

# Infant & Early Childhood Mental Health Specialists Focusing on Social and Emotional Development in Essex County, NY



**Erin L. Velsini, LCSW-R**  
**Essex County Mental Health**  
Elizabethtown, NY  
(518) 873-3670

[www.co.essex.ny.us/MentalHealth.asp](http://www.co.essex.ny.us/MentalHealth.asp)  
*ECMH provides care to any individual, regardless of insurance or ability to pay.*



**Jeanne Brown, LMHC,  
RPT-S, CATP**  
**Adirondack Family Counseling**  
Elizabethtown, NY  
(518) 873-4175

[www.adirondackfamilycounseling.com](http://www.adirondackfamilycounseling.com)  
*For insurance info, call or visit website.*



**Dr. Maria Rheume, PSYD**  
**Stepping Stones  
Psychological Services, PLLC,**  
Elizabethtown, NY  
(518) 412-2066

[steppingstonespsych.clientsecure.me](http://steppingstonespsych.clientsecure.me)  
*For insurance info, call or visit website.*

## Parent & Caregiver Support in Essex County, NY

**Nurturing Parenting Together Classes**  
Adirondack Community Action (ACAP):  
Emma Jean Okusky (518) 420-6808

**Supporting Healthy Families Classes**  
Cornell Cooperative Extension Essex  
County: <http://essex.cce.cornell.edu/>  
Samantha Davis (518) 962-4810

**Parent Support Group** at Essex County  
Mental Health:  
Emma Gibbs (518) 873-3670

**Essex County Children's Services Unit  
Early Intervention Program**  
518-873-3522  
[www.co.essex.ny.us/Health/childrens-services](http://www.co.essex.ny.us/Health/childrens-services)

**Families First in Essex County**  
518.873.9544 [www.familiesfirstessex.org](http://www.familiesfirstessex.org)

**Special Supplemental Nutrition for  
Women, Infants, and Children (WIC)**  
(518) 873-3560  
[www.co.essex.ny.us/Health/wic](http://www.co.essex.ny.us/Health/wic)

**Head Start/Early Head Start**  
518-873-3207 [www.acapinc.org](http://www.acapinc.org)

**ADK Region 211** (Dial 2-1-1 or text 898211)  
[211ny4regions.communityos.org/adirondack](http://211ny4regions.communityos.org/adirondack)

*Contact your pediatrician with questions  
and concerns; and to request additional  
resources.*



## Infant & Early Childhood Social, Emotional and Mental Health Services and Parent Supports

IN ESSEX COUNTY, NY

**Building Resilience in Essex Families  
0-5 Mental Health Access Initiative**  
is funded in partnership with Essex County Community  
Services and NYS Office of Mental Health.

*Brochure updated 8/8/22. Download additional copies  
at [www.co.essex.ny.us/BRIEF/resources](http://www.co.essex.ny.us/BRIEF/resources)*



Caregivers are included in play therapy and family therapy with their infants and young children.

### SOCIAL & EMOTIONAL DEVELOPMENT

- Ability to form relationships
- Ability to experience and express a full range of emotions
- Ability to explore surroundings and learn
- Social boundaries and behavior

### SUPPORT FOR PARENTS & CAREGIVERS

- Provides parenting skills
- Improves the bond between caregivers and their children
- Helps parents and caregivers heal from their own trauma
- Builds resiliency in families

All with respect for your own unique family, culture, and surroundings.



"The emotional health of infants and young children is a main ingredient for a bright future."



## Examples of Concerning Behaviors

### INFANTS & TODDLERS

- Ongoing eating or sleep difficulties
- Constant "fussiness" or irritability
- Crying that cannot be soothed
- Extreme upset when left with another adult
- Not able to adapt to new situations
- Easily startled or alarmed
- Not able to make relationships with other children or adults
- Often hits, bites, and pushes other children
- Very withdrawn behavior
- Shows little to no emotion in their facial expressions

### PRESCHOOLERS (3 to 5 years old)

- Compulsive behavior. Examples include: playing in a specific order; hand washing; repeating words silently.
- Throws wild, long-lasting tantrums
- Withdrawn; shows little interest in social interaction
- Displays repeated aggressive or impulsive behavior
- Difficulty playing with others
- Little or no communication; lack of language
- Loss of earlier developmental achievements
- Anxious and fearful in most situations
- Learn more at [zerotothree.org](http://zerotothree.org)

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