



Ohio Early Childhood Mental Health Webinar Series



Who We Are

Groundwork Ohio is the committed, statewide, nonpartisan public-policy research and advocacy organization focused on early childhood education.



Mission-Driven Leadership



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What We Do

We advance quality early childhood systems in Ohio by engaging, educating and mobilizing diverse stakeholders and strategic partners to promote data-driven and evidence-based early childhood policies.



Why We Do It

We know advancing quality early learning and healthy development is the most transformative strategy to increase the life-long success of Ohio's children and lay a strong foundation for economic prosperity in our state.



Ohio Early Childhood Mental Health: Perspective from the Field

with the Ohio Association for Infant Mental Health

October 9, 2019 • 1 – 2 PM



The Ohio Association for Infant Mental Health promotes healthy relationships in the lives of very young children by supporting those who serve and care for them. The Association is an active, engaged network promoting credentialing opportunities, educational experiences and influencing public policy to strengthen the social emotional well-being of very young children. The Ohio Association for Infant Mental Health (OAIMH) is a not for profit organization dedicated to supporting healthy development and nurturing relationships for all infants and young children in Ohio. For over a decade, OAIMH has been providing professional development activities for a wide array of Ohio professionals

involved in the lives of young children, educational opportunities for families of the very young and a forum for the exchange of ideas on the best means for enhancing the lives of Ohio's youngest citizens. OAIMH is a member in good standing of the World Association for Infant Mental Health.



To register and learn more, visit

www.GroundworkOhio.org/ecmhwebinars



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Advancing Infant and Early Childhood Mental Health

A Webinar for Groundwork Ohio

Cindy Oser, RN, MS
September 26, 2019



Introductions

Cindy Oser

**Board Member, Ohio Association for Infant Mental Health and
Former Director, Infant-Early Childhood Mental Health (IECMH) Strategy,
ZERO TO THREE Policy Center**



- Ms. Oser was Director of IECMH Strategy at ZERO TO THREE. She is an experienced pediatric nurse with a focus on building comprehensive early childhood systems, early intervention for infants and toddlers with disabilities, and IECMH policy. Ms. Oser led ZERO TO THREE's state and federal IECMH policy work, including overseeing the publication of the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5). Ms. Oser previously held state government and higher education positions in Ohio. She served as the first president and founding board member of the IDEA Infant Toddler Coordinators Association and is currently a Board member of the Ohio Association for Infant Mental Health.



Today's Agenda

- Introduction
- What is Infant and Early Childhood Mental Health (IECMH)?
- Why is IECMH Important? The Science of IECMH
- What Can Advocates and Policymakers Do to Advance IECMH?
- Q&A





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What is Infant and Early Childhood Mental Health (IECMH)?

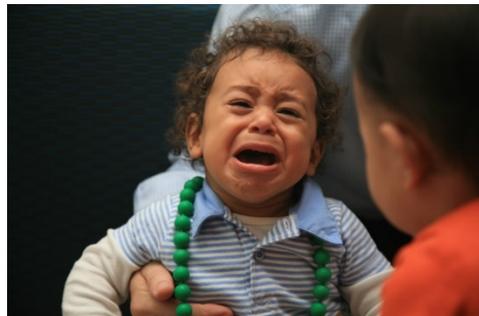


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Defining IECMH

Infant and early childhood mental health (IECMH) is the capacity of a child from birth to age five to:

- Experience, express and regulate emotions;
- Form close, secure interpersonal relationships; and
- Explore his/her environment and learn, within the context of family and cultural expectations.





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Why is IECMH Important?



Prevalence & Early Manifestation of IECMH Disorders

- Experienced by 9.5%-14.2% of children age 0-5
- Heightened risk for children living in families coping with certain stressors, including:
 - Parental loss
 - Parental substance abuse
 - Parental mental illness
 - Exposure to trauma
- Early warning signs of IECMH disorders include:
 - Developmental delays
 - Inconsolable crying
 - Failure to seek comfort from caregivers
 - Lack of curiosity
- Mental health problems include:
 - Depressive Disorder of Early Childhood
 - Posttraumatic stress disorder
 - Attention deficit hyperactivity disorder
 - Separation anxiety disorder





Impacts over Time

- **Increased risk for poor physical and behavioral health outcomes**, including:
 - Physical ailments, such as heart disease and cancer, in adulthood;
 - Mental health conditions, such as depression; and
 - Alcoholism and drug use.
- **Increased risk for juvenile justice and lifelong criminal justice involvement**, resulting, in part, from diagnosable mental health needs and/or serious emotional disturbance.
- **Negative impact on school readiness and educational attainment**, resulting in increased rates of:
 - Pre-school expulsion;
 - Absenteeism;
 - Repeating a grade; and
 - Dropping out of high school.
- **Increased state spending across multiple programs**, linked to lifetime costs of approximately \$200,000/child.



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The Science of IECMH

- 1. Early experiences matter.**
- 2. Infants, young children and parents can have serious mental health problems that affect development.**
- 3. Untreated mental health disorders have detrimental effects on future health and developmental outcomes.**
- 4. Early development and effective IECMH treatment occur through relationships.**



INFANT and EARLY CHILDHOOD MENTAL HEALTH CONTINUUM



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Promotion



Prevention

Developmentally
Appropriate
Assessment and
Diagnosis



Treatment



Increasing intensity and specialization of services and supports



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What Can Advocates and Policymakers Do to Advance IECMH?



Actions to Advance IECMH

- 1. Grow, train and support an IECMH workforce.**
- 1. Build systems that support integration.**
- 1. Secure and sustain financing, including Medicaid, for IECMH services.**
- 1. Cultivate leadership inside and outside state government.**



Grow, Train and Support an IECMH Workforce

- **Conduct a workforce assessment to document gaps, resources and training needs.**
- **Implement competency standards and endorsement for mental health providers serving infants, young children and their families.**
- **Embed IECMH education into state child care licensing training requirements and within state core knowledge and competency statements for the early childhood workforce.**
- **Create specific IECMH graduate coursework if none exists.**

Alabama and Michigan require behavioral health providers serving children birth-5 to have IMH Endorsement in order to bill for Medicaid for behavioral health services provided.

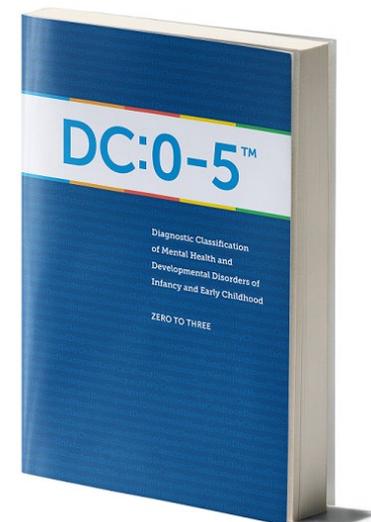


Secure and Sustain Financing, including Medicaid, for IECMH Services



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- **Mandate that Medicaid providers follow Bright Futures pediatric guidelines to screen for, and if indicated, further evaluate, a child for IECMH disorders.**
- **Require use of age-appropriate diagnostic classification system (e.g., DC:0-5) and multiple sessions for diagnosing infants and young children for payment and utilization review purposes.**
- **Advocate for greater access to select billing codes including:**
 - IECMH prevention and treatment in diverse settings
 - Mental health services provided to families and children together and separately under the child's Medicaid number
 - Multiple screenings for parent and child in the same setting and/or on the same day
- **Educate community IECMH providers about becoming administratively equipped to bill Medicaid – also payer education.**





Build Systems That Support Integration

- **Consider in budget and policy priorities the high cost of repairing trauma and adverse childhood experiences (ACE's) later in life.**
- **Form an inter-agency IECMH Task Force** to ensure IECMH priorities and metrics are integrated into all relevant agencies' agendas.
- **Fund statewide system of mental health consultants** to support prenatal and perinatal care, pediatric care, child welfare, home visiting, early intervention, child care, preschool, etc., as well as non-traditional settings, such as WIC offices and domestic violence shelters.
- **Embed IECMH** (including workforce development, continuum of services and supports) **as a prevention strategy in existing state plans.**



Alaska research suggests that 40.6% of the state's Adult Medicaid enrollment is linked back to ACEs.

In 2012, that means that approximately \$350 million of Adult Medicaid (age 20+) costs in Alaska could have been prevented by the elimination of ACEs.

Cultivate Leadership Inside and Outside State Government



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- **Fund an IECMH Division or full-time Director** responsible for developing and driving implementation of State's IECMH strategic plan.
- **Map the continuum of early childhood care and services across State agencies** to identify opportunities to leverage funding and build cross-agency initiatives targeted at IECMH.
- **Perform an annual assessment of IECMH services, service utilization, and outcomes** to inform policy and funding decisions, monitor progress against IECMH goals, and identify opportunities for continued improvement.

Colorado established the Office of Early Childhood and designated a Director of Early Childhood Mental Health to drive the State's IECMH policy agenda.

Three state agencies fund the Virginia state ECMH coordinator position.

Cultivate Leadership Inside and Outside State Government (con't.)



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- **Conduct public awareness campaigns** to promote infants and young children’s positive social and emotional development.
- **Develop parent educational materials** for distribution by health care providers highlighting ways parents can promote child well-being, care for their own mental health, recognize signs of postpartum depression, and identify community resources for help.
- **Encourage public-private partnerships** with community foundations and business leaders to support IECMH efforts.

New York’s “First 1000 Days on Medicaid” initiative and 10-point agenda includes IECMH strategies

“LAUNCH Together” is a privately-funded initiative that supports Colorado’s communities to expand evidence-based prevention and promotion strategies and build public/private capacity around infant and young children’s social and emotional development.



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Actions to Advance IECMH

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Thank you!

Ohio Association for Infant Mental Health

www.oaimh.org and on Facebook @OAIMH

IECMH Infographic

<https://www.zerotothree.org/resources/2674-how-to-talk-about-infant-and-early-childhood-mental-health>

Harvard Center on the Developing Child – Children Develop in an Environment of Relationships

<https://developingchild.harvard.edu/resources/wp1/>

New York First 1000 Days on Medicaid Initiative

https://www.health.ny.gov/health_care/medicaid/redesign/first_1000.htm

ZERO TO THREE IECMH Resources

<https://www.zerotothree.org/early-development/infant-and-early-childhood-mental-health>



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Q&A



THANK YOU!

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