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SUMMER 2025

THE DYAD

QUARTERLY NEWSLETTER



Summer Workshops

**ECMHP Summer
Family Fun**

**Introducing the
THRIVE PAT
Program!**



Serving Contra Costa and Solano County

A message for you....



Dear Friends and Supporters,

Welcome to the Summer 2025 edition of the ECMHP Quarterly Newsletter. As we step into the second half of the year, I'm proud to reflect on the powerful and affirming work that continues to shape our mission and the lives of the children and families we serve.

This summer has been full of energy, connection, and community celebration. Our Social Skills Group is once again exceeding expectations, providing a safe, supportive space for children to build confidence, strengthen friendships, and practice emotional regulation in real-life peer settings. The growth we're seeing in these young participants is a clear testament to what's possible when healing is rooted in trust and consistency.

We also hosted our 3rd Annual Block Party, which brought together over 300 community members and 20 community partners for a joyful day of food, music, games, and resources. The event has grown into more than a celebration; it's now a cherished tradition that reflects our core values of accessibility, belonging, and neighborhood-driven care.

Inside this newsletter, you'll find more highlights from our staff and across our programs, from deepening partnerships in early childhood mental health to family support efforts that address housing, basic needs, and early intervention.

We invite you to be part of this movement. Your support whether through time, advocacy, or financial contribution helps sustain and expand the impact of our work. Please consider investing in ECMHP with a donation that directly supports the well-being of young children and families in our community.

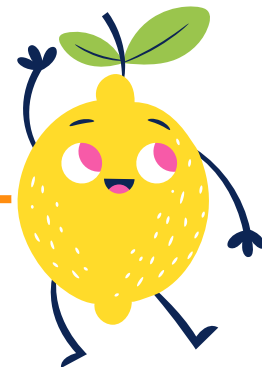
With gratitude,

A handwritten signature in cursive script that reads "Jeff Sloan".

Jeff Sloan, MS, MBA, AMFT
Executive Director



The latest Clinical Updates...



Introducing THRIVE: (PAT) Parents as Teachers

We're excited to share our partnership to support THRIVE: Parents as Teachers (PAT) a cross-county collaboration between WeCare and the Early Childhood Mental Health Program in Contra Costa County. **Funded through the Children and Youth Behavioral Health Initiative (CYBHI)**, this program supports families with children from pregnancy through age five.

THRIVE focuses on nurturing parent-child relationships and empowering caregivers during early pregnancy, infancy, and childhood development stages (0-5). Providing guidance and emotional support to understand what to expect and how to prepare for their baby's arrival.

Families are also supported in understanding developmental milestones and navigating everyday challenges like sleep, routines, behavior, and transitions.

By offering early, relationship-based support, THRIVE aims to strengthen parent-child bonds, boost parental confidence, reduce stress, and promote school readiness, ensuring families feel more connected, less alone, and fully supported on their parenting journey. Jeanette Williams will be ECMHP's PAT parent educator.

ECMHP to partner with CFS in WCCC

We are excited to announce our new Promoting Safe and Stable Families (PSSF) collaboration with Children and Family Services (CFS) in West Contra Costa County.

Sami Qreini, LCSW, Clinical Operations Manager, has worked diligently to build stronger connections, mental health awareness, and streamlined referral processes with CFS.

We were the **lucky recipients of the PSSF grant**, and it is a testament to the work and relationships Sami has been cultivating.

This is an exciting opportunity to be able to expand our services. In the coming months, we will be welcoming a part-time community mental health liaison and parent partner. Stay tuned for updates!



Program Workshops...



Our Social Skills Groups help young learners build the foundational skills they need for a successful transition to school, including following directions, managing emotions, making friends, and adjusting to classroom routines.

This group also provides valuable support for parents, helping them navigate the education system, understand developmental milestones, and advocate for their child's unique needs.

Together, we're setting children and families up for success as they take the next step in their educational journey.



Program Workshops...



Pregnancy and Postpartum Support Workshops

Join the Perinatal Circle of Care for a 5-week workshop series designed to support you during your pregnancy and postpartum journey, while also providing an opportunity to connect with other parents!

July 1st, 8th, 15th, 22nd & 29th 2025 | 10:30AM - 12:00 PM

 Early Childhood Mental Health Program
200 24th Street Richmond, Ca 94804

TOPICS COVERED:

- Week 1 (7/1): Stages of Labor
- Week 2 (7/8): Birth Planning
- Week 3 (7/15): Newborn Care & Procedures
- Week 4 (7/22): Postpartum Wellness Planning
- Week 5 (7/29): Feeding Your Baby

Open To:

- Expectant Parents
- New Parents
- Partners/Support People

For registration or any inquiries, please reach out to:

- Jeanette Williams at (510) 710-8193 for ENGLISH
- Luisa Orozco at (510) 926-5314 for SPANISH

 **These workshops are free for the community and food will be provided.**



Our Pregnancy and Postpartum Workshop is a 5-week series designed to support expecting mothers and their partners as they navigate the emotional, physical, and relational changes that come with pregnancy and early parenthood.

This workshop offers a safe, welcoming space to explore each stage of the journey from preparing for birth to adjusting to life with a newborn. Participants gain tools to manage stress, strengthen their bond as partners, and build confidence as new parents.

Whether it's your first baby or your third, this series is here to support and empower families every step of the way.



Agency & Staff Highlights...



Welcoming our new team members...



Imani Hiller-Beatu, AMFT
Child & Family Therapist- Solano



Adrienne Jones
Graduate Intern



Rosalinda Peñate, LCSW
Intake Coordinator



**Therapeutic
Teacher**

**Bilingual Child &
Family Therapist**

**Preschool Mental
Health Consultant**

Visit our website for position
details.
www.ecmhp.org/job-opportunities-1

*Submit cv/resume to
employment@ecmhp.org*

Anniversaries

Angelica Pruyn, LCSW
22 Years

Cecilia De Rubira, LCSW
Clinical Supervisor
16 years

Jeff Sloan, Executive Director
7 years

Angie Sanchez
6 Years

Luisa Orozco, LMFT
5 years

Gabby Vargas, MA, IFECTMHP
4 years

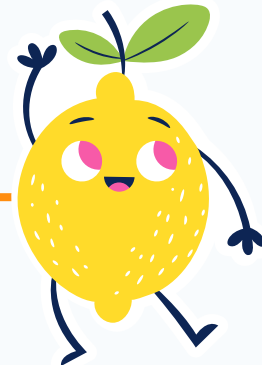
Maca Vega, LCSW
3 Years

Ilse Ontiveros, DMHW
2 years

Sophia Zimmerman, AMFT
1 year

Alejandra Haro- Garcia, AMFT
1 Year

Staff Spotlight....



Ilse Ontiveros, DMHW
Lead Therapeutic Teacher

We're thrilled to celebrate the promotion of Ilse Contriveras to Lead Teacher in our Comprehensive Therapeutic Program! Ilse has been an integral part of the ECMHP team, bringing compassion, patience, and deep expertise to her work in our therapeutic preschool setting.

Her skill set is essential in creating a nurturing, structured environment where children feel safe, understood, and supported in their social-emotional growth. Ilse's ability to build strong, trusting relationships with both children and their families makes a lasting impact, and her leadership continues to strengthen the therapeutic community we provide.

Her commitment to ECMHP and to the children we serve shines through in everything she does and we couldn't be more excited to see all that's in store for her in this new role.

Congratulations, Ilse!



Faryn Hart, LCSW
Child & Family Therapist

Please join us in celebrating Faryn Hart, who has officially earned her clinical license and is now a Licensed Clinical Social Worker (LCSW) after completing all of her clinical hours and successfully passing the BBS exam!

We are deeply grateful for Faryn's skilled and thoughtful clinical work, as well as the genuine compassion she brings to the children and families we serve. Her ability to build trust, foster growth, and hold space for healing is felt by all who work with her.

Beyond her clinical expertise, Faryn also contributes meaningfully to co-curricular efforts, showing initiative and leadership across various projects that support our broader mission.

It's truly a pleasure to have Faryn on the ECMHP team, and we are so proud of this incredible milestone in her professional journey.

Congratulations, Faryn!

A moment of gratitude...



23 Years of Wraparound Services come to an end...



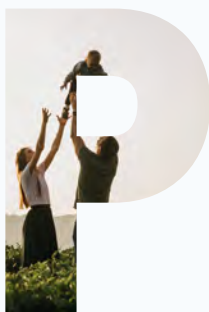
Due to the impact of CalAIM payment reform felt by home visiting programs across the state, ECMHP's longstanding Wraparound program ended at the close of the fiscal year. The program was initiated 23 years ago, and provided crucial support for many of our neediest families and the clinicians working with them. The agency is offering affected families referrals to county resources. Wraparound is a unique model that strives to ensure that family voice and choice remain centered when working within complex service systems. Unlike the formal program, this spirit will continue at the agency.



Former Wraparound **Program Manager, Heather Coleman, PH.D**, shares her gratitude:



“As the Wraparound Program here at ECMHP is ending, I wanted to take a moment to honor the legacy and contributions of those who worked in this program. Although it has always been a small program, the many forms of support that Wraparound has provided to families and Wraparound Family team members will be greatly missed. Through the work of the Wraparound Parent Partners, Facilitators and Program Directors, families have escaped domestic violence, parents have obtained citizenship, children were supported by IEPs and 504 plans, families became housed, parents gained employment, and most importantly, parents felt heard and seen and were able to then hear and see their children in a new way. I appreciated the collaboration of working with Wraparound staff as a therapist. I felt and witnessed the benefit to the families and myself as the clinician on the team.”



In acknowledgment of our former Wraparound Directors, Facilitators and Family/Parent Partners over the years:

Directors: **Leni Siegel, Heather Coleman**

Family Partners: **Anamaria Rullier, Bronwyn Jackson, Joy Amao, Laurie Greenleaf, Elizabeth West, Simran Bhullar, Yanira Toscano-Peregrina, Jeanette Williams**

Facilitators: **Richele Howell, Rhonda Lawrence, Charles Bultman, Lorena Caldera, Maria Lawler, Elizabeth West, Kristen Moore, Marcia Miller, Alejandra Cardenas**

Wishing a well retirement...



Anamaria Rullier
WRAP FAMILY PARTNER

After 23 remarkable years with ECMHP, Anamaria Rullier retired at the end of June, leaving behind a legacy defined by compassion, advocacy, and unwavering dedication. Anamaria began her journey with the agency in 2002 as the very first Wraparound Family/Parent Partner, serving Spanish-speaking families and walking alongside them through every stage of the program right up until its closure this year. In many ways, she carried the heart and history of Wraparound within her.

Whether in her foundational role or as the longtime facilitator of Familias Seguras, our support group for survivors of interpersonal violence, Anamaria infused every interaction with empathy, strength, and a deep commitment to uplifting others. Her work exemplified strength-based, client-centered care—always meeting families where they were, and helping them see where they could go.

With a gift for building authentic and trusting relationships, Anamaria supported countless mothers in reclaiming their sense of safety, agency, and hope. She was a tireless advocate for immigrant families, ensuring their stories were heard, their needs prioritized, and their resilience honored.

Her impact has been profound not only on the families she supported, but also on the colleagues fortunate enough to work beside her. Anamaria's presence will be deeply missed, and her contributions will continue to resonate within ECMHP for years to come.

We thank Anamaria for her extraordinary service and send our heartfelt wishes as she steps into this next chapter of life. May it be as full of purpose and joy as the one she so generously shared with us.

Events....



ECMHP FAMILY NIGHTS

**Next one is scheduled for Sept. 23rd
from 4 -6 pm.
We can't wait to see you there! ❤️**

Family Night returning in September!

Join us every 4th Tuesday of the month for ECMHP Family Nights; a special evening dedicated to fun, connection, and community!

Each month features a new engagement activity designed to help families bond and create lasting memories together.

Enjoy a delicious family meal and exciting activities, all free and open to the community.



What an incredible day!

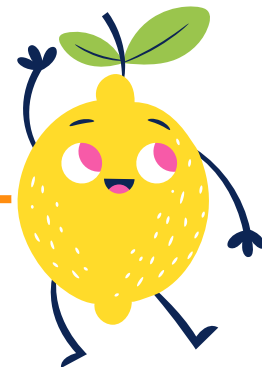
Our 3rd Annual Summer Block Party was a joyful celebration filled with laughter, connection, and community spirit. From fun activities to shared meals and meaningful conversations, the event brought families together in the best way possible.

We're so grateful to everyone who joined us and to our amazing supporters who helped make it happen. Your presence and generosity continue to uplift our mission and bring joy to the families we serve.

We can't wait to do it again next year!



Facility Updates...



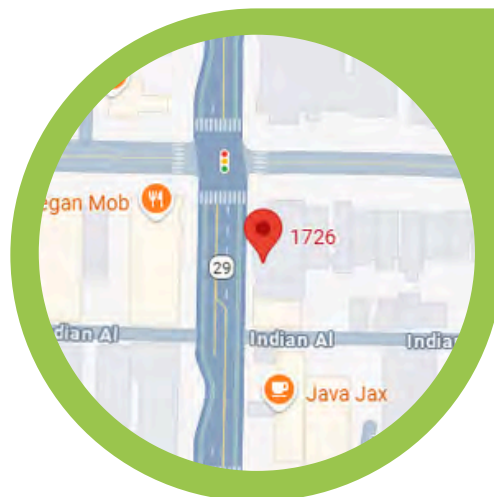
Vallejo Location Opening Sept 2024

We're thrilled to announce that our new Vallejo office will officially open in September 2025!

This expansion marks an exciting milestone in our mission to increase access to early childhood mental health and developmental support across Solano County.

The new space will allow us to serve more families, deepen our community partnerships, and continue providing compassionate, collaborative care in a welcoming environment.

Stay tuned for details about our upcoming Open House we can't wait to celebrate this next chapter with you!



Thank you to our supporters!



To Our Cherished Supporters,

Because of you, we've been able to create welcoming spaces where parents and children feel safe, supported, and truly seen. Your generosity has not only helped provide essential resources—it has fostered a sense of belonging and community that strengthens families at every step of their parenting journey.

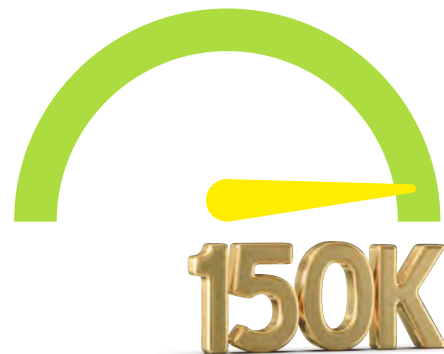
We're thrilled to share that, thanks to your continued support, we've raised **\$146,517.29** this year to fund events and initiatives that bring families together. These programs offer opportunities for connection, learning, and joy moments that help families grow stronger, heal together, and build lasting memories.

Your belief in our mission fuels everything we do. It is because of your kindness and unwavering commitment that we can continue to uplift families in meaningful, transformative ways.

From all of us, thank you for being an essential part of this work. We are deeply grateful for the community we've built together and for the impact we will continue to make, hand in hand.

With heartfelt appreciation,

ECMHP



Mindful Minute

Sky Study

Put a blanket down on the lawn and spend some time staring at the clouds. What shapes do they see? Animals? People?

Spend at least 10-15 minutes studying the sky – and notice how the clouds gently move along. Notice how the cloud that first looked like a pig now looks like a cat. This is a great way to introduce the idea that our minds are kind of like the sky – thoughts float through on their own, and they change on their own. We can watch our thoughts in our minds like we watch the clouds!

Did you know?

Through interactions with mirrors, infants and toddlers learn about their own bodies, faces, and emotions, developing a sense of self and recognizing their own reflection. This self-recognition is a crucial step in understanding their place in the world.



Donate Today!



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Thank you!

