



Protecting Our Children Heart of Illinois Safe From the Start

the CENTER
for PREVENTION
of ABUSE
opening doors. changing lives.



Message From Sara... We've heard a lot lately about children's social and emotional health. Social and Emotional development refers to a child's ability to form lasting relationships, manage their feelings and behaviors, develop empathy for others, and exhibit social skills. It is when we look for teachable moments of self-control, self-awareness, problem solving, etc. Many social service agencies and school staff, including our Safe From the Start program, are implementing social emotional teaching strategies into their work. Unfortunately 7.5% of Illinois children ages 3-17 are reported to have moderate or severe social or emotional difficulties. Research clearly demonstrates that healthy social and emotional development is critical for school success and paramount toward creating productive, healthy adults. Inside this issue, you will find several useful articles and information on what our community is doing to ensure the social and emotional health of our community.

In Peace,
Sara Dillefeld
Heart of Illinois Safe From the Start Program Administrator



An Illinois Safe
from the Start
Program

FY'2010 Issue 1

Inside this issue:



Take our Quiz

1. **What year did the Pilgrims have the first Thanksgiving feast?** 1620, 1621, 1624, 1777
2. **What type of meat was probably NOT on the Pilgrims Thanksgiving Table?** beef, fish, lobster, fowl
3. **The Horn of Plenty, which symbolizes abundance is also called what?** corn you cope, fruit basket, bushel basket, cornucopia
4. **In 1676, a day of Thanksgiving was proclaimed to take place in what month?** May, June, October, November
5. **What President didn't like the idea of having a national Thanksgiving Day?** Lincoln, Jefferson, Truman, Nixon
6. **Which President moved the date of Thanksgiving twice?** F.D. Roosevelt, Teddy Roosevelt, Nixon, Jefferson

Coalition Spotlight Coalition Spotlight Coalition Spotlight

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Caregiver Connections is a relatively new program. In 2004, the Illinois Department of Human Services established Caregiver Connections to bring mental health services to Illinois child care providers working with children birth through age 5. This program became state wide in 2008. It employs 21 consultants throughout the state. My service area is the following counties: *Bureau, Fulton, La Salle, Marshall, Peoria, Putnam, Stark, Tazewell, and Woodford*

Services offered include consultation, technical assistance, referral, and linkages. Local Caregiver Connections consultants and the local child care resource and referral (CCR&R) agencies share the same territories and work in partnership to provide training and technical assistance to Illinois child care providers.

Continued on pg. 3

Safe From the Start 7 Year Report	2
Erikson's 8 Stages of Development	2
Coalition spotlight cont.	3
Rogy's Learning Place and Think About This...	3
Depression Study, Future Meeting Dates, and Quiz Answers	4

Partnering to promote a safer, stronger Tri-County starting with ages 0-5.

Demographic Data from the Safe From The Start Seven Year Evaluation Report, 2009

For a full report contact our office at 686-5229

Child Demographics	Our Site	All SFS sites
Average age of children	4.73	4.35
Percent Female	40%	44%
Number of sessions child attended	5.72	7.53
Presenting Problem (Types of Violence Exposure)	Our Site	All sites
Witnessing domestic violence	71%	69%
Victim of child abuse	19%	17%
Victim of community violence	2%	1%
Witnessing community violence	3%	4%
Sexual Abuse	7%	5%
Other reason	14%	12%
Presenting Symptoms (as reported by the caregiver at intake)	Our Site	All sites
Clinging behavior	45%	36%
Aggression toward siblings	43%	36%
Aggression toward parents	41%	32%
Aggression toward peers	33%	25%
Destruction to property	32%	21%
Adjustment difficulties	30%	20%
Sleep difficulties, night terrors	32%	29%
Anxiety	29%	20%
School behavior problems	24%	17%
Parent/child relational problem	25%	23%
Risk Factor (as reported by the caregiver at intake)	Our Site	All sites
Single Parent	69%	72%
Unplanned pregnancy	100%	90%
Serious medical problems	50%	37%
Father in jail	59%	53%
Poverty	51%	58%
Watching violent TV programs and movies	54%	42%
No support from religious resources	50%	42%
Distress of caregiver	44%	57%
Substance abuse during pregnancy (includes nicotine)	43%	33%

Stages of Social Emotional Development in Children-

**Based on Erik Erikson's Eight Stages of
Development, 1956**

Trust vs Mistrust (0-2)

The child develops trust and security if loved and nurtured. A child who is not shown affection or does not have his needs met will become insecure and mistrustful. A child who successfully passes through this period will learn that the world is safe and dependable.

Autonomy vs Shame (2-4)

At this stage a child will develop a sense of independence and confidence. A child who is not allowed to do things on their own, a parent who demands too much, or ridicules their child's efforts, will feel shame and doubt about their abilities.

Initiative vs Guilt (4-6)

A healthy developing child learns about the world through imagination, cooperation with others and being a leader, as well as a follower. A child who is not given support will develop shame and fear.

Industry vs Inferiority (7-12)

The child learns to master the more formal skills of life. This is a critical time for developing self-confidence. The mistrusting child will doubt the future. The shame and guilt filled child will experience defeat and inferiority.

Identity vs Identity Diffusion (13-20)

This child tries to answer, "Who am I?". Children may experiment with different roles. A child who has not developed successfully through prior stages will be held back in fear and self-doubt.

Intimacy vs Isolation (20-34)

The ability to form long-lasting relationships.

Generativity vs Self-Absorption

Main focus is on contributing to society and guiding future generations. He trusts, he is independent, and is not afraid to try new things. He works hard, has a well-defined role in life and has developed a positive self-concept. He is able to love others and is proud of his accomplishments.

Integrity vs Despair

If the 7 previous stages have been met, this individual is at the peak of adjustment; integrity. This is a time for self-reflection.

COALITION SPOTLIGHT CONT.

Early Childhood Mental Health Consultation is an essential component in quality early childhood education. In May 2005, Dr. Walter Gilliam published "Prekindergartners Left Behind: Expulsion Rates in State Prekindergarten Systems". In ground breaking research, he reported that prekindergarten students are expelled at a rate more than three times that of their older peers in the K-12 grades. He also reported that the likelihood of expulsion decreases significantly with access to classroom-based behavioral consultation from mental health professionals. If you would like to read the full report, you can access it at http://ziglercenter.yale.edu/resources/docs/National%20Prek%20Study_expulsion%20brief.pdf

I have been an Early Childhood Mental Health Consultant approximately four years. I have come to understand the stress and worry child care workers face when the children in their care are challenged by behavioral, social/emotional, physical or learning problems. I believe that childcare workers want to provide the best care to every child in their program. My services enable them to reach that goal. The services that are available at no cost to the provider include:

Consultation-observing a child or classroom and discussing ideas that can help children develop appropriate social and emotional skills

Support and training that equips workers to deal confidently with difficult situations when working with staff, families, and children

Connections to screening resources that can identify developmental problems early

Referrals to evaluation and family services

Submitted by: Carol Tiggelaar, MA, LCPC



Think About This...

1 in 5 children has a mental disorder

5%-9% of children ages 9-17 are affected by a serious emotional disturbance

Expulsion of children ages 3-5 in preschools is 3.2 times the rate of expulsion for K-12 students



Rogy's Learning Place is standing out as a leader in the early childhood community by recognizing the importance of children's social and emotional health. Rogy's operates 19 facilities in Illinois and Ohio. The staff have been trained on a pyramid framework that includes four levels of practice to address the needs of all children, including those with persistent challenging behavior. Rogy's staff have already experienced success by focusing on teaching strategies called Positive Behavior Support (PBS). According the Mindi Thierer, "PBS has been an awesome approach for Rogy's Learning Place. The amount of time addressing challenging behavior has dramatically reduced."

Want to learn more about Positive Behavior Support, the Pyramid, and CSEFEL? Visit www.vanderbilt.edu/csefel/



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Providing Support, Education,
and Counseling to Children
Exposed to Violence ages 0-5



Study Finds Depression in Children as Young as 3

The following excerpts are taken from an associated press article.

- Depression in children as young as 3 is real and not just a passing grumpy mood.
- Depression in children was most common in children whose mothers were also depressed.
- Depression in children is most common in children who have experienced a traumatic event, such as a death of a parent or physical or sexual abuse.

This study has been controversial and widely reviewed. To read the full study go to The Journal of American Academy of Child and Adolescent Psychiatry.

Safe From the Start Coalition Dates:

Advisory Team

11/18, 2/17, April TBD, 6/16

Full Coalition

1/19, 3/15

Current Coalition Members: Peoria Sheriff's Office, Tazewell County Health Dept/AOK, Peoria City/County Health Dept, Bradley University, Peoria County Bright Futures, the Center for Prevention of Abuse, Children's Home/Good Beginnings and Caregiver Connections, Family Violence Coordinating Council, Methodist, PCCEO, Catholic Charities, Salvation Army, Child Care Connection, Peoria Police Dept, Child Advocacy Centers of Peoria and Tazewell Counties, Boys and Girls Club, Child and Family Connections, Tazewell/Woodford County Head Start, Mental Health Assoc, DCFS, Red Cross, CASA of Peoria County, Rogy's, Counseling and Family Services, Resource Link @ OSF Children's Hospital, Crittenton Center, District 150,

Answers to the Quiz on Page 1: 1621, beef, cornucopia, June, Jefferson, F.D. Roosevelt

