



Building a Program-wide Culture of Wellness

Family Well-being and Mental Health in the Head Start Program Performance Standards

The [Head Start Program Performance Standards](#) require a program-wide culture of wellness that includes supports for adult mental health and family well-being. Family well-being means that families are healthy and have access to physical and mental health services, housing and food assistance, and other support services. It also means they have opportunities for educational advancement and economic mobility.

Nurturing and responsive relationships with families are an important part of the program-wide Head Start approach to mental health. The following materials support staff to build relationships with families and to support their health, mental health, and economic mobility.

Featured Resources

Nurturing and responsive relationships with families promote family well-being.

[Building Partnerships with Families Series](#)

Successful relationships focus on families' strengths. Explore this series to build strong partnerships that contribute to positive and lasting change for families and children.

Promoting family well-being is promoting mental health.

[Family Well-being: Strategies to Support Family Safety, Health, and Financial Stability](#)

Safety, health, mental health, and financial stability are key to family well-being. In this resource, find practices that support family well-being.

[Using the RBCs to Promote Family Well-being](#)

Learn about the specific knowledge and skills needed when focusing on the family well-being aspect of the Relationship-Based Competencies (RBCs).

Head Start staff make a difference for families during challenging times.

[Talking with Families About Depression](#)

Depression is common. Explores ideas for talking about it with families and supporting families to find the help they need.

[Understanding Addiction and Substance Use Stigma: What You Can Do to Help](#)

Learn about addiction stigma and how to support families through substance use and recovery.

[Preventing and Responding to Domestic Violence Webinar Series](#)

Discover ways to support parent and child survivors of domestic violence to heal and thrive. Find tips to safely engage with parents who use violence in their intimate relationships.

Related Resources

Explore related HeadStart.gov resources to learn more.

- [Family Economic Mobility Toolkit](#)
- [The Well-Visit Planner for Families](#)
- [Engaging Expectant Families, Including Fathers](#)