Social Emotional Foundations for Children's Optimal Health

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Valerie Alloy, Ph.D. ECMH Initiatives Lead
Participants will identify at least one:

- Research fact regarding social emotional development in children ages 0-8 years
- Best practice technique related to healthy social emotional development young children
- Strategy to teach families to create/foster good social emotional health for children during their first 5 years of life
Participants will gain an understanding of what OHIO is doing to implement and sustain state-of-the-art early childhood mental health programs, services and WHY...

“….I don’t just want us to TALK about it; I want us to BE about it...”

Dr. Valerie Alloy, OhioMHAS ECMH Lead
Social Emotional Foundations for Children's Optimal Health

Context of Behavior Affects Response to Behavior:

“Any fool can know. The point is to understand.”

~Albert Einstein
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- Experiences Build Brain Architecture
- Center on the Developing Child at Harvard University
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The New Science

Social experience changes

How our genes work,

which changes

How our body works,

which changes

How we behave,

which changes

who we become
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- Center on the Developing Child at Harvard University
- https://youtu.be/VNNsN9lJkws
- https://youtu.be/m_5u8-QSh6A
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“The First 3,000 Days”

> 85 billion brain cells, the spine, nerves and blood vessels formed during pregnancy

> The Big Bang: at Birth
Information floods the brain from all 5 senses muscles, movement & balance
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Neural Circuits are Wired in a Bottom-Up Sequence

Sensory Pathways (Vision, Hearing)

Language

Higher Cognitive Function

FIRST YEAR

Months

Years

-8 -6 -4 -2
Birth

2 4 6 8 10

1 3 5 7 9 11 13 15 17 19
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MATERNAL DEPRESSION, INFANT (Dis-)STRESS

Maternal Depression:

- Associated with changes in the infant’s:
  - Epigenetic profile (methylation patterns)
  - Cortisol levels (both basal and reactive)
  - Brain Structures (↑ amygdala, ↓ hippo?)
  - Behavior (less face time, lower activity, poor state regulation, delays in develop)

In EWS GEN conditional
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MATERNAL DEPRESSION

Potential Maternal Consequences:

- Fewer attempts to interact with the infant
- More efforts to be “controlling”/”intrusive”
- Emotional disengagement from the infant
- More irritability and hostility towards infant
- Distorted attribution of infant’s behavior
- Impaired judgment concerning the health (BF) and safety of the infant

TRIPPING UP THE TANGO!
**Adverse Childhood Experiences**
- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)

**Impact on Child Development**
- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)

**Long-Term Consequences**

**Disease and Disability**
- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational transmission of abuse

**Social Problems**
- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services

Data: [www.AceStudy.org](http://www.AceStudy.org), [www.nasmhpd.org](http://www.nasmhpd.org)

OhioCanDo4Kids.Org
Preschool expulsion rates are steadily rising
4-7 expulsions for every 1,000 students

Preschool students are expelled 3x more often than
students who are K-12 and the expulsions are typically
due to unwanted behaviors

Expulsions decrease with behavior consultants
Boys are expelled 4.5x more than girls
African Americans are 2x more likely to be expelled as
Latino or Caucasian and over 5x more than Asian
American
Ohio Preschool Expulsion Prevention Partnership

Do you have a child who is no longer a good fit at your preschool?
Does this child’s challenges put them at risk for expulsion?

Now, there’s support available to you.
Nationwide Children’s Hospital, in collaboration with the Ohio Department of Mental Health and Addiction Services, announces a new resource for licensed preschools and child care providers – the Ohio Preschool Expulsion Prevention Partnership at 1-844-678-ABCs (2227).

A call to 1-844-678-ABCs* (2227) will link you with an early childhood consultant in your area who can complete a consultation at your site within two business days. The consultant will:

Observe and consult at your preschool
Provide recommendations on specific classroom strategies and interventions designed to have an immediate impact. Offer service recommendations and resources for your students and families, (including referrals to local mental health providers if necessary)
Give recommendations for training and professional development
Link you with free early childhood trainings

As you well know, every child deserves a high-quality, early education, but some children face significant challenges. Please call us if a child at your site can benefit from these services.

*The line is staffed from Monday-Thursday, 8 a.m. to 7 p.m., and Friday, 8 a.m. to 5 p.m. Voicemail will be returned promptly on the next business day.
The Business Case for Early Childhood

James Heckman on Rate of Return on Investment In Early Childhood

https://youtu.be/xGprc8lCPXc
What Ohio is doing in ECMH

https://youtu.be/0_FabszsihA
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https://youtu.be/L41k2p-YRCs