

Head Start Update

A joint newsletter of the:
Arkansas Head Start Association
Arkansas Head Start State Collaboration Office
Arkansas Head Start TA Network

Arkansas Head Start



Fall 2009 • Volume 1 • Issue 1



Message from the Editors



We hope you enjoy our new newsletter for Head Start in Arkansas. The

newsletter will be published quarterly.

Each newsletter will have articles on specific focus topics. We will also share information about upcoming events and initiatives as well as spotlighting local programs.

The Fall 2009 issue focuses on the topics of governance, health, and disabilities.

The Winter 2009 issue will focus on education, family literacy and professional development.

If you would like to submit articles for future issues, please e-mail them to: deanah@arheadstart.org.

In this issue

Cultivating Successful Teams...1

Your Health Services Advisory Committee and Oral Health...2

Health Services Fact Sheet...2

Promoting Children's Social/Emotional Development...3

Arkansas SpecialQuest Initiative...4

Are You Getting Ready for QRIS?...6

Upcoming Events...6

Child Development, Inc. Chosen for National Study...7

Cultivating Successful Teams: Taken from the Training Guide on the ECKLC Website

By Pam Jenkins, TEAM Arkansas, ICF International



Head Start programs have widely different characteristics as well as organizational and management structures.

Some are small, others are large. Some are urban; some are rural, while others are suburban or metropolitan. Some are nonprofit agencies; others are school systems, tribal nations, or government entities. Some are grantees, others are delegate agencies, and some are both grantees and delegate agencies.

Regardless of the differences, every program must provide quality, comprehensive services to children and families. To do this, every program must look at its capacity, purpose, and structure to determine the best management approach for meeting the overall goal of providing quality services.



A team approach to management complements Head Start's comprehensive and integrated focus.

There are several benefits to a team approach to management:

- A team approach creates a collective focus on the purpose of the organization.
- It can integrate the work of staff and parents with different perspectives and skills.
- It generates innovative ideas and solutions by bringing together diverse viewpoints and information and promotes a holistic approach to services.

(Continued on Page 5)



Your Health Services Advisory Committee and Oral Health: Steps to Get Your Community More Involved in Oral Health

By Jan Cox, Team Arkansas, ICF International

Involve your Health Services Advisory Committee.

Recruit a dentist or dental hygienist to serve on your HSAC. Ask for names of retired dentists in your area; recruit them, too. They may also be helpful in contacting other dental providers and sharing the Head Start requirements in oral health.

Let technology work for you.

Ask your HSAC for help in identifying appropriate resource materials on the internet. Ask for help in securing useful pamphlets, fact sheets, and articles from reputable sites; copy them and ask staff to share them with parents to increase their health literacy.

Review and revisit partnerships.

If you have an existing interagency agreement (state or local) with either WIC or CMS (Medicaid), look over the agreement to see if it is broad enough to cover oral health, or think about how it could be revised to do so. If you rely

on informal partnerships with your local health department or other community health providers including community health centers, begin the process of formalizing the partnerships.

Include Parents and the Policy Council.

Share program dental health statistics outlining the Head Start regulations and the EPSDT periodicity for oral health. Report on how many children met the requirements, how many are in treatment and how many are not compliant. Have a parent meeting dedicated to the topic of oral health. Invite health staff, HSAC members, and community providers to participate in and watch [*Embracing Our Future*].

Contact your State Collaboration Office or State T/TA Office.

Many state collaboration activities involve health issues such as improving access to care or ARKids First (Medicaid/ SCHIP) outreach. Ask them if they have information about state interest in or activity on oral health. They may also have names of state or

local contact persons from CMS, Health Resources & Services Administration (HRSA), or WIC.

Adapted from Head Start Bulletin #71.

Health Services Fact Sheet

By Deana Howell, Arkansas Head Start Association



In June 2009, the Arkansas Foundation for Medical Care

contacted the Arkansas Head Start State Collaboration Office to discuss a fact sheet for physicians that would highlight the important health services timeframes and screening information. Ann Patterson, Collaboration Director, met with Jan Cox, Content Specialist, TEAM Arkansas, to discuss the project. Jan volunteered to take the lead in developing the fact sheet. The final document entitled “Head Start Partner Smart: Health Services” will be shared by Arkansas Foundation for Medical Care with local physicians.

A copy is available online at www.arheadstart.org. Click on News and then State News to access the fact sheet.



Promoting Children's Social and Emotional Development through Early Childhood Mental Health Consultation

By Nicola A. Conners-Burrow, PhD, University of Arkansas for Medical Sciences-Partners for Inclusive Communities

All parents want their young children to develop the social skills they need to be successful, but the fact is that difficulties related to social and emotional development are common among young children. Approximately 20% of preschool children have some type of emotional or behavior problem (Lavigne, Gibbons et al. 1996). Without intervention, some children will 'outgrow' these problems, while approximately half will go on to have problems in later childhood and adolescence (Campbell 1995; Lavigne, Arend et al. 1998).



When children are experiencing problems, childcare professionals can help. Teachers set the stage for healthy development when they have a warm relationship with children and when routines are consistent, rules are clear, and children are taught expected behaviors in positive ways. This has been confirmed in recent studies, such as one large study of preschool children (Mashburn,

Pianta et al. 2008), which found high quality teacher-child interactions promote social skills in young children – even more than other characteristics of the teacher and classroom (like teachers' level of education, class size, and teacher-child ratio). However, children with social and emotional problems can present a challenge to even the most skilled teachers, and those teachers may benefit from support from other professionals.

In recent years, Early Childhood Mental Health Consultation (ECMHC) models have been designed to support teachers and promote positive social and emotional development among children in preschool settings. Usually this consultation takes two forms: Programmatic consultation focuses on improving the overall quality of a childcare program, including issues that impact the climate of a classroom or the teachers' ability to build nurturing relationships with the children in their care. Child focused consultation occurs when teachers identify children that they are

concerned about, and mental health consultants observe and/or assess the children, ultimately assisting the teacher (and often the family) to make a plan to address the issues that contribute to the children's social and emotional difficulties. Recent studies suggest that ECMHC can have a positive impact on children's classroom behaviors, even reducing rates of preschool expulsion (Gilliam 2005; Perry, Dunne et al. 2008). Others have shown that ECMHC can help teachers create a more positive classroom climate and use more appropriate behavioral management strategies (Raver, Jones et al. 2008) than teachers not receiving ECMHC .



In 2004, the Arkansas Department of Human Services/ Division of Childcare and Early Childhood Education started an ECMHC pilot project, partnering staff from Community Mental Health Centers with preschool programs in their community*. Results from a study of the first three years of implementation of this project suggest that it is having a positive impact on teachers and children. The study included 193 teachers, and these teachers (Continued on Page 5)



Arkansas SpecialQuest Initiative

By Deana Howell,
Arkansas Head Start
Association

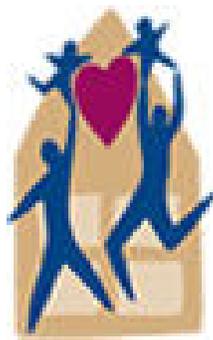
What is the Arkansas SpecialQuest Initiative?

The Arkansas SpecialQuest Initiative will provide professional development on inclusion for the birth through Pre-K population. The SpecialQuest Approach is designed to touch the “head, heart, and hands” of families and professionals working together to create inclusive communities for young children with disabilities.

This relationship-and team-based approach enhances and sustains inclusive services, family leadership skills, and integrated, collaborative service delivery.

For more information about SpecialQuest, please go to www.specialquestlibrary.org.

The Arkansas Department of Human Services-Division of Child Care/Early Childhood Education and Division of Developmental Disabilities Services are sponsoring the Arkansas SpecialQuest Initiative along with the Arkansas Head Start Association and Arkansas Head Start State Collaboration Office.



Informational Meeting:

An informational meeting will be held on Tuesday, October 6, 2009 from 10:00 a.m.-2:30 p.m. (Registration begins at 9:20 a.m.) The

meeting will be held at the Arkansas Arts Center-Lecture Hall, 9th & Commerce/ MacArthur Park, Little Rock, Arkansas. There are a limited number of slots available; please register as soon as possible. The Registration deadline is **September 22, 2009**.

There will be registration cost of \$15.00 per participant. Register Online at: www.arheadstart.org or e-mail: deanah@arheadstart.org for the registration form. Payment options available are payment via PayPal or Pay Later. If you choose to pay later, please mail payments to:

Arkansas Head Start Assoc
1400 West Markham, Ste 406,
Little Rock, AR 72201.

Team Application Process:

The application process will be discussed in detail at the October 6, 2009 meeting. Copies of the application will be distributed to participants at that time.

Those interested must complete the application and turn it in by Tuesday, November 3, 2009. The Arkansas SpecialQuest Initiative Committee will select eight teams to participate in three 2 1/2 day SpecialQuest training sessions in 2010.

Team Composition:

Each team will consist of six members:

- two early childhood members from different organizations (any program providing services for children birth – five years of age)
- family member
- Part B member
- Part C member
- Health/Mental Health member.

Teams will be assigned a learning coach who will serve as a mentor.

If you have any questions, please contact the Arkansas Head Start Association at 501-371-0740 or e-mail: deanah@arheadstart.org.



Funding for the Arkansas Special Quest Initiative is provided by the American Recovery and Reinvestment Act of 2009



Promoting Children's Social/Emotional... (Continued from Page 3)

reported high levels of satisfaction with the consultation services. Further, teachers who received consultation services were rated by trained observers as more appropriate in their interactions with the children compared to teachers who did not receive consultation.

Teachers receiving consultation were:

- *More sensitive/positive* (sensitive teachers have warm, high quality communication and are enthusiastic about the children);
- *Less permissive* (permissive teachers avoid enforcing rule and disciplining children even when it seems necessary);
- *Less detached* (detached teachers avoid interacting with the children and do not appear interested in their activities).

Also, by the third year of the project, children in classrooms where consultation was available had fewer behavior problems and more social skills than children in classrooms where consultation was not available. Like other recent studies, the results from the Arkansas project suggest that ECMHC is a promising approach for supporting the social and emotional development of young children.

**The project was funded by the Arkansas Department of Human Services/ Division of Childcare and Early Childhood Education working in collaboration with the Division of Behavioral Health Services and the Arkansas Head Start Collaboration Office. The Community Mental Health Centers funded to serve as pilot sites included Ozark Guidance; Counseling Associates, Inc.; and Mid-South Health Systems. The evaluation study was conducted by the University of Arkansas for Medical Sciences/Partners for Inclusive Communities.*

Cultivating Successful... (Continued from Page 1)

But what would a Head Start Management Team facilitate?

The main responsibilities of a management team include:

- Establishing direction and strategy
- Allocating resources
- Making program wide decisions
- Ensuring that the budget supports the program's decisions
- Monitoring program operations and team outcomes
- Ensuring that corrective action takes place
- Overseeing service delivery by other teams
- Ensuring that program design meets the needs of families and communities and the *Head Start Program Performance Standards*



For more information and training materials on strengthening your management team, please visit the ECLKC website at:

http://eclkc.ohs.acf.hhs.gov/hslc/resources/ECLKC_Bookstore/PDFs/0AC6EF6E05306483C12E0B46C8D140D8.pdf



Are You Getting Ready for QRIS?

By Geania Dickey, ASU
Childhood Services

The Arkansas Quality Rating Improvement System will be available to licensed child care programs in July 2010. QRIS is a great way to receive recognition as your program progresses toward higher quality.

If your program is planning to participate in QRIS, you may want to attend a new workshop for administrators, "Getting Ready for QRIS". This 3-hour session will review QRIS requirements, explain the quality assessment procedures, and discuss strategies for achieving your goal.

"Getting Ready for QRIS" is scheduled in the following locations. More information is available on the Training Opportunities page of the TAPP Registry Web site, <http://professionalregistry.astate.edu>

Batesville

October 14, 2009 11:00-2:00
White River Development District
16252 White Dr.

Conway

October 29, 2009 11:00-2:00
First United Methodist Church
1610 Prince Street, Room B-13

Fort Smith

October 28, 2009 11:00-2:00
Hobson Preschool &
Kindergarten
6 North 12th Street



Harrison

October 27, 2009 11:00-2:00
St. John's Episcopal Church
704 Stevenson

Hot Springs

November 17, 2009 1:00-4:00
First United Methodist Church
Christian Life Center
1100 Central Ave.

Jonesboro

September 30, 2009 10:00-1:00
ASU Technical Center
5504 Krueger Drive

Little Rock

October 13, 2009 11:00-2:00
Little Rock Central Library
100 S. Rock

Magnolia

October 13, 2009 11:00-2:00
Columbia Country Library, Room
#12057
N. Jackson

Monticello

October 14, 2009 11:00-2:00
Work Force Center
809 Highway 278 East

Pine Bluff

October 28, 2009 12:00-3:00
Donald W. Reynolds Community
Center
211 West 3rd. Avenue

Springdale

October 2, 2009 11:00-2:00
Jones Center/ Room 220
922 East Emma Avenue

West Memphis

September 29, 2009 11:00-2:00
First United Methodist Church John
Mac Smith Room
215 N. Missouri

You are welcome to bring your lunch to this session.

Upcoming Events/ Training

NHSA Leadership

September 21-25, 2009
Arlington, Virginia
www.nhsa.org

Arkansas Homeless Conference

October 1-2, 2009
Holiday Inn Airport
Little Rock, Arkansas

Community Action Region VI Conference

October 7-9, 2009
The Wyndham
North Little Rock, Arkansas
www.acaaa.org

AECA Conference

October 8-10, 2009
Hot Springs Convention Center
Hot Springs, Arkansas
www.arkansasearlychildhood.org

Welcome the Children

November 18 – 20, 2009
Crowne Plaza Hotel
Little Rock, Arkansas
www.uams.edu/welcomethechildren

APEN Conference

November 16-18, 2009
Hot Springs Convention Center
Hot Springs, Arkansas
www.parenting-ed.org/conference.asp

Region VI Head Start Institute

November 11-14, 2009
Albuquerque, New Mexico
www.nmhsa.net

NHSA Parent Conference

December 4-8, 2009
San Jose, California
www.nhsa.org

SECA Conference

January 21-23, 2010
Peabody Hotel
Little Rock, Arkansas
www.southernearlychildhood.org



Child Development, Inc. Chosen for National Study

By Lori Kamerling, *Child Development, Inc.*

Child Development, Inc.'s Early Head Start program has been chosen to participate in the national Early Head Start Family and Child Experiences Survey, or Baby FACES.

Early Head Start, which serves children ages six weeks to 3 years and pregnant mothers, is a federally funded early childhood education and child care program offered free to families who qualify using the Federal Poverty Guidelines. CDI's Early Head Start has 14 locations across the state, including local sites Russellville, Clarksville, Coal Hill, Morrilton and Dardanelle.

"The Early Head Start Baby FACES is the next step in a comprehensive research agenda aimed at maintaining an up-to-date, extensive knowledge base to support Early Head Start policies and programs," according to information from Mathematica Policy Research, Inc., an independent policy research organization whose studies have informed policy makers for 35 years, which will conduct the study.



CDI is one of 90 randomly selected sites to be involved in the federal study that will be carried out through direct child assessments; interviews with parents, primary caregivers, home visitors and program directors; observations of early childhood classrooms, home visits and the home environment; and information on services the family receives through the year. The study is funded by the

Administration for Children and Families in the U.S. Department of Health and Human Services.

Early Head Start Director Jana Bays stated that the research will involve both infants younger than one and pregnant mothers, and the information will be used to aid Early Head Start programs as they strive to improve services for infants, toddlers and families.

CDI began operating Early Head Start in 1995, with funding to serve 45 families with pregnant mothers or children younger than three. Funding to serve more families increased over the next seven years, adding 135 slots. Today, CDI is funded to serve 180 families across the state.

Child Development Inc. is a nonprofit agency whose goal is to provide strong, effective, outcome-oriented programs for young children and their families in Arkansas. CDI serves more than 2,000 children and their families in preschool programs across the state. CDI is a partner agency with United Way.

For more information, call Bays at 479-968-6493.

Contact Information

The Head Start Update is a joint newsletter for the:

- Arkansas Head Start Association
- Arkansas Head Start State Collaboration Office
- Arkansas Head Start TA Network

The Head Start Update is published quarterly.

Advisory Panel:

Jerry Adair
Ann Patterson
Pam Jenkins

Send Submissions to:

Deana Howell
Arkansas Head Start Association
1400 West Markham, Ste 406
Little Rock, Arkansas 72201
E-mail: deanah@arheadstart.org

For more information on Head Start in Arkansas go to: www.arheadstart.org