

Engaging Mental Health Services for Preschoolers at Risk

Status: RECRUITING

Eligibility Criteria

Sex: ALL

Age: 18 years and over

Healthy Volunteers: This study is NOT accepting healthy volunteers

Inclusion Criteria:

- Family Navigators: Having experience working as family navigator and/or community health worker; Latinx, Black or White; > 18 years old.
- Caregivers: current caregiver of a HStart preschooler at-risk for MH disorders (ASQ-SE above threshold score)
- Teachers: Current Head Start (HStart) teacher from one of the 2 HStart site;> 18 years old; Any race/ethnicity.
- PCPs: Currently providing primary care for HStart preschool age children at risk for MH disorders; > 18 years old; Any race/ethnicity.

Exclusion Criteria:

- Unable to read/speak either English or Spanish.

Conditions & Interventions

Interventions:

OTHER: NTRI-MH

Conditions:

Mental Health Disorder, Family Navigation, Minoritized Population, Preschool Age Children

Keywords:

Family Navigation, mental health disorder, Preschool Age Children

More Information

Description:

Most mental health (MH) disorders develop in early childhood but are not clinically identified or treated until later-delaying treatment services that could prevent the enduring effects of long-term MH problems. Moreover, low income, ethno-racial minoritized children who exhibit higher rates of persistent MH disorders, are at greater risk for lags in identification and treatment. Head Start (HStart) has shown early school success for low-income children, aged 3-5 years, who are disproportionately Black or Latinx. HStart monitors early childhood MH symptoms, yet studies have found that when detected, only those most impaired are referred for treatment. In our research, the investigators learned that system and individual level barriers preclude early treatment among HStart preschoolers with developmental concern. The investigators showed that caregivers encountered system barriers of HStart teachers and primary care providers (PCPs) falling behind in referrals for intervention, and caregiver beliefs about stigma, their limited knowledge and distrust of healthcare hindered early engagement in services. Studies on MH treatment obstacles for low-income, ethno-racial minoritized people illustrate similar barriers to those found among HStart preschoolers with developmental concern. We developed and tested an ethno-racially matched, peer-based family navigator program for HStart preschoolers with developmental concern. Navigators used trust and empowerment to increase caregiver advocacy thereby leading to improved professional alliances and treatment. A navigator program for those with primary MH concerns has not been trialed. For Aim 1, the investigators aim to tailor and trial in a case series the Navigate-Train-Referral-Intervention Mental Health (NTRI-MH) intervention to promote access, engagement, coordination, and optimization of services for preschoolers with MH symptoms. The investigators have used focus group feedback from caregiver, navigator, HStart teacher, and PCP stakeholders to adapt NTRI-MH and created a web-based dashboard to monitor outcomes (Phase 1). Then, for phase 2, the investigators will conduct a feasibility study for caregivers of HStart preschoolers with MH symptoms, guided by ethno-racially matched family navigators and referrals by HStart teachers and PCPs (n=20). Further, for Aim 2, the investigators will pilot test NTRI-MH for caregivers of preschoolers with MH symptoms compared to an active control group of caregivers who receive child behavior training (n=86). The investigators will trial the effectiveness of the NTRI-MH mechanisms of caregiver beliefs on MH, empowerment, and professional alliances on family functioning and child emotion regulation. If the aims of the project are achieved, this study would have a large impact on early MH service use for ethno-racial minoritized young children with the potential to improve child MH outcomes.

Contact(s): Andrea Davila Bocaranda - andrea.davilabocaranda@cchmc.org

Principal Investigator:

Principal Investigator ID:

Phase: NA

IRB Number:

System ID: NCT07054554

Thank you for choosing StudyFinder. Please visit <http://studyfinder.cchmc.org> to find a Study which is right for you and contact clinicalstudies@cchmc.org if you have questions or need assistance.