Parenting Matters

Evidence-Based Strategies to Promote Mental Health and Prevent Mental Illness in Families – Implications for the Prevention of Depression

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Disclosure

William R. Beardslee, MD, has no conflicts of interest.

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Recent Resources


2. Forum on Children’s Cognitive, Affective, and Behavioral Health
   

3. Parenting Matters - [www.nap.edu/parentingmatters](http://www.nap.edu/parentingmatters)
Risks for Depression

**Specific:**
- Extensive family history of depression, especially parents
- Prior history of depression
- Depressogenic cognitive style
- Bereavement

**General:**
(Risks for many disorders)
- Exposure to trauma
- Poverty
- Social isolation
- Job loss
- Unemployment
- Family breakup
- Loss of community
- Dislocation/immigration
- Historical trauma
Mental Health Promotion
Aims to:

- Enhance individuals’
  - ability to achieve developmentally appropriate tasks (developmental competence)
  - positive sense of self-esteem, mastery, well-being, and social inclusion

- Strengthen their ability to cope with adversity
Evidence That Some Disorders Can Be Prevented

- Interventions to support parenting have a particularly strong evidence base.
- School and community interventions are quite effective (Good Behavior Game).
- Depression and substance abuse prevention are effective in adolescence.
Generic Features of Preventive Interventions

- Reduce or minimize toxic biological and psychological processes
- Richly reinforce self-regulated, prosocial behavior
- Teach prosocial skills and values
- Foster acceptance
Context

Intervening in the lives of young children and their parents involves both attention to specific parenting practices and intervention strategies and to the larger social determinants of health. Young children in particular are very sensitive to the effects of environment.
Population Health and Wellness

Broad Approaches Necessary

Programs that strengthen family income, and that reduce food and housing insecurity, violence, and social isolation, are all important approaches.
Parenting Matters
Supporting Parents of Children
Ages 0-8

For more information visit
www.nas.edu/parentingmatters

Email: parenting@nas.edu
Parenting Matters - Outline

1. Introduction
2. Parenting Knowledge, Attitudes, and Practices
3. Federal Policies and Investments Supporting Parents and Children in the United States
4. Universal/Preventive and Widely Used Interventions
6. Elements of Effective Parenting Programs and Strategies for Increasing Program Participation and Retention
7. Toward a National Framework
8. Conclusions and Recommendations
Parenting Practices

Parenting practices associated with positive child outcomes in the areas of physical health and safety, emotional and behavioral competence, social competence, and cognitive competence, include:

- Contingent responsiveness ("serve and return")—adult behavior that occurs immediately after a child's behavior and that is related to the child's focus of attention, such as a parent smiling back at a child
- Showing warmth and sensitivity
- Routines and reduced household chaos
- Shared book reading and talking to children
- Practices that promote children’s health and safety—in particular, receipt of prenatal care, breastfeeding, vaccination, ensuring children’s adequate nutrition and physical activity, monitoring, and household/vehicle safety
- Use of appropriate (less harsh) discipline
Interventions to Support Parents and Parenting

*Scaling Effective Interventions*

- The committee identified several interventions that promote effective parenting practices. These include:
  - Formal sources of parenting support (e.g., well-child care, center-based child care)
  - Parent skills training programs
  - Interventions targeted to specific populations of parents (e.g., parents facing adversities such as mental illness, substance abuse, and intimate partner violence)
  - Many families that could benefit from interventions do not receive them. Better leveraging services, such as health care and early care and education, with which many parents already have ongoing connections as points of intervention and referral would improve the reach of effective strategies.
Key Interventions Early in Life with Policy Implications

- Home Visiting
- Early Head Start / Head Start center-based care
- Paid Family Leave
Why a Two Generation Approach to Prevention?

“Achieving breakthrough outcomes for children experiencing significant adversity requires that we support the adults who care for them to transform their own lives.”

~ Center for the Developing Child,

*Best Practices to Breakthrough Impacts: A science-based approach to building a more promising future for young children and families*, 2016
Strengthening Parent and Child Executive and Self-Regulatory Skills

- **Definition**
  - the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks

- **Brain function**
  - **Working memory** governs the ability to retain and manipulate distinct pieces of information over short periods of time.
  - **Mental flexibility** helps us to sustain or shift attention in response to different demands or to apply different rules in different settings.
  - **Self-control** enables us to set priorities and resist impulsive actions or responses.

- Skills can be learned through practice and everyday activities
Elements of Effective Interventions

- View parents as equal partners in determining the types of services that would most benefit them and their children
- Tailor interventions to meet the specific needs of families
- Integrate services and collaborate to support families with multiple service needs
- Create opportunities for parents to receive support from peers to increase engagement, reduce stigma, and increase sense of connection to other parents with similar circumstances
- Address trauma, which affects a high percentage of individuals in some communities and can interfere with parenting and healthy child development
- Make programs culturally relevant to improve program effectiveness and participation across diverse families
- Enhance efforts to involve fathers who are underrepresented in parenting research
The Richmond Model
“Of all the forms of inequality, injustice in health care is the most shocking and inhumane.”

~ Martin Luther King, Jr.
WE MUST COME TO SEE THAT THE END WE SEEK IS A SOCIETY
AT PEACE WITH ITSELF, A SOCIETY THAT CAN
LIVE WITH ITS CONSCIENCE.

ALABAMA 1965
References


