

# TRiEE

Trauma & Resilience-informed  
Early Enrichment Program

## PROGRAM OVERVIEW





### Our Original TRiEE Team

- 15 Psychiatric Social Workers
- 2 Lead Psychiatric Social Workers
- 1 Administrator

## ESTABLISHED IN 2019 AT 5 EARLY EDUCATION CENTERS

TRiEE is a LAUSD initiative developed in partnership with the Los Angeles County Department of Mental Health (LACDMH) and the DMH + UCLA Prevention Center of Excellence (COE) to **build capacity to increase protective factors and reduce risk factors for students and their families** and improve the academic, emotional, and physical wellbeing of participating students.

# PROGRAM HISTORY

## YEAR 1 : 2019 – 2020

### LA County DMH Grant Funded

LAUSD began implementing TRiEE at early education centers (EECs).

- **Strategic Placement:** TRiEE opens at five EEC sites, strategically located near elementary schools with some of the highest SENI scores

*Cabrillo Early Education Center  
Escalante Early Education Center  
Locke Early Education Center  
Pinewood Early Education Center  
Vanalden Early Education Center*

- **2-3 TRiEE PSWs** were assigned to each center
- **Communities Schools Framework:** TRiEE implemented a Community Schools approach to strengthen protective factors, reduce risks, and enhance students' academic, emotional, and physical well-being

## YEAR 2 : 2020 – 2021

### LA County DMH Grant Funded

- **Covid -19 Virtual Adaptation:** TRiEE adapted services to support students, families, and staff remotely during stay-at-home orders, developing trainings and resources to address pandemic related challenges
- **Early Childhood Mental Health Consultation Line:** launched December 2020 to provide districtwide support
- **Site Expansion to 12 additional EECs:** totaling 17 TRiEE EEC sites in consultation with ECED

## YEAR 3-5 : 2021 – 2024

### LA County DMH Grant and LAUSD Funded

- **In-person services return to all LAUSD EEC sites:** TRiEE PSWs established a strong presence at their sites, fostering trust and relationships to ensure seamless service implementation
- **TRiEE PSWs Expand:** leveraging ESSER funds
- **Community Resource Fairs:** launched at Gardena EEC in April 2023
- **Robust SEEDS Training:** 35 SEEDS cohorts facilitated; 356 staff trained from various sites

## YEAR 6 : 2024 – Present

### LAUSD Funded

- **TRiEE Program Continues:** expanding districtwide support and resources
- **Comprehensive Coordinated Early Intervening Services (CCEIS) Building Bridges:** focuses on disrupting disproportionality



# PSW BACKGROUND & TRAINING



TRiEE PSWs are **Master's level mental health providers** with specialized training in early childhood mental health.

## **Specialized Training includes:**

- Early Childhood Mental Health Consultation
- Strategies for Enhancing Early Developmental Success (SEEDS)
- Sprouts
- Early Childhood Mental Health Disorders
- Zero to Three: The Growing Brain
- Promoting First Relationships
- A Window Between Worlds
- Early Childhood Suicide Training
- DMH-UCLA Early Childhood Fellowship (select PSWs)

TRiEE staff help **strengthen a school's capacity to enhance protective factors and reduce risk factors for children and families.**

# 2024-2025 SERVICE COUNTS

*July 2024-March 6, 2025, # Served*

#37

Early Ed  
Centers

#1354

Parent Support

#2213

Staff Training &  
Wellness Support

#3303

Students

#1481

Mental Health  
Consultations

#625

Community  
Outreach

# EARLY CHILDHOOD MENTAL HEALTH CONSULTATION (ECMHC)

A **problem-solving and capacity building** intervention implemented within a **collaborative relationship** between a professional consultant and one or more caregivers.

Early childhood mental health consultation aims to **build the capacity** of staff, families, programs, and systems to prevent, identify, treat and reduce the impact of mental health problems among children from birth to age 6 and their families.

*Adapted from Cohen & Kaufmann, 2000*



*"Early childhood mental health consultation is not about 'fixing' children, but about **building the capacity of caregivers** to support young children's social and emotional well-being."*

*-Georgetown University Center for Child and Human Development*



# PARENT WORKSHOPS

Virtual and in-person workshops on a variety of topics. Topics are **tailored to meet each center's specific needs.**

## Some Topics offered:

- Early Childhood Development & Behavior
- Strengthening the Parent-Child Relationship
- Partnering with your Child's Teacher
- Building Positive Relationships
- Stress Reduction Techniques
- Social Emotional Needs/Development
- Preschool & Kinder Readiness
- Developmental Milestones
- Social Emotional Learning
- Sexual Development
- Structure & Routine
- Wellness: Tapping
- Child Led Play
- Grief

**Collins EEC**



**Cabrillo EEC**



*"They gave examples and explained situations that allowed me to realize I was doing simple things that could hinder my relationship with my child. "*

**Child Led Play Workshop**

*"Gathering with Community."*

**Building Positive Relationships Workshop**

# PROFESSIONAL DEVELOPMENT OFFERINGS

In collaboration with EEC administrators & staff, TRiEE staff identify needs of the school community and **tailor trainings to each site.**

## Professional Development Workshops:

- Early Childhood Development & Behavior
- Parent Engagement
- Nurturing Relationships
- Reconnecting with your WHY
- Community Building
- Conflict Resolution
- The Reflective Cycle
- Calming Corner
- Tapping
- Grief
- Trauma
- Mental Health & Wellness
- Student Support & Progress Team
- Ages & Stages Questionnaire

Escalante EEC



Early Ed Admin Meeting



*"PSW was very knowledgeable and helpful. She was very respectful, and respect other people thoughts and opinion. "*

### **Intro to TRiEE & The Reflective Cycle**

*"The most helpful thing I found was to take time to focus on myself and be well enough to support others."*

### **Wellness**

*"I really enjoyed the different perspective that was shown to me. Instead of asking what is wrong with the child, we can ask what may have happened to the child to make them the way they are."*

### **Trauma**





# SEEDS PROFESSIONAL DEVELOPMENT

**SEEDS** is an 18-hour professional development series focused on **Early Childhood Trauma-Informed Care**.



**SEEDS Session 3, Logan EEC**

## **Structure:**

- Six sessions, each 3 hours

## **Key Learning Areas:**

- Building nurturing relationships with children
- Supporting children's development of self-regulation (behavior, emotions, and thinking)
- Strengthening relationships with parents and caregivers

## **Why SEEDS Matters:**

- Promotes school readiness as a family-level process
- Emphasizes home-school connections and parent-teacher partnerships
- Enhances workforce well-being and strengthens collaborative relationships among staff

# COMMUNITY OUTREACH



Hooper EEC



Alexandria EEC

**TRiEE supports EECs with the planning events** where local organizations and service providers come together to provide valuable information to the EEC community.

The goal is to **connect families with available resources** to address specific needs such as healthcare, employment, housing, education, and social services.

*"I really appreciated how well-versed in the topic the presenters were. Professional delivery and presentation. I'm personally very thankful for TRiEE because, as a single mom, the workshops gave me advice but also felt like a support group in a way."*

**– Parent, TRiEE Evaluation**



# CENTRALIZED SUPPORTS

## TRiEE Services available to all LAUSD Early Education Centers:

- Early Childhood Mental Health Consultation Line
- Staff Professional Development Series
- Parent Workshops
- Staff & Family Wellness Newsletters

### Early Childhood Mental Health Consultation Line

**Families & Educators  
Need Support?**

**CALL (213) 443-0165**

for consultation, support &  
referrals for Birth – 8

**Weekdays 8 am – 4:30 pm**

Your call will be answered by Early Childhood Mental Health Consultants, trained psychiatric social workers who are standing by to provide you with:

- Information to help nurture the healthy development of children birth–8 years old
- Parenting support to help build on the parenting skills you already have, including how to manage challenging behaviors and build a nurturing relationship with your child
- Referrals to community resources and other services
- Virtual and in-person support as needed





# THANK YOU