

The National Academies

# Parenting and Depression

Session IV: Policy, Legislation and Financing

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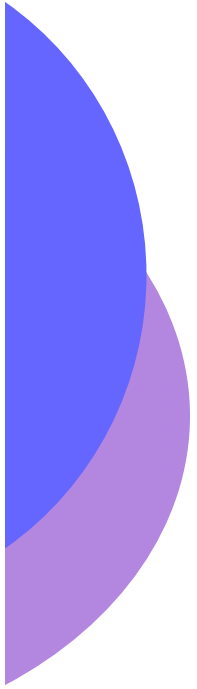
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## What About Those Propositions?



Emily Nahat, Prevention and Early Intervention

California Department of Mental Health



**\$2 Billion**



## Proposition 10

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- Children and Families Act - Effective 1999
- Tax on Tobacco Products (50 cents per pack)
- Children Birth to Five and Families
- New State and County Commissions
- Total Dollars Generated Annually: \$600 million



# Children and Families Act

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- i State Commission – 20 percent
  - 1 6 percent - Mass Media Communications
  - 1 5 percent - Education
  - 1 3 percent - Child Care
  - 1 3 percent - Research and Development
  - 1 2 percent - Unallocated (e.g., Health, Mental Health)
  - 1 1 percent - Administration
  
- i 58 County Commissions – 80 percent
  - 1 Family Functioning, Child Development, Child Health, Systems of Care



# First 5 California School Readiness

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- i School Readiness Program
  - 1 Child Development, Child Health, Family Functioning and Systems of Care
  - 1 Over 200 programs statewide
  - 1 Over 370,000 services in FY 2006-07
- i Public Education Campaign
  - 1 School Readiness, Preschool, Parenting, Pediatric Obesity Prevention and Tobacco Cessation



# First 5 California and Health Plans

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- i MRMIB Oral Health Project
  - 1 Healthy Families Program – doesn't serve moms or dads
  
- i Healthy Kids Insurance Program
  - 1 Parallels Healthy Families Coverage
  - 1 Soft Dollars



# First 5 California – More Good Work

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## Infant, Preschool and Family Mental Health Initiative

- i 8 Counties
- i DC 0-3 to DSM IV Crosswalk
- i Billing to EPSDT (Specialty MH System)
- i Dyadic Intervention



# First 5 California – More Good Work

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- ; Special Needs Project
  - ┆ 10 Counties
  - ┆ Universal Comprehensive Screening
    - ; Ages and Stages
    - ; Ages and Stages – Social/Emotional
    - ; Health
    - ; Parenting Stress Index – Short Form
  - ┆ Emphasis on Child Early Intervention
  - ┆ Parent Intervention is typically Parenting Classes



## First 5 Alameda County

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- i Screened 1,500 mothers for depression
- i Among families at highest social, medical and maltreatment risk level, upto 26 percent screened positive for maternal depression



## Proposition 63

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- i Mental Health Services Act
- i Effective 2004
- i Tax (1 percent) on Personal Income over \$1 Million
- i Mental Health Services
  - ┆ Public Mental Health System
- i Total Dollars Generated Annually: \$1.6 Billion



# Mental Health Services Act

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- i Community Services and Supports
  - 1 Specialty Mental Health
    - i Treatment, Full Service Partnerships
  - 1 Housing
  - 1 Workforce Education and Training
  - 1 Capital Facilities and Technology
- i Prevention and Early Intervention (20 percent)
- i Innovative Programs (5 percent of CSS and PEI)
- i State Implementation (5 percent)

# MHSA Prevention and Early Intervention

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- Underserved Cultural Populations
- Trauma Exposed
- First Onset of Serious Psychiatric Illness
- Children/Youth in Stressed Families
- Children/Youth at Risk of School Failure
- Children/Youth at Risk of Juvenile Justice Involvement
- Suicide Prevention
- Stigma and Discrimination Reduction



# Propositions

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- i Are making great accomplishments
- i Are challenged to implement a sustained systemic program or change statewide



# Action Steps Needed

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- i Aggregate information from models
- i Merge evidence-based practices with community-defined solutions
- i Increase public awareness
  - 1 Parental depression negatively affects children
  - 1 De-stigmatize interventions
- i Enact federal incentives/requirements with quality assurance process for systematized and sustainable methods for universal screening, assessment, referral and follow-up



# Action Steps Needed (cont'd)

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- i Deliver robust and diverse interventions in health system and natural community settings
  - 1 Spectrum of informal supports through safe medications and treatment
  - 1 Accessible Statewide
    - i Culture and language specific
    - i Affordable (uninsured)
    - i Teens
    - i Disabilities
    - i Geographic isolation
    - i Stigma
  - 1 Family-centered
  - 1 Comprehensive



# Contact Information

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