

Partnerships

We believe that it takes a village to raise a child. Our services are offered in partnership with public agencies, school districts, and community-based organizations.

Our collective goals are to:

- Help reduce young children's challenging behaviors while increasing emotional control.
- Reduce the stigma associated with receiving mental health services.
- Reduce or eliminate geographical isolation and transportation barriers to services.
- Connect with families with children that might not otherwise qualify for traditional mental health services.



Parent Testimonials

"I have had support, kindness, someone to listen, guide me, help me, and be there."

"PCIT has changed the way my children and I interact."



PRESCHOOL 0-5 PROGRAMS

3075 Myers Street
Riverside, CA 92503
(951) 358-6895

- Services are available at various clinics, schools, and mobile locations throughout Riverside County.
- Services may vary by location.
- Services are available to families at no cost, regardless of insurance status.



This information is available in other formats upon request. If you are in need of a reasonable accommodation, please contact Preschool 0-5 Programs at (951) 358-6895.



PRESCHOOL 0-5 PROGRAMS

ABOUT PRESCHOOL 0-5 PROGRAMS

Preschool 0-5 Programs include:

- SET-4-School
- Prevention & Early Intervention Mobile Services
- Full Service Partnership

Riverside University Health System - Behavioral Health is committed to providing a continuum of early identification, intervention, and treatment services. Our services are designed to:

- Offer young children the opportunity to develop skills and abilities that prepare them for school and life.
- Promote social competence and decrease the development of disruptive behavior disorders among young children through the age of 6.

90% of a child's brain development happens before the age of 5.



1 in 6 children aged 2 to 8 years has a diagnosed mental, behavioral, or developmental disorder.



Behavioral, social, and emotional issues addressed at an early age are less likely to develop into serious problems as children grow older.

SUPPORTS & SERVICES

Any parent, teacher, doctor, or other concerned people may make a referral to our program if there is a concern about a child's social, emotional, and behavioral well-being.

If you have concerns about a child:

- Being too quiet or withdrawn
- Being inattentive or distractible
- Being overly active or overexcited
- Throwing excessive tantrums
- Not getting along with others
- Hurting others or animals
- Not getting along with others
- Hurting others or animals
- Sleeping too little or too much
- Experiencing eating problems
- Having social or behavioral problems at school

Highly trained staff offer a range of services including:

- Offering Tip Sheets
- Child Social Skills Groups
- Parenting Support
- Parenting Classes
- Classroom Support
- Parent-Child Interaction Therapy (PCIT)
- Trauma Focused - Cognitive Behavioral Therapy (TF-CBT)
- Referrals to community resources

SOCIAL EMOTIONAL DEVELOPMENT

Early childhood is a period of significant social and emotional growth. Emotional development and pre-social skills are essential for school readiness. Healthy social-emotional development is a predictor of later academic, social, and emotional wellness success.

Key areas of development include:

- Cooperation
- Self-control
- Paying attention
- Emotional regulation
- Curiosity
- Communication
- Confidence
- Relating to others

A few things caregivers can do:

- Play with your child
- Read and sing with your child
- Model positive behavioral
- Say please, and thank you
- Praise your child
- Ask about your child's feelings
- Listen when your child talks

It's okay to ask for help!