



The Quest for Excellence and Community Impact

– PART 2 –

In the previous issue of *Child Developments* we presented the first of a two-part article exploring what it means to promote best practices and its relationship to our staff's professional development and service delivery at Cape Cod Child Development. Best practices have broad applications and shape our six unique programs and generate positive child outcomes in very different ways.

In the case of our Early Intervention program for children birth to three years suspected of, or identified as having a developmental disability or delay, staff have been participating in a training initiative covering best practices in three program areas: team-based and collaborative approaches for children with significant disabilities; curriculum for Autism Spectrum Disorder; and relationship-based infant mental health screening and intervention.

As we learned, *SpecialQuest Training Birth—Five* has shaped the early education and intervention services at Cape Cod Child Development as well as throughout the childcare community of Cape Cod. The importance of team and parent collaboration is at the heart of the SpecialQuest



approach and is a pivotal theme throughout a number of best practices training.

On the Same Page: Bringing Autism Therapies

Together the role of parent partnership and staff collaboration is critical to children on the autism spectrum. A child with autism spectrum disorder (ASD) typically has a number of partners in their daily routines. Par-

ents, siblings, therapists, educators and peers make up an eclectic range of therapies, perspectives and interactions that play a critical role in the child's skill-building and development, particularly around social communication and emotional regulation.

Over the past two years, many of Cape Cod Child Development's Early Intervention staff has attended training in the SCERTS Model, a research- and evidence-based curriculum that provides a multidisciplinary framework to unify a combination of strategies and efforts that complete a child's total intervention for ASD.

"SCERTS is a program that really addresses all the new information emerging about learning for children with dif-

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A Message from the Executive Director

Dear Friends,

Spring 2011 marks an important milestone in the life of our organization as Cape Cod Child Development celebrates 40 years of service to our community. Anniversary events such as this provide an opportunity for organizational reflection on past successes and challenges as well as giving renewed energy toward quality improvements and new ventures.

It is certainly rewarding to know that our organization's programs and staff have impacted the lives and futures of thousands of children and families. Regardless of the ever changing economic and political environment, shifting community demographics and more complex family needs, these 40 years have been marked by a commitment to a mission of service and quality that stands the test of time. We are not content to rest on the accomplishments of the past. We must challenge ourselves to improve in all facets of our work. As part of our 40th anniversary agenda the

board of directors and staff will engage in a comprehensive strategic planning process designed to look forward in an intentional and thoughtful way. With completion scheduled for early summer, we will complete this special year with a new blueprint for action.

I have no doubt that with the continued support and commitment of our staff, volunteers and you, our friends in the community that CCCD will continue to thrive and strengthen in the years to come. We have a number of events planned throughout this year and we hope you will join us as we celebrate our 40th birthday!

Best Wishes,



Mary Pat Messmer

Good & Fun!



May 29th

Make a donation or cheer us on as our running team of 30 complete the 5k, 7.25 miler and half-marathon during the Great Hyannis Road Races. All proceeds support the programs of Cape Cod Child Development.



Botello Lumber | Coast Guard
August 12th | August 19th

Tee off to support the children and families enrolled in the agency's programs. Sponsor a hole or become a member of Cape Cod Child Development's golf team.



Seaside LeMans

September 10th

The Race for the Cape Cod Community is an adrenaline pumping professional kart race. What better way for businesses to show their support than by racing, sponsoring or volunteering on behalf of Cape Cod Child Development?

Be a part of our 40th year of service by supporting over 3,000 children and their families every year!
To participate in or support any of these fundraisers, please contact Pat Johnson at 800-974-8860.

A Need for Strong Families During Homelessness

Data suggests that there are more than 100,000 homeless children across Massachusetts. Skyrocketing foreclosures and job layoffs have pulled the rug out from under many families, particularly those living in low-income communities. The experience of homelessness for children in early childhood puts them at risk for poor physical health, behavioral and social-emotional problems, inhibited cognitive development, and poor academic achievement.

Children grow and thrive within close, dependable relationships that provide security, nurturance, responsible interactions and encouragement. For families living in shelters, motels or transitional housing, the cumulative stress of persistent poverty and stressors of daily living can fracture the parent-child relationship. The impact of homelessness on a child's development and family's health can be devastating.

Family support services are a cornerstone of the work we do at Cape Cod Child Development. As a way to provide immediate assistance to families who need it most, the Department of Early Education and Care recently awarded our agency childcare slots to provide direct services for homeless and transitional children and families intent on reducing common risk factors of this vulnerable population.

The trauma of homelessness often shakes the confidence and ability of parents to maintain positive parenting. Our parent and child support services for homeless and transitional families are based on the evidence-based Strengthening Families approach, which are key concepts widely adopted across the country:

- 1 Parent resilience:** we provide parent support groups to build coping strategies and confidence to face numerous challenges.
- 2 Social connections:** program activities offer safe, non-judgment environments for positive social interaction that reduce isolation and build constructive connections.



- 3 Knowledge of parenting and child development:** our parent education builds awareness of child development, risk factors and expectations.
- 4 Concrete support in times of need:** our expansive resources, referral capacity and experience in supporting families will help them access needed services.
- 5 Children's social and emotional development:** all childcare and education programs include social-emotional supports to help children interact positively with others and communicate his/her emotions appropriately.

Cape Cod Child Development is in the infancy of a broader initiative to provide a strength-based, trauma-informed therapeutic childcare program to children from birth to 2.9 years of age. Our staff is currently working with HAC who will serve as the primary referral source and partner in service delivery. Please stay tuned for updates on this worthwhile program as our progress continues.

For information about our programs, please visit our website at www.cccd.org. Interested in enrolling your child? Please call our Intake Department at 800-974-8860.

The Quest for Excellence

(Continued from page 1)

difficulties in social communication,” stated Kim Nelson, a Certified Early Intervention Specialist and specialty service provider for Cape Cod Child Development. “It stresses an equal balance of structured learning coupled with play and fun.”

Because there is no single treatment protocol for children with autism, it’s critical that all caregivers across home, school, and community settings work cooperatively in a coordinated manner to generate consistency and repetition while providing a collection of interpersonal, environmental and learning supports.

Ms. Nelson added, “We try to provide an eclectic mix of therapies within a child’s natural environments to promote balanced learning in repetitive skill acquisition with social communication. SCERTS relies on parents as the base of knowledge of their child and demands that all professionals coordinate, discuss and propose programming as a team to maximize therapeutic value.”

Infant Mental Health: Promotion, Prevention and Treatment

The influence of caregivers on an infant’s social-emotional wellness is at the core of the state Department of Public Health’s professional development training program: *In-Time Infant Mental Health*. Chosen by DPH as one of two Early Intervention programs in Southeastern Massachusetts to complete and apply this state-adopted model, our staff is making significant inroads in the emerging field of Infant and Early Childhood Mental Health.

Future school readiness and long-term mental health are borne from an early-developed social-emotional resiliency, which is why it’s no surprise that babies and young children thrive when they are cared for by parents who build a strong, responsive parent-infant relationship. For some parents experiencing greater levels of stress, making healthy connections with their young child can be a difficult journey that can increase their child’s risk of developing social-emotional and mental health problems, the impact of which can



A parent uses visual prompts to promote communication with her child.

manifest into unhealthy behaviors many years down the road (postpartum depression is a common stress factor).

Our staff works with families during intensive home visits and parent support groups to build awareness of how important the dynamics of relationships throughout family and childcare experiences are. Encouraging eye contact, reading infant cues, regular physical touch, and positive verbal responses help attune parents at the earliest stages of their child’s life to the richness and impact of parent-infant interactions on early brain development.

In-Time Infant Mental Health has helped our staff frame strategies around coaching supportive relationships and guiding parents to engage in their child’s growth and development. The skill to identify and address early signs of relational and social-emotional risk is critical in developing and applying therapeutic interventions that ultimately help prevent serious childhood mental health problems.

Life-Long Learning and Continuous Improvement

Active parenting, skilled professionals and inclusive environments make a formidable combination of conditions in which young children, especially those with a developmental disability, health condition or social risk factor, are most likely to achieve positive developmental outcomes.

An institutional capacity to sustain professional development efforts for all our staff helps programs meet benchmarks that reach beyond basic standards of quality. Our commitment to offer programs that reflect the utmost quality ensure that children receive educational and care services that have been shown to have a significant impact on the families we serve.

A Message from the Board President



Do you remember where you were in 1971? Can you see in your mind the place you lived or went to school, hear the music, and taste the food? 1971 was the year that Cape Cod Child Development was born, and in 2011 we are thrilled to celebrate 40 years of service to children and their families on Cape Cod and the Islands.

From our humble beginnings as a summer Head Start program, Cape Cod Child Development has grown to become one of the largest child care and family service organizations in Southeastern Massachusetts - now serving over 3,000 children and their families every year.

In the face of a national and state-wide economic downturn, we have maintained quality child-care, early education, developmental intervention and family support services through the skill and dedication of 250+ committed and qualified professionals.

Thanks to the generous support of local businesses, regional and national foundations, and individuals throughout the community, Cape Cod Child Development is able to augment monies received by state and federal government programs. These partnerships are critical to maintain the excellence in services we provide year after year.

We are proud to be one of the recipients of the proceeds from The Seaside LeMans, an event that has raised nearly \$3 million since the race began in 2001. Also, Botello Lumber Company will support Cape Cod Child Development through their annual golf tournament this summer. Please see our Good & Fun (page 2) section of this newsletter about how you can be a part of the fun!

I'm thrilled to be a part of Cape Cod Child Development, especially as we meet one of our own milestones: 40 years of service! The best way to ensure that we continue doing what we do for another 40 years is to support us and our local partners, and share the good news with your neighbors and legislators.

Thank you.

A handwritten signature in blue ink, appearing to read 'Will'.

William Rubenstein



Check Presentation

Ron Winner, a volunteer at one of Cape Cod Child Development's Hyannis Preschool/Head Start classrooms, presents a check for \$2,000 from the 15th Annual Shepley Wide Open Charity Golf Event, held October 8, 2010. Thank you Shepley Wood Products and Ron Winner for your generosity!



Maternal Depression Task Force

On January 11, 2011, Cape Cod Child Development's Families United Network (F.U.N.) Coordinator and Cape & Islands Maternal Depression Task Force Coordinator, **Mary Wilson** (right) along with other maternal depression task force representatives, recognized State Representative **Ellen Story** (D-Amherst) at the State House for her work on legislation that supports the treatment of care for women with maternal depression.

Holiday Cheer

Again this year, the community's overwhelming generosity during the holidays allowed Cape Cod Child Development to provide gifts to over 600 children. We extend a special thank-you to the following for their considerable support.

TD Bank's 13 participating branches for donating approximately \$10,000 worth of clothes, toys, household items and gift certificates for the families of the Early Intervention program; **Toys for Tots** for donating approximately \$10,000 worth of toys for families in our Early Intervention, Pre-school/Head Start, School-Age, and Family Childcare programs; **Liberty Commons Rehabilitation & Skilled Care Center** for donating an estimated \$6,000 in clothes

and toys for Early Intervention families; **Eight Cousins** for donating approximately \$1,800 in books for the Early Intervention program; **Barnes & Noble** for donating close to 500 children's books, purchased by customers as part of their annual book drive; **Cradles to Crayons** for donating clothing, books and toys for 26 children; **Masonic Angel Fund** for providing Thanksgiving baskets for 56 families in the Preschool/Head Start program; **Nu Psi Chapter of Sigma Phi Gamma International Sorority** for sponsoring a Preschool/Head Start family for both the Thanksgiving and Christmas holidays; **Saint George Greek Orthodox Church of Cape Cod** for donating toys and clothes for over 80 children



Healthy Living

Thanks to a generous grant from the Cape & Islands United Way awarded in 2010, the Families United Network offered a series of healthy living activities including a 5-part Cooking with Children series, Fun with Fitness, Apple & Pumpkin Picking at Crow's Farm, a 2-part Infant Massage series, a 6-part Little Yogi series, Dental Night, and 2 Puppet Shows promoting self-esteem.

New Grants

The Peter and Elizabeth C. Tower Foundation: \$30,214 award toward implementation of enhanced social-emotional curriculum for the Preschool/Head Start program

Bank of America Charitable Foundation, Inc.: \$10,000 award toward core programming including Early Intervention, Preschool/Head Start and School-Age Childcare

The Rite Aid Foundation: \$7,500 award toward the Adult Dental Clinic for Head Start Families program

Edward Bangs Kelley and Elza Kelley Foundation, Inc.: \$5,000 toward the Preschool/Head Start program

The Max and Victoria Dreyfus Foundation, Inc.: \$5,000 award toward the Early Intervention program

CVS Caremark: \$2,000 award toward the Adult Dental Clinic for Head Start Families program

Cape Cod Foundation: \$1,000 toward the Cape & Islands Postpartum Depression Task Force toward community training for medical and mental health professionals

The Cranberry Rose Foundation: \$1,000 award toward the Wareham Head Start program

Eastern Bank Charitable Foundation: \$1,000 award toward the School-Age program

A Special Thank You to . . .

B.A. Events: \$3,500 donation toward the Preschool/Head Start program

Gallant Grader Service, Inc. for donating labor and materials to install a new bike path for the Preschool/Head Start children at Pearl Street, valued at \$7,500

Shepley Wood: \$2,000 donation from the 15th Annual Shepley Wide Open Charity Golf Event toward our core programming

Wendy's: \$1,000 donation toward general operating support



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Caring for Children and Families in Our Community

Mission Statement

Our mission is to serve as a community resource that provides childcare, educational and developmental intervention, and family support services. We offer child-focused, family-centered programs that are affordable, accessible and of the highest quality. The agency staff and associated professionals work in partnership with families and others in the community to build on each child's unique strengths, ensuring positive growth and development.

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Moving? Send your change of address to: Cape Cod Child Development Mailing List, 83 Pearl Street, Hyannis, MA 02601 or email it to: info@cccdp.org.

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Cape Cod Child Development Programs

- **Early Intervention**
developmental assessment and service, birth to age 3 years
- **Families United Network (F.U.N.)**
parent education and playgroups for children birth to age 4 years
- **Family Child Care**
licensed provider homes, children ages 3 months to 13 years
- **Preschool/Head Start**
preschool programs, children ages 3 to 5 years
- **School-Age Child Care**
school-age children ages 5 to 13 years
- **Teen Parent Program**
support for teen parents through age 19