



# Infant Brain Development

January 28, 2025

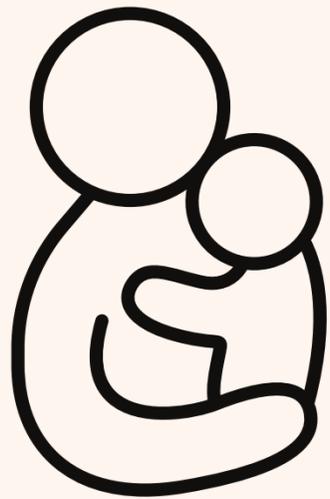
[childinst.org](http://childinst.org)

  
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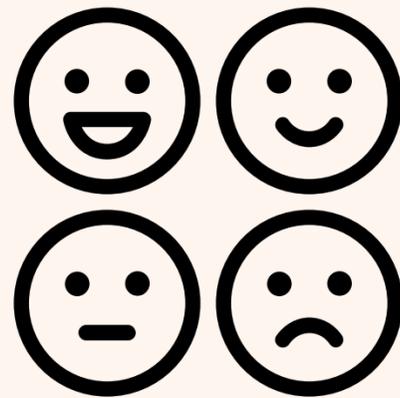
# Infant & Early Childhood Mental Health

is developing the capacity of the infant/young child to:

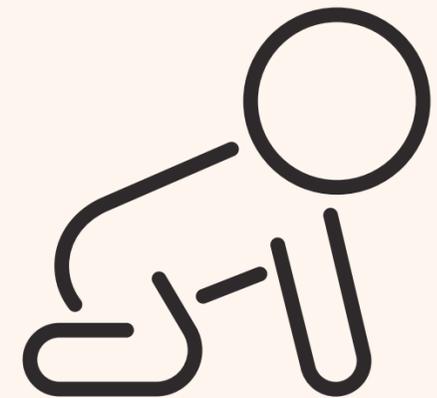
form close & secure relationships



experience, manage, and express a full range of emotions



explore the environment and learn



**all in the context of family, community, and culture.**

# Early Childhood Mental Health is **Relational Health**

**Strong families**



**In strong communities**



# ACEs & PCEs together inform EC mental health

## Adverse Childhood Experiences

- Experiencing abuse or neglect
- Witnessing violence
- Family member attempt or die by suicide
- Family member substance use disorder
- Family member mental health challenges
- Separation from parents
- Family member incarceration

## Positive Childhood Experiences

- Nurturing relationships
- Basic needs met
- Quality time
- Safe communities
- Medical care
- Early learning & care



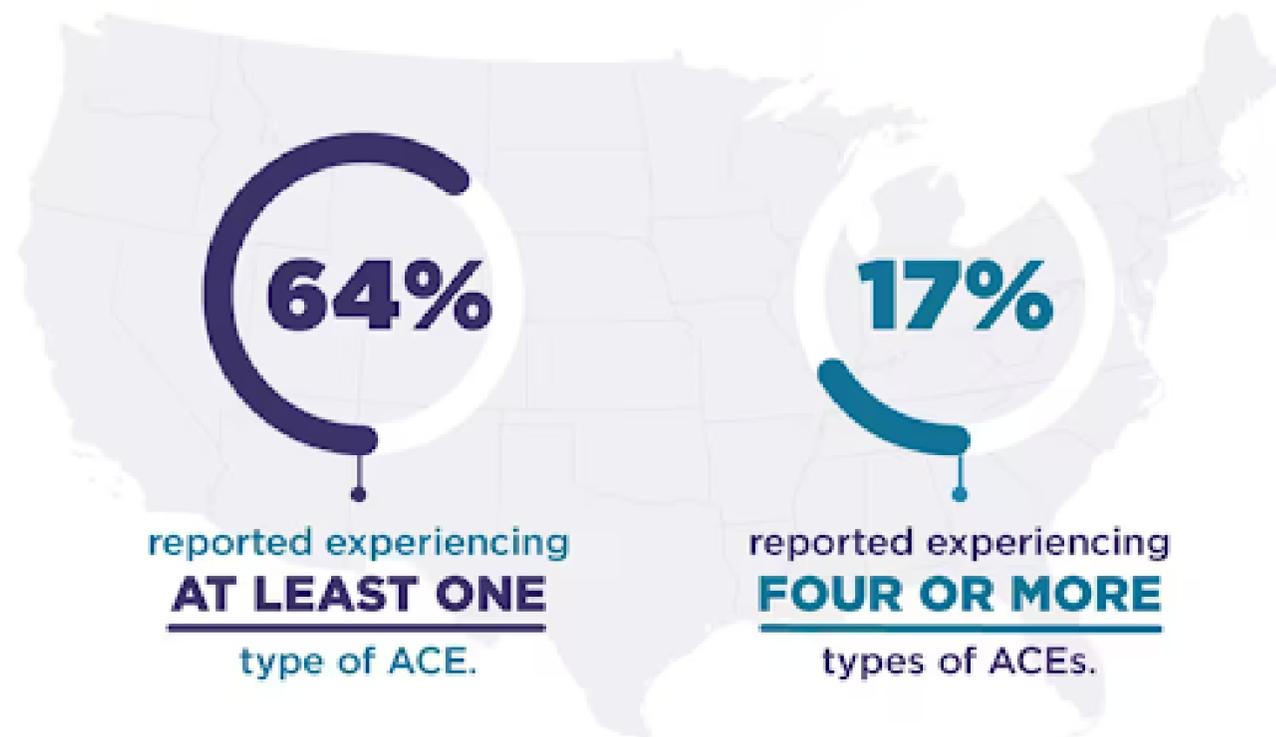
Source: [Center for Disease Control](#)

[American Society for the Positive Care of Children](#)

# ACEs Prevalence

## Many People Report ACEs

According to data collected from **adults across all 50 states and the District of Columbia** between 2011 and 2020:



## **4+ ACEs without treatment leads to:**

- **7.4x** increased alcoholism
- **12.2x** attempted suicide risk
- **20-year** decreased life expectancy

Source: [The Burke Foundation](#)

## ACEs Can Increase Risk for Disease, Early Death, and Poor Social Outcomes

Research shows that **experiencing a higher number of ACEs** is associated with **many of the leading causes of death** like heart disease and cancer.



### CHRONIC HEALTH CONDITIONS

- Coronary heart disease
- Stroke
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Cancer
- Kidney disease
- Diabetes
- Obesity



### MENTAL HEALTH CONDITIONS AND SUBSTANCE USE DISORDERS

- Depression
- Substance use disorder including alcohol, opioids, and tobacco



### HEALTH RISK BEHAVIORS

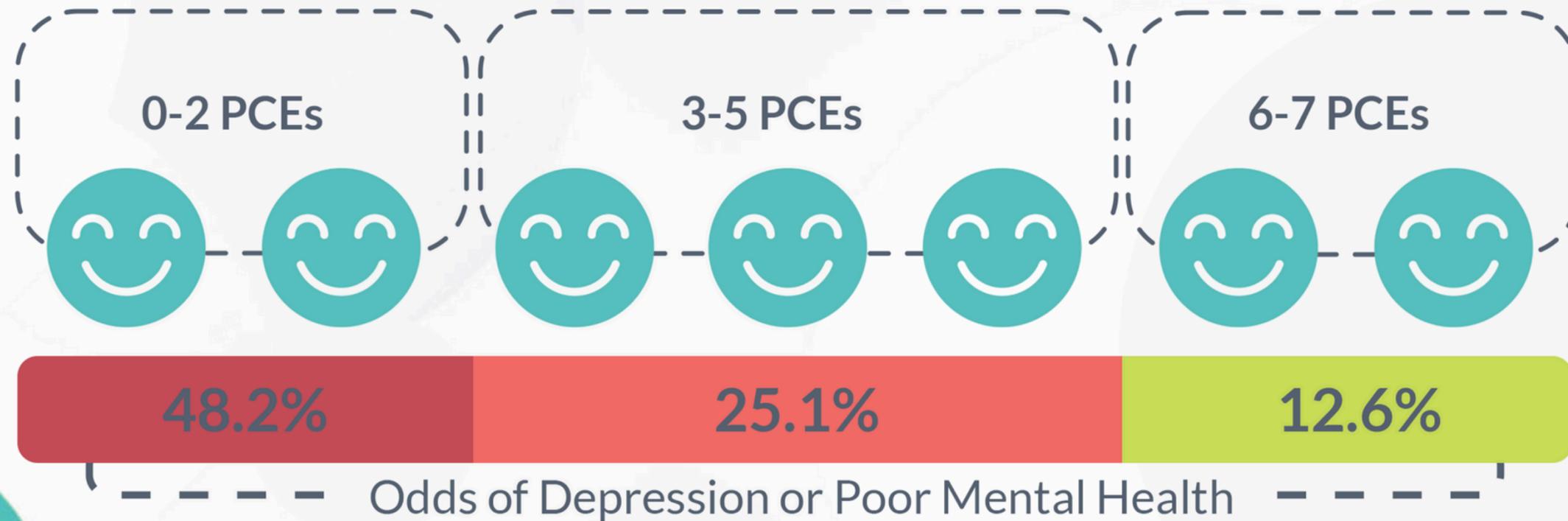
- Smoking
- Excessive alcohol use
- Substance misuse
- Physical inactivity
- Risky sexual behavior
- Suicidal thoughts and behavior



### SOCIAL OUTCOMES

- Lack of health insurance
- Unemployment
- Less than high school diploma or equivalent education

# Impact of PCEs



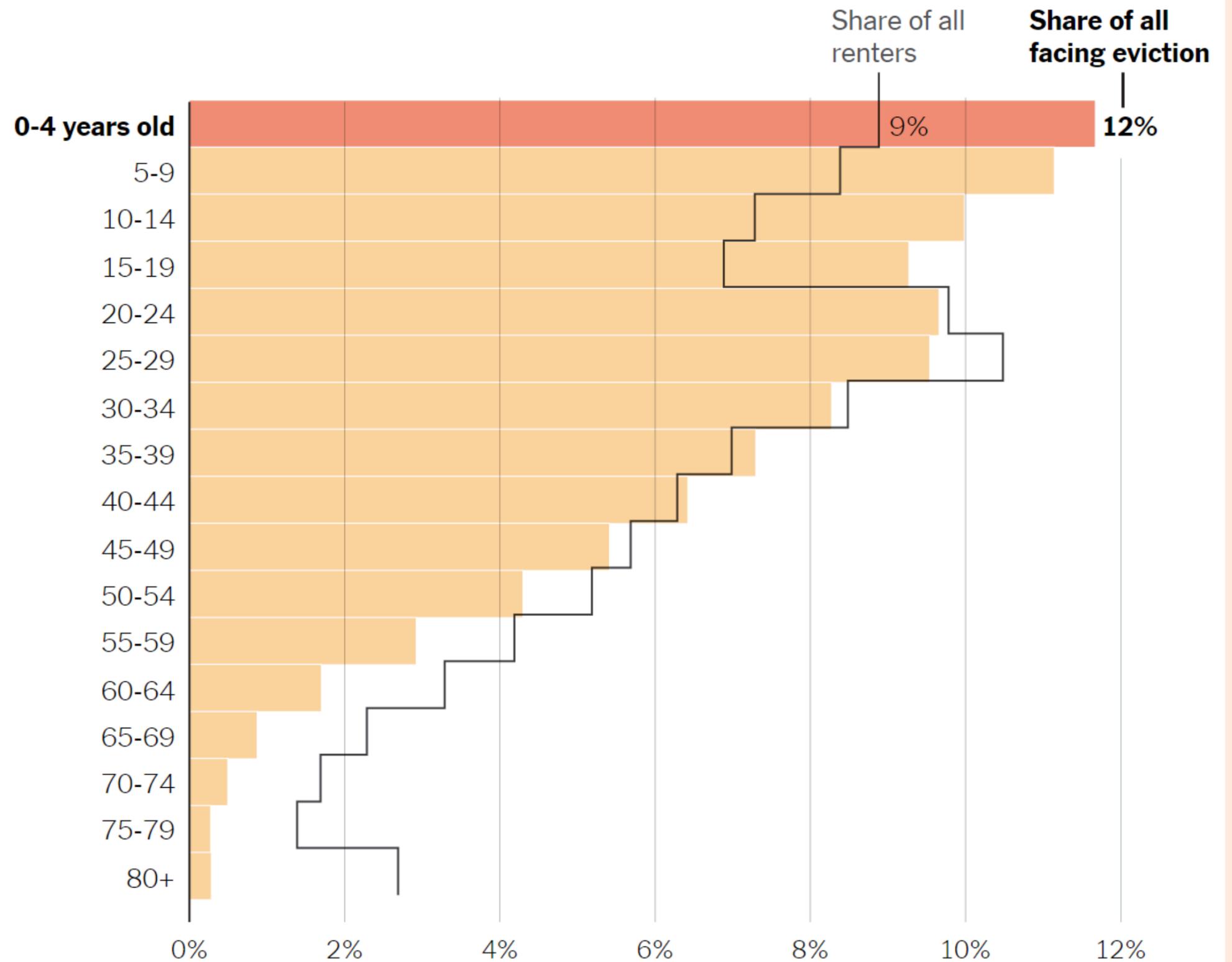
# POP QUIZ: How is Oregon doing?

**Get out your pencil and answer these questions:**

- (1) What age are you most likely to be evicted from your home?
- (2) How many Oregon infants & toddlers are homeless?
- (3) By what age do children experience 1/2 of their ACES?
- (4) What percentage of families with risk factors access home visiting?
- (5) What percentage of families with a 0-5 year old access parent-child mental health services?

**(1) Birth to 1 is the age you are most likely to be evicted from your home**

The younger you are, the more likely you are to face eviction



Source: "A Comprehensive Demographic Profile of the United States Evicted Population," by researchers at Princeton, Rutgers and the U.S. Census Bureau • Note: Data covers 2007-2016.

**(2) 5,392 infants and toddlers  
in Oregon are homeless**

**(3) 50% of children's ACEs are  
acquired by their 3rd birthday**

**(4) 20% of families with risk factors access home visiting**

**(5) 4.2% of families on  
Medicaid with 0-5 year old  
access mental health  
services**

**12.8%** of the ~6,270 children engaged in **child welfare** in their first five years of life

**5.5%** of the ~18,486 children with **incarcerated parent/s** for at least a year in their first five years of life

**5.5%** of the ~20,910 children with **parent/s accessing SUD treatment**

# Public Policy Strategies that Support Early Brain Development

<b>Strengthen economic support</b>	<ul style="list-style-type: none"><li>• <b>Child tax credits</b></li><li>• <b>Child care subsidy</b></li><li>• <b>Paid leave</b></li></ul>
<b>Ensure a strong start for children</b>	<ul style="list-style-type: none"><li>• <b>Home visiting</b></li><li>• <b>Quality child care</b></li><li>• <b>Preschool + family engagement</b></li></ul>
<b>Teach Skills</b>	<ul style="list-style-type: none"><li>• <b>Social emotional learning</b></li><li>• <b>Parenting Education</b></li></ul>
<b>Intervention</b>	<ul style="list-style-type: none"><li>• <b>Therapy</b></li><li>• <b>Family-centered SUD treatment</b></li></ul>

Source: [Centers for Disease Control](#)

# OREGON LANDSCAPE





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# Thank you!

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