



DIGITAL DIALOGUE

SUPPORTING VULNERABLE FAMILIES



Parental Depression and Its Impact on Child and Family Well-Being



Speakers

*Join the National
Conversation
on Child Abuse
and Neglect*



GUEST

Jessica Dym Bartlett, MSW, PhD

Deputy Program Area Director

Early Childhood Development & Child Welfare

Child Trends



MODERATOR

Nilofer Ahsan

Lead, Knowledge & Partnerships

CANTASD

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Parental Depression

- Depression affects >16 million adults.
- Depression is as common during pregnancy as in the postpartum period.
 - 1 in 7 new mothers
- High rates in:
 - Child welfare (25% in NSCAW)
 - Home visiting (23-57%)
- Less is known about fathers than mothers.
 - 5-10% postpartum depression
 - Higher in low-income samples (18% in Early Head Start)
- Approximately 15.6 million children—1 in 5—live with a parent who is severely depressed.



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(Ammerman et al., 2010; NSCAW, 2005; NIMH, 2017; Paulson & Bazemore, 2010 ; Wisner et al., 2013)

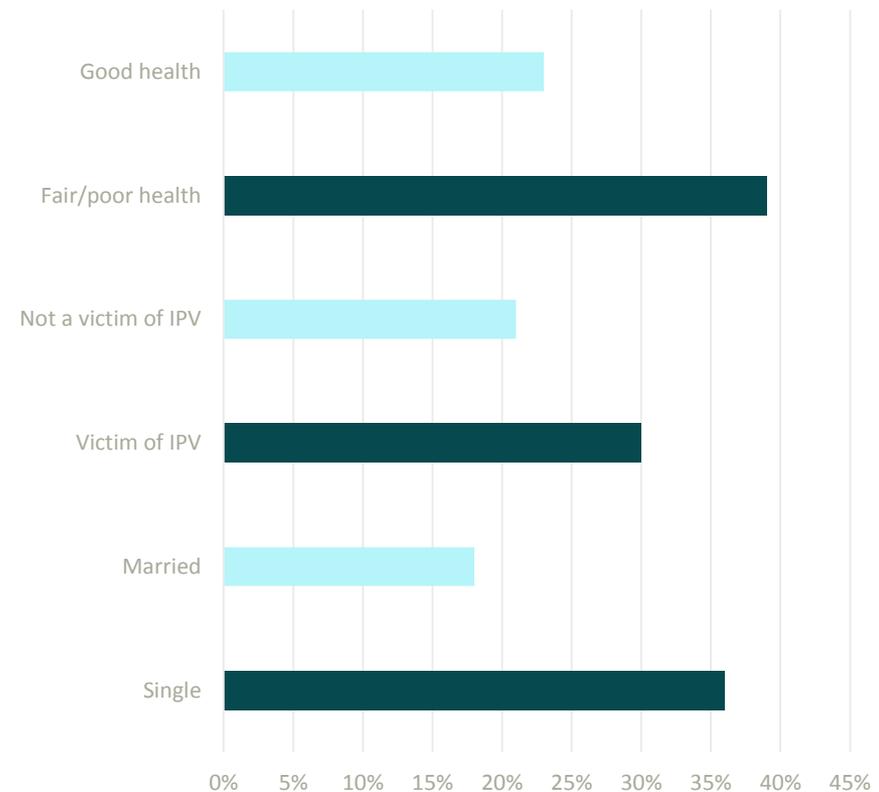
Untreated parental depression can undermine healthy parenting

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Compared to their non-depressed peers, mothers who are depressed exhibit more:

- Hostility
- Negative affect
- Less warmth
- Withdrawn, disengaged
- Abusive and neglectful

Factors Associated w/Depression



Untreated parental depression can have harmful consequences for children

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Compared to children of non-depressed parents, children of depressed parents experience more:

- Behavior problems
- Difficulties coping with stress
- Insecure attachments
- Problems forming healthy relationships
- Academic problems
- Mental health issues
- Physical health issues



There is also evidence of effects on fetal neurobehavioral development.

(Allister et al., 2001; Kinsella & Monk, 2009; DiPietro et al., 1996)

Treatment for parental depression should address impacts on parenting and children

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- The focus of treatment often is on the parent's well-being without attending to the quality of parent-child interactions or child well-being
- Two-generation approaches are optimal



Parental depression can impede intervention effectiveness

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- Parental depression can negatively impact service delivery and intervention outcomes
- Important to provide service providers (e.g., pediatricians, home visitors, early care and education staff) adequate training on screening, referral, and follow-up, e.g.:
 - Moving Beyond Depression
 - Mamás y Bebés



Thinking systemically about addressing parental depression

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- Increase public awareness and decrease stigma
- Early identification through screening
- Training service providers to screen, refer, and follow up
- Two-generational strategies
- Incorporating programs into ongoing service provision
- Integrating and collaborating with mental health partners



Resources

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- Bartlett, J. (2017). [5 things to know about parental depression](#). Bethesda, MD: Child Trends.
- CDC Feature: Maternal Depression: <https://www.cdc.gov/features/maternal-depression/index.html>
- Post-Partum Support International: www.postpartum.net
- National Survey of Child and Adolescent Well-Being (NSCAW, n.d.). [Depression among caregivers of young children reported for child maltreatment](#).
- Saxe, D. (2017, August 26). [Postpartum depression can affect dads](#). *Scientific American*.
- Ammerman, R. T., et al. (2010). [Maternal depression in home visitation: A systematic review](#). *Aggression & Violent Behavior*, 15(3), 191-200.

Thank You and Next Steps

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- Download the handouts to learn more. Click on the files in the “Handouts” box on your screen.
- Do you have innovative ideas, questions, or concerns about supporting vulnerable families? Tell us about your work. Send an e-mail to **hello@CANTASD.org** with “supporting vulnerable families” in the subject line.

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Participant Feedback

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Thank you for your participation!

How useful was this session?

Additional Comments: hello@CANTASD.org

