

*The Department of Services for Children, Youth and Their Families
Division of Prevention & Behavioral Health Services*

"Integrating prevention, early intervention and mental health to enhance services for children & families"

Delaware Project LAUNCH 2014 Abstract

Delaware's Project LAUNCH will utilize the Linking Actions for Unmet Needs in Children's Health program to promote the wellness of young children from birth to 8 years by addressing the physical/social/emotional/cognitive/behavioral aspects of their development and to further advance Delaware's shared vision for the wellness of young children. Coordination of child-serving systems and the integration of behavioral and physical health services drive this work to ensure children are thriving in safe, supportive environments and entering school ready to learn.

The Delaware Children's Department's Division of Prevention and Behavioral Health, applicant, along with the Department of Health and Social Services' Division of Public Health will co-lead this project in partnerships with Red Clay Consolidated School District, Early Learning Programs, Nemours Children's Health System, and key stakeholders within a specified area of the city of Wilmington. Using a public health approach, the initiative's goals/objectives are designed to increase family and youth involvement and help ensure that young children have comprehensive and coordinated services needed to sustain gains through the early elementary and beyond.

Delaware is eager to start Project LAUNCH within neighborhoods that are feeder patterns for Warner Elementary and Shortlidge Academy. These are communities long identified with multiple environmental risk factors and gaps in services/supports for young children, birth to 8 years, and their families. Sadly, these communities are areas of high poverty, have experienced high crime and violence and have few, if any, high quality early care and education programs.

Delaware Project LAUNCH will work with the identified local community to advance a shared vision for wellness of young children that will address service gaps as related to LAUNCH's five core objectives:

- **Increase access to screening, assessment, and referral to appropriate services for young children and families**
 - Strengthen developmental screening mechanisms for the early identification of mental health/substance abuse issues across physical, behavioral health and early learning systems, including expanding screening for trauma within Nemours' pediatric practices and increasing the use of the ASQ and ASQ-SE in early learning programs.
 - Partnership with Nemours to strengthen the integration of physical and behavioral health systems and services
 - DPH 211/Help Me Grow, Home-visiting and Maternal Child Health work
 - ECMHC work with ECE programs will increase referral to services
 - Expand opportunities for parent education opportunities to increase awareness
 - Partnership with Nemours for increased parent education
 - Promotion through 211/Help Me Grow to deliver messaging.
- **Expand use of culturally relevant, evidence-based prevention and wellness promotion practices in a range of child-serving settings**
 - Early Childhood Mental Health Consultant (ECMHC) service to build capacity of early care and education programs within the community to provide high quality early learning opportunities and support social and emotional wellness of young children.

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- EBP social/emotional wellness curriculum for ECE program and elementary schools
 - Promote to early learning programs and elementary schools the use of evidenced-based curricula on pro-social skills which are associated with healthy social and emotional functioning; a key success factor for school readiness, positive education achievement and reduction in aggression. Developed by Dr. Mark Greenberg and Dr. Carol Kusche, the PATHS (Providing Alternative THinking Strategies)® Curriculum is a program for educators and counselors that is designed to facilitate the development of self-control, emotional awareness, and interpersonal problem-solving skills. There is a pre-school and elementary school version. The purposes of the PATHS® Curriculum are to enhance the social competence and social understanding of children, as well as to facilitate educational processes in the classroom. Efforts to be supplemented with expanded ECMHC services.
 - Build on effective evidence-based practice (EBP) prevention programs: mentoring, anti-bullying, strengthening families. Efforts to be complemented by expanded Intensive Family Coordinator (IFC) services.
 - Promotion and use of home-visiting programs
- **Increase integration of behavioral health into primary care settings**
 - Partnership with Nemours to strengthen the integration of physical and behavioral health systems and services
 - Partnership with Student Health Collaboration Initiative
 - Partnership with School Nurse Program
- **Improve coordination and collaboration across disciplines at the local, state, territorial, tribal, and federal levels**
 - Support strong local and state level Young Child Wellness Councils: Collaborate with WECEC and DECC to promote wellness and ensure all children enter school with the social, emotional, cognitive and physical skills they need to succeed.
 - Help strengthen partnerships and improve collaboration among child-serving organizations locally and statewide – work with early childhood community and state initiatives such as the Del Readiness Teams, Community School Initiative, Race-to-the Top/Early Learning Challenge Initiative
- **Increase workforce knowledge of children's social and emotional development and skills to respond to behavioral health challenges of young children and families**
 - Enhance programs through professional development promoting EBP for young child wellness with training across disciplines including cross-training opportunities
 - Promote to early learning programs and elementary schools the use of evidenced-based curricula on pro-social skills which are associated with healthy social and emotional functioning
 - Build capacity of early learning professionals around social and emotional wellness of young children – ECMHC and Stars partnerships that promotes programs enrolling in Delaware Stars
 - Expand social marketing efforts through 211/Help Me Grow
 - Ensure culturally competent family engagement across systems



Project LAUNCH

Linking Actions for Unmet Needs in Children's Health

A project of the Substance Abuse and Mental Health Services Administration

Briefing Sheet

The health and prosperity of our families, communities, and nation require an investment in the physical and emotional health of our young children.

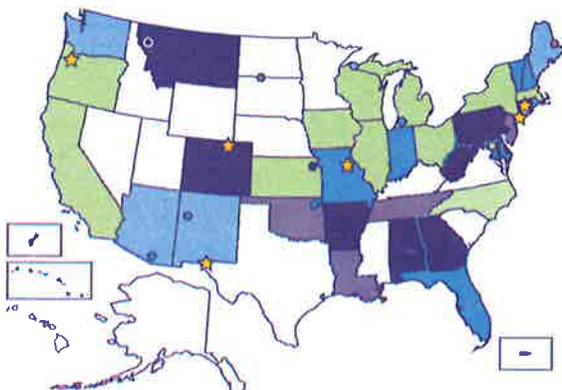
Nationwide, grantees are pioneering new ways to promote young child wellness through Project LAUNCH, a federal initiative funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The population of focus is children ages birth to 8. The goal is for all children to enter school with the social, emotional, cognitive, and physical skills they need to succeed.

Over 5 years, Project LAUNCH communities increase the quality and availability of evidence-based programs for children and families, improve collaboration among child-serving organizations, and integrate physical and behavioral health services and supports. Lessons learned from communities guide systems changes and policy improvements at the state, territorial and tribal levels, such as implementing universal screening efforts and integrated data systems. Strong partnerships lead to the sustainability and replication of successful practices on a large scale and to systems improvements lasting beyond the life of the grant.

Project LAUNCH grantees are guided by Young Child Wellness Councils, which bring families and public and private partners together to improve policies, programs, and approaches to using data and funds effectively. Each Project LAUNCH community implements a core set of five prevention and promotion strategies drawn from current research (see side panel). In addition to providing direct services, Project LAUNCH communities increase knowledge about healthy child development through public education campaigns and cross-disciplinary workforce development.

A cornerstone of Project LAUNCH is the federal-level partnership between SAMHSA, the Administration for Children and Families, the Health Resources and Services Administration, and the Centers for Disease Control and Prevention.

Project LAUNCH Grantees



Cohort Key: 2008 ■ 2009 ■ 2010 ★
 2012 ■ 2013 ■ 2014 ■
 Tribal Grantee ○

2008: Arizona, Maine, New Mexico, the Red Cliff Band of Lake Superior Chippewa, Rhode Island, and Washington

2009: California, the District of Columbia, Illinois, Iowa, Kansas, Massachusetts, Michigan, New York, North Carolina, Ohio, Oregon, and Wisconsin

2010: Weld County, CO; New Britain, CT; Boone County, MO; New York, NY; Multnomah County, OR; El Paso, TX

2012: Cherokee Nation, Florida, Indiana, Maryland, Missouri, Muscogee (Creek) Nation, New Hampshire, Nottawaseppi Huron Band of the Potawatomi, Pascua Yaqui Tribe of Arizona, Pueblo of Laguna Department of Education, Vermont

2013: Louisiana, New Jersey, Oklahoma, Standing Rock Sioux Tribe, Tennessee

2014: Alabama, Arkansas, Colorado, Confederated Salish and Kootenai Tribes in Montana, Connecticut, Delaware, Federated States of Micronesia, Georgia, Guam, Indian Township Tribal Government in Maine, Kickapoo Tribe in Kansas, Montana, Pennsylvania, Puerto Rico, West Virginia

Project LAUNCH's Five Prevention and Promotion Strategies

- ▶ Screening and assessment in a range of child-serving settings
- ▶ Integration of behavioral health into primary care
- ▶ Mental health consultation in early care and education
- ▶ Enhanced home visiting with a focus on social and emotional well-being
- ▶ Family strengthening and parent skills training

Project LAUNCH's Objectives

- ▶ Increase access to screening, assessment, and referral to appropriate services for young children and families
- ▶ Expand use of culturally relevant, evidence-based prevention and wellness promotion practices in a range of child-serving settings
- ▶ Increase integration of behavioral health into primary care settings
- ▶ Improve coordination and collaboration across disciplines at the local, state, territorial, tribal, and federal levels
- ▶ Increase workforce knowledge of children's social and emotional development and skills to respond to behavioral health challenges of young children and families

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Visit Project LAUNCH on the Web:
<http://www.healthysafechildren.org/>

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Project LAUNCH Framework

This graphic framework of the Project LAUNCH model includes its guiding principles, approaches to creating a more coordinated and collaborative early childhood system, and direct services that increase the quality and availability of evidence-based prevention and wellness promotion practices within communities.

HOLISTIC PERSPECTIVE | ECOLOGICAL FRAMEWORK | PUBLIC HEALTH APPROACH

FAMILY-CENTERED | CULTURALLY AND LINGUISTICALLY COMPETENT



Screening and Assessment in a Range of Child-Serving Settings

DID YOU KNOW?

Approximately one in every seven children in the United States faces a developmental disability or disabling behavior problem before the age of 18. Yet, fewer than 50 percent of these children are identified before they start school.

Project LAUNCH is committed to increasing the use of validated developmental and behavioral screening of infants and young children in a range of child-serving settings to promote early identification of risk factors and to build on child and family strengths. In addition to developmental and social-emotional screening for children, Project LAUNCH is focused on supporting the family well-being as a whole. These efforts may include screening to identify parental depression or stress, substance abuse, and domestic violence. Screening can be conducted in primary-care, early care and education, school, and community settings.

Screening is one of five core prevention and promotion strategies in Project LAUNCH. Early identification of developmental and behavioral issues and the provision of appropriate services are critical. By the time they reach school, many children with developmental delays or behavioral issues have not been identified or served, placing them at risk for significant academic, social, and emotional challenges. Project LAUNCH grantees are working to embed screening across child-serving settings, to coordinate these services across systems, and to ensure the results of screening are linked to appropriate follow-up assessments and interventions.¹



1. Nelson, F. (2012, September). Developmental screening of infants and toddlers. In *Achieving the promise of a bright future*. Washington, DC: Zero to Three Policy Center. Retrieved from <http://www.zerotothree.org/public-policy/policy-toolkit/devscreeningmar5.pdf>

Integration of Behavioral Health into Primary Care Settings

DID YOU KNOW?

Seventy-five percent of children with diagnosed mental health disorders are now seen in the primary care setting, making the management of mental health issues a growing part of pediatric practices.

Pediatric primary care providers (PCPs), who see young children regularly, play a critical role in supporting young child wellness. Integrating behavioral health supports into primary care settings can include screening children for developmental and social-emotional issues using standardized, validated tools; providing links to appropriate services and coordinating care across systems; and embedding mental health supports directly into these settings.

Integration of behavioral health into primary care is one of five core prevention and promotion strategies of Project LAUNCH. A pediatrician or family physician is often the first person with whom a parent shares concerns or asks questions related to mental health. Early detection of developmental, social-emotional, and behavioral issues and the provision of appropriate supports are critical to children's success in school and in life. In addition, PCPs can screen and support the family as a whole on a range of mental health issues, such as parental depression, substance abuse, domestic violence, or other areas that can negatively impact on a child's optimal growth and development.¹



1. Nelson, F. (2012, September). Developmental screening of infants and toddlers. In *Achieving the promise of a bright future*. Washington, DC: Zero to Three Policy Center. Retrieved from <http://www.zerotothree.org/public-policy/policy-toolkit/devscreening>

Mental Health Consultation in Early Care and Education

DID YOU KNOW?

A national 2005 study found that prekindergarten children are expelled for behavior problems at a higher rate than those in Grades K-12 combined.

Mental health consultation (MHC) in early care and education (ECE) settings involves the use of a mental health professional in ECE programs to promote children's growth and learning, with a particular focus on social and emotional development. The consultant can focus at the individual child and family level, as well as build the capacity of ECE staff and programs to promote children's positive social and emotional growth and to respond to their mental health needs. Mental health consultants can screen children for developmental or behavioral concerns, train program staff, provide support for effective teaching and caregiving practices, and help link families to appropriate services.

Early childhood MHC is one of five Project LAUNCH prevention and promotion strategies. Studies have confirmed that children's emotional development serves as the foundation for their optimal growth and development, including positive physical, cognitive, health, and language outcomes. Yet, the percentage of children birth to 5 years of age who experience emotional or behavioral challenges is estimated to range from 9.5 percent to 14.2 percent.¹

Early childhood MHC has proved to be an effective strategy to promote children's well-being, by improving the capacity of providers to address challenging behavior among young children, by reducing parental and teacher stress, and by decreasing the rate of expulsions of children from EC programs.

HOLISTIC PERSPECTIVE | ECOLOGICAL FRAMEWORK | PUBLIC HEALTH APPROACH

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1. Brauner, C. B., & Stephens, C. B. (2006). Estimating the prevalence of early childhood serious emotional/behavioral disorder: Challenges and recommendations. *Public Health Reports*, 121(3), 303-310.

Enhanced Home Visiting Through Increased Focus on Social and Emotional Well-Being

DID YOU KNOW?

Depending on the model implemented, high-quality home visiting programs can increase children's school readiness, improve child and maternal health, reduce child abuse and neglect, and enhance parents' abilities to support their children's healthy cognitive, language, social-emotional, and physical development.

Project LAUNCH strives to expand and enhance existing home visiting services by increasing the focus on the social and emotional well-being and behavioral health of young children and families served by these programs. The work of Project LAUNCH may include training home visiting staff, providing mental health consultation, and improving coordination of services. The intent is to complement, rather than duplicate, existing home visiting programs.

Enhanced home visiting is one of five Project LAUNCH prevention and promotion strategies. Offering services in a natural setting, home visiting programs serve children and families, particularly first-time parents, by addressing issues around maternal and child health, child development, parenting strategies, and links to needed community services. However, the effectiveness of home visiting programs can be hindered by the often significant mental health issues, trauma, or partner violence prevalent among the families these programs serve. By integrating mental health supports into home visiting programs, Project LAUNCH is helping to maximize the impact of this evidence-based approach to supporting the well-being of children and families.

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Family Strengthening and Parent Skills Training

DID YOU KNOW?

Relationships between children and their primary caregivers are believed to be the most important buffer for children facing early adversity.

Family strengthening and parent skills training are intended to support families in developing healthy environments for their children, to enhance parenting strategies, to promote positive interactions between parents and children, and to help family members navigate social service systems. When families feel supported and respected and have access to effective resources and supports, they are better equipped to care for their children and meet their needs.

Family strengthening and parent skills training is one of five core Project LAUNCH prevention and promotion strategies. The goal of this strategy is to improve outcomes for young children by supporting their parents' ability to provide healthy, safe, and secure family environments in which to learn and grow. Project LAUNCH grantees use a variety of culturally and linguistically appropriate evidence-based approaches, such as *Strengthening Multi-Ethnic Families and Communities* and *The Incredible Years* parent training series.

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