

Child & Family Agency of Southeastern Connecticut, Inc.

Early Childhood Mental Health Consultant Program

Classroom Support Opt Out Letter

Dear Parent/Guardian,

Child and Family Agency of Southeastern CT (CFA) is a local non-profit agency that provides equitable, accessible clinical and supportive services to meet the evolving needs of our communities. We have an amazing opportunity to partner with your school to provide mental health support for students and classrooms in grades Pre-Kindergarten to 2nd grade through our Early Childhood Mental Health Consultant Program.

Social Emotional Learning (SEL) programs promote academic success and strongly support increased self-awareness, interpersonal skills, improved self-esteem, decision-making skills, social awareness, and improved self-management. We believe that all young children significantly benefit from these social emotional skills and can contribute to a supportive and positive classroom climate.

We will be collaborating with teachers to administer the Devereux Student Strengths Assessment (DESSA-mini) survey to each class, which will assist us to identify and address the particular social emotional needs of each classroom. The DESSA- mini is a universal screening tool of social and emotional competencies. A trained mental health clinician will be collaboratively working with your child's classroom teacher and administrators to conduct classroom observations, a classroom success plan and/or offer weekly classroom social emotional lessons focused on diverse topics such as social skills, self-regulation, kindness, compassion, and empathy. This SEL curriculum will run for six weeks.

If you do **NOT** wish for your child to participate, please sign the release below, detach and return it to your child's teacher. An alternative educational opportunity will be provided for your child during the lesson. If you do not sign and return the bottom portion, this indicates that you are consenting for your child to engage in the classroom social emotional learning lessons.

If you have any further questions, and/or would like to hear more about the services that we offer, please feel free to contact either:

Tanya Pegnataro, Manager pegnatarot@childandfamilyagency.org
Jewell Jones, Supervisor jonesj@childandfamilyagency.org

I request that my child/children _____
be excused from the social emotional lesson provided by CFA. I would like my child to engage in an alternative activity during that time.

I request that my child/children be exempt from the DESSA-mini assessment to determine individual social emotional strengths

Parent name _____ Date _____

Parent Signature _____