

WISCONSIN OFFICE OF CHILDREN'S MENTAL HEALTH

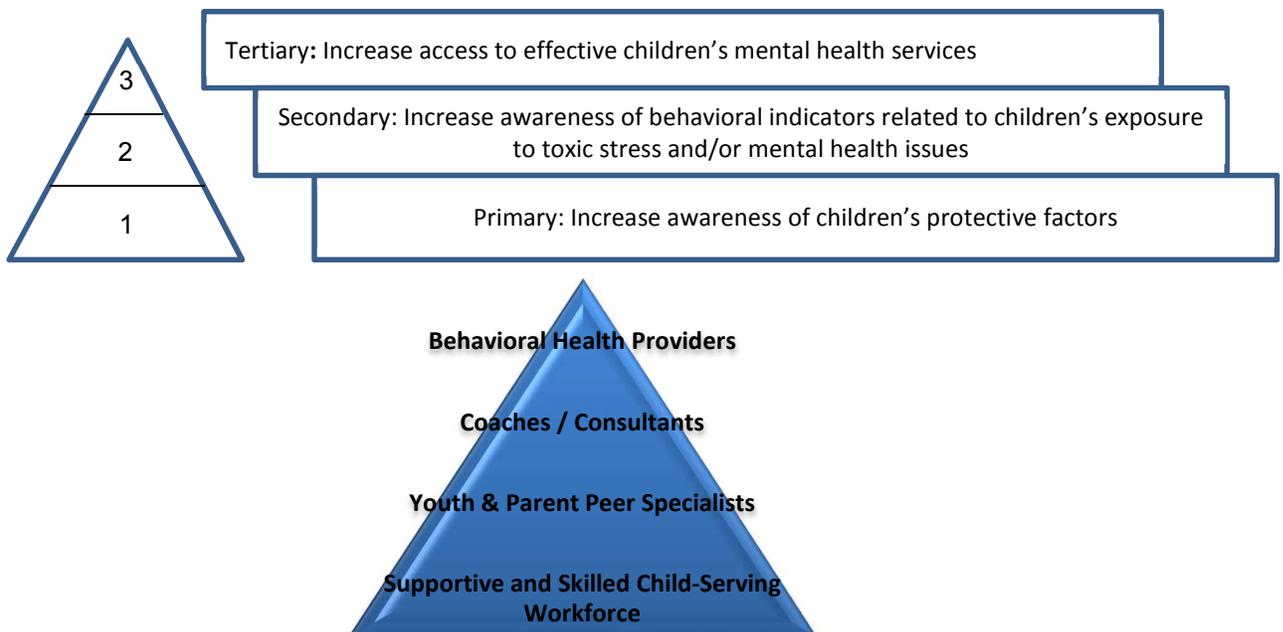
Framework, Goals and Activities

Why children's mental health?

- An estimated 21% of WI children have a mental health issue¹
- Mental wellness is one of the greatest contributors to a good quality of life²
- Early experiences are biologically embedded in the development of the brain and other organ systems and have lifelong impacts on learning, behavior, and both physical and mental health³

What will the Office of Children's Mental Health (OCMH) use as a conceptual framework?

A Public Health Approach



What are the OCMH's initial broad based goals?



Primary Prevention: **Increase Resilience**

Short-term outcome: Increase awareness of what builds children's resilience

Resilience can substantially mitigate the impact of ACEs and toxic stress.⁵ Many studies show that the primary factor in a child's resilience to toxic stress is having caring relationships that create stability, love and trust, offer encouragement and reassurance within and outside the family.



Secondary Prevention: **Decrease Toxic Stress**

Short-term outcome: Increase awareness of the behavioral indicators related to children experiencing toxic stress and Adverse Childhood Experiences

Reducing toxic stressors impacting children, families and communities plays an essential role in promoting mental health. ACEs alone (e.g., physical, sexual, emotional abuse; domestic violence; parental substance abuse, etc.) may explain 45% of all childhood-onset mental disorders and 29% of all adult-onset mental disorders.⁴



Tertiary Prevention: **Increase Access to Effective Children’s Mental Health Services**

Short-term outcome: Create a service landscape highlighting current activities immediately relevant to children and family mental health within state agencies, statewide organizations and tribes

35% of WI children who needed mental health services did not access treatment.⁶ For those who do engage in services, we lack basic knowledge related to which approaches work best for whom under what circumstances.

What activities are underway?

Integrate child-serving systems

- *Take the lead in creating and sustaining a statewide Collective Impact approach directed to improve WI children’s mental health*
- *Promote and engage in data sharing across state agencies and with county partners*

Innovate by shifting people’s perspective regarding children’s mental health

- *Highlight principles of trauma-informed care and trauma sensitive approaches and therapies*
- *Align mental health services with the science and available data*

Assist others who work to **Address Immediate Issues** related to improving the children’s mental health system

- *Increase mental health service options across continuum of care*
- *Develop workforce with a focus on Parent Peer Specialists*

¹ WI MHS Needs Assessment 2014: <http://www.dhs.wisconsin.gov/publications/P0/P00613.pdf>

² WHO 2011: http://www.who.int/nmh/publications/ncd_report2010/en/

³ Harvard Center on the Developing Child: <http://developingchild.harvard.edu/activities/sar/>

⁴ Green et al 2010: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2822662/>

⁵ Shonkoff et al 2011: <http://pediatrics.aappublications.org/content/129/1/e232.full>

⁶ Healthiest Wisconsin 2020 Baseline and Health Disparities Report <http://www.dhs.wisconsin.gov/hw2020/hw2020baselinereport.htm>