

Lower Shore Early Childhood Mental Health Consultation Program

Our Interns

Fall/ Winter2025

This fall, the Lower Shore ECMHC welcomed two MSW student interns, Addison Cook and Sydney Steeves! Through this internship the students will build their social work skills in the field of early childhood mental health. This program allows the students to utilize their knowledge gained in the MSW program and apply it in practice at their early childhood placements.



Addison with Pre-K4 teacher, Ms. Robbins



Sydney with Pre-K4 teachers, Ms. Max and Ms. Naya

Our New Graduate Assistant

This fall the ECMH Program welcomed Graduate Assistant, Katie Dolan to the team! Katie is enrolled in the MSW Program at SU. She has been trained on the Pyramid Model, the consultative stance, and other early childhood development focused frameworks.

Katie will provide behavioral support to early childcare programs and teachers through classroom observations, education, evidence-based strategies, and family engagement.



Embedded Consultation

Why is it beneficial?



MSW student interns, Addison and Sydney are supporting preschools in Wicomico County through the embedded consultation model.

What does this mean for childcare providers?

Using an embedded IECMHC model can support childcare providers in intentionally creating an environment that promotes positive infant social and emotional mental health, to develop strategies on how to engage with children throughout their day, and to promote providers use of effective teaching practices.

What does this mean for consultants?

Consultants have a deeper understanding of the culture of the preschool and all levels of influence. This allows them to tailor their recommendations and strategies. Student interns work to build rapport with childcare staff, families, support family engagement efforts, and provide information on universal, best practices in early childhood.

Throughout the semester, I have had the opportunity to engage with the students, teachers, and parents with an outside perspective. This has allowed me to tailor supports and interventions to the specific needs of the environment. The embedded approach has allowed me to see the daily struggles in a way one may not be able to see with one observation.

Sydney Steeves, ECMH Intern

This semester has taught me more than I could have learned from just coursework. I have had the privilege of taking what I am learning in my classes and apply it directly to the work I am doing at God's Little Angels, working with the children, teachers, and families. The embedded approach allows us to participate in research-informed practice, but also allows us to use our field work to influence further research!

Addison Cook, ECMH Intern

The Pyramid Model

The Pyramid Model builds upon a tiered public health approach to providing universal supports to all children to promote wellness, targeted services to those who need more support, and intensive services to those who need them.

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Pictured – Addison utilizing a scripted story to promote emotional regulation and breathing with three-year-old students. At the conclusion of the story, Addison provided the children with a breathing stick craft to practice what they learned from the story. This is an example of Tiers 1 & 2 of the Pyramid Model: Universal Practices and Targeted social emotional supports with self-regulation, expressing and understanding emotions.

Upcoming Free Trainings

January 22, 2026

Time: 6pm

Location: Eastern Shore Child Care Resource Center

Topic: Creating a Trauma-Informed Culture of Care for Young Children

Presenter: Latrice Gray, LCSW-C

COK HOURS AVAILABLE!

April 10, 2026

Time: 9am **Location:** Salisbury University
Topic: Early Childhood Development and Behaviors

Presenter: Professor Emerita Dr. Brenda Jones Harden Institute for Child Study, HDQM Director, Prevention and Early Adversity Research Laboratory University of Maryland College Park
Lunch provided!!! CEUs available!!!

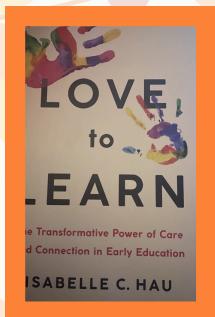
A Special Thank You!

Ms. Vanessa Jones-Warner and her program God's Little Angels is hosting ECMH intern Addison this year! Thank you again to Ms. Vanessa and her team - you've offered a wealth of learning opportunities and support this semester!



A special shout out to Atlea and the team at Bundles of Joy - Sby for hosting student intern, Sydney this semester. Your willingness to support student learning is greatly appreciated!

ECMH in the Community



On December 8th, LSECMHCP took a trip to Ellicott City to attend the Ready at Five Symposium. While there, we learned about Relational Intelligence and the effect of AI on early development in children from keynote speaker Isabelle C. Hau, executive director, Stanford Accelerator of Learning, and author of *Love to Learn*.

Judy Center Collaboration



ECMH interns, Sydney and Addison at a Bedtime Routines workshop.

ECMH partnered with Wicomico County's Judy Center to offer parent-focused workshops on the topic of Bedtime Routines. The workshops included participants from each of the JC sites: West Salisbury, Beaver Run and Pemberton Elementary Schools.

The JC provided families with their own bedtime kits and a basket of fresh vegetables!

Evidence-based information was presented on the importance and benefits of a bedtime routine in preschool aged children.

There was also a discussion on ways to support sleep in children who are neurodivergent. Participants were encouraged to share their experiences and offer ideas that could help other families.



ECMH interns created social-emotional themed take home bags for the children in attendance.

Zero to Three Learn Conference

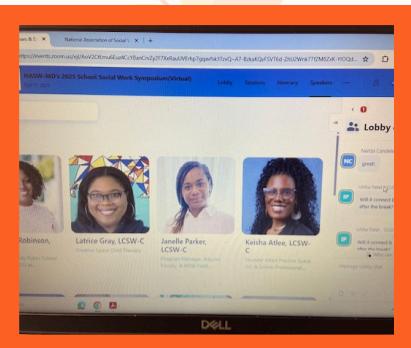
ECMH Program Manager, Janelle Parker attended the Zero to Three Learn Conference in Baltimore. The keynote speaker was MD's Governor, Wes Moore. The Governor highlighted the importance of early childhood education which is Pillar I of the Blueprint for Maryland's Future. Janelle attended workshops focused on reflective supervision practices, and strengthening on-boarding processes for professionals new to the work of early childhood mental health consultation.



It was also a GREAT day and opportunity to connect with other MD IECMH professionals (in-person) from Montgomery and Howard Counties as well as the PIEC team from UMSSW!



Early Childhood Mental Health Consultation



Presentation

In October, Janelle Parker, LCSW-C along with Latrice Gray, LCSW-C presented an hour-long session on Early Childhood Mental Health Consultation during NASW-MD's virtual School Social Work Symposium.

Interested in ECMH Interns?

To date more than 5 programs across Wicomico County have hosted early childhood mental health interns!

Student interns are

- Trained in developmental appropriate practices
- Have knowledge of early childhood and behaviors
- Student is supervised weekly by SU manager/licensed clinical social worker
- Has a background check
- **FREE** support for a minimum of twice weekly October through May
- Can promote family engagement through scoring and interpreting of ASQs and DECA

If you are interested, please contact Janelle Parker
jiparker@salisbury.edu

HAPPY HOLIDAYS FROM ALL OF US AT THE LOWER SHORE ECMH!

Please take time for self-care and know that your mental health matters!

The holidays can be hard at times, and we can't take care of others until we first take care of ourselves.

Here are some helpful holiday tips:

- **Surround yourself with people that make you happy and at peace**
- **Don't feel pressured to be involved in activities you do not want to do**

Take time to do things YOU enjoy!

It's okay to have down time

Reach out for help if you feel overwhelmed



Know that you are NOT alone

