

FALL 2022 ISSUE



# The Dyad

ECMHP's  
Quarterly Newsletter

**Join us each quarter  
to learn about what  
we are doing at  
ECMHP.**



It is hard to believe it is the end of October. It has been a busy year filled with many changes. We are excited to share our first quarterly newsletter with you where we now have a way to share exciting updates and to keep you in the loop of future projects and events. To start, let's explore the newsletter's name, "The Dyad", and why we chose it. ECMHP has been serving young children and families throughout West Contra Costa County for almost 50 years. Those relationships are our clients. The word dyad means something that consists of two parts. Whether that be a parent and child, an aunt and nephew, a teacher and student, or a grandfather and grandson, we serve the dyad. Two is a sacred number; partners, friends, brothers, sisters, parent and child, you and we.

As you read through this newsletter, we want you to know the work we do everyday would not be possible without your support. ECMHP extends gratitude to all the staff, donors, and community partners. It takes a village to care for our community. We have the opportunity to change a family's life one dyad at a time.

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## A Message from our Executive Director



Welcome to The Dyad!  
ECMHP's Quarterly Newsletter!  
We are so happy to open our virtual doors to you to give you a snapshot of the amazing people and programs that impact the families we serve every day. Our first issue is focused not only on bringing everyone up to speed on what is going on at ECMHP but to really highlight the importance of early childhood mental health during what the US Surgeon General and dozens of researchers are calling the American Mental Health Crisis. With this in mind I want to acknowledge all ECMHP staff and thank them for their tireless commitment to the mental, emotional, and social wellbeing of the children and families we serve. Through the pandemic and beyond I am continually inspired by their empathy and compassion, experience and skill, courage and heart which brings healing and hope to so many. I am grateful to you all.

We are in an exciting and transformative time at Early Childhood Mental Health Program. Take the time to read through the Dyad to get a glimpse of our agency in action and ways that you can support our work. Wishing you the very best of the holiday season,

Jeff



# Transitions and new beginnings

Sami Qreini and Samantha (Sam) Watson-Alvarado were promoted into executive leadership positions. Sami is our new clinical director and Sam is our new (and first) director of mental health programs.



We have also welcomed three new therapists, Susan, Sarah, and Faryn, and one new billing clerk, Vanice. We are excited to have them join our team.

One of our clinical supervisors, Connie Milligan, celebrated her 20th year with ECMHP in September. We are immensely grateful for the dedication and wisdom Connie brings to our agency.



Recently, Sam and Sami have introduced a clinical conversations and community connections series for staff. Both aimed at supporting staff's clinical knowledge and skills, as well as learning about the different organizations within our community to support greater collaboration.



## Welcome to our new Executive Board Members



Anna Stolyarova  
President



Kitty Russell-Banks  
Vice President



Pete Matson  
Treasurer



Caitlin Bergman  
Secretary

## The Comprehensive Therapeutic Preschool FINALLY ordered a shade structure!

What seemed to be a simple project, turned into a months long search for shade on the playground. After consulting and getting quotes from four other companies, we have finally been able to order a blue hip roof canopy structure from California Playgrounds. The shade will arrive in the next 6-8 weeks. Our maintenance crew will be installing the canopy. The maintenance crew will also be building and installing a custom all-weather canopy to go over the sand pit. The CTP team is thrilled. We look forward to sharing pictures of it with you once it's installed. Below is an example of what the canopy will look like.



**A big THANK YOU TO Elaina Genser, The Richmond Rotary Club, John Z. from M.A. Hayes, OneHope Winery, and all the people who attended or donated to the CTP summer Fundraiser in July 2021. Your generous support made this project possible. We look forward to unveiling the project soon.**





## A highlight from our October Family Night



Held on the last Tuesday of each month  
from 4:00 pm - 6:00 pm

Open to the community- FREE of charge

Family Enrichment provides a fun family-oriented activity the last Tuesday night of each month, dinner is also provided.

Family Enrichment Activities promote communication, strong family ties and teamwork as building blocks for healthy families. The activities provide a safe place for parents to participate in organized play/activities with their children to develop trust, emotional regulation, and supports parents to experience joy in connection with their children.

For more information or to RSVP for the next event email [jwilliams@ecmhp.org](mailto:jwilliams@ecmhp.org) or visit our [website](#).

## Make an Impact that Lasts a Lifetime!

So much of our important work relies on the generosity of our partners and donor community. As the Season of Giving approaches look out for communication from ECMHP highlighting the work we do and ways the funding you provide is used to directly make our mental health services and programs accessible to the children and families in West County.

This year make an impact that lasts a lifetime and support Early Childhood Mental Health Programs Annual Campaign. Every dollar makes a difference! To get started **[click here to DONATE TODAY!](#)**

## Mindful Minute

### Focus on the 5 senses

To perform the 5 senses exercise, kids or adults will need to look around and ask themselves the following questions:

1. What can I see?
2. What can I hear?
3. What can I smell?
4. What can I feel?
5. What can I taste?



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Contact Early Childhood Mental Health Program

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[www.ecmhp.org](http://www.ecmhp.org)

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