

# Developing a concept for integrated services to improve children's mental health

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# Background:

- No child mental health concept, strategy or other regulation in Estonia;
- The prevalence of mental health problems among young people is increasing;
- Health, social and educational systems are fragmented and with low service integration;
- Insufficient national coordination and responsibility is dispersed.

# Objectives of the project:

- Develop a **concept paper** to build up a system of early detection and intervention to support **children`s mental health**;
- Improve **evidence based interventions and provide trainings for specialists** to gain better results in early detection;
- Secure **regional coverage and cooperation** with integrated health, educational and social care services to reduce mental health problems;

# Project activities (1)

## The mapping of current situation:

### Information, who needs help, is not available

- Legal restrictions are unclear
- Databases are fragmented
- Awareness in society is low

### Quality of services is not ensured

- Mental health specialists are overloaded
- Competencies are not sufficient
- The guidelines and standards are missing or incomplete

### The availability of services are not equal

- Services are not integrated and don't base on the childrens needs
- Project based services are not sustainable
- The majority of services are not located in municipality level.

# Project activities (2)

## Developing assessment tools

Developmental needs	Parenting capacity	Family and environmental factors
M-CHAT – R - The Modified Checklist for Autism in Toddlers	<b>PSOC</b> – parenting sense of competence scale	<b>PFS</b> – protective factors survey
<b>CRS- R</b> – Conners Rating Scales - revised	<b>PS</b> – parenting scale	<b>FFSS</b> – family functioning style scale
<b>SES</b> – Self esteem Scale	<b>ECBI</b> – Eyberg Child Behavior Inventory	<b>FES</b> – family empowerment scale
<b>ChEAT</b> Eating Attitudes Test	<b>PSI-4</b> – Parenting Stress Index	<b>FAD</b> – Family Assessment Device
<b>PAQ</b> – physical activities questionnaire		<b>KIDSCREEN – 52</b> psysical, emotional, psychological and social wellness screening test to pupils
<b>DUDIT</b> – Drug use Disorders identification test		
<b>AUDIT</b> – Alcohol use Disorders identification test		

# Project activities (3)

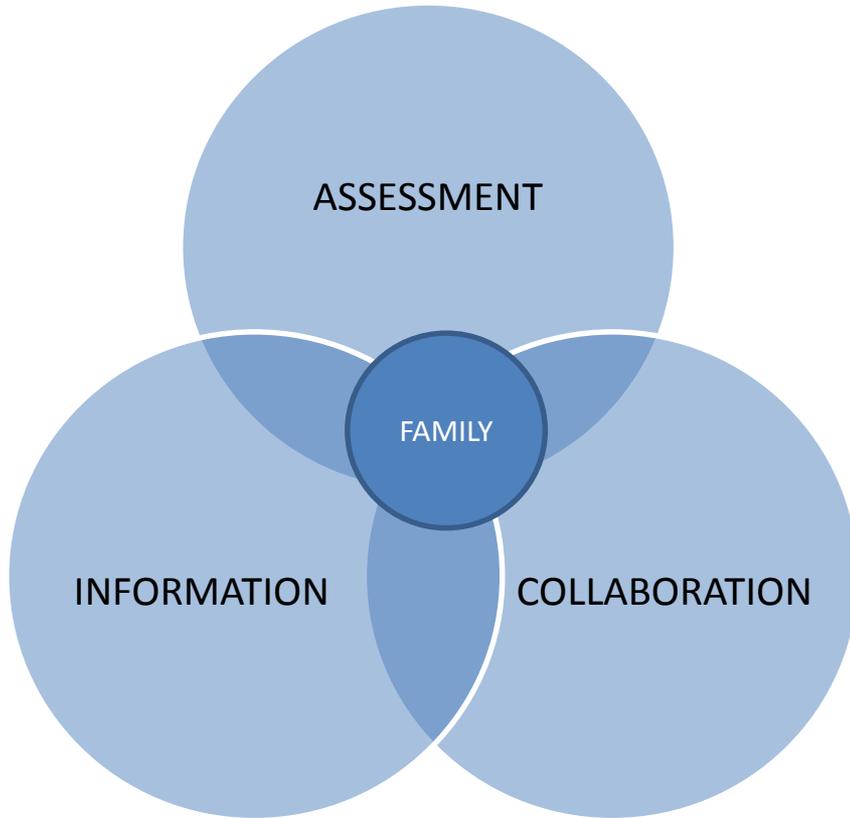
## Early interventions

- Analysis of specialists competencies and additional training needs
- Evidence-based prevention programmes
- 0-18 children`s health checkups - new guideline + first home visit for every newborn
- Lobby and communication to rise the awareness the society to early detection

# Level of services



# INTEGRATED SERVICES



- HEALTHCARE
- SOCIAL AFFAIRS
- EDUCATION

# The structure of concept:

- Organization and management
- Promotion and prevention
- Services and their integration
- Information and studies

# Conclusion:

- Children`s well - being and mental health needs to support through the parents and specialists;
- Standards, competencies and evidence based interventions insure the quality of services;
- Prevention and early detection is low price than to deal with consequences;
- Assessment of family needs and multiprofessional collaboration ensures success.

Every child is important  
and deserves happy childhood!

Thank you!

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