

Development and Children's Mental Health

DATE & TIME:

April 22, 2026

9:00AM – 4:00PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: DMH Headquarters Terrace Level Conference Rooms A & B
510 S. Vermont Ave.
Los Angeles 90012

REGISTRATION: <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13682>

DESCRIPTION: Decades of research indicate that the early years of life are a period of exponential brain development, characterized by great opportunity and vulnerability dependent on the child's relationships and environment. The Growing Brain: From Birth to 5 Years Old is an innovated professional development opportunity that provides a toolkit of how the brain develops along with ways professionals can encourage healthy brain development in children from birth to 5 years old. Participants will develop skills and strategies to support young children's cognition and socioemotional development and reduce toxic stress that can negatively influence the brain development of very young children. The training incorporates the latest research and literature relevant to assessment, interventions, associated treatment issues and short- and long-term effects of child mental health. The training will provide an overview of the foundations of mental health in children 0-5 and will cover the signs and symptoms of mental health concerns in children. Attendees will gain an understanding of the evolution of diagnostic systems and common diagnoses. This introductory session provides an overview of early development with a focus on infant and early mental health.

TARGET AUDIENCE: DMH directly operated clinical staff and contracted mental health providers rendering services to children/youth in the child welfare system and/or in the community

OBJECTIVES: **As a result of attending this training, participants should be able to:**

1. Summarize how cognitive development unfolds in young children.
2. List two ways to support cognitive development in young children.
3. Describe the importance of executive functioning and its critical role in cognitive and overall development of young children.
4. Describe how social-emotional development unfolds in the first 5 years and how to support it in young children.
5. Identify areas of the brain involved in social interaction and emotional reactions.
6. Explain how the role of relationships and attachment in social-emotional development affects young children.

CONDUCTED BY: Allegra Klacsmann, Ph.D

COORDINATED BY: Marcela Barajas, LCSW, Training Coordinator
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DEADLINE: When capacity is reached.

CONTINUING EDUCATION: 6.0 hours for BBS, BRN, CCAPP-EI
6.0 CE for Psychologist

COST:

NONE