

**Wisconsin Head Start Association
Fall Quarterly · Heidel House Resort, Green Lake
Wednesday, October 21, 2009**

**1:00 to 5:00 pm
Room TBD**

Deeping the Content

Educational Opportunities for Head Start and Early Head Start Managers

“Mental Health: A Systems Perspective”

**Jen Bailey, Head Start Specialist - Health/Mental Health/Disabilities
Wisconsin State-Based T/TA Office, Booz Allen Hamilton**

**Janna Hack, Infant Mental Health Consultant
Wisconsin Alliance for Infant Mental Health**

Do you have children in your Head Start classrooms with challenging behaviors? Are your staff becoming tired and burnt out? Believe it or not, hiring an expensive mental health professional to “fix” your problems will not address all of your issues! Fully supporting the mental health of staff, parents, and children requires an organizational lifestyle change. This session will describe how reflective practice establishes and maintains an organizational culture which facilitates mental health systems for both staff and families.

Together we will explore the components of reflective practice and how supportive, respectful relationships form the foundation for the work that we do. This session will provide many opportunities for case discussion and small group networking, so that we may support and learn from one another. We recognize that these are complex issues, which cannot be solved in one session. Therefore, each participant will leave the session with an action plan and a system of follow up support.

Training Outcomes:

1. Participants will gain a foundational knowledge of the benefits and basic structure of reflective practice
2. Participants will examine organizational structures which support the mental health of staff, parents, and children
3. Participants will develop an individualized plan for integrating reflective practice throughout Head Start programming.