

## Setting the Research Agenda for a Public Health Approach to Children's Mental Health

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## Purpose of the Session

- This hour will focus on the public health approach movement and will address how researchers, families, and policy makers may best focus efforts in the coming years to advance the public health approach.

Using the new monograph on a public health approach developed by Georgetown University's TA Center and SAMHSA, participants will have an opportunity to set the research agenda for this topic



## Agenda

- Welcome and setting the stage
  - A Family Perspective
    - What this approach really means
  - Highlights from the Monograph
- Discussion and Facilitated questions focusing on:
  - What are the key research questions for focus in advancing public health approach to Children's Mental Health?
  - Considerations in developing a research agenda for Advancing a public health approach to children's mental health.
- Next steps



## A Call for Action

A change in the way we approach children's mental health.

- New Freedom Commission, Surgeon General, Institute of Medicine and more.*

Bring knowledge to the real world

Environments that promote children's health and development

No one sector is responsible for children's health/mental health.



## Assessing where we are now?

- Great strides have been made in addressing children's mental health- *policy, program, attitudes, knowledge and beliefs*
- The last 20 years have seen the development of comprehensive systems of care and integration of values and principles of SOC and wraparound.
  - Ex. youth and family movements, cultural & linguistic competence, knowledge of and practice of EBP's and community based evidence.
- Increased knowledge and evidence about what works to promote mental health, prevent problems and treat and manage illness.
  - Early childhood development field
  - Brain research
  - Ecological models



## A Paradigm Shift

A public health approach requires

- Working collaboratively across a broad range of systems and sectors
- Engaging the children's mental health care system, the public health system, and all the other systems, settings and groups that influence children's well-being



### Family Driven and Public Health Approach

- We strongly believe that the most effective way to support youth and families is to focus on total health and well-being. (*Whole population*)
- The time to promote health and eradicate stigma and bias is now. The message "Children's Mental Health Matters" allows us all to focus on promoting positive mental health from birth onward. (*All children and positive mental health; thriving and optimizing health vs. just reducing problems*)
- There is no health without mental health. (*MH is a part of overall health*)
- New Partners and Unexpected Partners



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### Five Guiding Principles: Public Health Approach

- Population focus
- Emphasis on creating supportive environments and building skills
- Balanced focus between children's mental health problems and positive mental health
- Cross-system and cross-sector collaboration
- Local Adaptation



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### Integrated Values of Children's Mental Health and Public Health

- Be driven by the fundamental value and dignity of every child
- Be child centered, youth guided, and family driven
- Be community based/locally adapted
- Be culturally and linguistically competent
- Be equitable, providing the resources for health for all children
- Balance the rights of the individuals with the good of the collective, recognizing that each person's actions affect other people
- Be collaborative, with systems and sectors working together to be optimally effective
- Use scientific knowledge to drive decision making whenever possible
- Operate with accountability, respect, and integrity.



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### A Conceptual Framework for a Public Health Approach to Children's Mental Health

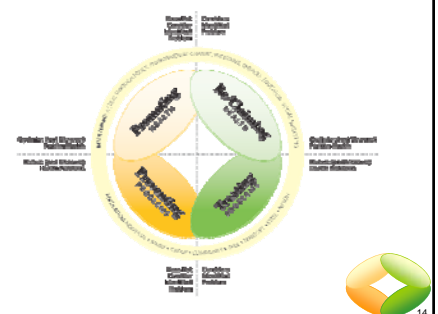


### Special Focus on Intervening



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### Intervention Model for Children's Mental Health



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## PH/MH Core Monograph Team

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