

# Prevention of childrens mental health problems in Norway

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# Universal prevention

- A good childhood lasts a lifetime

# Prevention

- Norwegian Institute of Public Health 2011-recommendation for prevention
- Goal-
- Good mental health in children and youth
- Prevent mental health problems to develop

# Protective factors/risk factors

- Protective factors: conditions or attributes (skills, strengths, resources, supports or coping strategies) in individuals, families, communities or the larger society that help people deal more effectively with stressful events and reduces or eliminate risk in families and communities. [
- Risk factors : any characteristic of a person (such as age), a situation (such as the severity of a traumatic event), or a person's environment (such as family life) that increases the likelihood that that person will eventually develop a disorder.

# Prevention-protective factors

- Good parenting skills
- High quality kindergardens
- Good schools
  
- Public health nurses

# Universal prevention

- Good quality kindergartens promotes good mental health in small children through positive interaction with the caretakers
- Promotes school readiness in children , especially important for children from disadvantaged families.
- Promotes good social skills

# Prevention

- Good schools
- Giving the pupils a feeling of mastery
- Prevention of bullying
- Prevention of behavioral problems
- Support from parents, teachers and fellow students  
protective factors
- Education gives an opportunity to get a job-promotes  
good mental health

# Parent programs/training

- Parenting skills are one of the strongest predictors for good outcomes for children
- Longitudinal studies from many countries show positive consistent supportive parenting predicts low levels of child problem behavior and enhanced cognitive development
- Good parenting skills is a protective factor even when there are other risk factors, like poverty, parent stress etc

# Parent programs

- Harsh , inconsistent parenting is predictive of poor youth outcomes: problem behaviour, delinquency, drug use, school failure; poor health & mental health

# Parenting programs

- PMTO
- MST
- Incredible Years
- Circle of security
- ICDP-international child development programme
- Marte Meo (videointeraction guidance)
  
- Universal/selective and indicated prevention/treatment

# Incredible Years

- Implementation funded by the Directory of Health
- A series of interlocking evidencebased programs for parents, children and teachers.
- The goal of the programs is to treat and prevent young children's behavior problems
- Universal programs

# Components of effective parent programs

- Social learning theory principles to change parent and child behavior
- Attachment - building warm, close parent-child relations
- Cognitive-behavioral principles to deal with parent stress, anger

# The programs in operation



# Incredible Years parent programme as a universal intervention

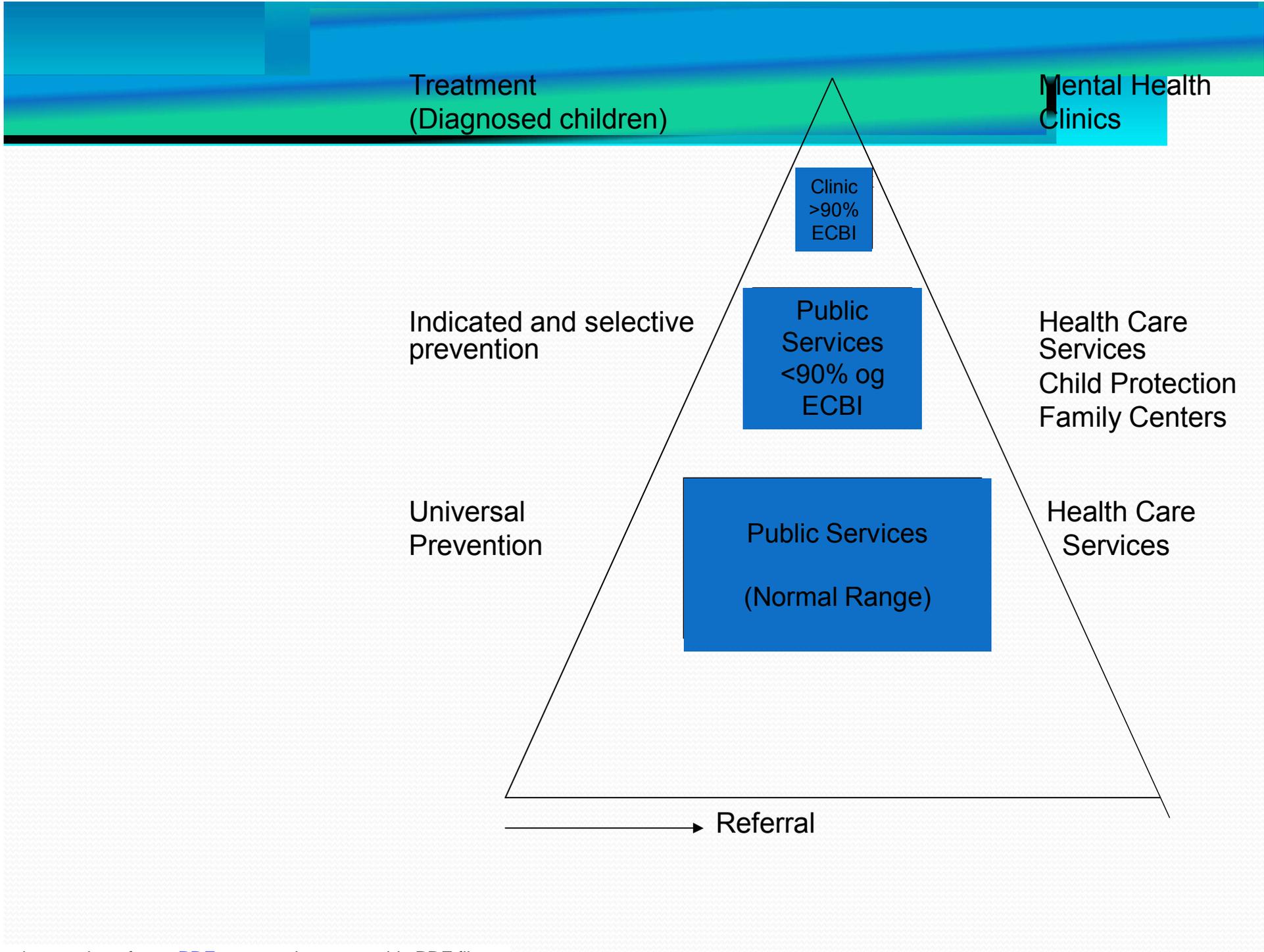
- Mental health promotion in young children 2010
- RCT studying the effect of low "dosage" IY parent training on risk factors in a non clinical population.
- Children the age of 4-8
- The first six meetings of the old basic programme
- (play, praise, the use of incentives)
- Charlotte Reedtz

# Universal study results

- Reduction in harsh parenting
- Reduction in child misbehaviour
- Strengthening of positive parenting
- Strengthening of parent's sense of competence

# Attentive Parenting Program

- Incredible Years' Universal program
- Universal programme 6-8 weeks
- Programme for parents of children 2-6 years of age.
- Same format as the other parent programmes, with vignettes, discussions , roleplays and home activities



# Prevention

- Selective and indicated prevention
- Groups with presence of risk factors
- Individuals with symptoms of disorders

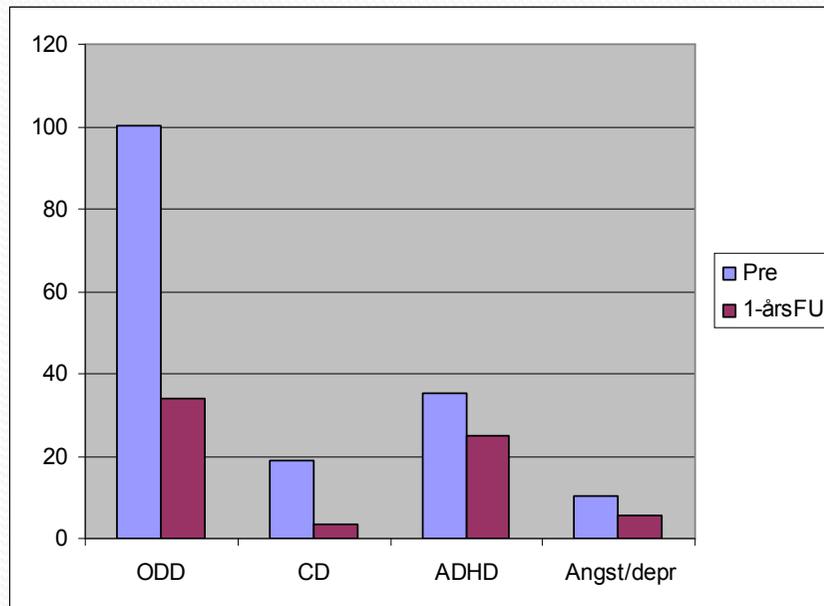
# Incredible Years/selective and indicated prevention

- Incredible years preschool basic program 3-6 years
- Incredible years school age program 6-12 years

# Treatment

- Children diagnosed with conduct disorder at a young age-treatment as prevention.
- Children with untreated CD at risk for lifelong mental health or social problems
- Early intervention can prevent a negative pathway.

# The Norwegian RCT 2002-2005



# PARENTING PYRAMID

