INFANT MENTAL HEALTH: A PUBLIC HEALTH ISSUE – WORKSHOP

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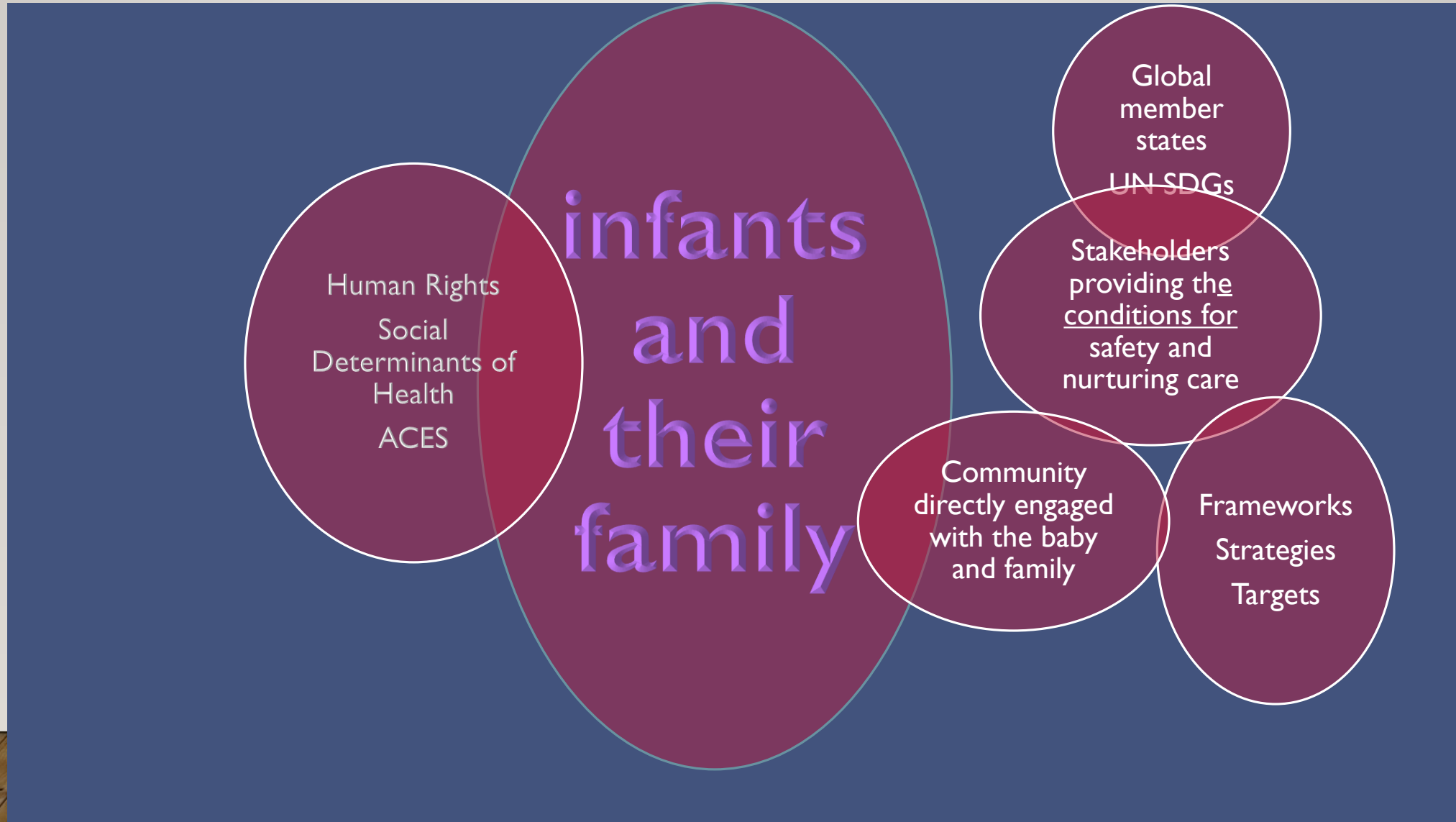Editor of WAIMH Perspectives in Infant Mental Health

Geneva, Switzerland

ACKNOWLEDGEMENT

- I acknowledge the Aboriginal and Torres Strait Islander people.

- I acknowledge them as the traditional owners of country throughout Australia and recognise their continuing connection to land, waters, and culture.

- I pay my respects to their elders past, present and emerging.

FRAMEWORK CONVERSATION BRIDGES (FOLEY, 2019)

Human Rights

Social Determinants of Health

ACES

infants and their family

Global member states

UN SDGs

Stakeholders providing the conditions for safety and nurturing care

Community directly engaged with the baby and family

Frameworks

Strategies

Targets

WHAT MAKES AN ISSUE A PUBLIC HEALTH ISSUE?

- 1. The concept of preventability—there are conceivable ways to prevent the phenomenon.

- 2. High prevalence of a risk factor or disease.

- 3. A rapid increase in incidence and prevalence.

- 4. Cost of the disease

- 5. Burden of disease

- 6. Has the capability of affecting the population as a whole

- 7. Will require group action to solve.

- 8. Ability to recognize the problem unhindered by obstacles posed by culture, politics, lack of resources, or lack of effective measures.

- This set of criteria effectively requires that a phenomenon must be seen as culturally appropriate, politically acceptable, technically feasible, and financially possible in order to be or become a true "public health issue". (The Epidemiology Monitor, 2011. What makes an issue a public health issue? http://www.epimonitor.net/List_of_Public_Health_Issues.htm)

EVIDENCE FROM THE LANCET SERIES *ADVANCING EARLY CHILDHOOD DEVELOPMENT: FROM SCIENCE TO SCALE (2016)*

❑   chaired by WHO and UNICEF.

❑ Promoted a global early childhood development agenda.

- *Summary of the evidence:*

- *The beginning of a child's life (pregnancy to age 3) is a period of special sensitivity for child development;*

- *The most formative experience of young children come from **nurturing care** received from parents and other caregivers;*

- ***To create an enabling environment for nurturing care, policies and services are essential**;*

- *Investing in Early Childhood Development is smart; it increases health, productivity and social cohesion along the life course and has intergenerational benefits;*

- *Because of its extensive reach to pregnant women and young children, **the health sector** is uniquely positioned to serve as an entry point for multi-sectoral collaborations that support families and reach very young children.*

- *Source summary from WHO:* https://www.who.int/maternal_child_adolescent/child/nurturing-care-framework-rationale/en/

FROM THE LANCET: "NURTURING CARE"

❑ Promoted '**nurturing care**' as the foundation for child development.

* **Nurturing care defined:**

* "Nurturing care refers to a stable environment created by parents and other caregivers that ensures children's good health and nutrition, protects them from threats, and gives young children opportunities for early learning, through interactions that are emotionally supportive and responsive" (WHO - https://www.who.int/maternal_child_adolescent/child/nurturing-care-framework-rationale/en/).

* **Nurturing care matters because**:

* "The way mothers, fathers and other caregivers nurture and support children in the early years is among the most decisive factors for healthy child development, with lifelong and intergenerational benefits for health, productivity and social cohesion"(WHO https://www.who.int/maternal_child_adolescent/child/nurturing-care-framework-rationale/en/).

* **Multi-sectoral interventions are essential**. Health, nutrition, education, social welfare and child protection all have a role to play. The **health sector**, with its direct reach to families and children from pregnancy through the newborn period, infancy and toddlerhood, has a critical role to play (WHO https://www.who.int/maternal_child_adolescent/child/nurturing-care-framework-rationale/en/).

UN SUSTAINABLE DEVELOPMENT GOALS (SDG'S)

The SDG (2015) agenda reflects a global call to act to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

17 interconnected Goals

Each goal has specific targets to be achieved over the next 15 years (2030).

These goals build on the work of the Millennium Development Goals, while including new areas such as climate change, economic inequality, innovation, sustainable consumption, peace and justice.

Key terms: sustainability, system-wide reform, efficiency, health service integration and people-centred care.

THE GLOBAL STRATEGY FOR WOMEN'S, CHILDREN'S AND ADOLESCENTS' HEALTH (2016-2030): THE NURTURING CARE FRAMEWORK

- "Investing in early childhood development is one of the best investments a country can make to boost economic growth, promote peaceful and sustainable societies, and eliminate extreme poverty and inequality. Equally important, investing in early childhood development is necessary to uphold the right of every child to survive and thrive" (WHO).

- WHO, UNICEF and the World Bank, in collaboration with the Partnership for Maternal, Newborn & Child Health, the Early Childhood Development Action Network and many other partners, have developed the Nurturing Care Framework.

- "The Framework provides a roadmap for ensuring attainment of the Sustainable Development Goals and survive, thrive and transform goals of the Global Strategy on Women's, Children's and Adolescents' Health" (WHO).

- The Framework outlines:

❑ *why efforts to improve health and wellbeing must begin in the earliest years, from pregnancy to age 3;*

❑ *the major threats to early childhood development;*

❑ *how nurturing care protects young children from the worst effects of adversity and promotes physical, emotional and cognitive development;*

❑ *what families and caregivers need to provide nurturing care for young children.*

- The Framework describes how a whole-of-government and a whole-of-society approach can promote and strengthen the Nurturing Care of young children, what the guiding principles for doing so are, and what strategic actions are needed, and the monitoring of targets and milestones that are essential to progress.

- Cited from: https://www.who.int/maternal_child_adolescent/child/nurturing-care-framework/en/

THE SOCIAL DETERMINANTS OF HEALTH (WHO)
HTTPS://WWW.WHO.INT/SOCIAL_DETERMINANTS/SDH-BROCHURE-MAY2017.PDF?UA=1

- **Economic Stability**
Employment
  - Food Insecurity
  - Housing Instability
  - Poverty
- **Education**
Early Childhood Education and Development
  - Enrolment in Higher Education
  - High School Graduation

- Language and Literacy
- **Social and Community Context**
Civic Participation
  - Discrimination
  - Incarceration
  - Social Cohesion
- **Health and Health Care**
Access to Health Care
  - Access to Primary Care

- Health Literacy
-
- **Neighborhood and Built Environment**
Access to Foods that Support Healthy Eating Patterns
  - Crime and Violence
  - Environmental Conditions
  - Quality of Housing

HUMAN RIGHTS APPROACH TO HEALTH

- The 1948 Universal Declaration of Human Rights also mentioned health as part of the right to an adequate standard of living (art. 25).

- The right to health was again recognized as a human right in the 1966 International Covenant on Economic, Social and Cultural Rights.

- The Convention on the Rights of the Child (commonly abbreviated as the **CRC** or **UNCRC**) is a human rights treaty which sets out the civil, political, economic, social, health and cultural rights of children.

- The CRC has 54 articles.

- http://www.ohchr.org/EN/HRBodies/CRC/Pages/CRCIndex.aspx

- https://www.unicef.org/crc/files/Rights_overview.pdf

- The Right to Health Office of the United Nations High Commissioner for Human Rights Fact Sheet 31.

# COMPREHENSIVE MENTAL HEALTH ACTION PLAN (2013-2020)

- *On May 27, 2013, the World Health Assembly adopted the Comprehensive Mental Health Action Plan 2013–2020.*

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- **Draft comprehensive mental health action plan 2013–2020.**

- http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_10Rev1-en.pdf

- Date: May 16, 2013

- View in Article

-

- Action plan and a resolution by the 194 member states of the WHO.

- Represented a commitment by all member states to take specified actions to:

    A) Improve mental health and

    B) Contribute to the attainment of a set of agreed global targets.

FRAMEWORK CONVERSATION BRIDGES (FCBS) (FOLEY, 2019)

- We are IMH specialists – we don't need to be Global Public Health specialists.

- As a field, we have a unique skill set: we observe interactions and track interactions; at best we engage in the moment, based on what is shared evidence – behaviour and conversation; we look for ports of entry into conversations that optimise engagement and mutual opportunity for sharing and joy.

- To engage in a Global Public Health Conversation, let's choose SDG's, Strategies and Frameworks that are most aligned to the quality of evidence that we currently have in our field and related fields.

IMH-GLOBAL PUBLIC HEALTH ENGAGEMENT FRAMEWORK (FOLEY, 2019)
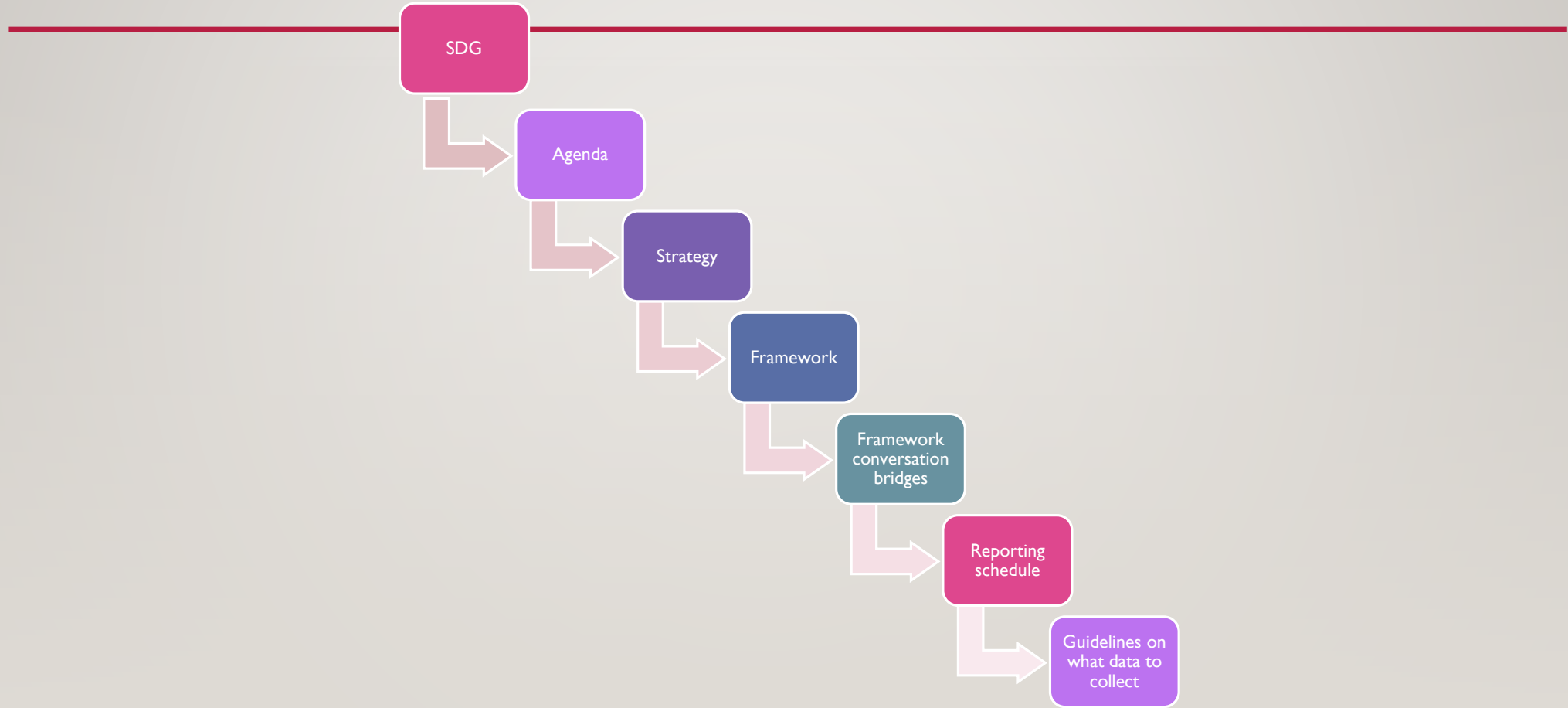
From practice knowledge to informing policy: A process framework

Foley, M. A. (2018) ©

Global issue	PIMH Practitioner knowledge and practice principles	PIMH Principles ("Three principles to improve outcomes for children and families" 2017, Centre on the Developing child at Harvard University)	Relevant SDG and CRC article	Statement (Adapt the order of key ideas to fit the primary audience)
Intergenerational transmission of trauma		Support responsive relationships for children and parents, adults Develop and strengthen core life skills Reduce sources of stress	SDG 3 and 11	Issue, evidence based knowledge about the scope of the issue, objective, PIMH principles that guide action plan, model for action and how it contributes to the global UN SDG and or CRC program
Infants exposed to violence				
Infants exposed to natural disasters				

HEALTH

WHO definition of health:

- "a state of complete **physical, mental and social well-being** and not merely the absence of disease or infirmity … the enjoyment of the highest attainable standard of health is one of the **fundamental rights** of every human being without distinction of race, religion, political belief, economic or social condition."

(Preamble in the 1946 Constitution of the World Health Organization (WHO))

DEFINITIONS OF INFANT MENTAL HEALTH

- "Infant mental health focuses on the social and emotional wellbeing of infants and their caregivers and the various contexts within which care giving takes place. Infant mental health, therefore, focuses on relationships; infant development is conceptualized as always embedded within emergent, active systems of relationships." (Osofsky & Fitzgerald, 2000: 4)

- The 'social, emotional and cognitive wellbeing of a baby within the context of a caregiving relationship' (Fraiberg et al 1987).

- "...infants' and toddlers' day-in, day-out environmental experiences most strongly predict later wellbeing and competence." (Zeanah, 1993: 83)

WHO Mind Project: Mental Improvement For Nations Development
Dr Michelle Funk, Natalie Drew & Dr Edwige Faydi, WHO, Mental Health Policy and Service Development Team, Geneva

What is a Mental Health Policy?

➡ A **mental health policy** is an official statement by a government or health authority that provides the overall direction for mental health by defining a vision, values, principles and objectives, and by establishing a broad model for action to achieve that vision. It is important because it coordinates, through a common vision, all programmes and services related to mental health. The policy document constitutes the official government guideline for the interrelated areas for action or directions that will be taken to improve mental health (see figure 1):

WAIMH RESOURCES

- **WAIMH position paper on the rights of infants (2016).**

 Underpinned by the CRC Comment 7: Implementing child rights in early childhood.

- **Ruth Lyons, K. et al., (2017). The worldwide burden of infant mental and emotional disorder: report of the task force of the world association for infant mental health. *Infant Mental Health Journal***

This article addresses why we need to include infancy, especially 0-3 years into the framework of global mental health considerations.