

# Growing Up Well: An Update

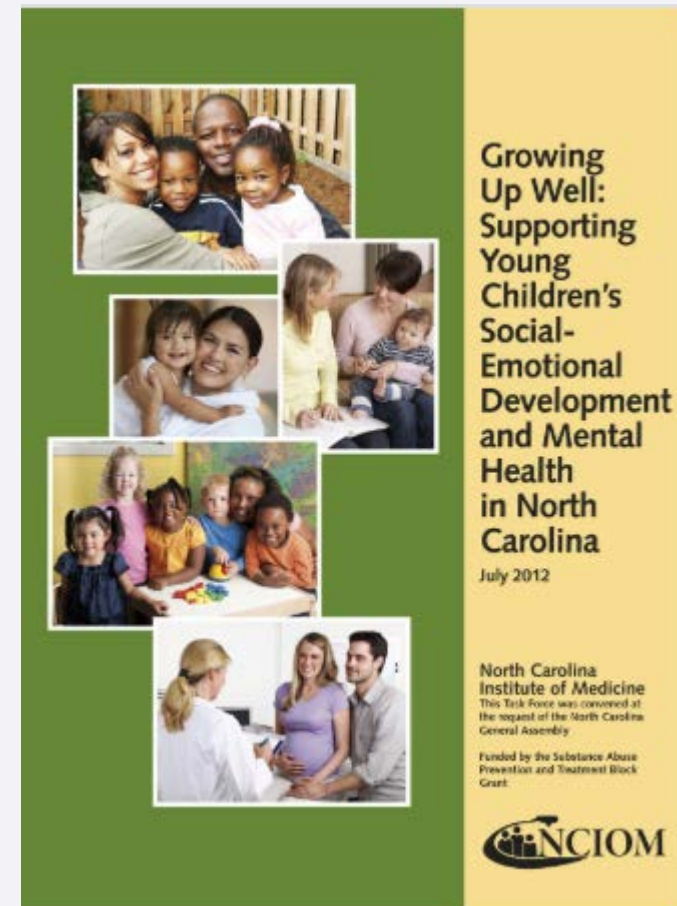
## **NCIOM Task Force on the Mental Health, Social, and Emotional Needs of Young Children and Their Families**

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May 18, 2018



# NCIOM Task Force on the Mental Health, Social, and Emotional Needs of Young Children and Their Families

- Began in 2011, final report July 2012
- The North Carolina General Assembly asked the NCIOM to convene a Task Force to “study the adequacy of the current systems serving the mental health, social, and emotional needs of young children and their families.”
- Funding for the Task Force came from:



# NCIOM Task Force on the Mental Health, Social, and Emotional Needs of Young Children and Their Families



- **Co-Chairs:**
  - Marian Earls, MD, FAAP, (Former) Medical Director, Guilford Child Health, Inc.
  - Beth Melcher, PhD, (Former) Assistant Secretary for Mental Health, Developmental Disabilities, and Substance Abuse Services Development, North Carolina Department of Health and Human Services
  - John Thorp, MD, Division Director and Distinguished Professor, Department of Obstetrics and Gynecology, University of North Carolina Health Care
- 46 Task Force Members
- 6 Steering Committee Members



# Why Focus on the Mental Health, Social, and Emotional Needs of Young Children and Their Families?

- **There are only 2,000 days between the time a baby is born and when he or she will begin kindergarten.** During that time brain architecture forms, creating either a strong or weak foundation for all future learning. Child development is a dynamic, interactive process that occurs in the context of relationships, experiences and environments
- Children with positive mental health and strong social-emotional skills are more likely to grow into adaptable, functioning adults.



# Task Force Recommendations

To improve North Carolina's capacity to provide services and supports for healthy early childhood development, the Task Force made 12 recommendations, 3 of which were identified as priority recommendations.

## **The recommendations address four main goals:**

- Create a more coordinated, integrated system to meet the social-emotional and mental health needs of young children and their families
- Promote awareness and understanding of the importance of young children's social-emotional and mental health
- Improve treatment to meet the social-emotional and mental health needs of young children and their families
- Ensure a well-prepared workforce



# Creating a More Coordinated, Integrated System to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families



Plan to Implement Coverage for Home Visits for Pregnant Women and Families with Young Children

Session Law 2017-57, Section 11H.14.(a)



## • Recommendation 2.2: Strengthen and Expand Evidence-Based Programs

- Session Law 2017-57: NC Medicaid program piloting Medicaid reimbursement for home visiting models consistent with NFP in two counties. Pilot will run for a year beginning July 2018.
- Since 2014, DPH has convened the NC Home Visiting Consortium
- In 2016, NC became one of two state affiliates to replicate the Child First home visiting program—currently offered in Trillium Health Resources' catchment area.
- Triple P is being scaled up in 33 counties with state and private funding support. The Duke Endowment is funding implementation and program evaluation through the Frank Porter Graham Child Development Institute
- Philanthropies across the state have continued to support EBPs and explore opportunities to expand access to more families.



# Creating a More Coordinated, Integrated System to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families



- **Recommendation 2.3: Develop a Data System to Monitor and Evaluate Changes in Young Children’s Health**
- North Carolina Early Childhood Integrated Data System (ECIDS) launched 2016
  - Unified database system about child outcomes (including social-emotional wellness) from multiple agencies that will serve as a single source of integrated data for select education, health, and social service programs.
  - Data system will connect with the NC P-20W (preschool through workforce) data system
- Still gathering information on ECIDS; unclear how much health data is included

# Creating a More Coordinated, Integrated System to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families



- **Recommendation 2.1: Operationalize a Comprehensive Coordinated System for Young Children’s Mental Health**
  - Early Childhood Advisory Council was charged with creating a cross-systems plan—changes in administration led to temporary dissolution of the ECAC
- **Recommendation 5.3: Coordinate Promotion, Prevention, and Intervention Services for Young Children with Mental Health Needs (Priority Recommendation)**
  - Still gathering information





# Promoting Awareness and Understanding of the Importance of Young Children's Social-Emotional and Mental Health



- **Recommendation 3.2: Raise Awareness of the Social-Emotional and Mental Health Needs of Young Children (Priority Recommendation)**
  - First 2,000 Days, North Carolina's award-winning campaign to "raise awareness about how children's earliest years have a lasting impact on later learning, health and success"
  - 2018 Think Babies campaign expansion to North Carolina led by NC Early Education Coalition and Child Care Services Association
  - Blue Cross Blue Shield of North Carolina funding to Prevent Child Abuse North Carolina to raise awareness around ACEs
- **Recommendation 3.3 Educate Families, Caregivers, and Providers on Young Children's Mental Health**
  - Triple P scaled up from 7 to 33 counties



# Promoting Awareness and Understanding of the Importance of Young Children's Social-Emotional and Mental Health



- **Recommendation 3.2: Raise Awareness of the Social-Emotional and Mental Health Needs of Young Children (Priority Recommendation)**
  - Social norms and public attitudes are slow to change and require coordinated, sustained effort and resources
- **Recommendation 4.1: Develop a Web-Based Clearinghouse of Programs and Services for Young Children with Mental Health Needs**
  - The state lacks a single, comprehensive information portal



# Improving Treatment to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families



- **Recommendation 3.1: Improve Care Transitions for Women and Young Children**
- **Recommendation 5.1: Expand Treatment Services for Mothers with Substance Use Disorders and Mental Health Challenges**
- **Recommendation 5.2: Establish Care and Reimbursement Standards to Promote Women and Children's Mental Health (Priority Recommendation)**
  
- CCNC Pregnancy Medical Home now includes majority of maternity care providers across North Carolina
  - Pregnancy care manager
  - Financial incentives for risk screening and postpartum visit
  - Clinical evidence-based guidelines for
    - postpartum care and transition to well woman care
    - perinatal tobacco use and substance use
- North Carolina Perinatal Health Strategic Plan (2016-2020)
  - Improving care transitions and awareness of services and referral mechanisms
  - Providing evidence-based coverage for mental health and substance use
  - Ensure pregnant women who contact LME-MCOs are priority referrals
  - Disseminate evidence-based families to address healthy parenting and relationships



# Improving Treatment to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families



- **Recommendation 5.1: Expand Treatment Services for Mothers with Substance Use Disorders and Mental Health Challenges**
  - Although expansion of services has been a focus of CCNC and the state, residential services and comprehensive treatment for pregnant women or those with young children who have serious mental health needs and substance use are still limited
- **Recommendation 5.2: Establish Care and Reimbursement Standards to Promote Women and Children's Mental Health (Priority Recommendation)**
  - North Carolina Perinatal Health Strategic Plan includes many pieces of recommendation, unclear on how far along NC is on implementation of plan



# Ensuring a Prepared Workforce



- **Recommendation 2.4: Increase Understanding of the role of Social-Emotional Development Among Early Care and Education Professionals**

- 2013 NC Foundations for Early Learning and Development includes Emotional and Social Development as one of five domains
- Infant Mental Health Association regional workshops for early childhood professionals

- **Recommendation 2.5: Develop the Workforce that Provides Social-Emotional and Mental Health Supports and Services**

- Early Childhood Workforce Development Task Force – led to the development of early childhood social-emotional competencies for the early childhood workforce in 2016 that are beginning to be used by community colleges (<http://www.ncimha.org/> to download)



# Ensuring a Prepared Workforce



- **Recommendation 2.4: Increase Understanding of the Role of Social-Emotional Development Among Early Care and Education Professionals**
  - Training on NC Foundations for Early Learning and Development not required in degree courses or for staff
  - Training remains program-specific, not coordinated across programs
- **Recommendation 2.5: Address Clinical Workforce Development Needs**
  - Developing competency around trauma and resilience for early care professionals may require classroom-based support, continuous training, and/or a team-based approach.



# New Momentum and Opportunities

- **Increased focus on early childhood education from the General Assembly and Governor's Office**
  - Opportunities to stress that early childhood social-emotional development undergirds all future learning; cross-agency coordination
    - ECAC was reestablished in February of this year
    - Child Well-Being Transformation Council will convene this fall
    - B-3 Interagency Council began meeting in January
- **Medicaid transformation**
  - Behavioral health integration
- **NC DHHS early childhood plan**
- **Increasing awareness of ACEs and impacts on brain development**
- **Efforts to align among statewide early childhood initiatives**



# Questions?

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[Growing Up Well: Supporting Young Children's Social-Emotional Development and Mental Health in North Carolina](#)