



## Lobby

What are some of the issues you are seeing in your community with regard to the mental, emotional and behavioral development of children and youth?



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Northwest (HHS Region 10)

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Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



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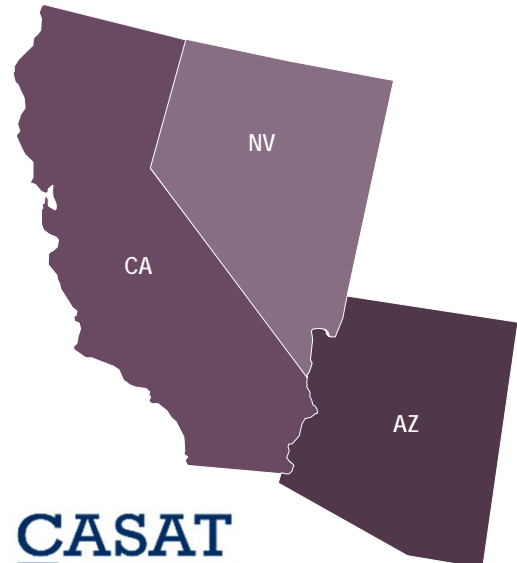
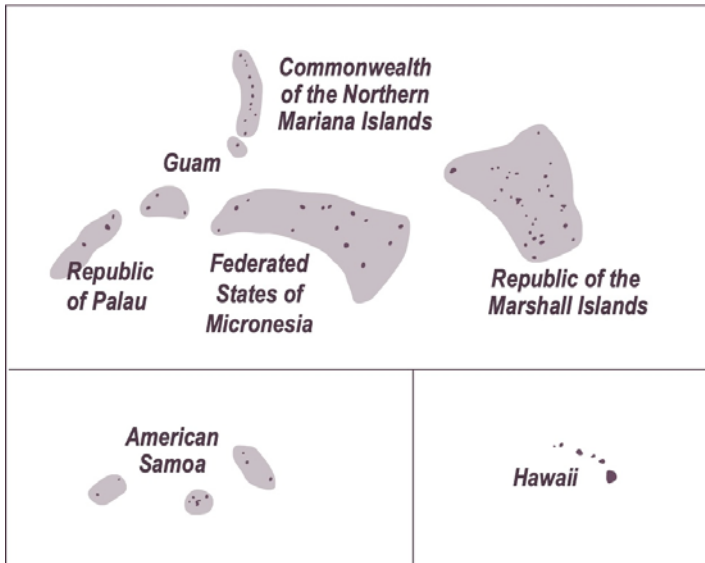


Prevention Science  
Graduate Program

WASHINGTON STATE UNIVERSITY

**CASAT**  
Center for the Application of  
Substance Abuse Technologies  
University of Nevada, Reno

## Pacific Southwest



**CASAT**  
Center for the Application of  
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University of Nevada, Reno

# Mark Your Calendars!

## **Northwest PTTC Webinar:**

*Regional Methamphetamine Use: What Prevention Practitioners Need to Know*

*December 12, 2019*

*12:00 – 1:30 PM Pacific Time*

## **Pacific Southwest PTTC Webinar**

*Regional Methamphetamine Use*

*January 28, 2020*

*3:00 – 4:30 Pacific Time*

## **Northwest and Pacific Southwest EPLS:**

*Organizational Elements of Effective Coalitions*

*January 8<sup>th</sup> – February 19<sup>th</sup> – Pacific Southwest PTTC*

*January 9<sup>th</sup> – February 20<sup>th</sup> – Northwest PTTC*

# Presenters



**Thomas F. Boat, M.D.** (*Chair*) is the dean emeritus of the College of Medicine at the University of Cincinnati and a professor of pediatrics in the Division of Pulmonary Medicine at the Cincinnati Children's Hospital Medical Center.



**Richard Catalano, Jr.** is the Bartley Dobb professor for the study and prevention of violence in the School of Social Work, a research affiliate at the Center for Studies in Demography & Ecology, and the cofounder of the Social Development Research Group, all at the University of Washington



**Kelly J. Kelleher** is the ADS Professor of Innovation at The Research Institute at Nationwide Children's Hospital. Dr. Kelleher is also Distinguished Professor of Pediatrics and Public Health at The Ohio State University's Colleges of Medicine and Public Health.

# Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth



A NATIONAL  
AGENDA



## Study Sponsors

- Substance Abuse and Mental Health Services Administration, Center for Mental Health Services
- Centers for Disease Control and Prevention, Division of Human Development and Disability
- National Institutes of Health, National Center for Complementary and Integrative Health
- National Institutes of Health, National Institute on Drug Abuse

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# Statement of Task

Conduct a consensus study on fostering mental, emotional, and behavioral health

- Review key research and strategy advances and challenges since publication of the 2009 report
- Describe recent progress in understanding what is necessary to effectively implement strategies
- Identify program, policy, and research gaps for promoting healthy MEB development

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## Specific Task Considerations

- Trends in prevalence of specific MEB conditions
- Current context for health promotion strategies
- Public health framework
- Two-generation approaches
- Biological and environmental influences
- Health equity and attention to cultural differences
- Complementary and integrative approaches (mindfulness)
- Role of practice-based evidence, data systems, and QI methods

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## Vision: MEB Health is a National Priority

*Imagine what the United States would be like if all sectors of society joined together to use current knowledge to establish policies, communities, and programs designed to ensure that all young people have an opportunity to thrive. Envision that 10 years from now, the U.S. Surgeon General can celebrate that children's healthy development has become a foundational value, and as a result, effective programs to promote mental, emotional, and behavioral (MEB) health and development are in place. The Surgeon General is able to document decreases in rates of MEB disorders of all types and evidence that increasing proportions of young people are attaining adulthood having met key developmental milestones, and having developed the skills and attributes they need to lead meaningful, productive, and engaged lives.*

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# Influences on Mental, Emotional, and Behavioral Development

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## Chat Question

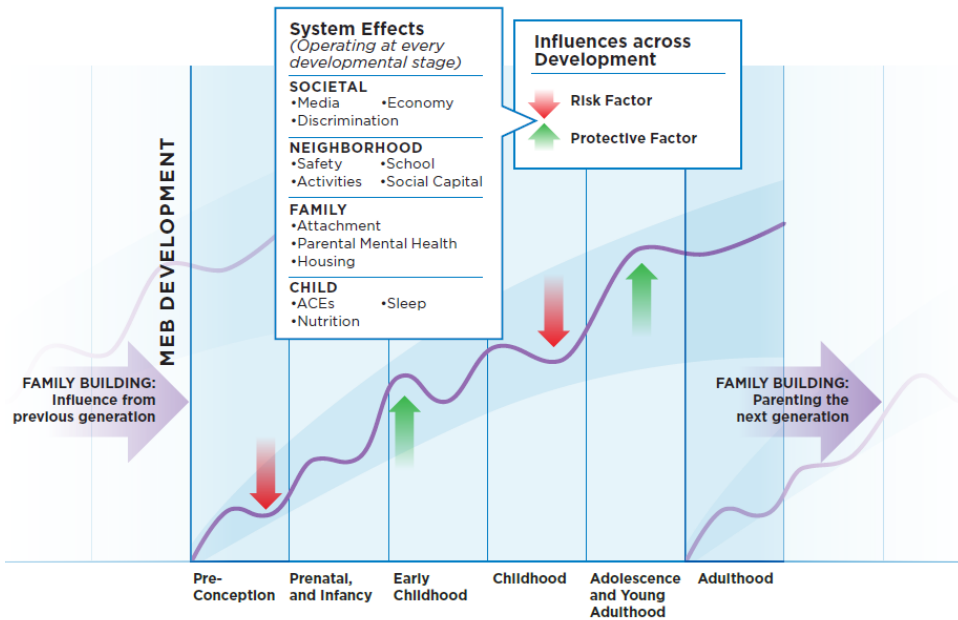
Can you name some of the influences on mental, emotional and behavioral development?

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# Influences on MEB health

Complex neurobiological processes interact with physical and social environment—from before conception through adolescence, and across generations

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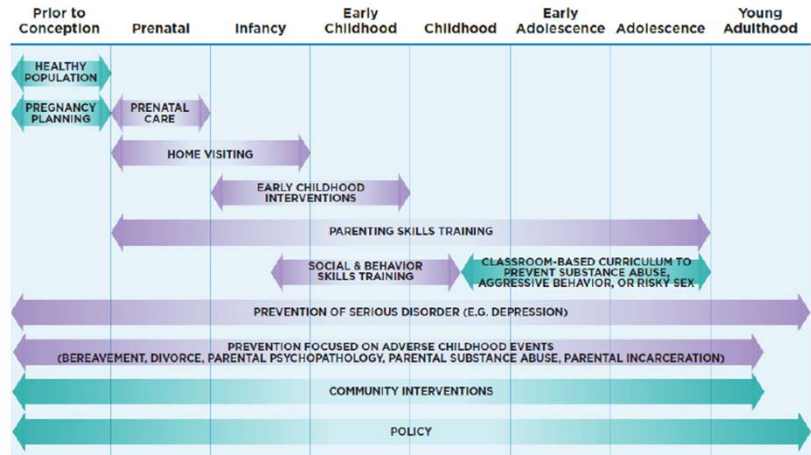


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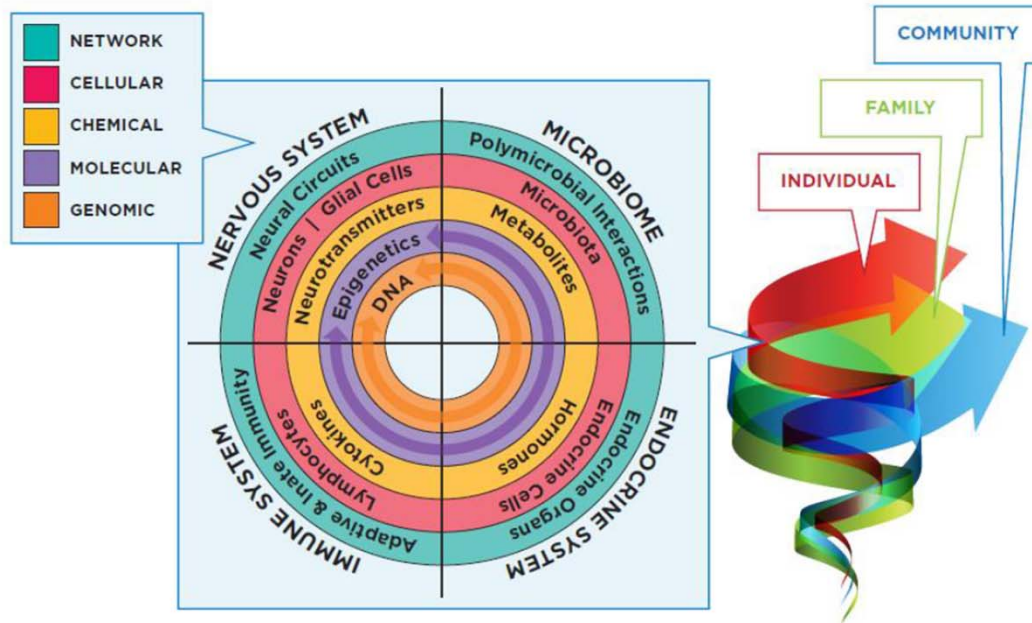


# New Research: Expanded Spectrum of Opportunities

- Integrated understanding of influences on MEB health
- Expanded understanding of implementation



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Questions?

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Strategies for Fostering Healthy MEB  
Development in Children and Youth

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# Participant Poll

What type of setting do you work in:

- Pre-K
- K-12
- Community Services
- Substance Misuse Prevention
- Healthcare
- Other

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# Generational Strategies

Interventions designed to affect the behaviors and attitudes of parents and caregivers may also improve MEB outcomes for young people.

- Universal Parenting interventions
- Parenting interventions to prevent and deal with consequences of child neglect and abuse
- Addressing parental mental health and substance use disorders
  - *treatment and prevention of depression in pregnant women; treatment of parental substance use disorders, parenting skills and family conflict*
- 

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# Education Strategies

Strategies delivered in school settings for promoting MEB health achieve positive outcomes that last for years.

- Early education matters
  - *Abecedarian Project, Head Start, HighScope Perry Preschool Project*
- Social-emotional learning in early childhood education
- Promotion of MEB health in K-12 settings
  - *positive school climate, social-emotional learning, contemplative, mindfulness practices*
- Prevention strategies in K-12 settings
  - *disruptive behavior, anxiety and depressive disorders, substance use disorders*

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# Health Care Strategies

Primary care settings provide opportunities for promoting health MEB development for children and their families.

- Preconception health care
- Prenatal health care
  - *preventing preterm birth, parenting education*
- Postnatal health care
- Integrating behavioral care and primary health care
- Chronic disease care for children and youth

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# Community Strategies

Living in communities with access to social, economic, and physical resources that promote health and well-being, increases opportunity to thrive.

- Assessment and prioritization of risk and protective factors
- Provide effective strategies to support to parents and families
- Effective comprehensive community services
- Effective community development

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# Workforce Strategies

A dedicated, well-trained workforce is necessary in each of these sectors to promote healthy MEB development in children and youth.

- Education
  - *Preservice and ongoing training in education, nursing, medicine, public health, social work, psychology, etc.*
- Health Care
  - *Adequate and ongoing training of behavioral health integration into primary care*
- Implementation Partners
  - *Workforce development systems, ongoing training and strengthening*
  - *Systemic Support adequate compensation, support for physical and emotional health*

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# Policy Strategies

The evidence base regarding the use of local, state, and federal policies to promote MEB health is growing but incomplete.

- Health care and nutrition
  - *Mental Health Parity Act, WIC and SNAP*
- Economic well-being
  - *paid family leave, EITC*
- Risk behavior and injury
  - *limiting harmful behaviors and exposures*
- Education
  - *zero tolerance policies, Individuals with Disabilities Act*

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## Questions?

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## Next Steps: A National Agenda

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## Chat Question

How familiar are you with the recommendations outlined in the report?

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# Recommendations to the U.S. Department of Health and Human Services and Related Agencies

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**Recommendation 1:** Lead and collaborate with agencies at the state and local levels, as well as private partners, in coordinating a highly visible national effort to make the promotion of MEB health a national priority.

- Develop integrated plan for data collection and monitoring at the local, state, and national levels
- Integrate and coordinate new and existing efforts

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**Recommendation 2:** Use program creation, regulatory, and other policy capabilities to promote healthy MEB development and mitigate risks to MEB health.

- Guidance
- Accountability
- Coverage for behavioral health services
- Alignment of policies

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**Recommendation 3:** Support implementation by providing funding and other resources to support:

- research and demonstration projects
- cross-sector partnerships
- innovative funding mechanisms
- benefit/cost and other economic analyses
- sustainability

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**Recommendation 4:** Assess existing data sources and develop plan using existing and new sources to track:

- Status of MEB development
- Exposure to risks and protective factors
- Access to effective interventions
- Implementation of programs and policies and impact

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## Research Agenda

1. Design and evaluation of effective, scalable interventions at the population level.
2. Design, evaluation, and implementation of effective, scalable school-based interventions.
3. Design, evaluation, and implementation of effective, scalable two-generation interventions in health care.
4. Policy strategies to address effects of social, racial, and economic disparities on MEB health
5. Design and evaluation of implementation strategies.

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# National Agenda for a Decade of Children and Youth: Aspirations

- Stakeholders recognize the critical importance of measuring and tracking the MEB health and development of young people.
- Public health campaigns have raised broad awareness of the need for improved MEB outcomes for children and youth.
- Communities empowered to organize across sectors, using local data to plan and evaluate.
- Families have support in making advantageous decisions for their children.
- Child care providers and educators work to advance MEB health.
- Health care providers attend to MEB health of parents and children.
- Businesses invest in the well-being of employees and their families.
- Government entities consider MEB data in policy decisions.

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## Questions?

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Full report is available online:  
<https://www.nap.edu/catalog/25201>

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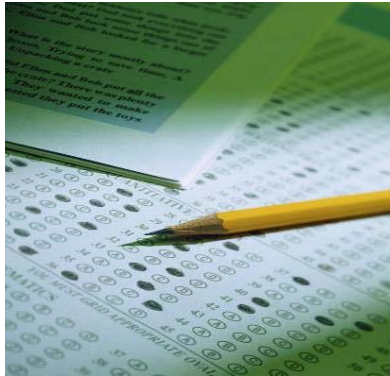


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# Please Provide Your Feedback!

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## Thank you!

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