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?

Disclaimer

The views expressed in this webinar do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

This webinar is being recorded and archived, and will be available for viewing after the webinar. Please contact the webinar facilitator if you have any concerns or questions.
Pacific Southwest
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 8th – February 19th – Pacific Southwest PTTC
January 9th – February 20th – 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.
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

The National Academies of Sciences • Engineering • Medicine
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

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.
Chat Question

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

Complex neurobiological processes interact with physical and social environment—from before conception through adolescence, and across generations.
New Research: Expanded Spectrum of Opportunities

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

Strategies for Fostering Healthy MEB Development in Children and Youth
Participant Poll

What type of setting do you work in:

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

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
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

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
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

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
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

Questions?
Next Steps: A National Agenda

Chat Question

How familiar are you with the recommendations outlined in the report?
Recommendations to the U.S. Department of Health and Human Services and Related Agencies

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
**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

**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
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

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.
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.

Questions?
Full report is available online:
https://www.nap.edu/catalog/25201

Board on Children, Youth, and Families

The Board on Children, Youth, and Families (BCYF) is a nongovernmental, scientific body within the National Academies of Sciences, Engineering, and Medicine that convenes top experts from multiple disciplines to analyze the best available evidence on critical issues facing children, youth, and families today.

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Thank you!

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