NASMHPD

RESILIENCY in the Public Health Framework

CYFD call

Tuesday, October 26, 2010
noon-1:00 EST
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NASMHPD Public Health Committee Corner

• audio play back and handouts from a series of calls with the National Association of State Mental Health Program Directors (NASMHPD) Children, Youth and Family Division.

• exploring the application of the public health model to children’s mental health in States and the role of States in advancing these efforts.

• http://gucchdtacenter.georgetown.edu/public_health_committee_corner.html
Study by the National Research Council and the Institute of Medicine (2009)

- Reviewed the research on the prevention of mental disorders and substance abuse among young people
- Recommended multiple strategies for enhancing the psychological and emotional well-being of young people.
Focus on Prevention and Wellness

- There is growing evidence that well-designed prevention interventions:
  - reduce a range of problems and disorders and that these efforts are sustained over the long term.
  - These programs often help children, families, and schools build strengths that support well-being.
  - A focus on prevention and wellness can have multiple benefits that extend beyond a single disorder.

from: IOM Public Briefing, March 25, 2009 Washington DC
Prevention AND Promotion

from: IOM Public Briefing, March 25, 2009 Washington DC
Mental Health Promotion Aims to:

• Enhance individuals’
  – ability to achieve developmentally appropriate tasks (developmental competence)
  – positive sense of self-esteem, mastery, well-being, and social inclusion

• Strengthen their ability to cope with adversity

from: IOM Public Briefing, March 25, 2009 Washington DC
Putting Knowledge Into Practice: Overarching Recommendations

• **States and communities** should develop networked systems to apply resources to the promotion of mental health and prevention of MEB disorders among their young people.

• These systems should involve *individuals, families, schools, justice systems, healthcare systems, and relevant community-based systems*. Such approaches should **build on available evidence-based programs** and involve local evaluations to assess the implementation process of individual programs or policies and to **measure community-wide outcomes**.

from: IOM Public Briefing, March 25, 2009 Washington DC
Intervention Model for Children’s Mental Health
Public Health Core Processes Adapted for Children’s Mental Health

Assessing
Gathering and Analyzing Data to Drive Decisions

Ensuring
Quality, Access, and Sustainability

Intervening
Acting through Policy, Environmental Change, Programs, Services, Education, Social Marketing

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