

Impact Report

23/24



Serving children & families since 1974

Our Mission

Our mission is to promote the well-being and empowerment of our community by providing access to collaborative early intervention, mental health, and early education services that foster healthy development, strong relationships, healing and resilience for infants, young children and their families who face adversity.

“Behavior is the language of trauma. Children will show you before they tell you that they are in distress.”

– Micere Keels

“When it feels disheartening to learn that trauma changes the brain, remember that healing changes the brain, too.”

– How humans heal



A message from our Executive Director

Dear Friends,

This year we are thrilled to celebrate a significant milestone for our organization – the 50th Anniversary of Early Childhood Mental Health Programs in Contra Costa County.

For the past five decades, we have been dedicated to promoting the importance of early childhood mental health and providing crucial support to families across our county. We firmly believe that the mental and emotional well-being of our youngest community members is the foundation for their overall development and future success.

Our programs focus not only on the individual child but on the entire family. We understand that a child's mental and emotional well-being is closely intertwined with the well-being of their parents and caregivers. By providing support, education, and resources to families, we empower them to create nurturing and resilient environments for their children.

As we celebrate 50 years of service, we would like to express our deepest gratitude to the dedicated staff, board members, volunteers, and community partners who have been instrumental in the success of Early Childhood Mental Health Program. Their unwavering commitment and passion have made a difference in the lives of countless families, helping them navigate the challenges of parenthood and fostering healthy relationships within their homes.

We also want to extend our heartfelt appreciation to the families who have entrusted us with their child's mental health. Your resilience, determination, and dedication to your child's well-being inspire us every day.

To commemorate this milestone, we have planned a series of events and initiatives throughout the year. We invite you to join us in celebrating the impact of Early Childhood Mental Health Program in Contra Costa County. Stay tuned for updates on our Summer Block Party, community engagement opportunities, and our 50th Anniversary Celebration in October where you can actively participate and show your support.

Together, let us continue advocating for the importance of early childhood mental health and working towards a future where every child in our community has the opportunity to thrive.

Thank you for being a part of our journey and for your ongoing support.

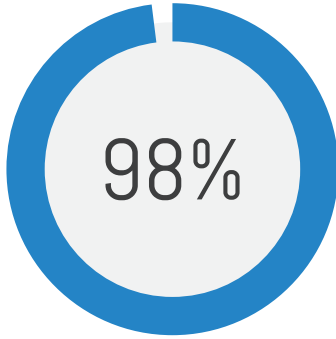
With gratitude,



JEFFREY SLOAN MS, MBA, AMFT
EXECUTIVE DIRECTOR

50 year Impact

Serving children & families since 1974



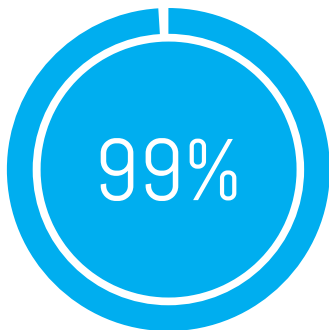
of our Therapeutic
Preschool graduates
have remained in
mainstream education
settings after
treatment.



average number of families
served in our Child & Family
Therapy Program every year.

3000

*A mother of a 4 year old child shared,
"After therapy, I am more understanding of my child".*



of teachers who have received consultation
or attended a trauma informed training from
our preschool consultation teams have found
it helpful.



number of full term healthy babies
born to birthers receiving services
in our Perinatal Circle of Care
Program.

41



57

number of families who have participated in our annual *Transition to TK/Kindergarten social skills group* since its inception in 2018.

A caregiver from the 23/24 cohort said, "Best group I've ever attended. He (his child) is excited about starting Kindergarten".

Responses about ECMHP from the annual Contra Costa Behavioral Health Services Youth & Families Consumer Satisfaction Survey

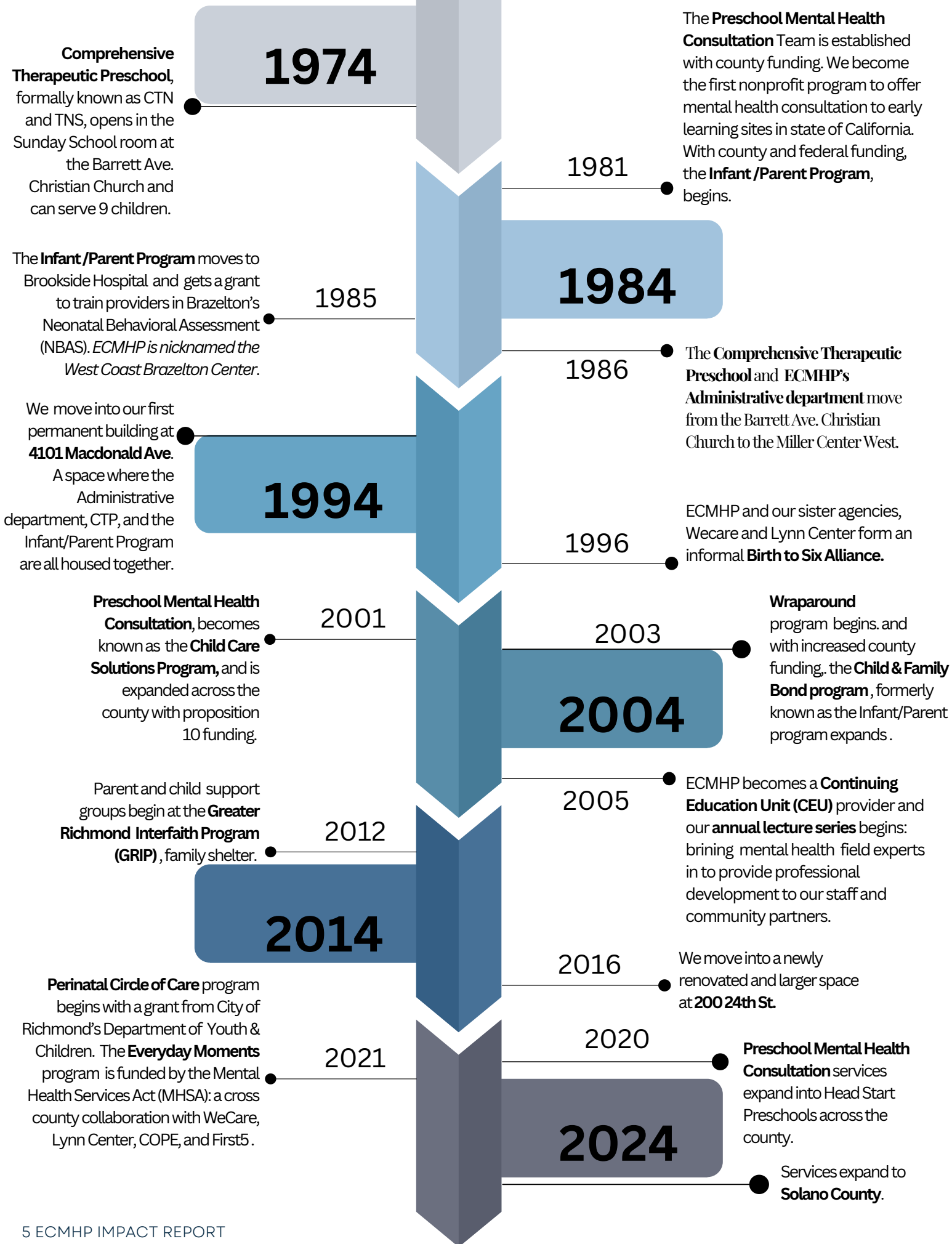
When caregivers were asked, "What has been the most helpful thing about the services you received at ECMHP over the last 6 months" ?

- "Helping my daughter understand that we both love her, even if her dad and I aren't together anymore".
- "Meeting weekly with trusted provider to help guide me through handling my kids especially when stressed".
- "I really appreciate all the patience and kindness that the staff has. I feel that my child is (in a) safe environment and that was my biggest worry that my child would find it hard to be somewhere with people she didn't know. But the staff have created an amazing environment where I really see the progress my child has made" .

When caregivers were asked, " What would improve the services at ECMHP " ?

- "I can't think of any I'm really happy with this program".
- "More parent classes for managing and being better with kids".
- "Offering services after age 7".

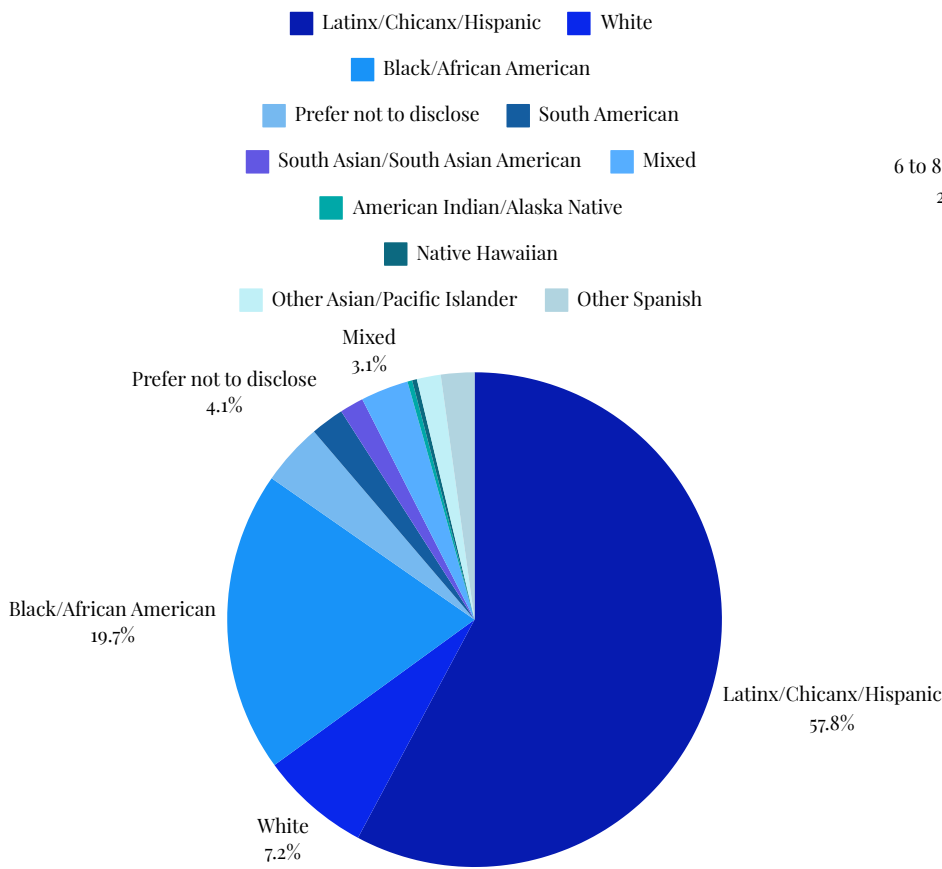




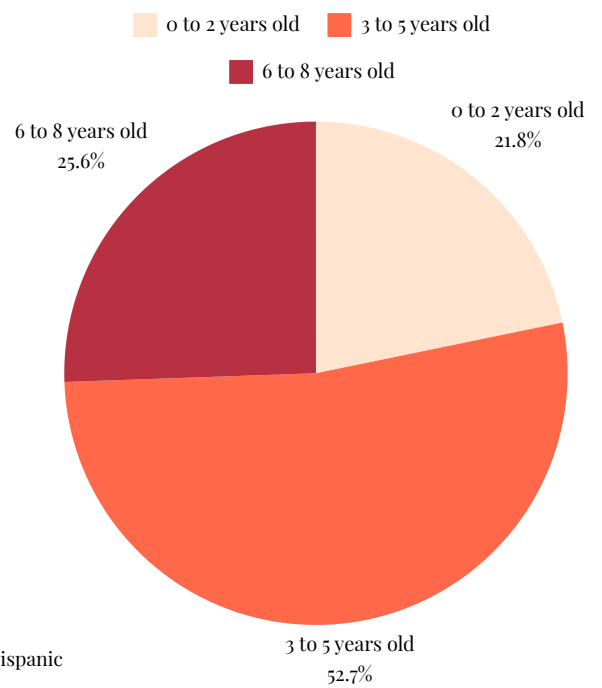
The community we serve



Client's Race/Ethnicity



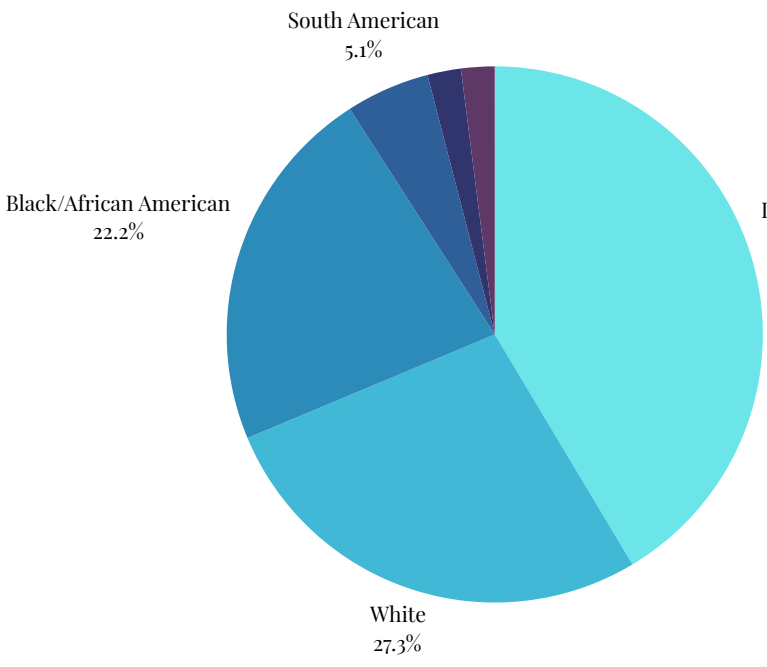
Age Groups



Our staff at a glance

Race/Ethnicity

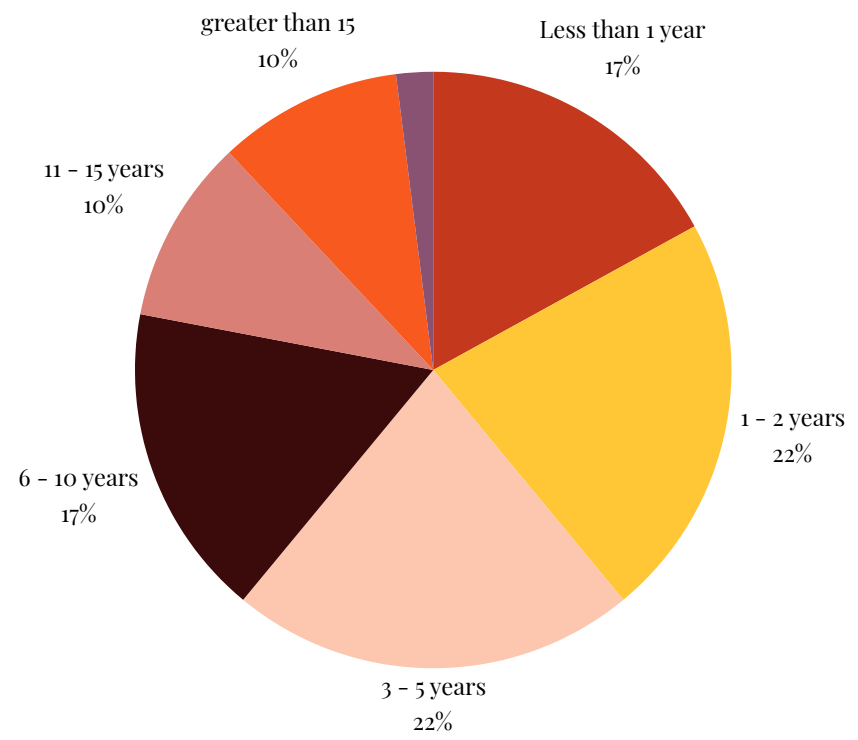
- Latinx/Chicanx/Hispanic
- White
- Black/African American
- South American
- South Asian/ South Asian American
- Prefer not to disclose



Staff Demographic Analysis of 41 Survey Respondents

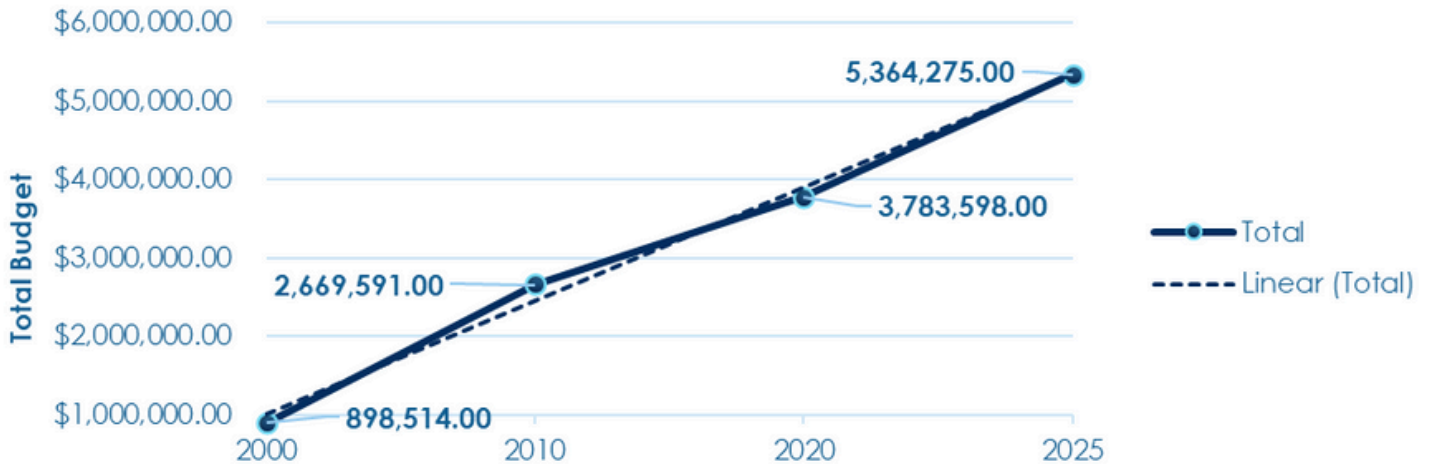
Employee Tenure

- Less than 1 year
- 1 - 2 years
- 3 - 5 years
- 6 - 10 years
- 11 - 15 years
- greater than 15
- prefer not to disclose

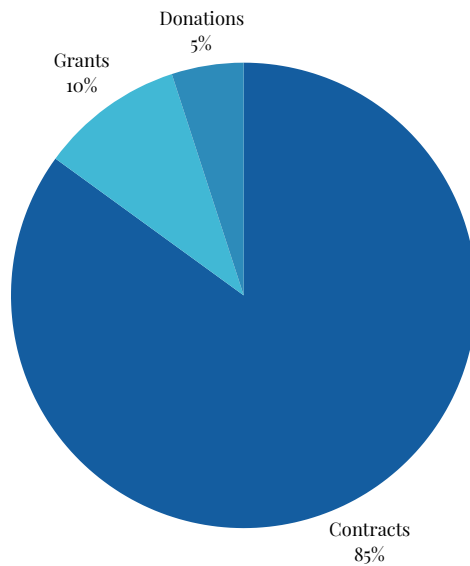


Financials

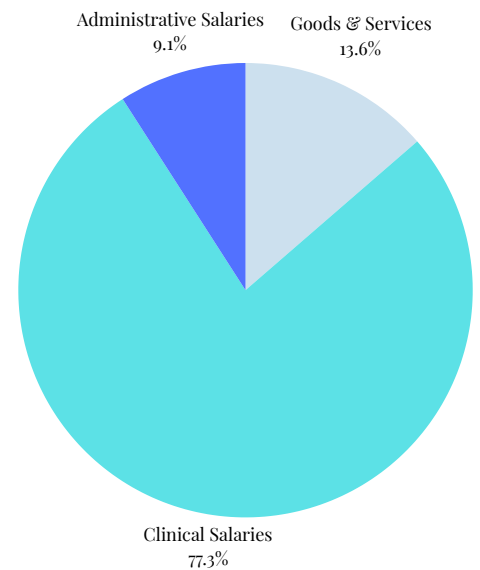
Decades of Growth and Development



Revenue



Expenses



Over the past three decades the financial growth of ECMHP is a testament of our commitment to excellence and the dedication in serving our community. By diversifying revenue streams, implementing efficient financial management practices, and adapting to changing circumstances, our agency has not only sustained its growth but also expanded its operations. Our agency's continued success highlights the importance in providing essential mental health support to children and families and ensuring a brighter future for the community we serve.



Our Supporters |

Our supporters have contributed to over \$3.5M in donations!

Thank you to all our Donors, Giving Foundations & Corporate Sponsors!



Recognized by *Forbes* as one of America's Best Banks.





Join our Mission



Interested in joining our Newsletter? Sign up today!



Join our mission by supporting children & families in our community!



- \$100:** Provides a family with one month of transportation to therapy.
- \$250:** Provides 2 families with a month supply of diapers and wipes.
- \$500:** Provides dinner and childcare for 8 families who attend one of our support groups.
- \$1,000:** Sponsors a monthly family enrichment night *(includes dinner and an activity for up to 50 people).*



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