

Does Your Child...



- Seem very shy or fearful with other children?
- Play alone most of the time, or **doesn't play well with others?** (3-4 years)
- Hit, bite, or punch others when upset? (3-4 years)
- Have crying spells often?
- Show little or no emotion?
- Destroy toys or other objects?
- Have difficulty being soothed?
- Cling and get very upset when you leave? (at 3-4 years)



Adanta is dedicated to establishing and maintaining a standard of excellence in providing community behavioral health care to the citizens of the ten county Lake Cumberland area in order to enhance the quality of life for those in need of such care and the family members of those served.

Adanta is a community mental health center located in the Lake Cumberland Region. Counties served include Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne.

Specialists for the Lake Cumberland Region:

Adair, Cumberland, Green, Taylor, and Russell

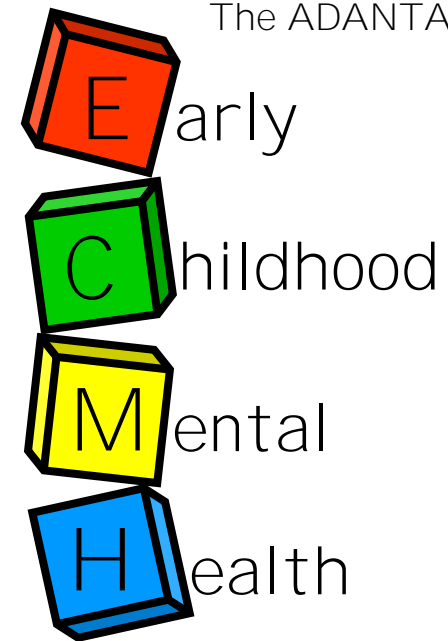
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Casey, Clinton, McCreary, Pulaski, and Wayne

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Hours of operation are from 8:30-5:00pm Mon-Fri.
Emergency Crisis Line 1-800-633-5599 for persons in need of access to immediate telephone counseling or crisis services.

The ADANTA Group



ECMH serves children ages birth to five years of age and their families in providing assessment, counseling, and supportive services in an effort to increase the social-emotional well-being of children in the community.



Parents—Do You:



- Have trouble handling bedtime problems?
- Find it hard to let your child try doing things for himself?
- Struggle with your child over self-care or toileting?
- Get very upset or punish your child when “accidents” occur?
- Expect more than your child seems able to do?
- **Focus on your child’s negative behaviors, and find it hard to give praise or show affection?**
- Want tips for dealing with temper tantrums or power struggles?
- Want tips for setting safe limits, simple rules, and follow through?



We Can Help!

Parenting can be difficult. We want to **support you and your child’s positive attachment relationship**. The parent-child relationship encourages the development of self-control and emotional regulation, which helps to prevent challenging behaviors. Often times your child may not be able to explain what they are thinking and feeling. An ECMH Specialist uses play skills to help children learn ways to express themselves. Together we can develop and implement a plan that will improve your ability to handle challenging behaviors and **support your child’s self-esteem!**

We provide FREE trainings on topics such as:

- Autism: Putting the Pieces Together
- Building Positive Relationships
- Creating Supportive Environments
- Determining the Meaning of Challenging Behaviors
- Teaching Social and Emotional Skills
- The Power of Play



What Does an ECMH Specialist Do?

- Provide assessments to children age birth to five with mental health concerns.
- Work closely with Healthy Start in Childcare Consultants and the Health Access and Nurturing Development Services (HANDS), and other agencies or programs that serve children 0-5 and their families.
- Provide information and serve as a resource to private physicians and other caregivers through outreach activities.
- Provide leadership in community planning for early childhood mental health through local groups and Community Early Childhood Councils within the region.
- Provide individual program consultation such as discipline techniques and setting a positive environment for children and staff.

