

# **Forum on Promoting Children's Cognitive, Affective, and Behavioral Health**



2015 Annual Report



## Message from the Co-Chairs

We are honored to share leadership of the National Academies of Sciences, Engineering, and Medicine's Forum on Promoting Children's Cognitive, Affective, and Behavioral Health (C-CAB). This Forum, established in 2014, is a convening platform for leaders and representatives of government and nongovernment organizations, philanthropic foundations, professional organizations, and academic institutions to engage in an ongoing discussion that connects prevention, treatment, and implementation sciences with settings where children are seen and cared for – such as primary health care settings, schools, preschools, child care, social service, child welfare, juvenile justice, family court, military, and community-based organizations – in an effort to create an effective and affordable system that effectively addresses children's needs. This conversation also works to highlight and address gaps in the science of implementing programs and practices in order to inform research, policy, and practice.

Back in 2009, the National Research Council and Institute of Medicine (now the National Academies of Sciences, Engineering, and Medicine), released two reports on the prevention of mental, emotional, and behavioral disorders, and on parental depression. Both reports highlighted the increasing number of effective programs that could make major improvements in the mental and behavioral health of children and adolescents in the United States.

However, what is lacking, and what was clearly recommended in both reports, was a greater focus on implementation. Despite the existence of successful prevention as well as treatment programs for depression, only about one-third



to one-half of adults with depression receives any treatment in their lifetime – and this is similar for drug abuse and violence. As most of the lifetime mental health and substance use disorders have their origins in childhood, there are major opportunities to provide preventive interventions and early interventions directed at individuals, families, and communities that could greatly prevent or reduce the burden of cognitive, affective, and behavioral problems through the life course. What requires our attention is the expansion of a scientific approach to implementing effective programs in our communities and our institutions at local, state, and national levels. These need to be implemented in ways benefitting racial/ethnic minorities and others who experience health

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disparities, as well as serving those in the population who have disabilities or complex health and education needs.

The Forum Membership has come together to establish the mission of C-CAB, which includes taking a bold approach to identify new ways to promote all children's cognitive, affective, and behavioral health in communities across the country. The Forum works collaboratively with decision-makers and practitioners at multiple levels who engage with the systems that serve children in order to learn how the science can inform decision-making. Further, the Forum works across settings to re-imagine integrative approaches to implement evidence-informed practices that promote children's mental health as well as to communicate and engage relevant stakeholder groups.

We look forward to another productive and impactful year for the Forum.

**William R. Beardslee**  
Co-Chair

**C. Hendricks Brown**  
Co-Chair



## **Mission**

The forum aims to inform a forward-looking agenda for building a stronger research and practice base around the development and implementation of programs, practices, and policies to promote all children's cognitive, affective, and behavioral health, including those with disabilities. Through public workshops and commissioned papers, the forum identifies what decision makers and practitioners at multiple levels hope to learn from implementation science and how implementation science can better meet those needs.

### **CROSS-CUTTING THEMES**

**Members of the Forum consider the following cross-cutting themes in each of the activities.**

- **Identifying innovative ways of doing business that can inform alternative paradigms to move forward bold ideas**
- **Integrating evidence across disciplines to inform implementation across settings (e.g., primary care, education, child welfare, juvenile justice)**
- **Advancing generalizable knowledge of implementation science to improve the quality of practices at the local level**
- **Incorporating end user considerations and voices**
- **Ensuring relevance to all children, including ethnic and linguistic minorities and children with disabilities**
- **Identifying training and workforce implications**
- **Focusing on capacity building**
- **Bringing local solutions**
- **Identifying role of technology**
- **Highlighting measurement of program quality and fidelity**

# 2015 Year in Review

## Forum Meetings

The Forum membership met three times and held two membership calls in 2015. Discussions at these meetings focused on diverse topics relating to the Forum's priorities, and included the development of goals to guide in planning future workshops and other activities. In addition, the Forum convened public workshops and collaborative meetings, described below.

### **Opportunities to Promote Children's Behavioral Health: Health Care Reform and Beyond—Workshop (April 2015)**

The Affordable Care Act has stimulated attention to health promotion, prevention, and access to evidence-based care. These principles could not be more important than during childhood, when the foundation is laid for lifelong health and wellbeing.

The Forum convened a workshop to explore how healthcare reforms, broadly considered, can provide opportunities and support innovations to promote children's behavioral health and sustain them over time. Funding streams, intermediary organiza-



tions, and innovative programs and services were included on the agenda. The workshop format was designed to stimulate discussion among experts, forum members and the workshop audience, and to enhance the likelihood of collaborations going forward.

### **Identifying Opportunities for Prevention and Intervention in the Youth Depression Cascade—A Joint Webinar with the American Academy of Pediatrics (November 2015)**

While well-established treatments exist for adolescent depression, estimates suggest that approximately 80% of adolescents with depression do not receive appropriate care.

Initiation of timely treatments is crucial since youth with depression who do not achieve remission are more likely to relapse and have more impaired long term functioning. The Forum, in collaboration with the American Academy of Pediatrics, hosted a one-hour webinar that explored the use of a continuum of care model to effectively track and increase the proportion of youth at risk for major depression who receive prevention interventions, and to track the youth currently experiencing depression who are linked to care and show symptom remission.

### **Ensuring Quality and Accessible Care for Children with Disabilities and Complex Health and Educational Needs—Workshop (December 2015)**

Children with complex medical and educational needs, such as those with developmental disabilities and mental disorders, present a special challenge for policymakers and practitioners who aim to promote children's cognitive, affective, and behavioral health. Varied public and professional awareness and evidence on best practices, combined with tremendous heterogeneity in needs, have led to practices and policies that





are inconsistent in quality and coverage and often fail to adequately support affected children and their families. As a result, parents are typically left on their own to navigate and coordinate the myriad of social, medical and educational support services, with all the attending financial implications, adding to the already daunting daily challenges of raising a child with special needs. Children with disabilities or medical complexity are an “unrecognized health disparity population” with significant unmet needs. The Forum convened a workshop that highlighted the main barriers and promising solutions for improving care and outcomes of children with complex medical and educational needs.

# PUBLICATIONS

## Workshop Summaries

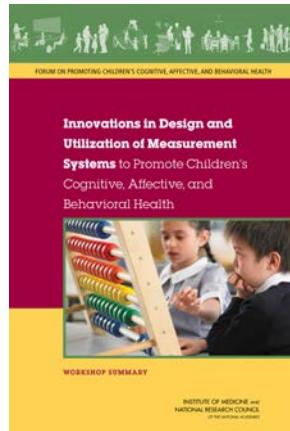
### Opportunities to Promote Children's Behavioral Health: Health Care Reform and Beyond: Workshop Summary



This workshop summary explores how the ACA and other aspects of health care reform can support innovations to improve children's behavioral health and sustain

those innovations over time. The workshop addressed the behavioral health needs of all children, including those with special health needs. It also took a two-generation approach, looking at the programs and services that support not only children but also parents and families.

### Innovations in Design and Utilization of Measurement Systems to Promote Children's Cognitive, Affective, and Behavioral Health: Workshop Summary

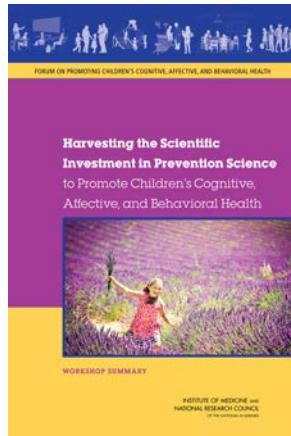


This workshop summary addresses issues around challenges in implementing tested and effective interventions to improve the cognitive, affective, and behavioral health of children

despite great progress made in recent years. Many measurement systems to monitor the well-being of children and guide services are implemented across the community, state, and national levels in the United States, yet there is still a need to further develop and better utilize measures that gauge the success of evidence-based programs as part of a broad effort to prevent negative outcomes and foster children's health and well-being.

## Workshop Briefs

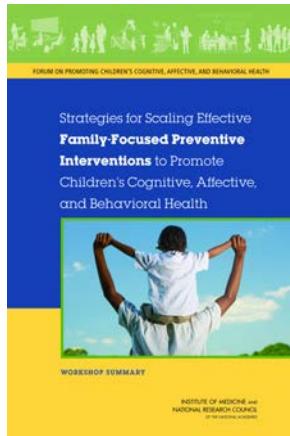
### Harvesting the Scientific Investment in Prevention Science to Promote Children's Cognitive, Affective, and Behavioral Health—Workshop in Brief



With more than 200 prevention-centered, evidence-based health interventions in their toolbox, pediatric health practitioners stand to reap a bounty of benefits for their clients and

communities. But how should all these data be harvested and evaluated, particularly in light of the changes introduced by the Affordable Care Act and the Mental Health Parity and Addiction Equity Act of 2008, as well as reduced funding, implementation barriers, and the demands of balancing public health against individual patient treatment choices? This brief summarizes the presentation and discussions of the June 2014 C-CAB workshop.

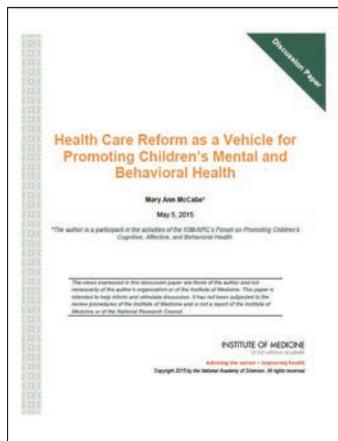
### Strategies for Scaling Tested and Effective Family-Focused Preventive Interventions to Promote Children's Cognitive, Affective, and Behavioral Health—Workshop in Brief



Over the last three decades, there has been remarkable progress in creating and testing family-focused programs aimed at promoting the cognitive, affective, and behavioral

health of children. This brief summarizes the successes and challenges of scaling family-focused interventions that were presented at the April 2014 C-CAB workshop.

## Perspective Papers



## **Health Care Reform as a Vehicle for Promoting Children's Mental and Behavioral Health—Discussion Paper**

Targeted public investment in children's mental and behavioral health can result in savings in the areas of education, special education, juvenile justice, child welfare, and health care, as well as enhanced educational attainment, work productivity, and health into adulthood.

## Unleashing the Power of Prevention— Discussion Paper

Every day across America, behavioral health problems in childhood and adolescence, from anxiety to violence, take a heavy toll on millions of lives.

## A Challenge to Unleash the Power of Prevention—Commentary

Prevention is the best investment we can make in behavioral health and the time to make it is now.

# Moving the Agenda Forward

## C-CAB IN 2016

### **Strategic Planning Summit (March 2016)**

The forum will hold a strategic planning summit to review accomplishments from its first three years. Forum members will review its mission and establish long-term goals for what it intends to accomplish in the next three years. Following the summit, a final report will be prepared to include a strategic map, priorities and goals, and an implementation plan that reflects the Forum's mission and the vision of its members.



### **Implementing Evidence-Based Prevention in Communities—Workshop (June 2016)**

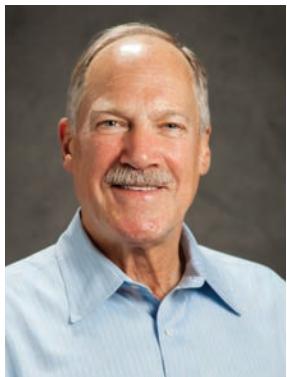
This workshop is intended to address issues regarding implementation of prevention in communities and will respond to questions being asked by communities when making decisions. Through panel and breakout group discussions, participants will learn about current evidence and research-based opportunities for implementing community-level prevention programs and identify where gaps exist.

### **Developing an Integrated Workforce to Promote Children's Cognitive, Affective, and Behavioral Health—Workshop (November 2016)**

This workshop will explore issues around the development of an integrated workforce that promotes children's cognitive, affective, and behavioral health. Topics may include a review of core competencies for professionals in various disciplines and strategies for workforce training and ongoing professional learning. This workshop will also discuss strategies for collaboration between professionals across the health, education, and social services sectors as well as with parents, families, and communities.

## **Collaborative on Healthy Parenting in Primary Care**

The Collaborative on Healthy Parenting in Primary Care, led by C-CAB member J. David Hawkins, emerged after the first Forum workshop that highlighted the recent explosion of effective



family-focused prevention programs that promote the physical and behavioral health and emotional well-being of children from before their birth through mid-adolescence. Available evidence indicates that spreading and scaling up effective family focused prevention programs could improve the well-being of children and families and, ultimately, population health. However, there has been varied success in moving these tested and effective family focused prevention programs beyond research trials to widespread implementation at a broad scale. If family focused prevention programs are to affect population level public

health, they must reach sufficient proportions of families whose children's health and well-being would benefit from participation.

This Collaborative, with its fluid membership of 31 professionals in such fields as pediatrics, social work, family medicine, and mental health, recognizes the opportunities for and advantages of providing family-focused preventive interventions in primary care settings.

Members in this Collaborative are engaged in a variety of activities, including:

- Primary Health Care: Potential Home for Family-Focused Preventive Interventions, an article by Laurel Leslie, Christopher Mehus, David Hawkins, Thomas Boat, Mary Ann McCabe, Shari Barkin, Ellen Perrin, Carol Metzler, Guillermo Prado, and Fan Tait – for a special issue of the *American Journal of Preventive Medicine*.

**Pediatricians and family physicians have high credibility and are trusted by parents. Therefore, they are good agents for validating good parenting practices.**

- *JAMA Pediatrics* viewpoints commentary by Ellen Perrin, Laurel Leslie, and Thomas Boat, which argues that parenting education should be part of primary care and pediatrics, and includes suggestions or how it might happen. Currently in press.
- A congressional briefing, co-hosted by the National Prevention Science Coalition to Improve Lives and Senators Patty Murray and Lamar Alexander, will take place on April 19, 2016. This briefing summarizes the effectiveness of family focused preventive interventions, shares the life changing experiences of people who have participated, and explores the potential for integrating effective family-focused preventive interventions into primary health care to measurably improve population health.
- Collaborative members are working on drafting a concept paper to establish a Continuous Learning Collaborative on Healthy Parenting in Primary Care. Clear objectives for this learning collaborative, as well as potential funding opportunities, will be identified in 2016.



### **Messaging for Children's Cognitive, Affective & Behavioral Health**

Forum members are increasingly interested in communication science, strategic frame analysis, and social marketing as it pertains to improving children's cognitive, affective, and behavioral health. It has been noted that while we still have much to learn about the science of enhancing children's development, we have generated strong scientific bases for many potentially important policies and programs. However, the challenge of bringing these programs to scale and creating policies to support their development

continues. A work group of forum members will be engaged in the coming year to thinking about the scope of issues around messaging and may develop future activities around this topic.

# Forum Members

(as of December 2015)

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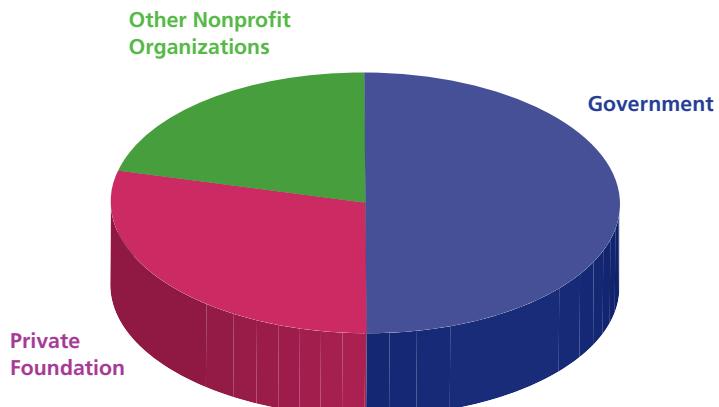
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**DONALD WERTLIEB**

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Society of Pediatric Psychology  
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