

EARLY CHILDHOOD MENTAL HEALTH PROGRAM



Early Childhood Mental Health Program

Our early childhood mental health specialists work with children (ages 0-8) and their families to promote healthy social, emotional, and behavioral development. We offer diagnostic evaluations, testing, and therapy.

What can the Early Childhood Program help my child with?

- Tantrums
- Behavior concerns
- Mood and emotion regulation difficulties
- Sadness, depression, or irritability
- Adjustment to life changes, stressors, or trauma
- Social difficulties
- Anxiety, worries, fears
- Academic difficulties
- Changes in child's typical behavior or mood
- Parenting and behavior management difficulties
- Family connectedness, relationship problems
- And more!

How do we get started?

Call 612-273-8700 to request an appointment.

Clinic Address:

Psychiatry Clinic
Suite F-275, 2nd Floor
West Building
2450 Riverside Avenue,
Minneapolis, MN 55454

Visit [MHealth.org](https://www.mhealth.org) for more information.

Child Psychologists



Katie Lingras, MA, PhD
Child Psychologist



Danielle Vrieze, PhD, LP
Child Psychologist

Dr. Katherine (Katie) Lingras and Dr. Danielle Vrieze co-direct the Early Childhood Mental Health Program within the University of Minnesota Child & Adolescent Psychiatry Clinic. Drs. Lingras and Vrieze are both Licensed Psychologists and each have more than 10 years of experience supporting children and families through direct clinical services, teaching and training the next generation of practitioners, and providing community-based training and consultation.

They are committed to providing evidence-based treatments and best practices, emphasizing client and family strengths, and providing collaborative support when appropriate (e.g., working with teachers, medical and other service providers).

Coincidentally, both Dr. Lingras and Dr. Vrieze received undergraduate degrees from Stanford University, completed their graduate studies at the University of Minnesota's Institute for Child Development, and have worked and trained in settings across the country. They are excited to share their complementary areas of expertise in building a high quality early childhood mental health services to help children and their families reach their full potential.

