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WATCH Chair

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WATCH Vice-Chair

Connections Child &
Family Services
Counseling

Clinicas Mi Doctor

Communities In
Schools of North Texas

Marla Conger, M.D.

Cook Children's
Behavioral Health
Center

Cumberland
Presbyterian Children's
Home

Denton Community
Health Clinic

Denton County
Federation of Families

Denton County Health
Department

Denton County MHMR

Denton Independent
School District

George Ebertin

Family Tree Program

Karen Goff, M.D.

Grace Counseling
Center

Green Apple Therapy

Lisa Henry, PhD

Marilyn Janke, M.D.

Lewisville Independent
School District

Rhonda Love, PhD

Love to Live Well

Vanessa Morales, DC

Susie Ramisetty-Mikler,
PhD, MPH

Touched By Suicide of
North Texas

United Way of Denton
County

University Behavioral
Health

Julie Wright

Youth & Family
Counseling

Agenda Coalition Meeting

November 20, 2015, 12:00 – 1:30 p.m.

Welcome & Introductions

Lisa Elliott, Ph.D.
Licensed Psychologist and Clinic Manager
Cook Children's Health Care System

Proposal: Partnership with First 3 Years
(ACTION)

Sadie Funk, IMH-E
Executive Director
First 3 Years

All Members

Debrief: Wellness Workshop

Rachel McGinnis, LMSW, QMHP-CH
Director of Child and Adolescent Mental Health Services
Denton Co. MHMR Center

Website Features

Dr. Lisa Elliott

Update: About WATCH Video

Dr. Lisa Elliott

Coalition Business **(ACTION)**
Approval of Minutes
Officer Election

All Members

Community Conversations

All Members

Adjourn & Networking

Dr. Lisa Elliott

**Next Meeting: Friday, January 22nd, 12:00 – 1:30pm
Denton County Health Department, 535 S. Loop 288, Denton, 76205**

Coordinator: Courtney Barnard, LMSW
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Proposed

WATCH and First 3 Years to joint-host a workshop or series of workshops in 2016.

- WATCH Education Work Group and First 3 Years staff would meet to plan and execute workshop(s).
- Event space and speaker time will be provided by local community organizations (as they currently are).
- Resources for continuing education credits, marketing, and food will be shared by both WATCH and First 3 Years.

Speakers may include local professionals with expertise in child development, attachment / parent-child relationship, building coping skills in young children, etc.

Target audience is professionals in Denton County working with young children (0-3 years).

Relevance to WATCH Strategic Plan

Vision: "Because every child deserves hope, the Denton County community dedicates its unified resources to equip our children to reach their full potential mentally, physically, and socially to achieve their maximum personal success."

Objective 2: Sustain a strong network of quality mental health services

Strategy 2.1: Facilitate educational opportunities based on evidence informed practices for providers

About First 3 Years

Mission Statement: We educate, advocate, and collaborate to support the healthy development of infants and toddlers.

First3Years, formerly Texas Association for Infant Mental Health (TAIMH), began in 1980 as a group of volunteers in the infant mental health field who were concerned about the quality of care for infants and toddlers both inside and outside the home. The founders wanted to create high quality training and education opportunities for professionals whose work impacts the emotional development of infants, toddlers, and their families.

In 1986, First3Years was incorporated as a 501(c)(3) organization, and over the past 35 years we have trained and mentored thousands of professionals across the state on brain development, attachment, separation, trauma, self-regulation, cross-cultural awareness, and other infant mental health related issues. We believe that supporting the social emotional development of infants and toddlers is critical for helping the next generation be healthy, productive members of society.

Getting Along With Parents

Mom and dad — they're two of the most important people in your life. You probably see at least one of them every day and, over your lifetime, they're likely to influence you more than anyone else you will meet. So if your dad worships, say, the Philadelphia Eagles, you're likely to grow up being a big fan of that football team. And if your mom loves to read, you just might grow up carrying a book wherever you go, just like she does.

But parents do a lot more than just pass along their hobbies. Moms and dads need to care for their kids from the minute they're born. It's a parent's job to love and guide kids — and most parents will do this as long as they live, even when the "kids" are grown up and have children of their own. That means you have many years ahead to share with your mom and dad.

Here are five ways you can stay close, get along, and build a strong relationship:

1. **Spend time together.** It might be easy to be physically in the same place as your mom or dad (like at home — it's where you all live, after all.) But how much time do you spend just enjoying each other's company? Instead of playing a computer game or watching TV, maybe ask your mom and dad to play with you. Go outside together, try a board game, or read a book out loud. If your parents are divorced, make the most of the time you do spend together. In between, talk on the phone (or video chat) and email each other to stay in touch.
2. **Share your feelings and ask for help.** Many kids say they'd like their parents to help them when they're upset. But your mom or dad might not know that you're having a problem. Tell a parent if you're sad or struggling with something. If you don't usually do this, it can feel funny at first. [Try it](#) and you'll be glad you did.
3. **Be kind.** Little things might mean a lot to your mom or dad. You can brighten a parent's day with a hug, a card, or a joke. It's also lovely when a kid offers to help fold the laundry or cleans up his or her room without being asked. And if you try not to fight with your [brothers or sisters](#), your parents might be so thrilled they'll do a silly dance around the kitchen!
4. **Show you care.** Some families are always kissing, hugging, and saying "I love you." Other families aren't as lovey-dovey. But it's important to show that you care for each other. In addition to kisses and hugs, kids and parents show their love by respecting each other, and being caring, polite, and thoughtful.

5. **Do your best at whatever you do.** You don't have to be perfect, but when you do your best, you make your parents proud. It makes them happy to see how you're turning into such a great kid. Why? Because it lets them know they're doing a good job.

Reviewed by: [D'Arcy Lyness, PhD](#)

Date reviewed: April 2015