



MODULE 7: MENTAL HEALTH: CHILDREN AND ADOLESCENTS

Mental Health: Children and Adolescents

Jonathan B. Singer, Ph.D., LCSW
Assistant Professor
College of Health Professions and Social Work
Temple University



Public Health
Learning Modules

Using **Healthy People 2020**
to Improve Population Health



ASSOCIATION FOR PREVENTION TEACHING AND RESEARCH



College of Health Professions
and Social Work
TEMPLE UNIVERSITY*

Module 7: Mental Health Past, Present, and Future: Children and Adolescents



Part 3:

Stigma, Resilience, Best practices,
Next steps



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Stigma

Public and self stigma

- Stereotypes
- Prejudice
- Discrimination

Stigma towards mental health services has reduced over time

Resilience

The study of resilience focuses on one particular subset of processes associated with human development: those that enhance the experience of well-being among individuals who face significant adversity (Ungar, 2012, p. 348).

Resilience

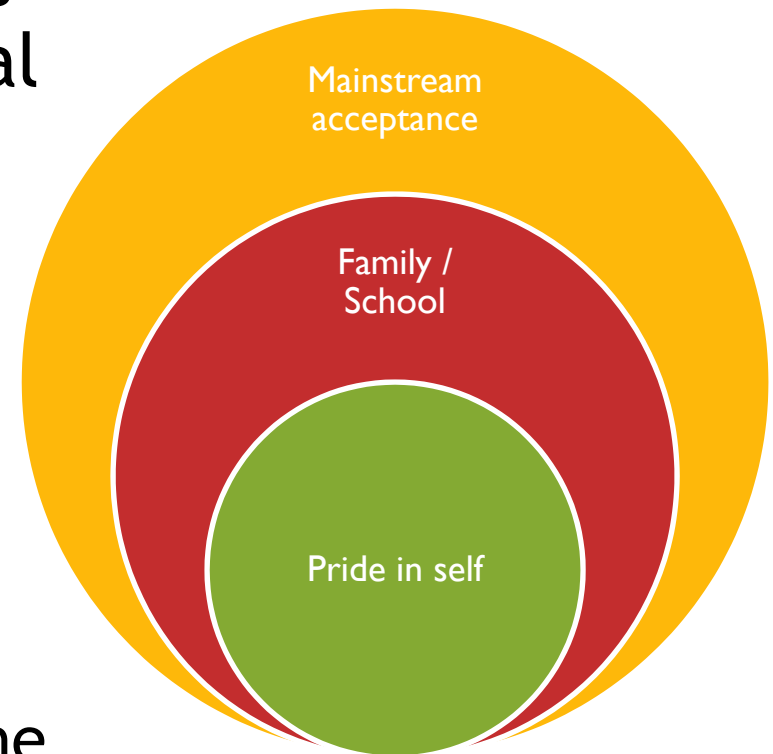
Resilience is both the capacity of individuals to *navigate* their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to *negotiate* for these resources to be *provided and experienced in culturally meaningful ways* (Ungar, 2008, p. 225).



Resilience

Policies should consider ways to improve social and cultural systems in order to improve youth outcomes, including mental health.

- For example, changing welfare-to-work policies to reduce parents' time away from children can improve parent-child relationships thereby mitigating some of the effects of poverty on youth outcomes.



What works

As of August 2014, SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) lists 91 EBP for children and adolescents 0 - 18.

Interventions:

- primarily cognitive and behavioral
- Address a variety of disorders
- Include individual, family, and group (e.g. classroom-based) treatments.

Next Steps

- Enforce mental health parity
- Coordinate mental health and general health care
- Determine which treatments work best for which symptom clusters / personalities
- Improve dissemination of empirically supported treatments into the community
 - Use technologies such as podcasts and professional networks.
- Improve integration of universal, selective and targeted interventions in schools and primary care.