



## October 29, 2015 Briefing Summary

### Shift Your Perspective: Population-based Approaches to Children's Mental Health

Briefing Materials are available at: <http://uwphi.pophealth.wisc.edu/programs/health-policy/ebhpp/events/index.htm>

#### Speaker Contact Information

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#### The Importance of Service Integration

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**Elizabeth Hudson** from the Office of Children's Mental Health discussed how to improve children's mental health care by innovating and integrating service and support.

- **Innovation**

- From primarily a clinical approach to a public health approach by understanding trauma-informed care and ACEs
- From illness to adaptation
- From families as receivers to families as leaders developing an infrastructure to ensure meaningful parent and youth involvement in state agency activities

- **Integration**

- From a programs approach to a systems approach by sharing a vision and coordinating activities with state agencies.

- **Improvement** by looking at Wisconsin's data themes

- See the 2014 OCMH Report to the Legislature for detailed information:  
[http://legis.wisconsin.gov/lfb/jfc/reports/Documents/2015\\_01\\_02\\_OCMH.pdf](http://legis.wisconsin.gov/lfb/jfc/reports/Documents/2015_01_02_OCMH.pdf)

**Kirsten Rindfleisch and Walker Shapiro** discussed the need for a bridge between public health and medicine.

- In 2014 the Institute of Medicine called for greater integration of public health and primary care.

- In response to this, UW Madison School of Medicine and Public Health has engaged in revising residency and faculty development curricula to deepen the understanding the creation of health, and the primary role of other areas of human experience in determining health outcomes.

- **State-of-the-art integrated approach used at Wingra Family Medical Center**

- Started to routinely screen all patients and families for social and economic needs with the hope of connecting them with existing community resources.



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- Access Community Health Centers, including Wingra, have started routinely using the *Adverse Childhood Experience (ACE)* questionnaire, a tool to measure childhood trauma, which has been associated with a wide range of health outcomes, from cardiovascular disease to depression, sexually transmitted infections, and poor self-rated health.
- The clinic provides onsite services such as psychologists to work side-by-side with physicians; enrollment specialists to assist patients to sign up for Badgercare or private insurance; and a pharmacy with discounted medications through federal 340B pricing program.
  - ❖ Yet, great health care isn't enough. Public policies that provide appropriate support and safety in childhood and throughout the lifespan are critically important to health outcomes.

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## Best Practices for Children's Mental Health

**Hugh Davis** discussed Wisconsin Family Ties' Parent Peer Specialist Services and the importance of family-driven care.

- Parent Peer Specialists are individuals with at least one year of experience as a parent or caregiver of a child or adolescent with social, emotional, or behavioral challenges.
- They have received specific training to provide support to families and to help equip parents with the confidence and tools to better meet their families' needs and navigate the healthcare system.
- Wisconsin Family Ties is currently involved in several evidence-based research projects to evaluate the impact of parent peer specialists both to children and to parents.
- Parent Peer Specialists will soon need to receive certification in Wisconsin. Challenges include maintaining fidelity during the expansion of services, and implementing best practices in supervision.

**Sharyl Kato** discussed the benefits of early childhood intervention programs.

- The biological and neurological development of children who have experienced trauma differs from children living in a supportive environment.
- The most successful and cost-effective strategy for strengthening children's futures is greater investment in children's social and cognitive environments beginning in the earliest years, especially for those who are disadvantaged.
  - Children participating in preschool and early intervention programs experience improved school achievement, job performance, and social behaviors as they get older.
  - The existing research suggests that expanding early learning initiatives would provide benefits to society of roughly \$8.60 for every \$1 spent, about half of which comes from increased earnings for children when they grow up. (National Academy of Science).

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## A Model for Trauma Informed Care Implementation

**Chuck Price** described Waupaca County Health and Human Services' successful journey to become a Trauma Informed agency.

- All staff, including management, was trained on ACE's, Trauma Informed Care, and Resiliency.
- Leadership Charter was created to shift perspectives and create unified leadership goals and values.
  - Goals are reinforced via intentional recruitment of staff committed to the Trauma Informed Care mission; continuing education via trainings and a book club; and the hiring of a TIC Coordinator.
- The approach has shown success in an improved professional quality of life, including a reduction in secondary traumatic stress and burnout; and an increase in compassion satisfaction and staff retention.
- Successful outcomes have also been seen in those being served by the agency. There has been a:
  - 50% decrease in residential care center placements
  - 14% decrease in County foster care placements
  - An increase in kinship placements
- Waupaca County Health and Human Services will continue the Trauma Informed Care journey by continuing trainings and collaborations in the community.