



Texas LAUNCH NEWS

Linking Action for Unmet Needs in Children's Health

MARCH 2017 – Edition 4

Mental Health Consultation success stories, upcoming conferences and more!

It is Never Too Early to Start!

[Project LAUNCH](#) and the Center of Excellence for [Infant and Early Childhood Mental Health Consultation](#) have a common focus of nurturing the development of young minds. This is important because a [study published in 2016](#) revealed that neurons continue to develop and migrate into an infant's brain through the first 7 months in areas that focus on intellect, emotional development and executive functioning. Through the programs listed above, caregivers are taught about the importance of positive attachment and social-emotional development and how to identify children who are struggling in these areas. Caregivers can nurture healthy brain development and help children cultivate attributes needed to be school ready as early as infancy. Forty percent of children entering school are missing key attributes for success, but with training, caregivers can intervene. Click [here](#) to read the entire article.

Developing Healthy Minds: It's Never Too Early to Start! December 7, 2016 by Paolo del Vecchio, M.S.W. Director, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration

“40% of children entering school lack at least one of four key attributes...”



NREPP Webinar

The National Resource Center for Mental Health Promotion and Youth Prevention recently put on a webinar from their Engage and Discover Series entitled *National Registry for Evidence Based Programs and Practices (NREPP) in a Changing Behavioral Health and Research Landscape*. This webinar allowed participants the opportunity to learn the history of NREPP, as well as how to be a better consumer of the tools and supports available on the Learning Center. The key presenters were Dr. Carter Roeber and Dr. David Dean Jr. who engaged the audience through live demonstrations of navigating the search tools. You can find the recording, transcript, and presentation slides on their website or by clicking [here](#).

- National Resource Center for Mental Health Promotion and Youth Violence Prevention
www.healthysafekid.org



Optional Training: *First3Years has announced their spring regional conference in San Antonio! The conference will be held May 5, 2017 at the Region 20 Education Service Center running from 8:30am-4:00pm with lunch provided. Key speakers include Dr. Kristin Bernard and Dr. Cindy Frosch. For more information about the conference and CEU's visit their website at: <http://first3yearstx.org/regional-conference-2017>*



Mental Health Consultation in San Antonio

A three-year-old child was referred for Mental Health Consultation services with provider Tarah Newsham, an Early Childhood Clinician with Family Services Association of San Antonio. The child was demonstrating difficulty with self-regulation and self-soothing, with negative behaviors occurring one to two times an hour at home and at school. Behaviors were precipitated by something not going his way or being told no. With severe tantrums lasting over five minutes, the goal was to reduce the number of tantrums and increase self-regulation. Within the first month of services, both parents were fully engaged in the process by participating in bi-weekly parenting sessions to gain strategies to use at home. Since beginning services and using a proximity and relaxation technique, the child's tantrums have reduced to once a week, and last no longer than fifteen seconds. During the termination phase of services, the mother decided to join the Incredible Years® parenting class in order to learn additional parenting skills. "I believe this style of intervention was useful to the family because it incorporated a systems perspective that allowed the parents and teachers to feel more confident in their ability to manage his behaviors, which in turn, allowed them to focus on their relationship with the child," reported Tarah Newsham. "We were successful because of the relationships that were built between myself and the important people in the child's life." Mental Health Consultation offers an indirect approach to reducing problem behaviors in young children and promoting positive social and emotional development in a variety of settings.

Turning Data into Policy: Child Trends' Recommendations

In 2016, a group was established "to develop a strategy for increasing the availability of data in order to build evidence about government programs, while protecting privacy and confidentiality." This bipartisan group is called the [Commission on Evidence-Based Policymaking](#) and has been holding public hearings across the country to inform its recommendations. [Child Trends](#), a nonprofit research organization, was excited about the Commission's efforts and sent in comments in late November of 2016. Highlights of their comments include:

- Don't forget about the children
- Make sure we have good data
- Facilitate communication between data systems
- Independence and credibility matter
- Encourage communication of research to broad audiences



As we all know, programs all require research, support, and good data at all levels of implementation to inform decision-making. The bulleted comments above ask the Commission to include data on federal spending for children's issues, share data they collect with other policy changing organizations to support informed/consistent policy changes, continue to support all data sharing among child serving entities, and share findings with a broad audience. You can read the full comments made by Child Trends [here](#). If you are interested in reading this article in its entirety, you can find it [here](#).

- Turning Data Into Policy: Child Trends' recommendations; February 2, 2017.



Announcement Area

The Texas Institute for Excellence in Mental Health will be hosting a training in Austin on May 8-9th on the Incredible Years® Parents and Babies Parenting Curriculum. With limited spaces available, partners and stakeholders involved with Texas LAUNCH are encouraged to apply to attend. Please contact Holly.Gursslin@austin.utexas.edu by March 31st if you are interested in registering.