



## New York City Project LAUNCH

Cohort 3, Funding Period 2010–2015

<http://www.fphny.org/programs/promoting-social-and-emotional-development-in-young-children>

### *Grantee Overview*

Through the New York City Department of Health and Mental Hygiene, New York City (NYC) Project LAUNCH works to expand and strengthen programs and services for children and their families city-wide, with a particular focus in two of NYC's highest need communities: Hunts Point (Bronx) and East Harlem (Manhattan). NYC Project LAUNCH promotes the social and emotional well-being of children from birth to eight years of age by improving collaboration between young child wellness systems; developing the workforce to increase their understanding of child development; providing support, education, and training to increase the use of positive parenting practices and to improve parent–child relationships; and guiding the transformation of public policy and funding.

### *Project Milestones*

All [Project LAUNCH](#) grantees implement five core promotion and prevention strategies intended to increase access to high-quality prevention and wellness promotion services for children and their families. In NYC Project LAUNCH, these five strategies are implemented through the following activities:

- **Screening and Assessment:** NYC Project LAUNCH is committed to supporting and expanding developmental screening in primary care and early childhood settings. From 2010 to 2014, primary care assistants conducted more than 4,700 screenings using the [Ages and Stages Questionnaires™: Social-Emotional, Second Edition](#) and the [Pediatric Symptom Checklist](#). Based on screening results or parent or provider concern, children received further mental health assessments, treatment, or referrals. Through NYC Project LAUNCH, the New York City Department of Health and Mental Hygiene disseminated [City Health Information: Identifying Developmental Risks and Delays in Young Children](#), a publication on conducting early childhood developmental screenings in pediatric primary care, to 27,000 health care providers in October 2015.
- **Early Childhood Mental Health Consultation:** NYC Project LAUNCH has delivered [Incredible Years® Teacher Training](#) to three different early child care and education sites per academic year since 2010. Through this teacher training program, 72 teachers and teaching assistants have learned to manage classrooms using proactive intervention strategies to support and promote children's social and developmental growth. Additionally, a mental health professional has collaborated with teachers and school staff at these sites to provide case-specific and programmatic support. Evaluation findings show that Incredible Years® and mental health consultation at these sites have improved teacher support for social and emotional growth. NYC Project LAUNCH also partnered with the [Administration for Children's Services Division of Early Care and Education](#) to synthesize resources and training materials on social and emotional development for [EarlyLearn](#) programs in NYC.
- **Enhanced Home Visiting:** NYC Project LAUNCH works to strengthen [Nurse-Family Partnership® \(NFP\)](#), a home visiting model designed to serve new mothers and their babies. With this model, NYC

Project LAUNCH provides [reflective supervision](#) to home visiting nurses in East Harlem. Through reflective supervision, home visitors are able to reflect on their work, identify ways to better provide mental health–informed services to their clients, and learn more about children’s social and emotional development. As a result, home visiting nurses have increased requests for mental health professionals to support their clients with behavioral needs. NYC Project LAUNCH is committed to sustaining reflective supervision and began training and coaching two social workers and a nurse supervisor to become reflective practice facilitators to the Harlem teams and to other NFP teams in NYC.

- **Integrating Behavioral Health Into Primary Care:** NYC Project LAUNCH co-located a primary care assistant and mental health clinician in the pediatric primary care clinics of Metropolitan Hospital, a municipal hospital in East Harlem, and Urban Health Plan, a Federally Qualified Health Center in South Bronx. While the primary care assistant conducts behavioral health screenings, the mental health clinician provides consultation, short-term treatment, and referrals. The mental health clinician also trains primary care residents and pediatricians on topics such as language disorders, social–emotional screenings, mental health interventions, and referral processes to family-centered programs such as the New York State [Early Intervention Program](#) and the [Committee on Preschool Special Education](#). As a result, primary care staff have increased their understanding of behavioral health, development of young children, and follow-up services for children with social–emotional needs.
- **Family Strengthening:** For the first three years of the project, NYC Project LAUNCH implemented [Strengthening Multi-Ethnic Families and Communities \(SMFC\)](#) violence and intervention parenting classes. However, SMFC did not address early childhood, including the youngest children in NYC Project LAUNCH communities. As a result, NYC Project LAUNCH initiated a collaborative effort with key stakeholders to identify a parenting class model that was focused on early childhood and development and selected [Circle of Security \(COS\) Parenting Training®](#). COS is a parenting model based on attachment and relationship-building, responsiveness to a child’s needs, and reflection on parental strengths and challenges for parents and caregivers with children birth to age five. From the initial training in Year three to Year Five (May 2013 to May 2015), NYC Project LAUNCH sites completed nine to ten cycles of the eight-session parenting model for four different groups of parents in English and Spanish. A total of 269 parents and caregivers enrolled (i.e., attended at least one class) and 187 graduated (i.e., attended at least six classes).

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*“I set up the appointments or hand them off. It comforts patients to see that I have a rapport with the Mental Health Consultants. For other referrals, like psychiatric, families get lost [and] do not follow up themselves if they have to keep up with appointments, but NYC Project LAUNCH makes that simple – they are down the hall.”*

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–Pediatrician in East Harlem

### **Systems Integration**

Project LAUNCH is intended to improve coordination and collaboration across systems that serve young children and their families. NYC Project LAUNCH continues to enhance the city’s early childhood infrastructure through public awareness efforts, workforce development, and parent engagement. For instance, NYC Project LAUNCH provides educational materials to promote public awareness of children’s social and emotional well-being across and throughout all boroughs of NYC. The project also provides trainings that emphasize early childhood development to teachers and teaching assistants in Incredible

Years® and home visitors in NFP. Through COS, staff from nine family resource centers in NYC were trained and licensed to become registered parent educators in the COS model as well as providers from child welfare preventive programs and other sectors. This workforce development effort strives to build capacity for COS.

NYC Project LAUNCH has successfully created a Council of Young Child Wellness to engage parents in decision-making processes, which led to the establishment of the Family Advisory Board in 2014. Over the course of the grant, the Council has implemented many active workgroups, such as Mental Health in Early Care and Education, NFP Reflective Supervision Sustainability Planning, and Revision to School Health Forms, which have guided priority projects and expansion and sustainability efforts.

### ***Grantee Events and Materials***

Click on the following links to access information about grantee-developed resources:

- Three age-specific [social-emotional development pamphlets in 10 languages](#): Hard copies of all ages and languages are available for the public and providers to order by calling 3-1-1.
- [Developmental screening poster for pediatric primary care providers](#): Designed to raise awareness of early childhood development, including normalizing developmental screening and the importance of acting early when there may be a developmental concern. We encourage pediatric primary care providers to place the poster in their offices or clinic waiting rooms. Laminated 11x14 English and Spanish posters are available free of charge; please call 3-1-1 to order any of these materials. Print-friendly PDFs are also available online. You can also visit [www.nyc.gov](http://www.nyc.gov) and search for [child development](#) to view and download them in all available languages.
- [Ten age-specific developmental milestone checklists in six languages and Department of Health and Mental Hygiene child development materials](#): Designed for parents and caregivers of children from 2 months to 5 years old. Checklists are separated by age: 2 months, 4 months, 6 months, 9 months, 1 year, 18 months, 2 years, 3 years, 4 years, and 5 years. These are shared with parents and caregivers as anticipatory guidance so they can know what to expect at each age, celebrate their child's developmental milestones, and understand when to talk to a doctor if they are concerned about delays. Printed English and Spanish (double-sided) checklists are available free of charge by calling 3-1-1. Print-friendly PDFs are available online in English, Spanish, Chinese, Russian, Haitian-Creole, and Urdu.
- [News from NYC Project LAUNCH, March 2012, Issue #1](#): Reports on Year 1 of Project LAUNCH activities and accomplishments in NYC.
- [News from NYC Project LAUNCH, March 2013, Issue #2](#): Reports on Year 2 of Project LAUNCH activities and accomplishments in NYC.
- [News from NYC Project LAUNCH, June 2014, Issue #3](#): Reports on Year 3 of Project LAUNCH activities and accomplishments in NYC.
- [“Developmental Screening in Early Care and Education Settings”](#): Presentation at the June 2014 New York City Early Learn Health and Wellness Seminar offered to early childhood professionals.
- [“Play: A Hidden Gift”](#): Presentation at the June 2014 New York City Early Learn Health and Wellness Seminar offered to early childhood professionals.
- [East Harlem Community Resource Guide](#): Provides free and low-cost resources for families in and near East Harlem.
- [Hunts Point Community Resource Guide](#): Provides free and low-cost resources for families in and near Hunts Point.

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