



INTERGENERATIONAL FAMILY SERVICES IN PEDIATRIC SETTINGS: A SNAPSHOT OF A RESEARCH PORTFOLIO

There is robust, increasing evidence that parental health directly impacts the health of their children. We're developing, implementing and sustaining programs to provide more intergenerational family services, or family-based services, during pediatric visits with the hope of improving the health and well-being of both parents and children.



PEDIATRIC SETTINGS ARE A CRUCIAL OPPORTUNITY TO PROVIDE EVIDENCE-BASED FAMILY-CENTERED CARE

We can provide intergenerational family services through direct care in pediatric settings, such as screening and treatment for caregiver health concerns. We're also enabling stronger community-based partnerships between pediatric health care systems and local community services, such as maternal and infant home visiting programs, to more proactively address and respond to family needs. Despite consistently bringing their young children to the pediatrician for recommended well-child visits, many caregivers, particularly those most vulnerable to poor health, experience barriers to visiting their

own primary care doctors.¹ Without regular health care, caregivers may be at greater risk for experiencing unaddressed health and social needs, for example depression and food insecurity. Meeting caregivers where they already are is important for addressing the barriers they face when accessing their own treatment, including cost, accessibility of appointments, and cultural competency.² Therefore, the pediatric health care system offers an opportunity to proactively address caregivers' health and social needs through direct interventions and effective community partnerships.



Children do better when their caregivers do better.

Intergenerational family services refer to a wide range of services that address caregivers' health and social needs, such as mental health screening and treatment, referral to community agencies, and parenting support. When caregivers receive support to address their needs, it positively impacts their child's well-being. Intergenerational family services result in improved safety, increased parenting capacity and a higher likelihood that a family will use preventive services.³⁻⁷ These intergenerational approaches can also reduce health care costs for parents and children.⁸⁻⁹

National organizations and agencies—such as the American Academy of Pediatrics, U.S. Preventive Services Task Force, Centers for Medicare and Medicaid Services, and Maternal and Child Health Bureau—have recognized intergenerational services as an important component of pediatrics and have issued guidance and support for the integration and financing of parental services into pediatrics.⁹

INTERGENERATIONAL FAMILY SERVICES IN PRACTICE

Here is one example of what intergenerational family services can look like in practice:

Anita brings her two-year-old son, Tony, to the pediatrician's office for a well-child check-up. While Anita is at the visit, a member of the health care team asks her about maternal depression, social risk (i.e. housing, food insecurity), and her own healthy habits (i.e. smoking cessation) in addition to all the other questions about her child's health. Anita responds that she has been anxious and worried, and currently smokes. The provider begins smoking cessation counseling with Anita, and provides her with nicotine patches. The pediatrician, in conjunction with the interdisciplinary health care team, then connects Anita to an on-site mental health specialist before she leaves the appointment. That specialist collaborates with the pediatric team to set up ongoing appointments that are coordinated with her son's care.

PEDIATRIC HEALTH SYSTEMS EXPERIENCE BARRIERS TO PROVIDING INTERGENERATIONAL CARE. BUT THERE ARE OPPORTUNITIES...

While there is growing recognition of the value of intergenerational family services, significant barriers remain to implementing family-centered services for parents and caregivers in pediatric clinical and community settings. These include a lack of:

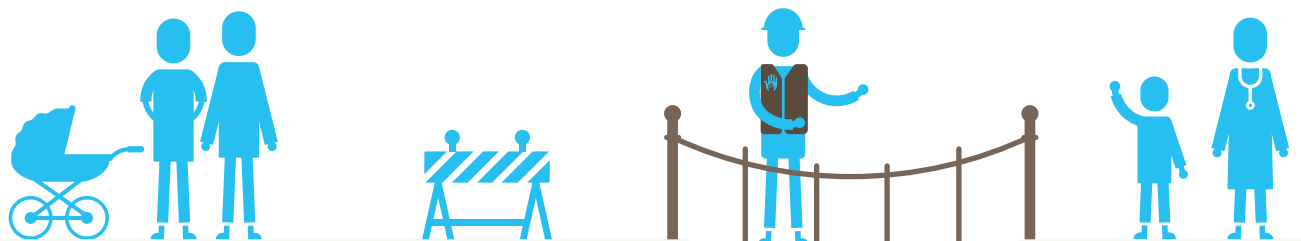
- Time and capacity of the interdisciplinary clinical team to identify and manage caregiver needs within a busy office environment
- Formal partnerships between health care institutions and community agencies
- Consistent reimbursement structure for caregiver screenings, referrals and brief treatment (such as maternal depression and smoking cessation) in the pediatric setting

In order to break down these barriers, a multidisciplinary group of PolicyLab intergenerational family services researchers and clinicians are building evidence for policies that support services in pediatric settings to improve children's health, including:

- Direct interventions that address the medical needs of parents and caregivers
- Parenting programs and trainings
- Interventions that address families' social risk through meaningful linkages between clinical and community settings
- Technical assistance to developing team-based approaches to intergenerational care
- Aligning institutional and payer financing to support sustainable team-based care models

POLICYLAB'S INTERGENERATIONAL FAMILY SERVICES PORTFOLIO

At PolicyLab, we strive to build evidence and advocate for policies that support the integration of intergenerational services in pediatric settings to improve children's health. The figure below is a snapshot of PolicyLab's intergenerational portfolio of work.



RESEARCH
PARENTAL HEALTH
& WELLNESS

ASSESS
ENVIRONMENTAL
& SOCIAL FACTORS

DEVELOP, IMPLEMENT
& SUSTAIN
INTERGENERATIONAL
PROGRAMS

IMPROVE
CHILD HEALTH
& WELLNESS



DIRECT MEDICAL INTERVENTIONS

Screening and treatment for smoking cessation

Access to long-acting reversible contraceptives (LARCs)

Maternal depression screenings and interventions in pediatrics



SOCIAL RISK AND COMMUNITY CONNECTIONS

Social risk screenings and resource mapping to community agencies

Family-based food preparation intervention

Coordination of community health workers to support children with chronic asthma



CAREGIVER PROGRAMS & TRAINING

Parenting classes within primary care

Co-located home visiting services in primary care



SUSTAINABILITY

Work closely with policymakers and key stakeholders to:

Examine reimbursement structures for caregiver services in pediatrics

Find opportunities in value-based payment models to support families in pediatrics

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9. The American Academy of Pediatrics (AAP) and the U.S. Preventive Services Task Force (USPSTF) recommend that pediatric practices screen for postpartum depression (AAP, USPSTF) and social determinants of health (AAP). The Centers for Medicare & Medicaid Services released guidance in February 2016 for Medicaid reimbursement for maternal and infant home visiting programs, recognizing the importance of the role of Medicaid in the health of vulnerable families. The Maternal and Child Health Bureau supports intergenerational family-based health services through research and programmatic funding.



VISIT

POLICYLAB.CHOP.EDU/OUR-RESEARCH/INTERGENERATIONAL-FAMILY-SERVICES
for more information on PolicyLab's work on intergenerational family services.



The mission of PolicyLab at Children's Hospital of Philadelphia (CHOP) is to achieve optimal child health and well-being by informing program and policy changes through interdisciplinary research.

PolicyLab is a Center of Emphasis within Children's Hospital of Philadelphia's Research Institute, one of the largest pediatric research institutes in the country.

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