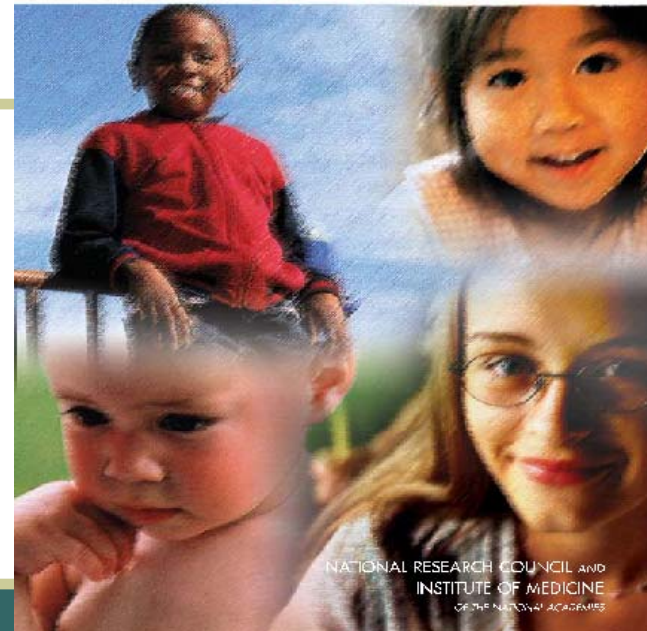


Advancing the Prevention of Mental, Emotional, and Behavioral Disorders

Preventing Mental, Emotional,
and Behavioral Disorders
Among Young People

Progress and Possibilities

**Presentation to the
Virginia Family Impact
Seminar
by
Anthony Biglan
September 23, 2009**



Committee Charge

- Review promising areas of research
- Examine the research base within a developmental framework
- Highlight key advances and persistent challenges

Committee Members

- **KENNETH WARNER (*Chair*)**, School of Public Health, University of Michigan
- **THOMAS BOAT (*Vice Chair*)**, Cincinnati Children's Hospital Medical Center
- **WILLIAM R. BEARDSLEE**, Department of Psychiatry, Children's Hospital Boston
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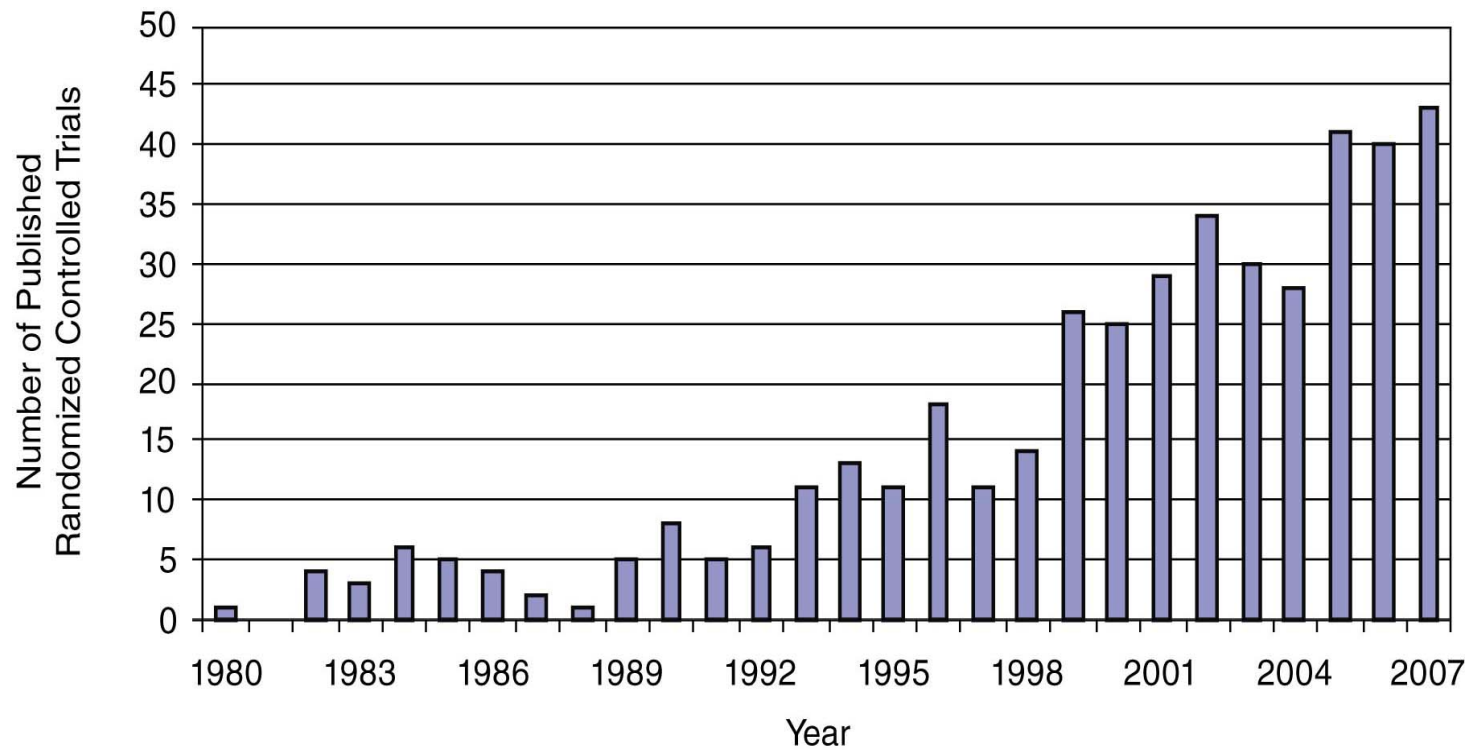
- **MARY ELLEN O'CONNELL**, Study Director



The Contribution of Prevention Science

- The scientific foundation has been created for the nation to begin to create a society in which young people arrive at adulthood with the skills, interests, assets, and health habits needed to live healthy, happy, and productive lives in caring relationships with others.

Explosion in Randomized Trials



Disorders are Common and Costly

- Around one in five young people (14-20%) have a current disorder
- Estimated \$247 billion in annual costs
 - Costs to multiple sectors – education, justice, health care, social welfare
 - Doesn't account for enormous personal and family costs—insufficient data

Preventive Opportunities Early in Life

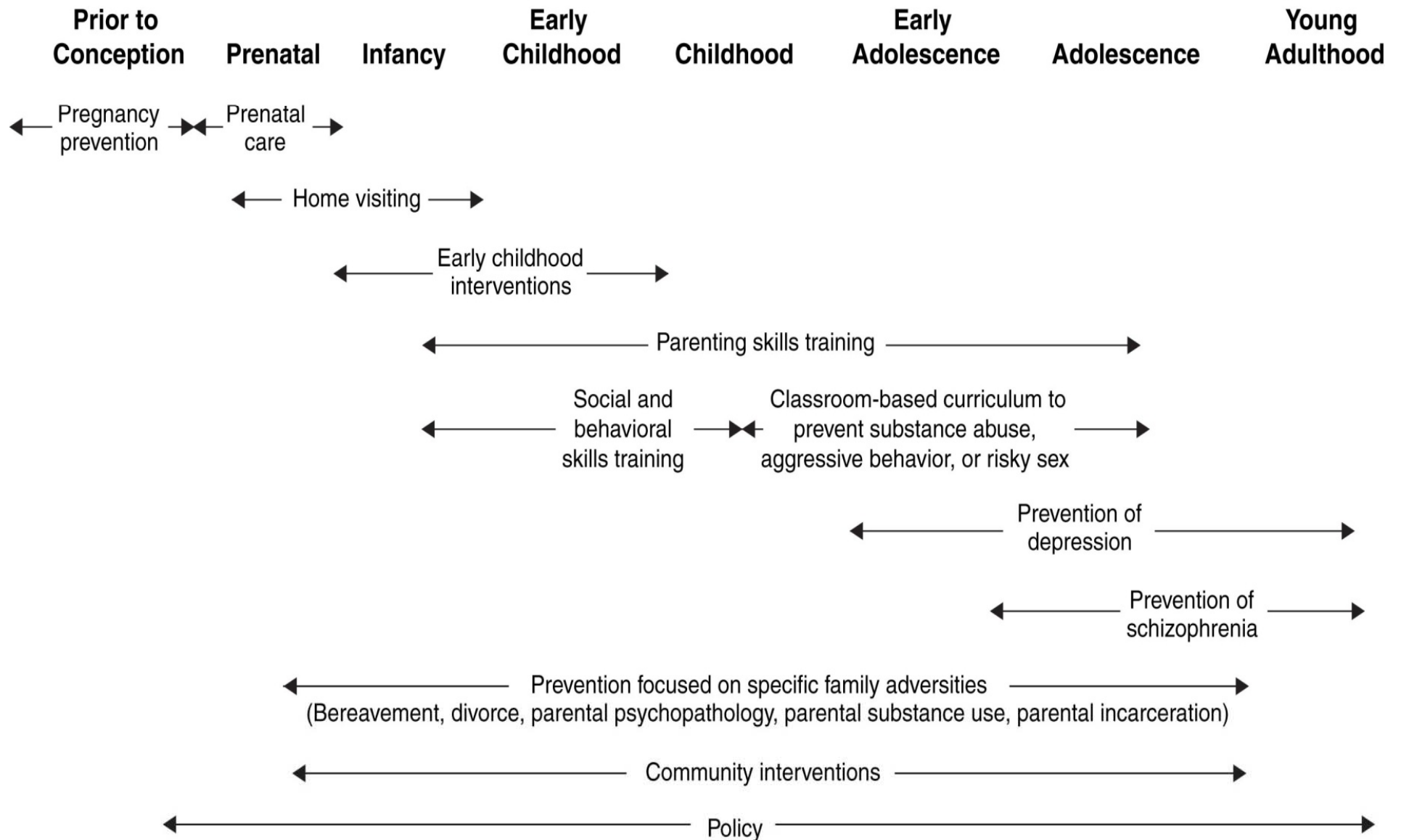
- Early onset (75% of adult disorders had onset by age 24; half by age 14)
- First symptoms occur two to four years prior to diagnosable disorder
- Problems co-occur
- We don't have to wait until costly problems develop.
- We can avoid the costs of treatment and incarceration.

Common Risk Factors for Multiple Problems

- Poverty
- Coercive processes in families
- Lack of self-regulation
- Aggressive social behavior

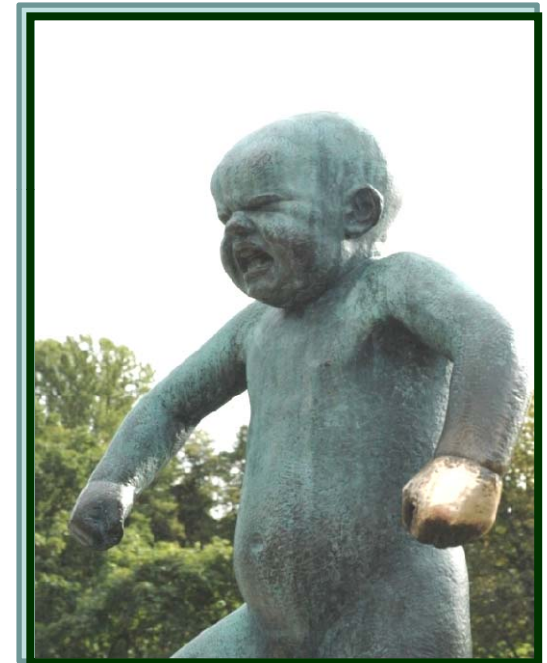
Preventive Intervention Opportunities

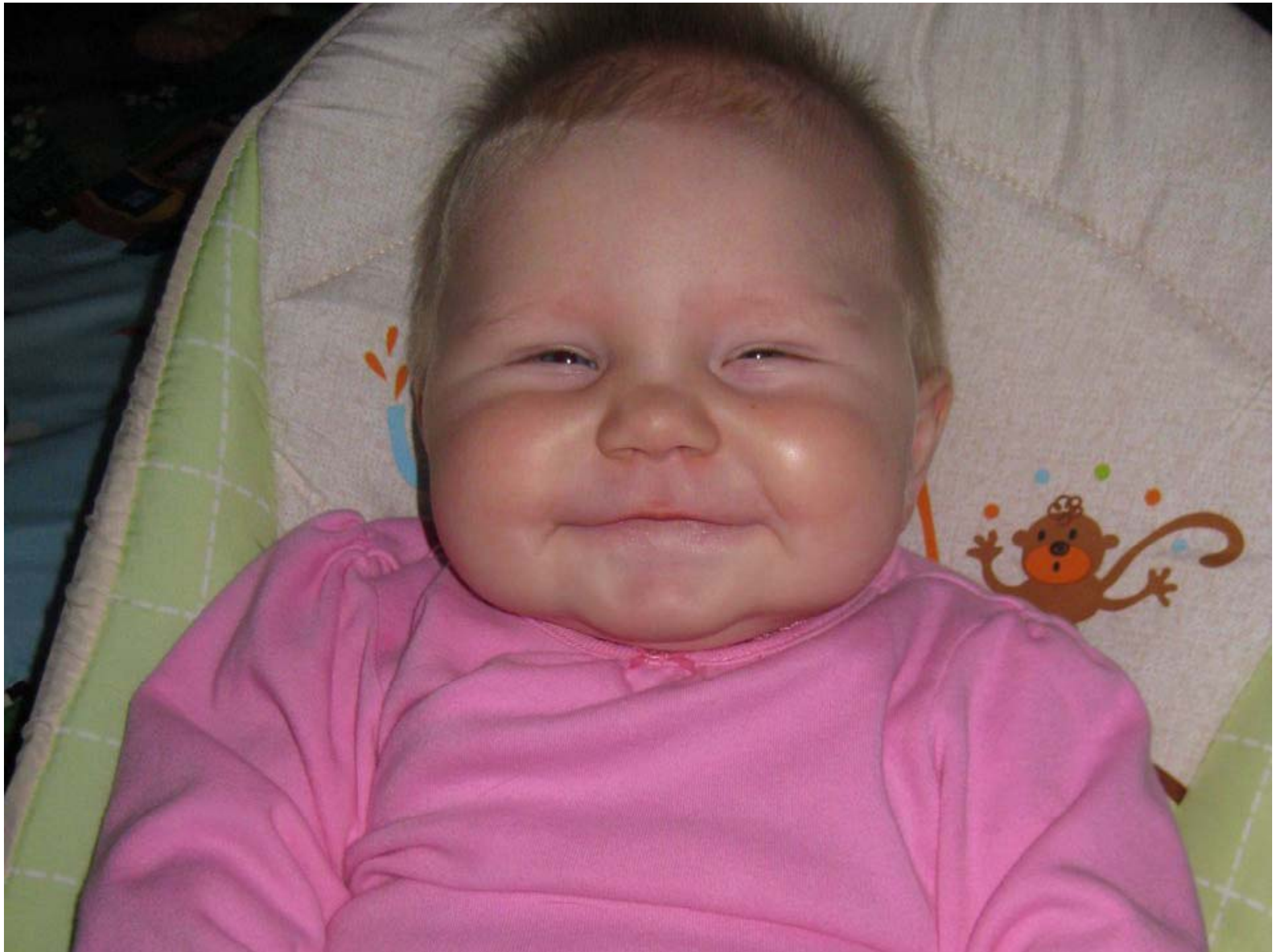
Interventions by Developmental Phase



The Critical Role of Self-Regulation

- Children who do not develop the capacity to inhibit impulsive behavior, to plan, and to regulate their emotion are at high risk for behavioral and emotional difficulties





Nurse-Family Partnership*

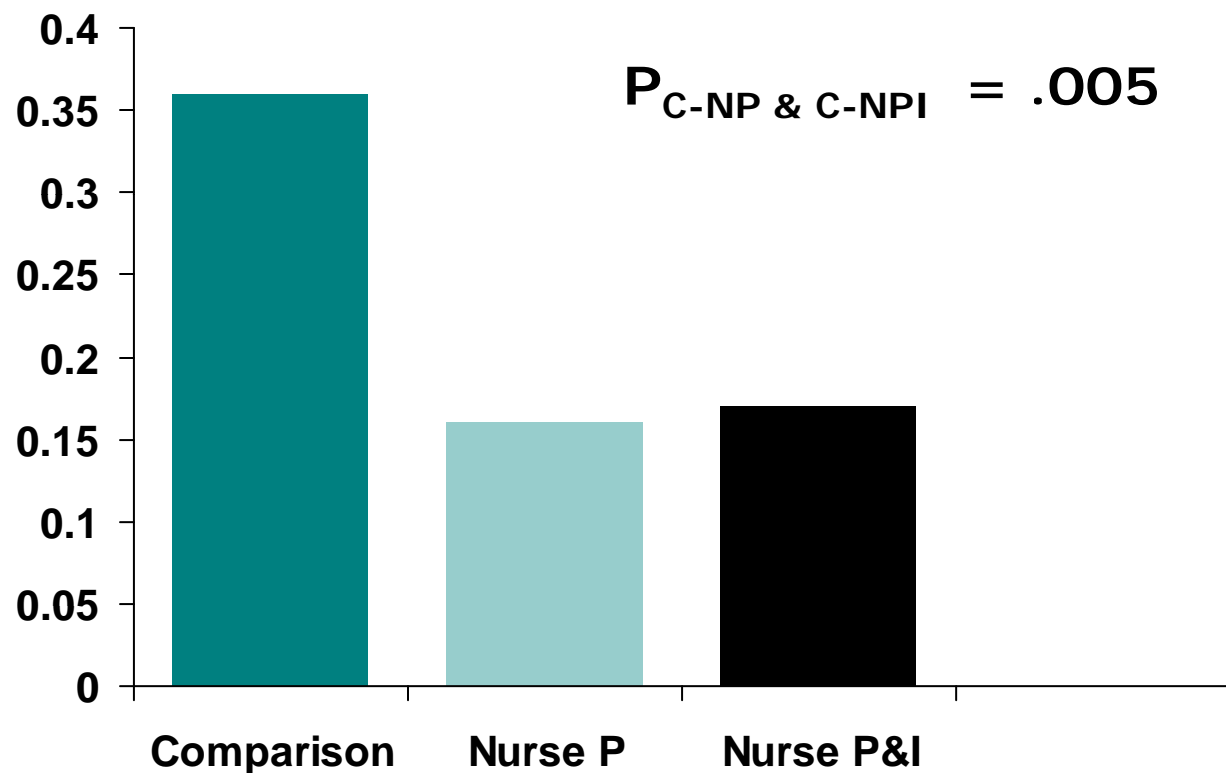
- Pregnancy through infancy
- Focus on
 - Prenatal care
 - Maternal smoking
 - Mothering
 - Contraception
 - Work life



Nurse-Family Partnership

- Evaluated in three randomized trials for poor, teenage single mothers
- Significant effects on
 - Abuse and neglect
 - Children's behavioral development
 - Mother's economic wellbeing
 - Time to next baby
 - Children's arrest as adolescent

Adjusted rates of arrests, 15-year olds, Elmira

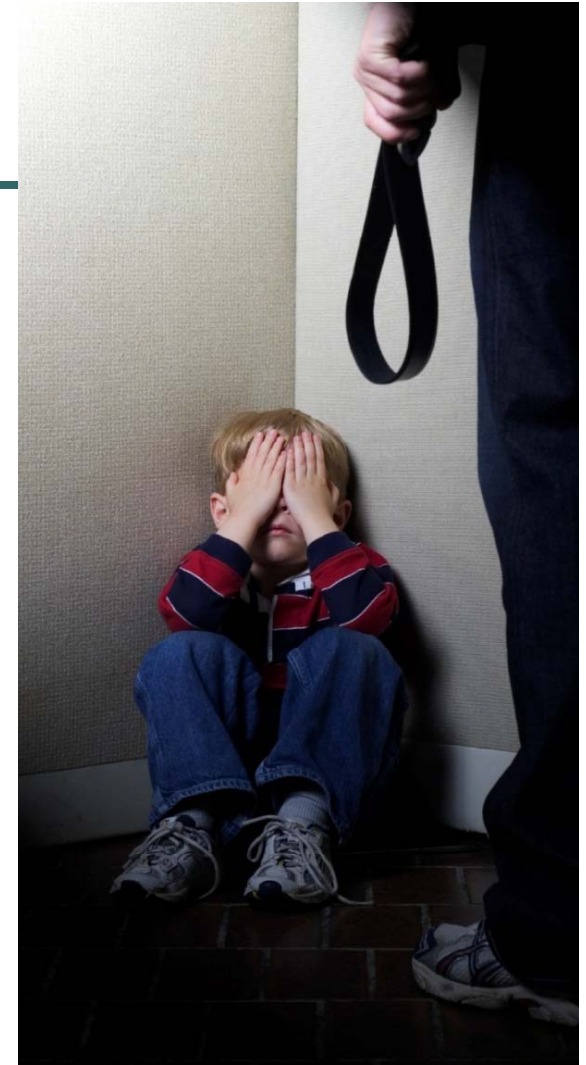
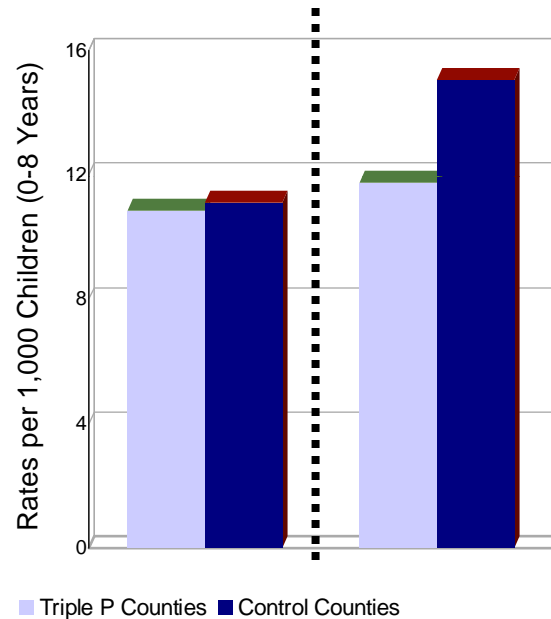


Positive Parenting Program— Triple P*

- A community-wide system of parenting supports that includes
 - brief media communications
 - brief advice for specific problems
 - additional extensive interventions when needed
- Multiple randomized trials showing benefit
- Including an RCT in 18 counties in South Carolina

Substantiated Child Maltreatment

Before Triple P After Triple P



Strengthening Families 10-14

(Spoth et al., 2001)*

- Group-based parenting program for parents of early adolescents
- Effects up to six years later
 - Reduced tobacco, alcohol, & drug use—including methamphetamine use
 - Reduced delinquency
- Cost-effectiveness (Aos et al., 2004)
 - Savings of \$7.82 per dollar invested
 - Total savings of \$5,805 per youth

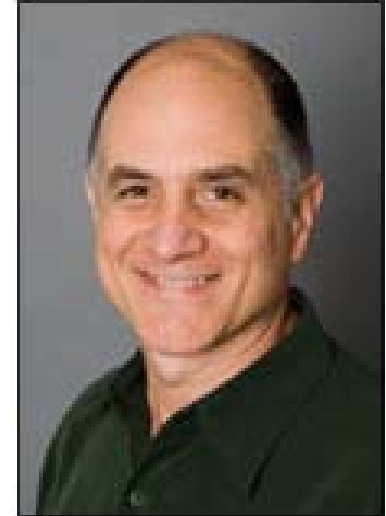


New Beginnings Program (NBP)

- Group program for divorcing families
- Emphasis on learning new skills and applying them in the family
- Significant improvements in children's adjustment and reductions in their substance use

Depressive Disorders Can be Prevented

- Clarke et al. (2001) found that a group program for adolescents of depressed parents could reduce the incidence of depression to the same level as for parents who are not depressed



Multidimensional Treatment Foster Care for Preschoolers (MTFC)

- Training of foster parents in behavioral parenting practices
- 24/7 support of foster parents
- RCT comparing MTFC with Regular Foster Care (RFC)
 - Reduction in caregiver stress
 - Improve self-regulation, cognitive development, and behavior.



The Good Behavior Game*

- Classroom teams in elementary school earn small rewards for being on-task and cooperative
- Randomized trial in Baltimore Inner City Schools
 - Had preventive effects even into young adulthood
 - Substance abuse disorders
 - Antisocial personality



Complements to Evidence-Based Programs

- Promote nurturing environments
- Kernels
- Policies
- Monitoring systems

All Research Points to One Simple Conclusion

- We must increase the prevalence of nurturing family, school, work, and community environments

Nurturing Environments

- Minimize toxic, aversive, or stressful events, while setting clear limits on young people's behavior
- Richly reinforce prosocial behavior
- Monitor and Limit Risky Behavior
- Teach prosocial skills and values

See www.Nurturingenvironments.org

Reduce Toxic, Aversive, or Stressful Events

- In utero
 - Maternal smoking, alcohol consumption, drug use
 - Poor nutrition
 - Omega 6 to Omega 3 ratio
- Harsh and inconsistent discipline
- Abuse and neglect
- Poverty

Richly Reinforce Prosocial Behavior

- Mother-infant bonding
- Play
- Praise
- Rewards
- Recognition
- Attention
- Hugs

Richly Reinforce!

- Laughter
- Warmth
- Interest
- Cooperation
- Talk to
- Listening
- Caring
- Love

Monitoring and limit setting

- Lack of monitoring is a risk factor for most adolescent problems
- Programs that increase parental monitoring and limit setting prevent these problems

Teach and Promote Prosocial Skills and Values

- Positive Behavior Support
- Peacebuilders
- Providing Alternative Thinking Strategies (PATHS)
- The Good Behavior Game
- Parenting Skills Programs

Kernels

- Simple behavior influence procedure
- Easy to explain and use





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Dear, Querido/Querida: *Jamie*

PAX action/La acción del PAX:

*You made a big improvement
yesterday by your effort.
The class was a lot of fun
because of you.*

Signed, Firmado por *Mrs. Lopez*

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Policies

- Healthcare
- Poverty
 - EITC, living wages, stimulus checks
 - Do not concentrate poor people
- Evidence-based family support
- Schools
 - Positive Behavior Support
 - Family Support

Data Systems

- Monitor the reach, implementation, and impact of all interventions
 - Suppose Toyota...
- Oregon Healthy Teens
 - Website for endorsements
<https://research.ori.org/oht/>
- Get a dashboard for each school and community



Additional Information

- Report available at: <http://www.nap.edu>
- Summary available as free download
- Report briefs in development
- March 25 dissemination event
- Webcast of event to be posted on web

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