



GrowSmart EPSDT Health Promotion:

May is Mental Health Awareness Month

This month focuses on Early Childhood Behavioral Health, encouraging families, caregivers, and providers to recognize the importance of social-emotional development during the early years. Early support helps children build strong emotional foundations and promotes lifelong well-being.

What is Early Childhood Behavioral Health?

Early childhood behavioral health refers to the emotional, social, and behavioral development of children from birth to age five. These early years lay the foundation for how children express emotions, form relationships, explore their environment, and learn new skills. Early screenings help identify concerns and ensure children receive support at the right time.

What do doctors say?

Pediatricians recommend ongoing developmental and behavioral surveillance at every visit. They also support formal social-emotional screenings beginning at 6 months, with standardized tools used at 12, 24, and 36 months, and annually after age three. Autism-specific screenings are also recommended at 18 and 24 months. When concerns arise, doctors may refer families to early intervention or behavioral health services to ensure timely support.

Tips for Families

- Talk, play, read, and sing with your child daily.
- Use predictable routines to create a sense of stability.
- Model calm emotional responses and provide support during big feelings.
- Use books and activities to help children identify feelings and learn social skills.
- Observe emotional and social milestones and talk with your child's doctor if concerns arise.
- Attend all well-child visits and complete recommended screenings.
- Follow through with referrals for early intervention or behavioral services.

Stay Involved in Your Child's Care

- Yearly well-child visits
- Track growth and development
- Ask about communication and sensory supports
- Create simple, consistent routines
- Provide calming or sensory tools
- Encourage enjoyable daily activities
- Ask questions any time you have concerns

Healthy Growth Timeline

Age	Key Actions
6 months	Begin social-emotional screening.
12, 24, 36 months	Use standardized screening tools.
18–24 months	Autism-specific screenings.
Yearly after age 3	Review emotional, social, communication, and learning milestones.
Any time	Ask your doctor for a developmental evaluation if you have concerns.

Need help or resources?

Trillium Health Resources helps families stay healthy by covering checkups, sharing easy tips on eating and being active, and offering tools for healthy living.

Call Member & Recipient Services or connect with your Care Manager at
1-877-685-2415