Developing an Early Childhood Mental Health Needs Assessment in a Rural Region

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Presenter Disclosures

Meagan Benetti & Allison Howland

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose.
Collaborative Research Initiative

Vision:

*We partner to build community capacity that empowers families and individuals to optimize their own well being.*

Mission:

*We strive to enhance the health and well-being of youth and families through collaborative evaluation research of social and mental health services, school-based interventions, and community initiatives.*
Today’s Presentation

- Indiana Project LAUNCH
- CBPR Approach
- Needs assessment process & results
- How is this useful?
Linking Actions for Unmet Needs in Children’s Health

Public health approach to improve the wellbeing of children, birth through age 8, emphasizing social and emotional health
Linking Actions for Unmet Needs in Children’s Health

- Family Strengthening & Parent Support
- Mental Health Consultation
- Home Visiting Enhancement
- Primary Care & Behavioral Health Integration
- Screening & Assessments

Systems Change

Community Trainings
Indiana LAUNCH aims to:

- Implement and enhance services
- Improve practices
- Increase provider capacity for agencies that serve young children and their families in the Southeastern Indiana target region
## Population of Children Age 0-4

<table>
<thead>
<tr>
<th></th>
<th>Population Age 0-4</th>
<th>Adult Population</th>
<th>Percent of Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southeastern, Indiana</td>
<td>93,717</td>
<td>1,322,190</td>
<td>7.09%</td>
</tr>
<tr>
<td>Marion County, Indiana</td>
<td>68,843</td>
<td>912,242</td>
<td>7.55%</td>
</tr>
<tr>
<td>Indiana</td>
<td>427,452</td>
<td>6,514,861</td>
<td>6.56%</td>
</tr>
</tbody>
</table>

*Data Source: US Census Bureau, American Community Survey. 2009-13.*
Indiana Demographics

Access to Primary Care Physicians

<table>
<thead>
<tr>
<th>State/County</th>
<th>Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southeastern, IN</td>
<td>44.47</td>
</tr>
<tr>
<td>Marion County, IN</td>
<td>79.8</td>
</tr>
<tr>
<td>Indiana</td>
<td>65.9</td>
</tr>
<tr>
<td>United States</td>
<td>74.5</td>
</tr>
</tbody>
</table>

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2012.
Community-based Participatory Research

An orientation to research that focuses on relationships between academic and community partners, with principles of co-learning, mutual benefit, and long-term commitment that incorporates community theories, participation, and practices into the research efforts.

(Wallerstein & Duran, 2015)
Application of CBPR to Needs Assessment

• Stakeholders involved in
  • Question development for surveys, focus groups, and interviews
  • Administration of focus groups and interviews

• Conducted:
  • **surveys** with families state-wide and in local region; local area service providers
  • **focus groups** with local families
  • **interviews** with local service providers
Results

• Families trusted Head Start and primary care providers most

• Families were unsure of where to go with social emotional concerns

• Lack of transportation a barrier to services

• Lack of available resources
Results

• Clinical provider turnover was a major concern for clinicians and families

• Providers needed help understanding basic mental health and social emotional issues

• No prevention-based services for families. Most available services were for families in systems (justice, child services, etc.)
How we used data to inform project goals

• Implemented Incredible Years® program group sessions and home coaching model

• Supported providers with mental health consultation

• Implemented Conscious Discipline© in Head Start classrooms

• Supported mental health in primary care settings

• Implemented screening tools in childcare settings
How can you use this process?

Genuine Partnerships and Trust develop through:

• Co-learning
• Capacity-building
• Findings and knowledge that benefit ALL partners
• Long-term commitments to communities
What does this process produce?

Genuine Partnerships and Trust result in:

- Increased access to information
- Quality of information gathered
- Creative problem solving
- Receptivity to findings
- Meaningful use of evaluation results