Child Maltreatment Prevention:

A Strategic Approach to Improving the Public’s Health

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Objectives

- Broaden the conversation about CM
- What do we know?
- What should we do with what we know?
- What are important gaps?
- What can states do?
Child Maltreatment is a Public Health Problem

- 2007 → approximately 800,000 cases of non-fatal CM & 1,700 deaths
- Child maltreatment has multiple negative consequences
The Influence of Child Maltreatment Throughout Life

- Child Maltreatment
- Social, Emotional, & Cognitive Impairment
- Adoption of Health-risk Behaviors
- Disease, Disability, and Social Problems
- Early Death
- Death

Birth
The Adverse Childhood Experiences (ACE) Study

- Retrospective cohort study of HMO population
- Impact of adverse childhood experiences on health throughout the lifespan
- What are Adverse Childhood Experiences (ACEs)?
  - Childhood maltreatment
  - Growing up with intimate partner violence, household substance abuse or mental illness, parental separation or divorce, household crime
## Prevalence of ACEs, ACE Study Wave 2

<table>
<thead>
<tr>
<th>Adverse exposure</th>
<th>Prevalence (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional abuse</td>
<td>10.5</td>
</tr>
<tr>
<td>Physical abuse</td>
<td>28.3</td>
</tr>
<tr>
<td>Sexual abuse</td>
<td>20.7</td>
</tr>
<tr>
<td>Household substance abuse</td>
<td>11.6</td>
</tr>
<tr>
<td>Household mental illness</td>
<td>19.4</td>
</tr>
<tr>
<td>Battered mother</td>
<td>12.7</td>
</tr>
<tr>
<td>Incarcerated household member</td>
<td>4.7</td>
</tr>
<tr>
<td>Parental separation or divorce</td>
<td>23.2</td>
</tr>
<tr>
<td>At least one ACE</td>
<td>60.5</td>
</tr>
</tbody>
</table>
Childhood Experiences and Chronic Depression

Consequences of Child Maltreatment

Health risk behaviors
- Alcohol abuse
- Behavioral problems
- Injected/illicit drug use
- Sexual risk behavior
- Smoking

Mental, reproductive, other social problems
- Anxiety
- Depression
- Eating Disorders
- Obesity
- PTSD
- School failure
- Unwanted pregnancy

Disease and Injury Conditions
- Cancer
- Chronic bronchitis/emphysema
- Diabetes
- Ischemic heart disease
- Hepatitis
- Skeletal fractures
- STD/HIV
- Stroke
- Suicide
Neurobiological Mechanism

Healthy Brain
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional, in regions like the temporal lobes (top), early childhood experiences wire the circuits.

Front

Temporal lobes

Back

An Abused Brain
This PET scan of the brain of a Romanian orphan who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.
Safe, Stable and Nurturing Relationships & Environments
Safe, Stable and Nurturing Relationships and Environments

- **Safety** → free from fear & secure from physical or psychological harm
- **Stability** → interactions with caregivers are predictable and consistent
- **Nurture** → caregivers are available and able to meet the physical, developmental, and emotional needs of the child
Healthy Development:
Safe, Stable and Nurturing Relationships and Environments

- Prevent CM
- Buffer effects if adverse events to occur
- Build healthy brain architecture that provides a strong foundation for future health
Linking early prevention to short- and long-term health outcomes

1. Early Interventions
   - Safe, stable, and Nurturing Relationships & Environments

2. Preventing and Buffering Against Early Adversity
3. Child Development
   - Brain architecture
   - Cognitive, Emotional, Social and Behavioral Competencies
4. Economic Productivity
5. Social and Economic Advantage
6. Reducing Adolescent and Adult Risk Behaviors
7. Child and Adolescent Mental/Physical Health
8. Adult Mental/Physical Health
Early Intervention as a Strategic Approach to Improving Public Health
What is a Strategic Public Health Approach?

A prevention strategy or set of strategies that:

- has a substantial impact on health
- has the potential to change many health outcomes at once
- is scientifically grounded
- is politically feasible
Early Intervention Approaches: Parent Training and Support

Why Parent Training & Support?
- Parents are key source of SSNRs
- Parenting behaviors are modifiable
- Programs with an evidence base exist

Examples
- Nurse Family Partnership
- Triple P
Early Intervention Approaches: GAPS & Challenges

- Difficulty engaging & retaining parents
- Evidence-based strategies are resource intensive
- Content Gaps
- Lack public health involvement
#1 Challenge: Closing the Gap Between What We Know and What We Do

Need to address the paradox of a rich and growing science base and increased awareness of the importance of the early years of life, yet persistent resistance to significant investment in the healthy development of young children, particularly those coping with toxic stress.
What can States do?

- **Focus on the evidence base**
  - CM & other adverse experiences linked to negative outcomes across the lifespan (including physical health)
  - Early interventions can make a difference
  - Safety, Stability and Nurturance are key
  - Good evidence base for parent training and support
  - Invest in continued evaluation of funded programs

- **Engage the Public Health Sector**
  - History of focusing on primary prevention approaches
  - Potential Infrastructure for planning, coordination & delivery

- **Build political and social will for early interventions**
  - Making the link to health outcomes & thus health care reform
“...a powerful way to change the world is to make it better for kids.”

Jack P. Shonkoff
National Scientific Council for the Developing Child
For more information

Visit CDC’s National Center for Injury Prevention and Control web site:

www.cdc.gov/ncipc

The findings and conclusions of this presentation have not been formally disseminated by the Centers for Disease Control and Prevention and should not be construed to represent any agency determination or policy.
Universal Parenting

Universal

Selected

Indicated

Current knowledge
Building State-based Public Health Leadership Models

- $1.2 M from the Doris Duke Foundation to identify best practices and core components of state public health models to address child maltreatment and promote SSNRs
Discovery Pipeline

- What we don’t know about burden and measurement
  - Economics
  - SSNR measurement

- What we don’t know about etiology
  - Perpetration
Challenges to broad adoption of evidence-based parent training

- Resource intensive
  - Initially for indicated populations
  - One-on-one, face-to-face
  - Highly trained staff

- Engaging & retaining parents
  - Lack of reach to populations most in need
  - Difficulty enrolling, engaging, and retaining program participants
**Triple P Positive Parenting Program**

- Examine the effectiveness of a multi-level system of parent training for families with young children

- Strong evidence base for decreasing child behavior problems
Population-based Approach

- Everybody
- All Families in a Specific Setting
- Families at Risk
- Families in Crisis

- Media
- Brief Consultations in Primary Care Settings
- Parenting Skills Training
- Intensive Counseling
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Triple P Effectiveness Trial

- Randomized population-level trial

- Implemented Triple P in 9 counties in SC
  - Train providers (n = 649)
  - Conduct media campaign

- Track CM data and injuries over time in Triple P counties & 9 comparison counties
Triple P Results

- Results for Triple P counties:
  - Smaller increases in substantiated child maltreatment cases
  - Reductions in out of home placements
  - Reductions in child hospitalizations and ER visits due to CM injuries

http://www.springerlink.com/content/a737l8k76218j7k2/?p=587ecf68cf6745058cb3e636889cdf70&pi=0
Attrition Projects

- Purpose was to increase engagement and participation
- Enhance effective parenting program & assess:
  - Parental engagement and attrition
  - Program effectiveness
Using Technology to Prevent Child Maltreatment

- Purpose was to determine whether technology can be used to increase enrollment, retention, or fidelity of implementation, improve parenting, and reduce CM
- 2005 Funding Announcement in collaboration with Doris Duke and CDC Foundations
- 3 projects funded
Abusive Head Trauma Prevention Research

- Purpose was to test effectiveness of statewide AHT prevention efforts, examine mediators of change, and explore cost effectiveness

- 2007 Funding Announcement

- Two projects funded
Parent Training Meta-analysis


- Information on PT, but major differences in:
  - Program content
  - Program delivery
  - Participant parents
  - Evaluation quality

- What is happening in programs that “work”
Parent Training Meta-analysis
Results

- Overall, Parent Training (PT) has positive effects
  - All PT NOT created equal

- Components associated with better parent and/or child outcomes
  - Teaching parents:
    - relationship-building communication skills
    - consistent disciplinary responding
    - proper use of time-out
    - positive interaction skills
  - Having parents practice with own child during parent training