

*This document was prepared for E-SMART and the Carroll County Health Department under a cooperative agreement with the U.S.*

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## E-SMART Partners

Carroll County Department of Social Services  
Carroll County Health Department  
Carroll County Local Management Board  
Carroll County Public Schools Judy Center Partnership  
Carroll County Youth Services Bureau  
Catholic Charities Head Start and Early Head Start of Carroll County  
Human Services Programs of Carroll County  
Maryland Family Network  
Potomac Case Management Services, Inc.  
University of Maryland, Baltimore - School of Social Work, The Institute for Innovation and Implementation



Help your child  
learn and grow.

Call us today.  
410-876-4449



## Healthy Kids and Strong Families

Early Childhood Mental Health (ECMH) is a child's ability to experience, regulate and express emotions; to form close, secure bonds; and to explore the environment and to learn. It is about every child reaching his or her full potential.

### ECMH is everybody's business.

Intervening early to address behavioral health issues has a significant and positive impact on a child's ability to bond with family, do better in school, and adjust well socially.

Failing to intervene has been linked to health problems, drug and alcohol abuse, and more interactions with law enforcement later in life.



## Contact Us

Call 410-876-4449 today for more information about the services offered by Carroll County E-SMART.

Find us on Twitter or Facebook @CarrollESMART.



## About E-SMART

You know your child the best. We will work with you to find the services to help your child function better at home, in school, in the community, and throughout life. E-SMART serves Carroll County families with children ages 0-8 who have behavioral, developmental, and/or social/emotional issues.

### E-SMART helps children

- Who are within the age range 0-8;
- If you have concerns about behavior such as tantrums, defiance, or not following directions;
- If they are having difficulty making friends, managing emotions, unable to control their impulses, etc.;
- Who are not meeting developmental milestones such as talking, walking, potty training, etc.;
- Who are receiving early intervention or special education services;
- Who are born substance-exposed;
- Who have experienced trauma (i.e. frightening, dangerous, or violent experiences that pose a threat to a child's life, well-being, or sense of safety).