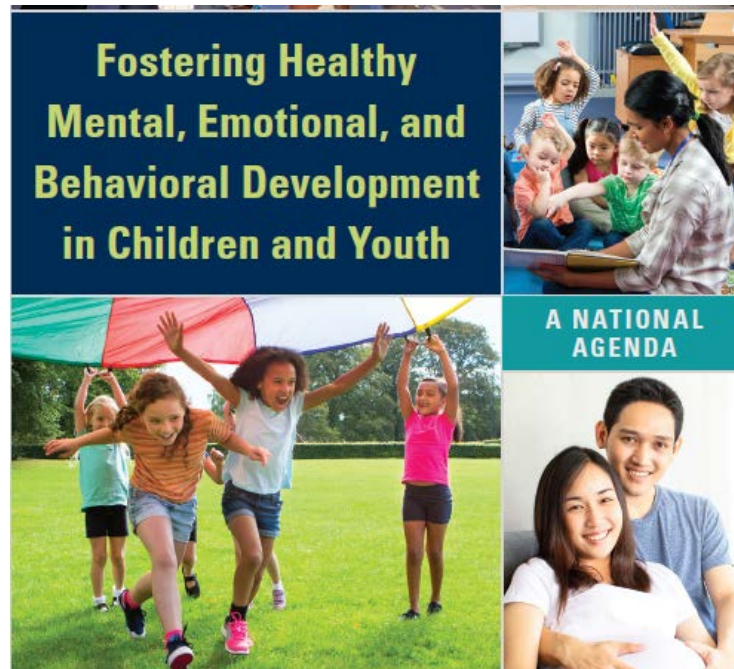


Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth

Tamar Mendelson, PhD

Johns Hopkins Bloomberg School of
Public Health

Forum for Children's Well Being
May 5, 2020



Study Sponsors

- Substance Abuse and Mental Health Services Administration, Center for Mental Health Services
- Centers for Disease Control and Prevention, Division of Human Development and Disability
- National Institutes of Health, National Center for Complementary and Integrative Health
- National Institutes of Health, National Institute on Drug Abuse

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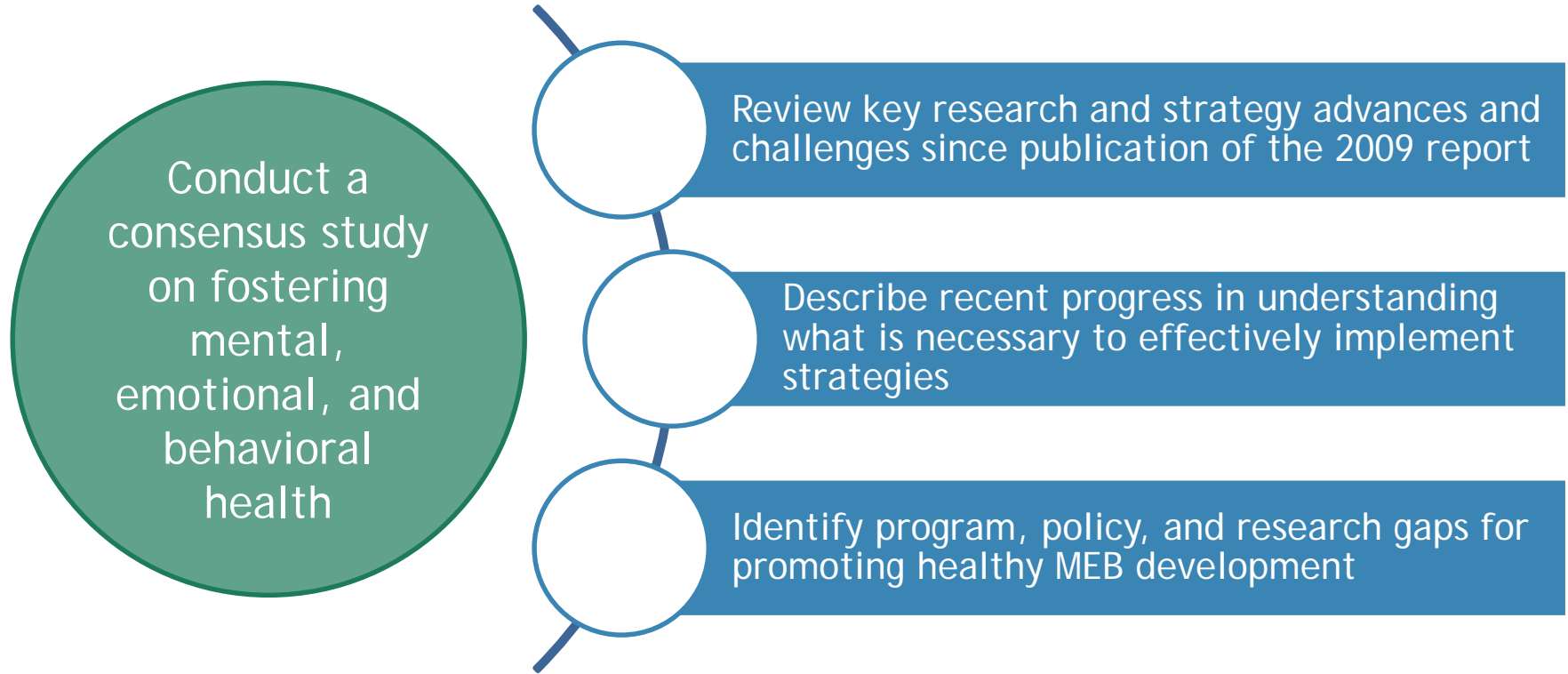
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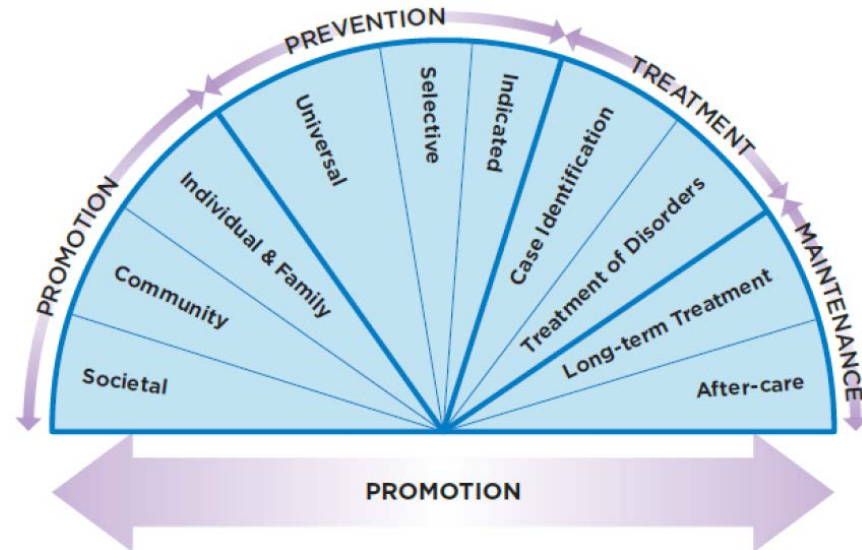
Statement of Task

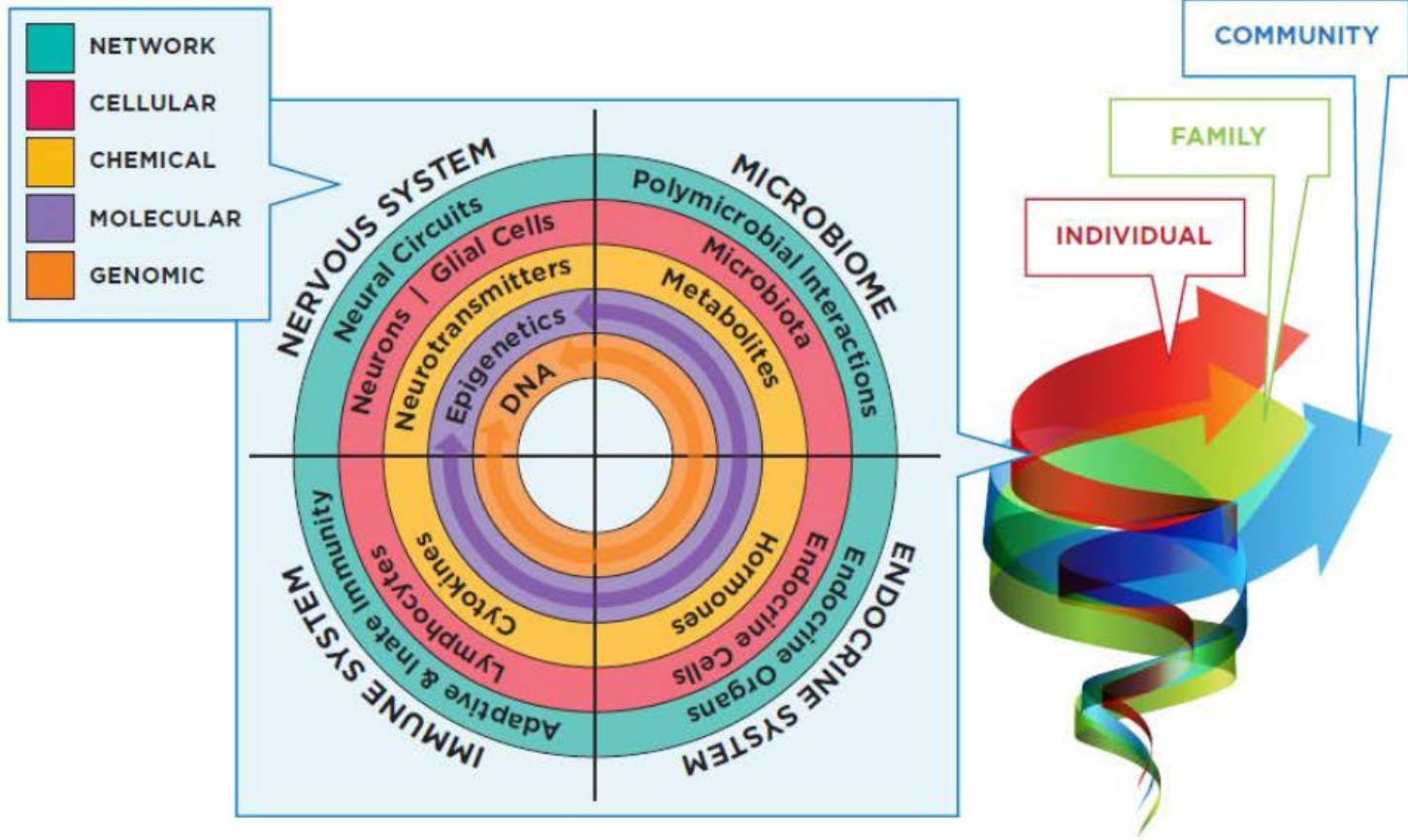


Vision: MEB Health is a National Priority

Imagine what the United States would be like if all sectors of society joined together to use current knowledge to establish policies, communities, and programs designed to ensure that all young people have an opportunity to thrive...

Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda (2019)





Strategies

Generational: Interventions designed to affect the behaviors and attitudes of parents and caregivers may also improve MEB outcomes for young people.

Education System: Strategies delivered in school settings for promoting MEB health achieve positive outcomes that last for years.

Health Care: Primary care settings provide opportunities for promoting health MEB development for children and their families.

Community: Living in communities with access to social, economic, and physical resources that promote health and well-being, increases opportunity to thrive.

Policy: The evidence base regarding the use of local, state, and federal policies to promote MEB health is growing but incomplete.

Moving the Dial: Implementation Process

To implement effective interventions at population scale:

- Identify core components necessary for long-term outcomes
- Adapt them for diverse settings
- Establish ongoing interactive implementation system

Policy and practice recommendations

- [Recommendation 1](#): Collaborate with state and local agencies and partners to coordinate highly visible national effort to promote MEB
- [Recommendation 2](#): Use program creation, regulatory, and other policy capabilities to promote healthy MEB development
- [Recommendation 3](#): Funding and resources to support implementation efforts
- [Recommendation 4](#): Widespread MEB data monitoring efforts

Research Agenda

1. Design and evaluation of scalable interventions at the population level.
2. Design, evaluation, and implementation of effective school-based interventions.
3. Development of successful two-generation interventions in health care.
4. Policy strategies to address effects of social, racial, and economic disparities on MEB health
5. Design and evaluation of implementation strategies.

Board on Children, Youth, and Families

The Board on Children, Youth, and Families (BCYF) is a nongovernmental, scientific body within the National Academies of Sciences, Engineering, and Medicine that convenes top experts from multiple disciplines to analyze the best available evidence on critical issues facing children, youth, and families today.

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