-9-HELP-4-MOMS (1-833-943-5746)

NOTE: *The Maternal Mental Health Hotline is not intended as an emergency response line.*

Call or Text 988: This connects you to the 988 Suicide & Crisis Lifeline

Chat: Visit 988lifeline.org to chat with a counselor

Spanish Speakers: Call 988 and press 2, or text AYUDA to 988