Parent & Early Childhood Intervention to Break Cycles of Intergenerational SA

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Family Life (esp. caregiver/parent-child relationships) is a Prism through which Social Determinants can be refracted, deflected or reflected to intensify or protect against substance use outcomes.
TAKE HOME MESSAGES
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• **First 1000 days of life** are the most influential on a human’s social, emotional and behavioral development, which is highly predictive of SA risks or protection across the life course.

• **Early parenting** is a developmental phase that provides opportunity for behavioral redirection.

• **Early childhood home-visiting** is a widely implemented, highly scalable, cost-effective intervention with broader potential to impact SA prevention, early identification, and connection to treatment strategies.

• The future = **Precision Home-Visiting to break cycles of intergenerational SA?**
What We Have Learned About Parenting and Early Childhood Behavior?

Poor parenting
(poor parental self-efficacy, inconsistent discipline; restrictive, coercive parenting, abuse/neglect)

Externalizing and internalizing behaviors in early childhood

Early onset substance use problems
Illicit Drug Use
Non Medical Opioid Use
Teen/unplanned pregnancy and other BH/MH problems

Where to begin to break the cycle?

Unprepared parenthood → Early Child Neglect → Worsening Substance Abuse → Behavior Problems → Poor School Readiness → Unprepared parenthood

Stop the cycle of intergenerational ACES

Early Substance Use → Drop-out
Family Spirit Intervention

Home-Based Outreach

Structured curriculum taught by empathic, culturally matched paraprofessional home visitors to vulnerable mothers from pregnancy – 36 mos post-partum

Family Involvement

Community Referrals

- 20 years at conception
- 41% currently in school
- 51% lived in ≥ 2 homes in past year
- 32% depression Sx

Lifetime drug use:
- 84% alcohol
- 79% marijuana
- 28% meth
- 25% cocaine

Opioid/IDU?
How Does the Family Spirit Model Work?

*Adapted from Patterson et al., 1989 for Family Spirit Intervention

Family and Community of Origin

Parental Factors

Socioeconomic Status

PARENTING

Child Factors

Behavior Outcomes

Parental Factors/Stressors:
* Reduced substance use
* Reduced depression
* Reduced externalizing problems
* Reduced total behavior problems

Stressors

Parenting:
* Knowledge
* Self-efficacy
* Maternal role attainment
* Maternal involvement
* Reduce Parenting Stress

Child Outcomes:
* Reduced externalizing
* Reduced internalizing
* Reduced dysregulation
* Fewer in “at-risk” range

The Future: “Precision” Home Visiting
People need and want different things

VS.
Active ingredients?

Each family gets what they need and want?

Design Modularity
IMPACT POTENTIAL

- 79,000 families reached by early childhood HV in every US state in 2019
- Key characteristics: poverty, history of abuse/neglect, IPV, SA
- Proven impacts on children’s externalizing and internalizing problems → protection against future SA risks
- Precision HV approaches could improve SA impacts, engagement, efficiency and reach