

EARLY CHILDHOOD MENTAL HEALTH

**Presentation to State Interagency Coordinating
Council**

Emily Koenig, Missouri Department of Mental Health

April 8, 2016

WHAT IS INFANT-EARLY CHILDHOOD MENTAL HEALTH?

“Infant-early childhood mental health (I-ECMH) is sometimes referred to as social & emotional development. It is the developing capacity of those children from birth to 5 years of age to form close and secure adult and peer relationships; experience, manage, and express a full range of emotions; and explore the environment and learn, all within the context of family, community and culture.”

- Zero to Three



SOCIAL DEVELOPMENT

- The ability to differentiate self from others.
- The ability to attach initially to the primary caretakers.
- The ability to have healthy relationships with others.
- A complex set of skills that allow children to make friends, solve interpersonal conflicts and express and understand feelings in other.



EMOTIONAL DEVELOPMENT

- Ability to identify and regulate emotions and behavior
 - Capacity to identify feelings
 - Develop empathy for others
 - Management of strong emotions
 - Delay gratification
 - Control impulses
- Development of positive and healthy self-esteem



WHY IS INFANT-EARLY CHILDHOOD MENTAL HEALTH IMPORTANT?

- I-ECMH sets the stage for a child's functioning across home, school, and community settings.
- The presence of social, emotional, and behavioral challenges compromise young children's chances for success and healthy relationships.
- Mental health challenges are common in children ages 0-6



DATA ON CHILDREN'S MENTAL HEALTH

- 9.5 – 14.2 % of children birth to 5 have S-E problems interfering with functioning.
- 21% of children and adolescents in the U.S. meet diagnostic criteria for a MH disorder with impaired functioning.
- 16% of children and adolescents in the U.S. have impaired MH functioning and do not meet criteria for a disorder.
- 13% of school-aged, 10% of preschool children with normal functioning have parents with mental health concerns.
- 50% of adults in the U.S. with MH disorders had symptoms by the age of 14 years.

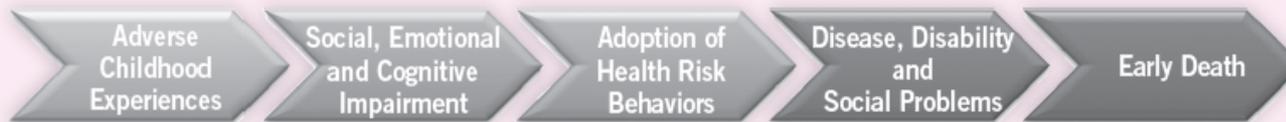


WHY NOW?

- Increased awareness of problems of young children.
- Brain development research.
- Increased use of psychotropic medications.
- Problems in child care and early education settings.
- Emergence of infant and early childhood mental health as a field.
- Importance of environment and relationships.
- Relationship between healthy social and emotional development and later school success.



ACE Study: Linking childhood trauma to long-term health problems



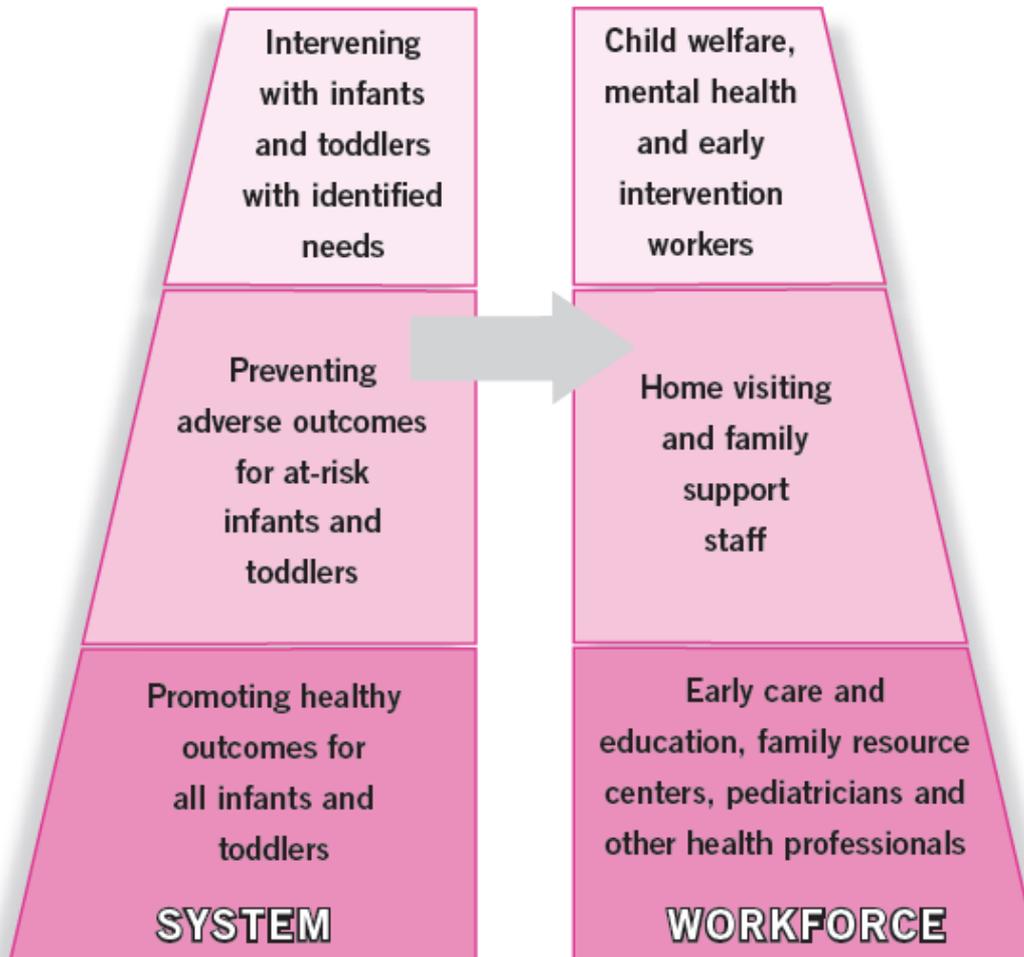
As a response to the ACE study, the Centers for Disease Control and Prevention have identified the promotion of safe, stable and nurturing relationships as a key strategy for the public health approach to poor health outcomes and critical to preventing child maltreatment. When children are exposed to adverse environmental challenges, such as violence, poverty, toxic stress and substance abuse, it is the presence of safe, stable and nurturing relationships that can “buffer” the brain in ways that mitigate the exposure. From the perspective of public health, these safe, stable and nurturing relationships can have significant impact on an individual’s abilities and health-related lifestyle trajectories.¹¹

“The Infant Mental Health Workforce: Key to Promoting the Healthy Social and Emotional Development of Children”



COMPREHENSIVE EARLY CHILDHOOD MENTAL HEALTH SYSTEM

Source: "The Infant Mental Health Workforce: Key to Promoting the Healthy Social and Emotional Development of Children"



PROMOTION

- Developmental and social-emotional screening in primary care and early care and education programs.
- High quality child care.
- High quality training on social-emotional development for providers.
- Use of an evidence-based early childhood curriculum.
- Dissemination of information promoting healthy social-emotional development.



PREVENTION & EARLY INTERVENTION

- Risk assessment
- Screening (i.e. ASQ-SE, DIAL, DECA)
- Prenatal care
- Pediatric services
- Early childhood mental health consultation to child care settings
- Parenting skills
- Pre-parenting skills
- Nutrition
- Health care
- Substance abuse prevention

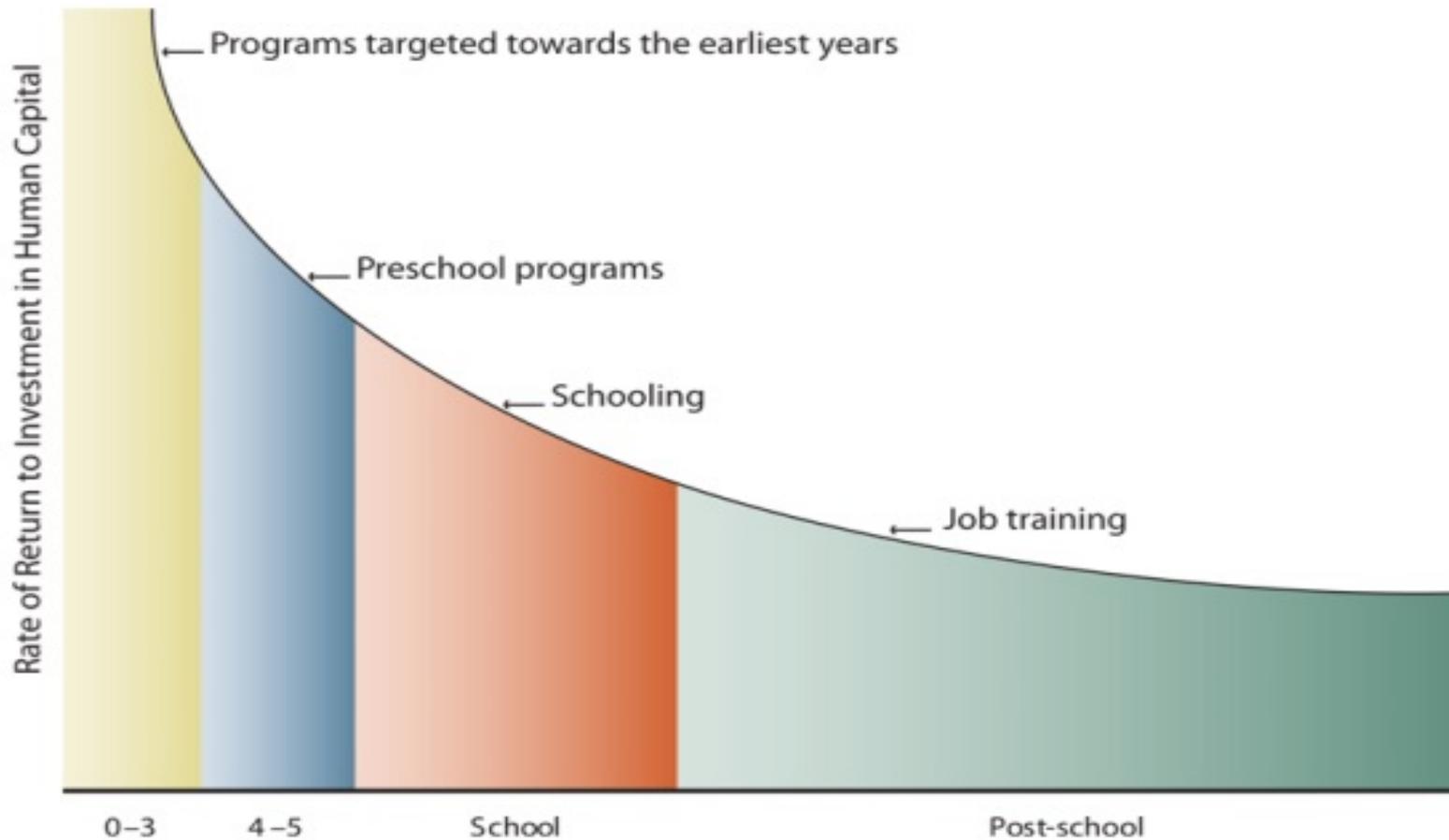


INTERVENTION

- Assessment and Evaluation
- Diagnosis
- Home visiting services
- In-home services
- Crisis intervention
- Evidence-Based Interventions including (parent-child interactive therapy, trauma-focused cognitive behavioral therapy, incredible years, trauma-informed child parent psychotherapy)
- Play therapy
- Substance abuse treatment
- Occupational therapy
- Physical therapy
- Communication (speech, language, and hearing)



Returns to a Unit Dollar Invested



Source: Heckman and LaFontaine (2007).



Mental Health and Social-Emotional Development

Desired Outcome: Missouri's children are socially and emotionally healthy.

Goals:

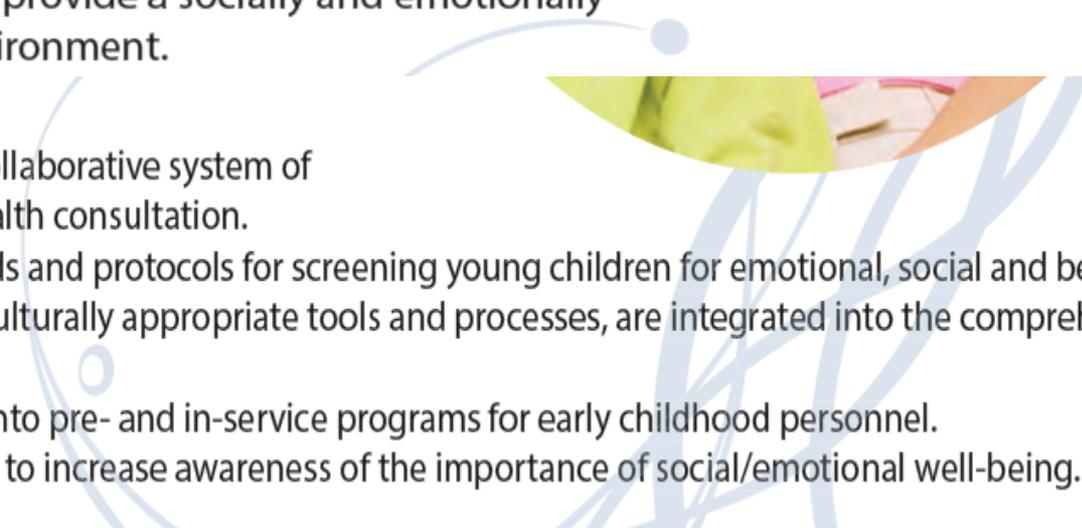
1. Principles promoting social/emotional wellness for young children and families are integrated into all aspects of Missouri's early childhood system.

Objectives:

1. State and local policies in Missouri support the emotional well-being of families and children.
2. Collaborative efforts in communities identify social, emotional and behavioral risks and intervene to prevent more serious mental health problems.
3. Missouri's families provide a socially and emotionally healthy home environment.

Long-Term Activities:

1. Facilitate the development of a collaborative system of infant/early childhood mental health consultation.
2. Ensure that best practice standards and protocols for screening young children for emotional, social and behavioral risk factors, including the use of culturally appropriate tools and processes, are integrated into the comprehensive early childhood system.
3. Integrate mental health training into pre- and in-service programs for early childhood personnel.
4. Implement a statewide campaign to increase awareness of the importance of social/emotional well-being.



RECENT ACCOMPLISHMENTS

- Development of Training & Collaborative for Mental Health Providers
- Drafted definition of Mental Health Consultation and approved by state departments.
- Stop & Play Public Education Campaign
- Early Childhood Mental Health Training for all Professionals



2016-2017 PRIORITIES

- CCDF Block Grant
 - Preschool Expulsion
- Social & Emotional Development training for early childhood providers and mental health providers.
- Public Awareness
 - Early Childhood Mental Health Summit
- Mental Health Consultation
- Core Competencies



PROJECT LAUNCH

○ Five core strands:

- Developmental screening & assessment,
- Mental health consultation,
- Family strengthening & parent training,
- Home visiting, and
- Integration of behavioral health into primary care



SCREENING & ASSESSMENT

- Referral process
 - Disseminating to physician's offices and child care providers
 - Updating forms to include statewide resources
- ASQ-3 and ASQ-SE screenings in community
- Hosting trainings for child care, mental health and health care providers on ASQ-3 and ASQ-SE screening tools



INTEGRATION OF BEHAVIORAL HEALTH INTO PRIMARY CARE SETTINGS

- Working with MO Chapter of AAP
- Looking to create or adopt webinars for physicians on children's early childhood mental health
- Possible follow-up Social & Emotional Well-Being Conference



ENHANCED HOME VISITING

- Motivational Interviewing
- Consultation to HV organizations on CLAS standards and ways to reduce disparities
- Meeting regularly to foster ongoing collaboration



EARLY CHILDHOOD MENTAL HEALTH CONSULTATION

- Working to get definition of early childhood mental health consultation adopted by state departments
- Working with ECMH workgroup to develop or adopt core competencies for early childhood mental health professionals
- Looking at evaluation results from first two rounds of Early Childhood Mental Health training/learning collaborative



FAMILY STRENGTHENING AND PARENT SKILLS TRAINING

- Parent Café's
- Partnering with Hopewell – Community Mental Health Center in Pilot Site
 - Screening for parent capacity
 - Implementing Chicago Parenting Program
- Parent Advisory Council
- Strengthening Families Framework
 - Training on curriculum across the state
 - Available on CTF website





Early Childhood Mental Health



About



For Parents



For Providers



Community

MISSOURI CHILDREN'S TRAUMA NETWORK

SAVE THE DATE

Missouri Children's Trauma Network Training Summit

May 5, 2016

Holiday Inn & Expo Center | Columbia, MO

Registration to come!

The Department of Mental Health supports children growing up healthy and happy - both mentally and physically!



Family Resources

Provider Resources

News & Updates

FOR MORE INFORMATION:

Emily Koenig

Children's Interagency Services Manager

Missouri Department of Mental Health

Chair, Early Childhood Mental Health Work
Group, Coordinating Board for Early Childhood
(CBEC)

1706 E. Elm Street

Jefferson City, MO 65101

Phone: 573-751-7519

Email: emily.koenig@dmh.mo.gov

Website: www.healthykids.mo.gov

CBEC website: www.dss.mo.gov/cbec

