Navigating early childhood mental health in Colorado

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Who are the children?

Indicated

Targeted

Universal

A snapshot of children's mental health

- About 346,000 children under age 6 live in Colorado
- About 1% receive services through Colorado's public mental health system
- 64% of Colorado parents who report concerns about their children's emotions or behavior say that these problems are moderate or severe
- Only 25% of these parents seek counseling or treatment

A snapshot of children's mental health

- 350,000 children under age 6 in Colorado
- Children receiving services in the public mental health system: 3%
- 11% of children in early care and education programs with persistent challenging behavior
- 1% of children in early care and education programs with persistent challenging behavior

Children under age six have the highest unmet need for mental health services in the state

<table>
<thead>
<tr>
<th>Children under age 6</th>
<th>Children age 6 to 11</th>
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<tbody>
<tr>
<td>30% penetration rate</td>
<td>91% penetration rate</td>
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WICHE Colorado Population in Need (2009)

Children under age six have a higher expulsion rate than in the K-12 system

<table>
<thead>
<tr>
<th>Children under age 6</th>
<th>K-12</th>
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<tr>
<td>1% expulsion</td>
<td>.3% expulsion</td>
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Hoover et al. (2012)
Parents of children under age 6 with concerns about their child’s emotions, concentration, behavior or getting along with others: 16%

Concerns are moderate or severe: 67%

Tried to get counseling or treatment but were unable to get services: 8%

Colorado Child Health Survey, 2011

Sensitive periods in early brain development


Colorado’s Early Childhood Framework

Referral algorithm for children birth to three

This algorithm explains the process for referring a child age 0-3 to Early Intervention Colorado.

Referral algorithm for children three through five
And then what?

Early Childhood Social Emotional/Mental Health Navigation Guide

Colorado’s current early childhood mental health system crosses sectors and, in addition to private mental health practices and pediatric health practices, is made up of:

- membership organizations (10)
- advocacy organizations (10)
- training and professional development (15)
- resources, information and technical assistance (19)
- programs and direct services (32)

Communities and individuals can use the Navigation Guide to:

- locate appropriate services
- inform their decisions about early childhood mental health program adoption based on their unique community needs
- inform their strategic planning through an online, interactive decision making process

An example of use in a community

Types of initiatives, programs and services included in Guide

- Care coordination
- Therapeutic services and supports
- Caregiver education and support
- Mental health consultation
- Mental health screening and assessment
- Other

Early Childhood Social Emotional/Mental Health Navigation Guide

Communities and individuals can use the Navigation Guide to

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Special populations

- Children with autism or on the autism spectrum
- Children with developmental disabilities or delays
- Children in Head Start or Early Head Start
- Children with identified social-emotional or behavioral challenges
- Children/Families receiving or eligible for Temporary Aid to Needy Families
- Children at risk

Caveat

What is included in the Guide is only as comprehensive as the initiatives, programs and services that are willing to be included.

www.tinyurl.com/ecmh-navigation-guide

Level of evidence

- Research Based Best Practice
- Field Tested Best Practice
- Promising Practice
- Emerging/Innovative Practice

Expansion limitations

About half of initiatives, programs and services are willing to expand, but have no capacity to do so

Good news is that about half are willing to expand AND indicate that they also have capacity to expand.

Service availability

18 programs or providers indicate that they provide care coordination at the levels of promotion, prevention and intervention
Where do I go if I would like my initiative, program, or service profiled in the Navigation Guide?

• If you are an initiative or program that can be adopted or purchased by a program or community, you can fill out an Initiative/Program profile by going to:
  http://www.surveymonkey.com/s/InitiativesPrograms

• If you are a service that can be provided to an individual, child/family or group, you can fill out a Service Profile by going to:
  http://www.surveymonkey.com/s/ServiceProfiles

To think about...

• Consider initiatives, programs and services in light of a clear understanding of changes desired and local context
• Consider a comprehensive planning process that goes beyond selecting one initiative, program or service

Colorado resources

• [www.eicolorado.org](http://www.eicolorado.org)
• Early Childhood Mental Health Specialists/Community Mental Health Centers
• Early Childhood Mental Health Consultants
• Federation of Families for Children’s Mental Health
• Family Voices Colorado
• NAMI-Colorado
• [www.pyramidplus.org](http://www.pyramidplus.org)

National Resources

• [http://www.brightfutures.org/mentalhealth/](http://www.brightfutures.org/mentalhealth/)
• [http://gucchd.georgetown.edu/78132.html](http://gucchd.georgetown.edu/78132.html)

Questions?

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JFK-HCP Webinar Series : Navigating Colorado’s Early Childhood Social-Emotional and Mental Health Initiatives, Services and Program – Sarah Hoover, , M.Ed.