



Early Intervention as Prevention: Investment in Early Childhood

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Alaska Mental Health Trust Authority | Program & Planning Committee

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Historical focus downstream

Before the Trust...

- The territory of Alaska had few resources to provide for the mentally ill or those with developmental disabilities, many of whom were sent by the federal government to an outside institution after being charged and convicted for being “insane and at large.”

Why early childhood?

- Why are young children and their families important to the Trust?





Why now?

T THE GOAL OF THE TRUST

The goal of the Alaska Mental Health Trust Authority is to serve as a catalyst for change and improvement in Alaska's mental health continuum of care. It is the duty of the Trust to provide leadership in the advocacy, planning, implementing and funding of services and programs for Trust beneficiaries.

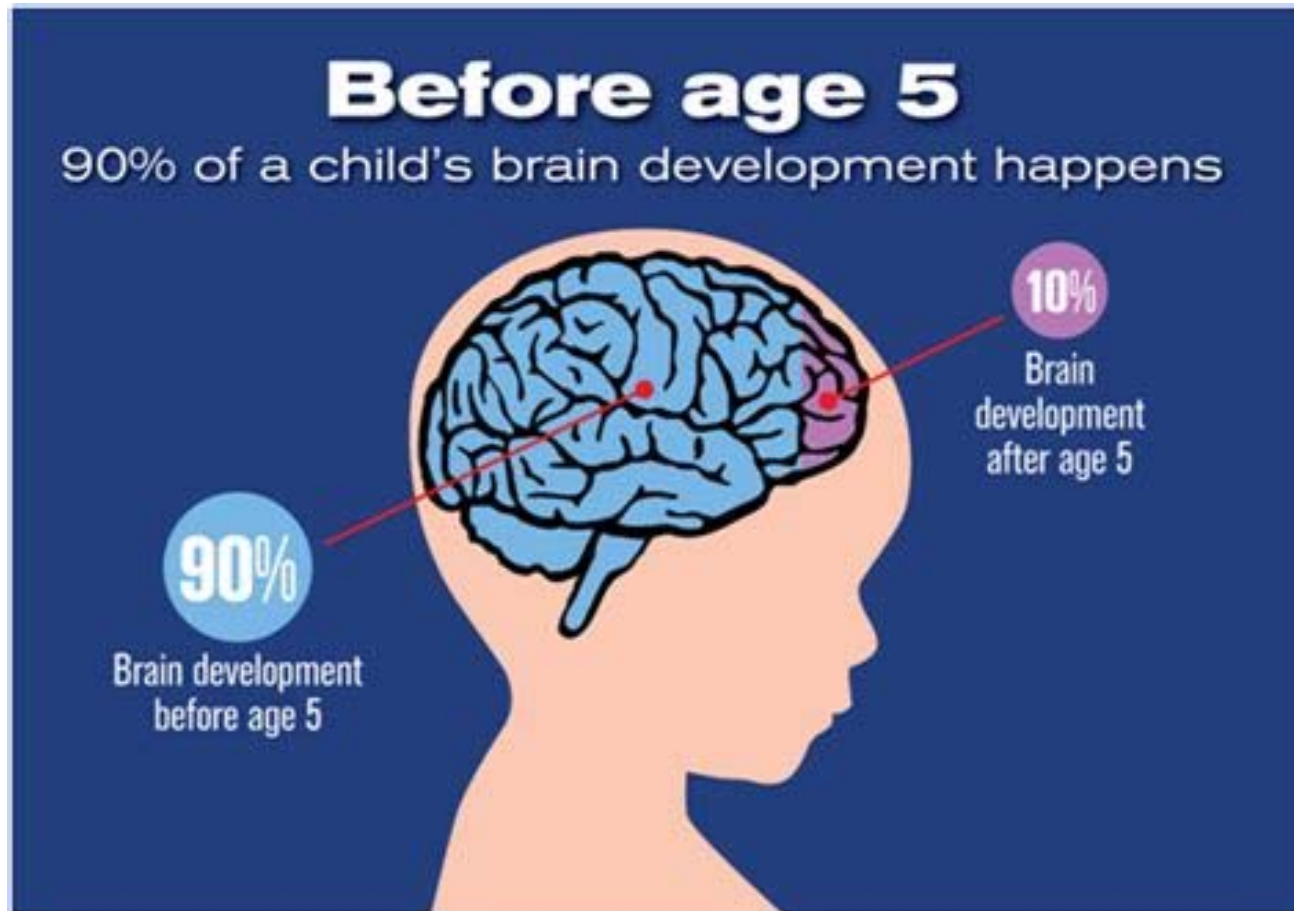
Trust Beneficiaries

- Mental illness
- Developmental disabilities
- Chronic alcoholism and other substance related disorders
- Alzheimer's disease and related dementia
- Traumatic brain injury

The Trust also works in *prevention and early intervention* services for individuals at risk of becoming beneficiaries.

The Trust considers prevention of these conditions, where possible, to be part of its mandate.

Modern brain science moves us upstream

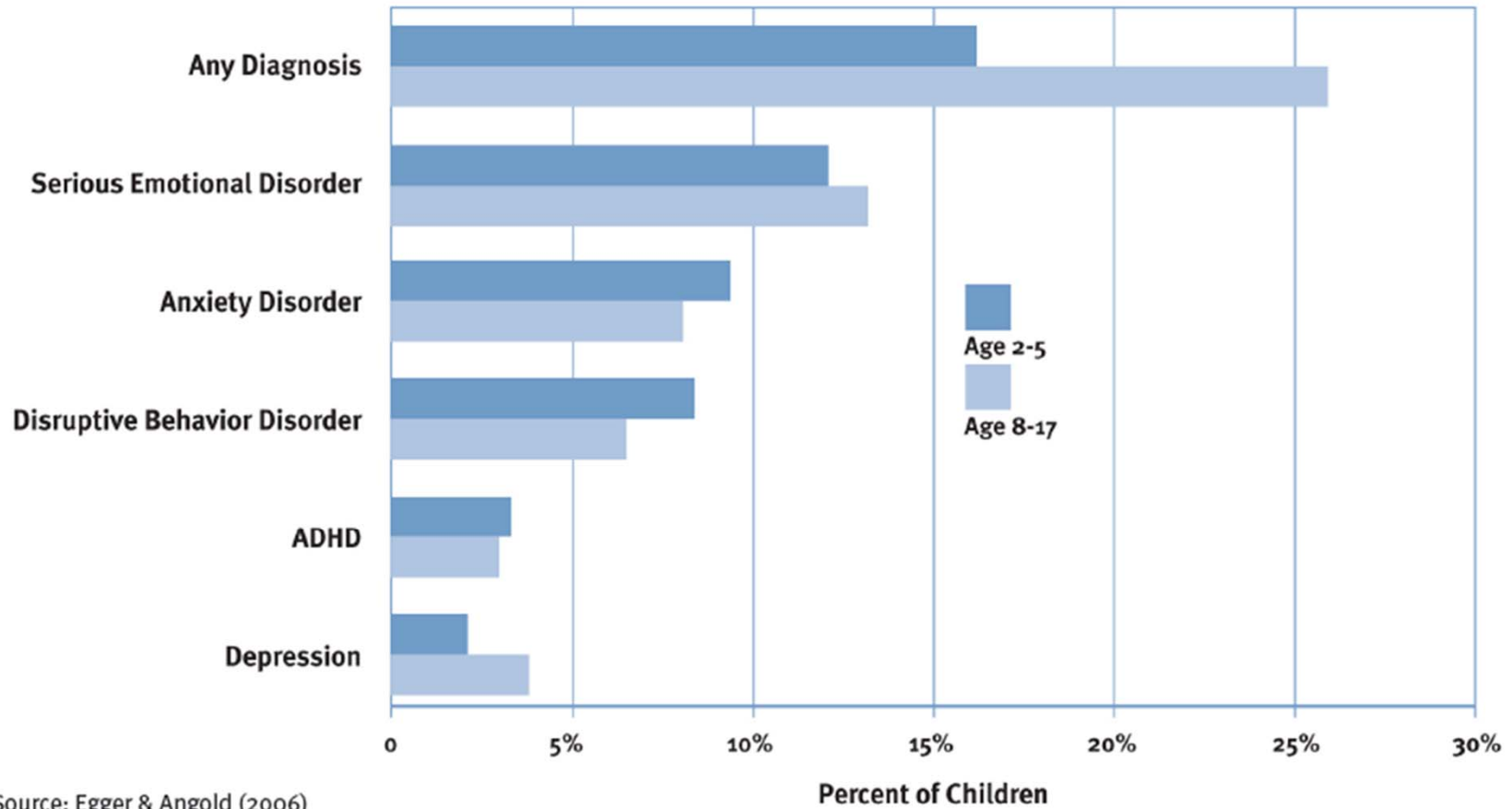




Percentage of Alaskan 3 year olds whose parents have sought help for behavioral concerns of their children

39.8%

Mental Health Problems Can Occur Across Childhood

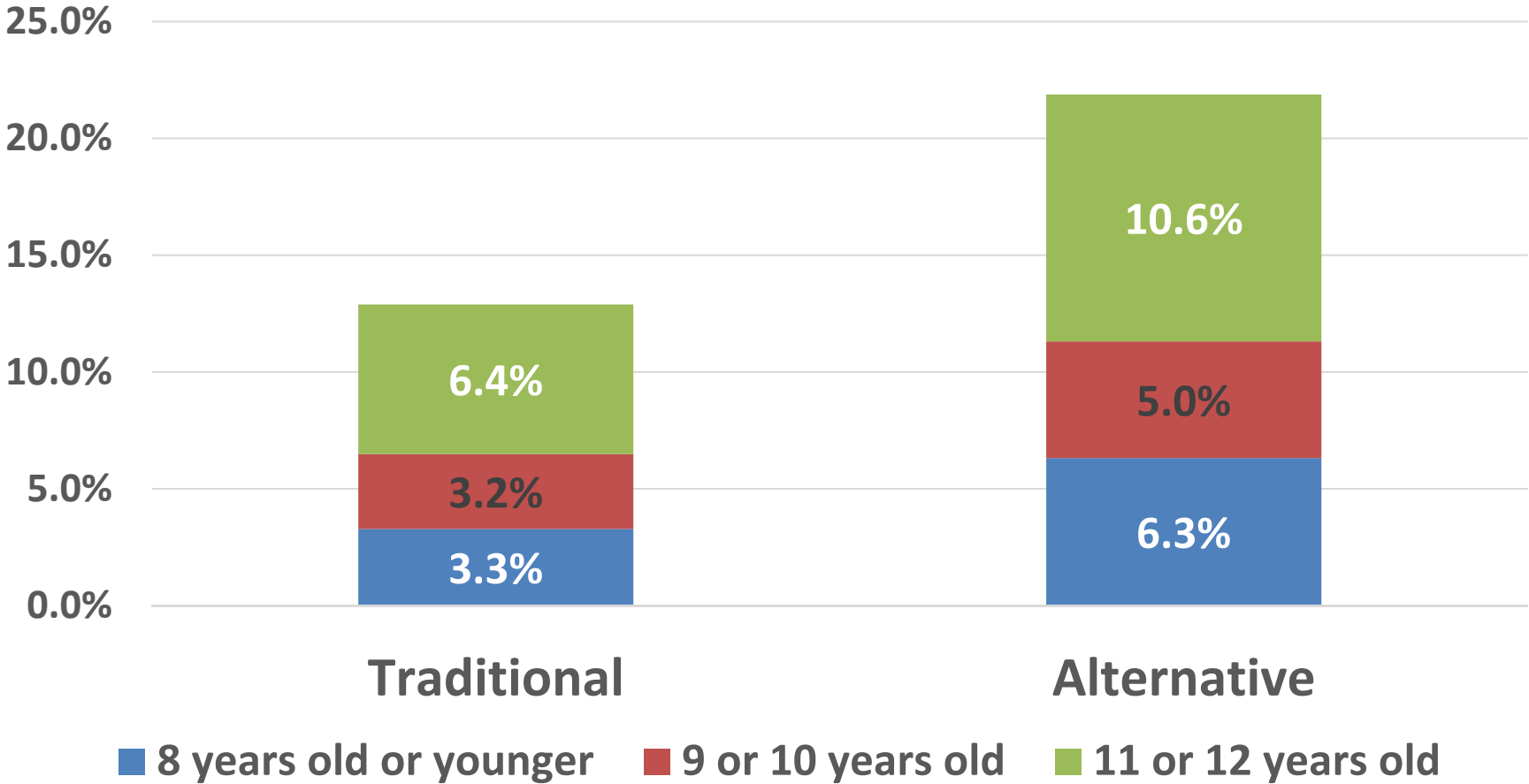


Source: Egger & Angold (2006)

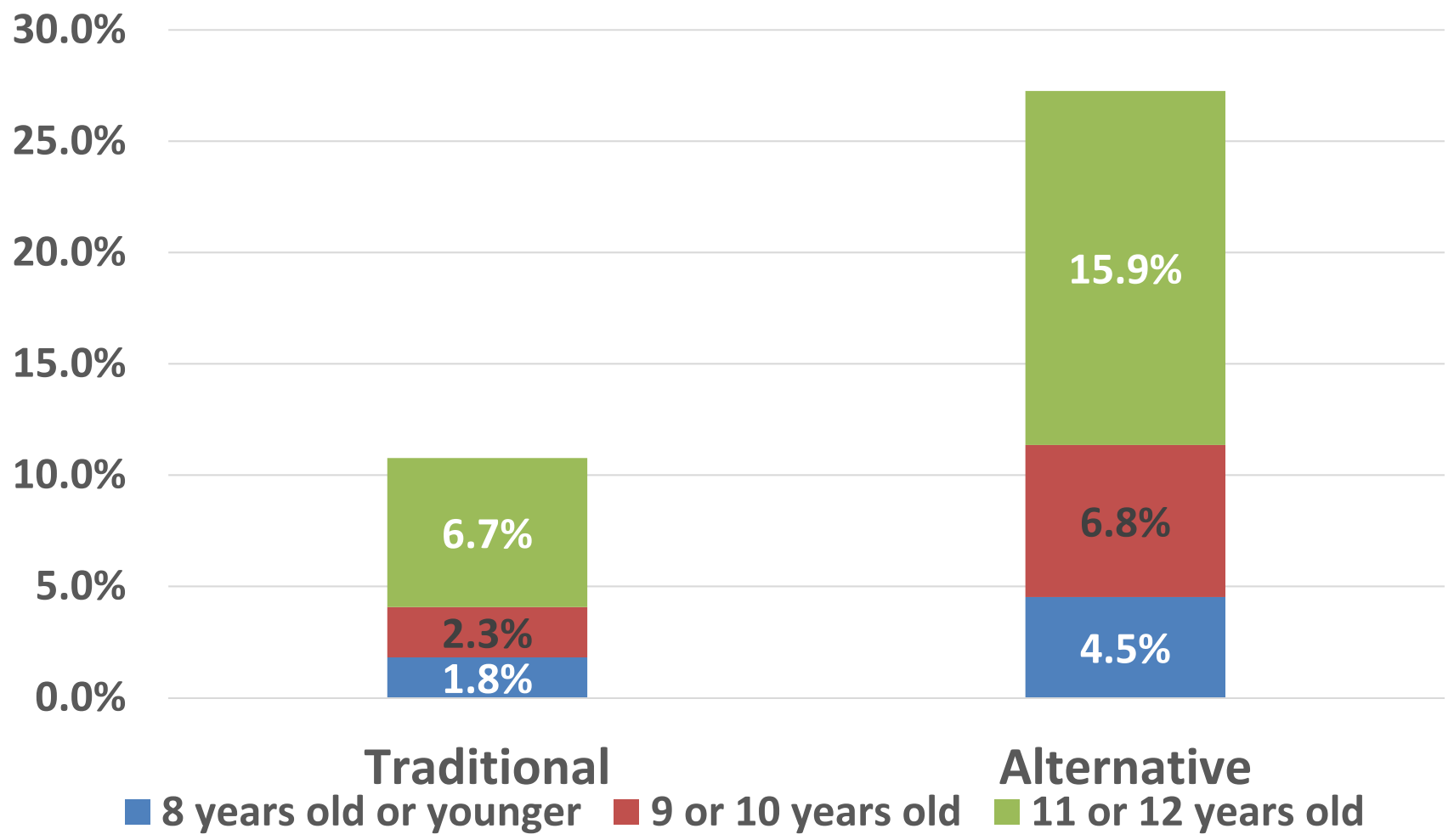
Beneficiary Profile: Population Attributable Risk

Beneficiary Diagnosis/Condition	PAR	Population
Ever Diagnosed with Anxiety	51%	Adults
Ever Diagnosed with Depression	56%	Adults
Lifetime Suicide Attempts	80%	Both
Ever Diagnosed with ADHD	40%	Children
Marijuana Use	51%	Adults
Heavy Drinking	28%	Adults
Injecting Drugs	67%	Adults
Substance Misuse Diagnosis	79%	Children
Illicit Drug Addiction	56%	Adults
Learning Disabilities	39%	Children
Speech and Language Delays	22%	Children
Developmental Disability	39%	Children
Brain Injury/ Concussion	20%	Children
Increased Memory Loss/Confusion	60%	Adults

First Alcohol Use – 2017 Alaska Youth Risk Behavior Survey



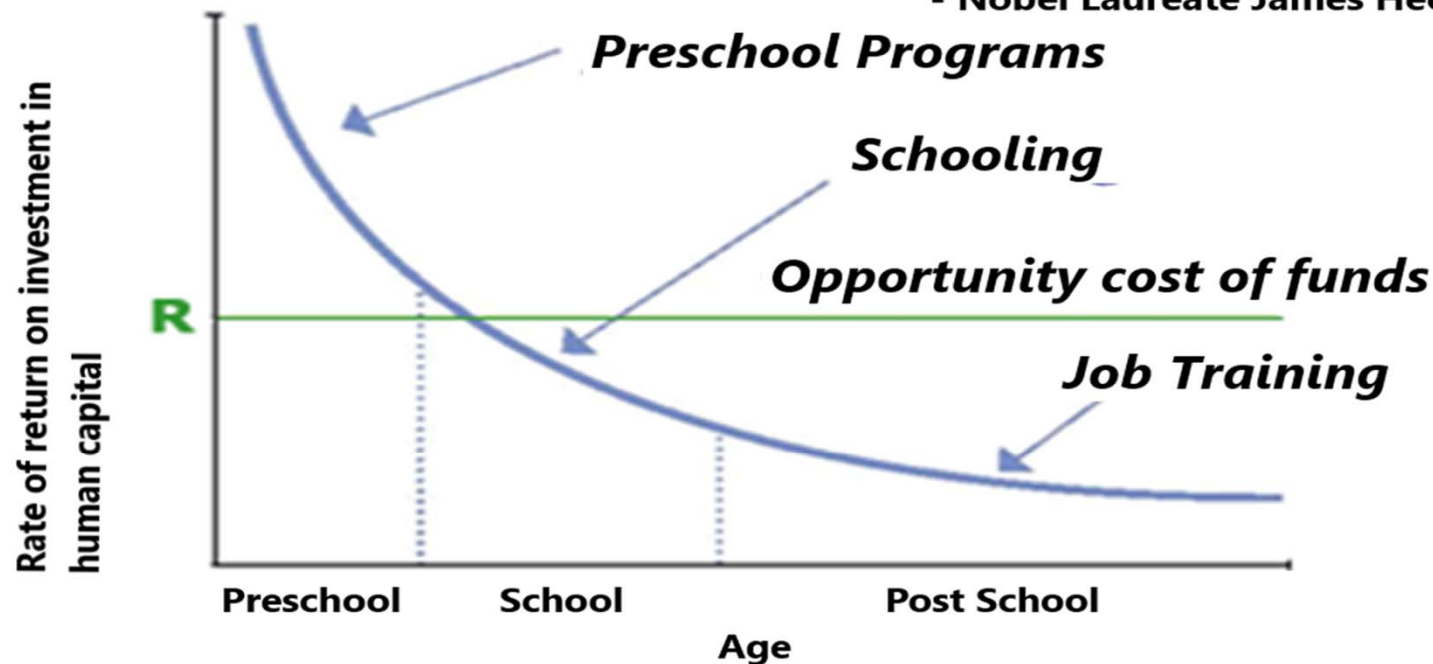
First Marijuana Use – 2017 Alaska Youth Risk Behavior Survey



Return on Investment (ROI) is Strong in Early Learning

Policymaker should invest in young children, where the return on investment is stronger than in low-skill adults

- Nobel Laureate James Heckman



Rates of return to human capital investment initially setting investment to be equal across all ages

James Heckman & Pedro Carneiro, 2003. "Human Capital Policy," NBER Working Papers 9495, National Bureau of Economic Research, Inc.



The neuroscience of traumatic stress in early childhood

Josh Arvidson, MSS., LCSW



Alaska Longitudinal Child Abuse and Neglect Linkage Project (ALCANLink)

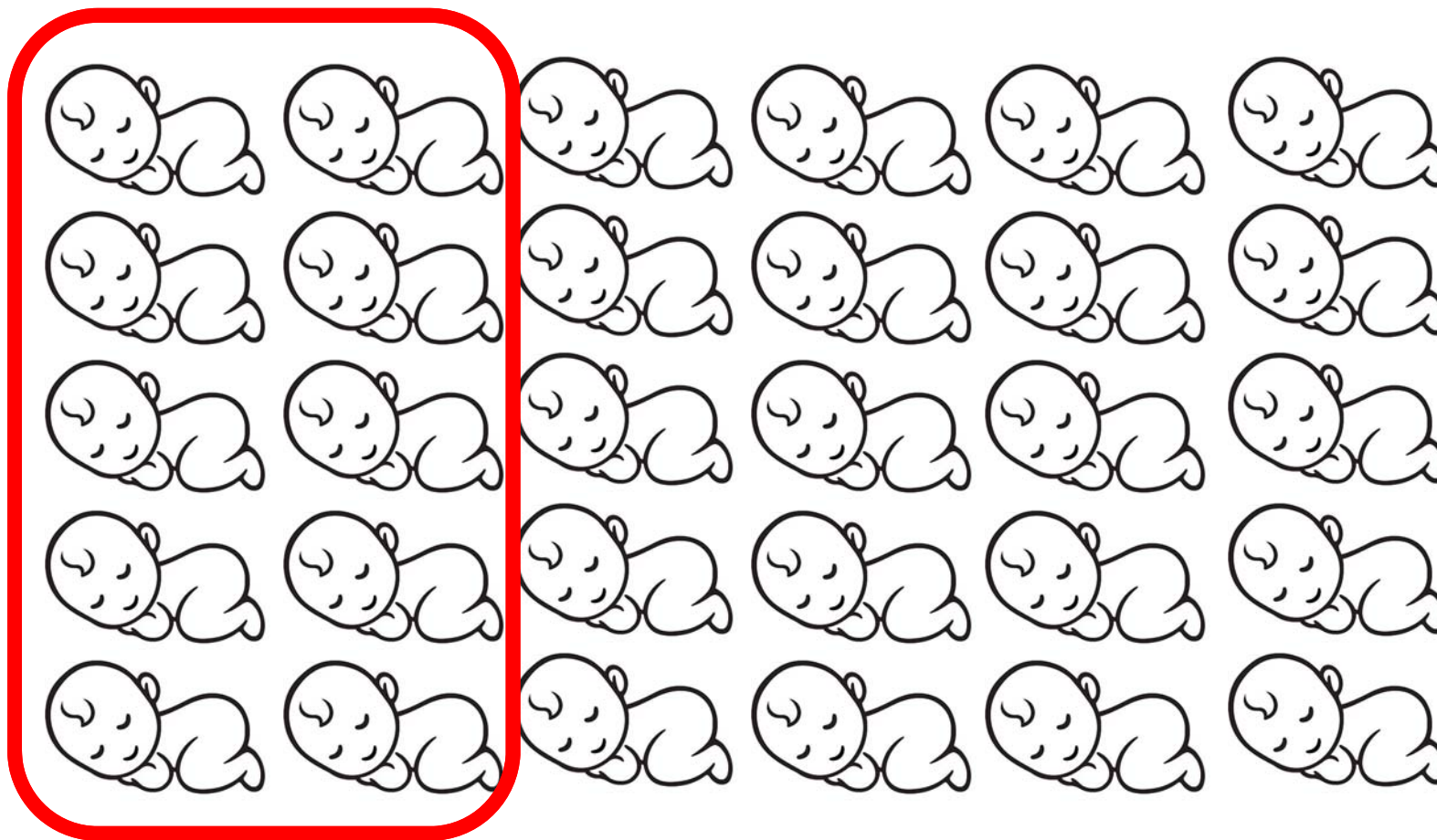
Jared Parrish, Ph.D

Exploring upstream early intervention opportunities

OPPORTUNITIES



Of the 30 Alaskan babies born today...



10 will have report of harm by age 8 years

Examples of Past & Current Child Mental Health Trust Investment

Initiatives

- 1115 Behavioral Health Medicaid Waiver
- Bring the Kids Home

Partnerships

- FOCUS Behavioral Preschool
- Alaska Child and Family “Gould School”
- Infant and Early Childhood Mental Health workforce development
- Anchorage School Based Health Centers
- Trauma-Informed Schools
- Conferences and Trainings

Future Investment: Policy

Priorities:

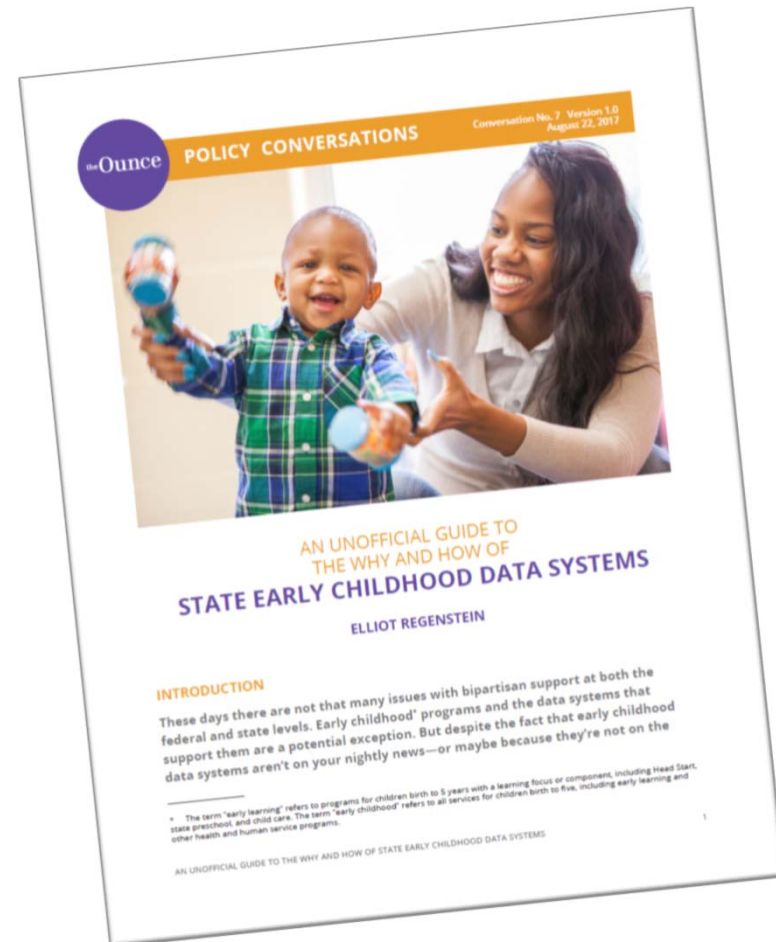
- **Develop a “unified voice” for policy advocacy**
 - *NEW* Governor’s Child and Youth Cabinet
 - 1115 waiver implementation
 - Cross department coordination
 - Expand Infant Learning Program eligibility to serve more children
- **Establish early childhood “expert panel”**
 - identify and promote evidence-based investments



Future Investment: Data

Priorities:

- Increase state early childhood data analysis capacity
- Plan/implement integrated early childhood data systems



Future Investment: Program

Priorities:

- **Infant and Early Childhood Mental Health workforce development**
 - Training, consultation, reflective supervision
- **Early detection and intervention**
 - Expand screening and diagnostics
- **Access to services and supports**
 - Behavioral health and primary care integration
 - Expand care coordination across service systems
 - Expand evidence based practices (i.e. home visiting, high quality child care)
- **Trauma informed practice**
 - Best practice across settings (child care, schools, health care, etc.)

Return on Investment

James Heckman, from *Lifecycle Benefits*

High quality birth-to-five programs for disadvantaged children can deliver a

13%

Return on Investment


Starting earlier provides greater returns. Learn more.

www.heckmanequation.org



Investing in early childhood

- <https://www.youtube.com/watch?v=GbSp88PBe9E>



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Trust
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