Two-Generation Lens to Support Children’s Healthy Development: Opportunities in Treating Maternal Depression

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Two-Generational Strategies for the First Years of Life

• Two-generational strategies take into account:
  ▪ Parents’ importance to children both as nurturers and as providers; and
  ▪ Children’s importance in parents’ lives.

• Parents are essential in a child’s earliest years.
Parents Are Crucial to Children’s Development

No finding in child development research is stronger than the role of parents in a child’s success.
Parents and Children in a Negative Cycle

- Low-wage work, bad conditions
- Parent misses work, loses pay and/or job
- Stressed parent, unstable income and child care
- Child behavior and development problems
- Less-than-optimal parenting
Upcoming CLASP Report

Promoting Children’s Development by Identifying and Treating Maternal Depression: A Scan of Policy Opportunities, Challenges, and Early Action Steps
What is Known about Maternal Depression Screening and Treatment

• Maternal Depression is common, particularly among low-income women.

• Depression is highly treatable, yet many low-income mothers do not receive treatment.

• Untreated maternal depression undercuts a young child’s cognitive, socio-emotional, and behavioral development.
Maternal Depression: Current Landscape

• Affordable Care Act
  ▪ Medicaid expansion;
  ▪ Strengthened mental health benefits;
  ▪ Coverage of preventative services; and
  ▪ Integrated primary and behavioral health homes.

• State Policy Choices in Medicaid and health reforms

• Direct Barriers to Accessing Treatment
Emerging Innovations

• Strategies to Find Mothers Where they are: In Early Childhood Programs
• Medicaid Reimbursement for Dyadic Therapy and In-Home Treatment
• Finding a Way to Extend Post-Partum Medicaid Coverage
• Integrating Behavioral and Physical Health Care
• Using Federal Decisions to Inform State Policy
• Collaboration Amongst Key Stakeholders
Next Steps

- **Convene stakeholders** from the health/Medicaid, mental health, and early childhood fields.
- **Create a “policy checklist”** identifying specific areas of state policies that could be improved to support maternal depression screening and treatment.
Resources and Contact Information

- Coming soon! *Promoting Children’s Development by Identifying and Treating Maternal Depression: A Scan of Policy Opportunities, Challenges, and Early Action Steps*
- Maternal Depression: Why It Matters to an Anti-Poverty Agenda for Parents and Children
- Thriving Children, Successful Parents: A Two-Generation Approach to Policy
- TANF and the First Year of Life: Making a Difference at a Pivotal Moment

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