



Department of Mental Health Children's Office

Growing Healthy Communities: Early Childhood Edition Podcast

The Department of Mental Health, Children's Office, in partnership with the Missouri Head [Start Growing Healthy Communities: Early Childhood Edition podcast](#), is designed to support parents and community members in better supporting youth in Missouri.

Licensed professionals and individuals with lived experiences will present topics identified by parents, caregivers, and community members that address the needs of youth and families in Missouri.

The third episode of the [Early Childhood Edition Podcast](#) is co-hosted by Melody Boling, Early Childhood Wellness Coordinator with the DMH Children's Office and Carolyn Stemmons, Assistant Director with the Missouri Head Start Collaboration Office, as they interview Dr. Barbara Stroud about her experiences and insights into boosting safety, empowerment, and self-determination for children and parents.

