



How Early Recognition Screening Prevents the Progression of Children's Social and Emotional Issues

According to the President's New Freedom Commission on Mental Health, if untreated, childhood disorders can lead to a downward spiral.

Putnam Family & Community Services, Inc. offers a wealth of resources for children, parents and families.

Our wide range of services includes prevention education and emotional wellness screenings, parent workshops and support groups, and programs for children with serious mental health needs.

Go to www.pfcsinc.org or call us at 845.225-2700 for further information on how we can assist you.

Since children develop rapidly, delivering mental health services and supports early and swiftly is necessary to avoid permanent consequences and to ensure that children are ready for school. Emerging neuroscience highlights the ability of environmental factors to shape brain development and related behavior. Consequently, early detection, assessment, and links with treatment and supports can prevent mental health problems from worsening. Read a comprehensive excerpt from the President's New Freedom Commission on Mental Health on the NAMI website: <http://ht.ly/EuIJW>.

There are many things that parents and schools can do to cultivate strong social-emotional skills in children of all ages. However, research indicates that skills learned early are the skills that stay with children. Through its R.I.S.E. program, Putnam Family & Community Services, Inc. (PFCS) offers voluntary screening that can be viewed as an annual behavioral

health checkup, providing parents with a level of comfort that their child(ren) is on the right path. And, while *not* intended as a diagnostic tool, these screenings can also give parents an early indication of the types of behaviors that may give children some challenges, as well as the opportunity to act early to modify those behaviors.

The importance of early development of social and emotional skills in children has been proven to be an indicator of future school and social success. All children act differently when faced with life's challenges, but some behaviors to look out for are:

- Inability or poor ability to make attachments and sustain relationships
- Poor self-regulation skills
- Poor coping mechanisms and strategies
- Poor problem solving capabilities
- Inability to transition, adjust and adapt to situations and people
- Cognitive inflexibility
- Self-injury, low self-worth or self esteem

If you have specific questions about your child or if you would like to set up a free, simple and completely confidential, R.I.S.E screening for your child, contact Natalia Sanchez-Bahr, Early Recognition Specialist, 845-225-2700 ext. 110.

Our qualified clinicians can provide assurance of healthy behaviors as well as help to qualify other behaviors that may require attention from as early as 3 months of age. A link to a list of potential signs for concern by age is referenced below, but should be used only as an initial indicator that professional assistance may be recommended. These voluntary screenings can help to cut through any confusion and assist parents to move in the right direction to ensure success for their child through their early years and beyond.

Please see more information about [‘What to Expect & When to Seek Help’](#) on the Putnam Family & Community Services Resources page along with more links to information on emotional, social and mental health issues affecting children and families: <http://www.pfcsinc.org/resources.html>

If you have any questions please, do not hesitate to contact Ms. Natalia Sanchez-Bahr @ Putnam Family & Community Services, Inc. @ 845-225-2700 x: 110. She is an Early Recognition Specialist and Licensed Marriage and Family Therapist who works with families to find appropriate services based on the child's individual needs.
