

# What is a Population Health Approach?

Let's begin with  
an ecological  
framework

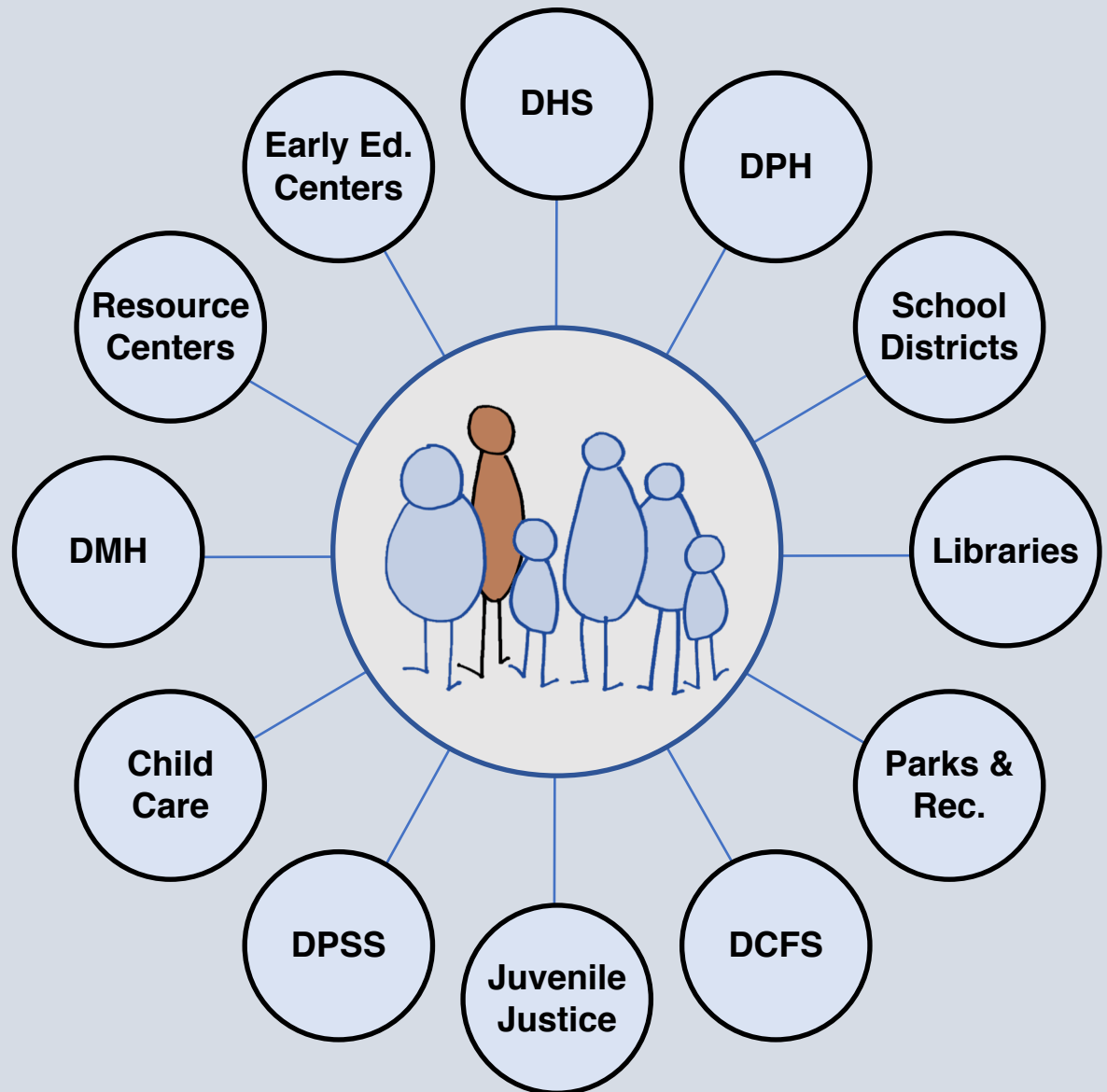


Individuals are...

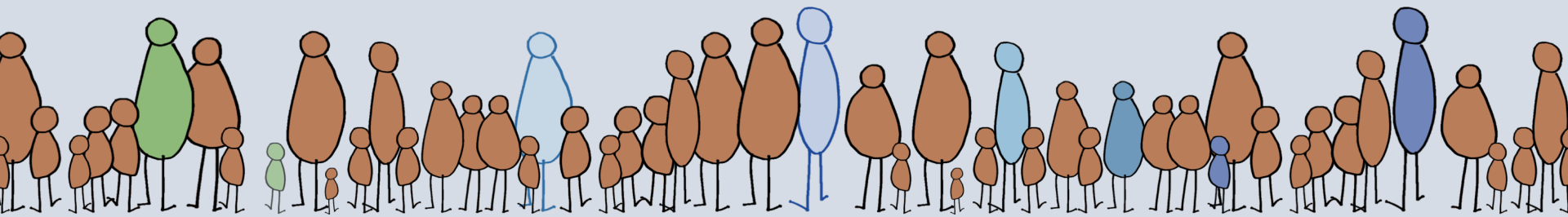


embedded in  
families...

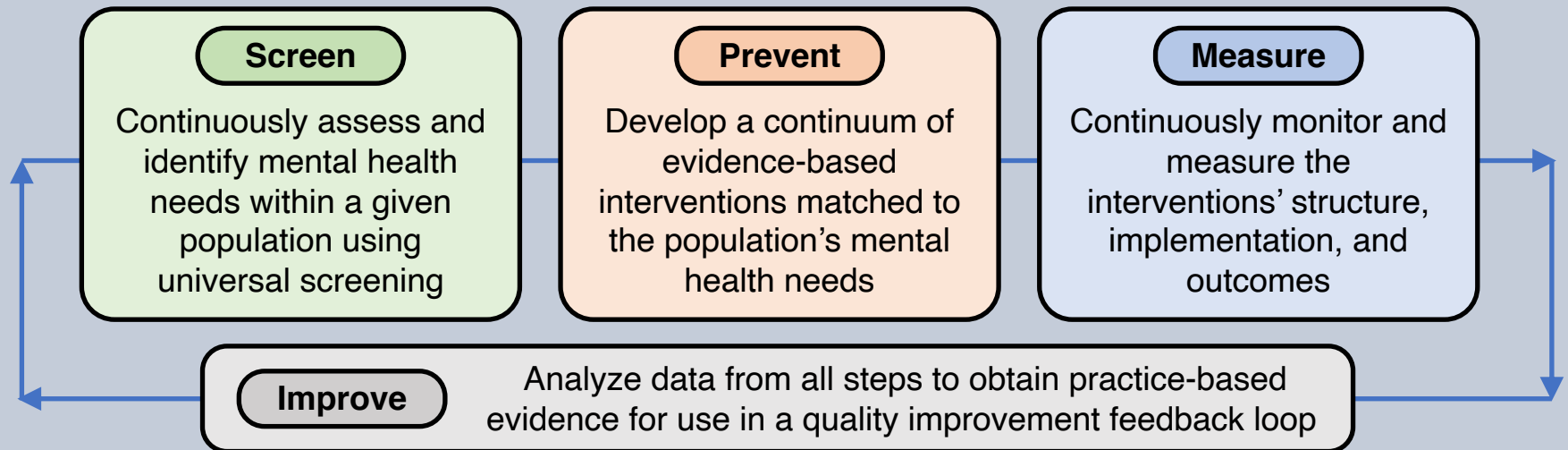
...that interact with  
various community  
ecosystems



# How to Best Address Population Wellbeing?

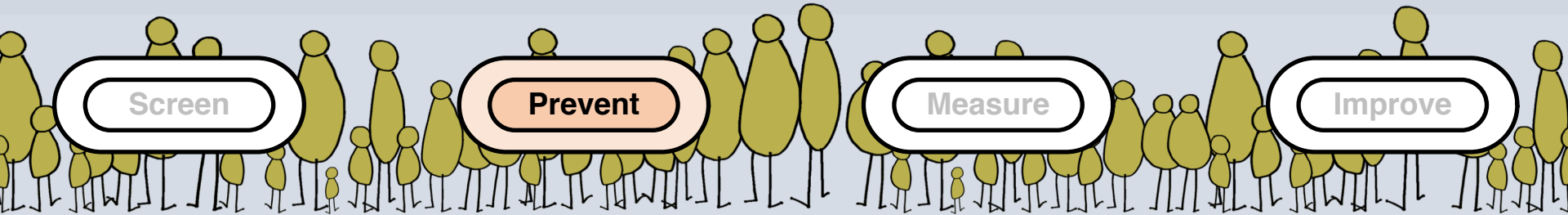


## Infrastructure for a Learning Community System



This **adaptive** approach identifies groups with different needs, aligns needs with specific interventions, and tracks the interventions' quality, all with the goal of **improvement**.

# Began with an Ecological Framework

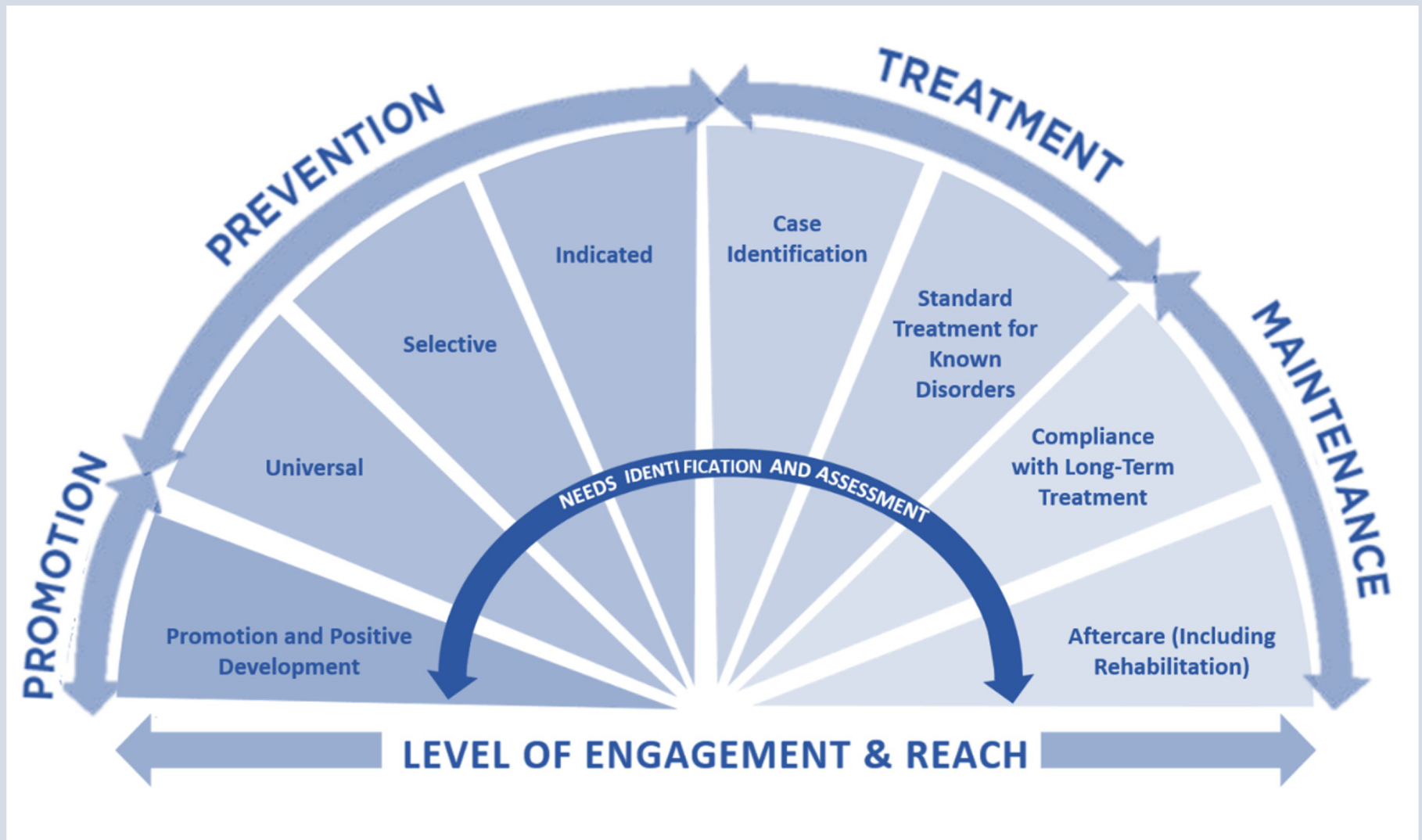


- Recognize that individuals are embedded in military-connected families who interact with various systems
- Improvements in one area will reverberate throughout entire family

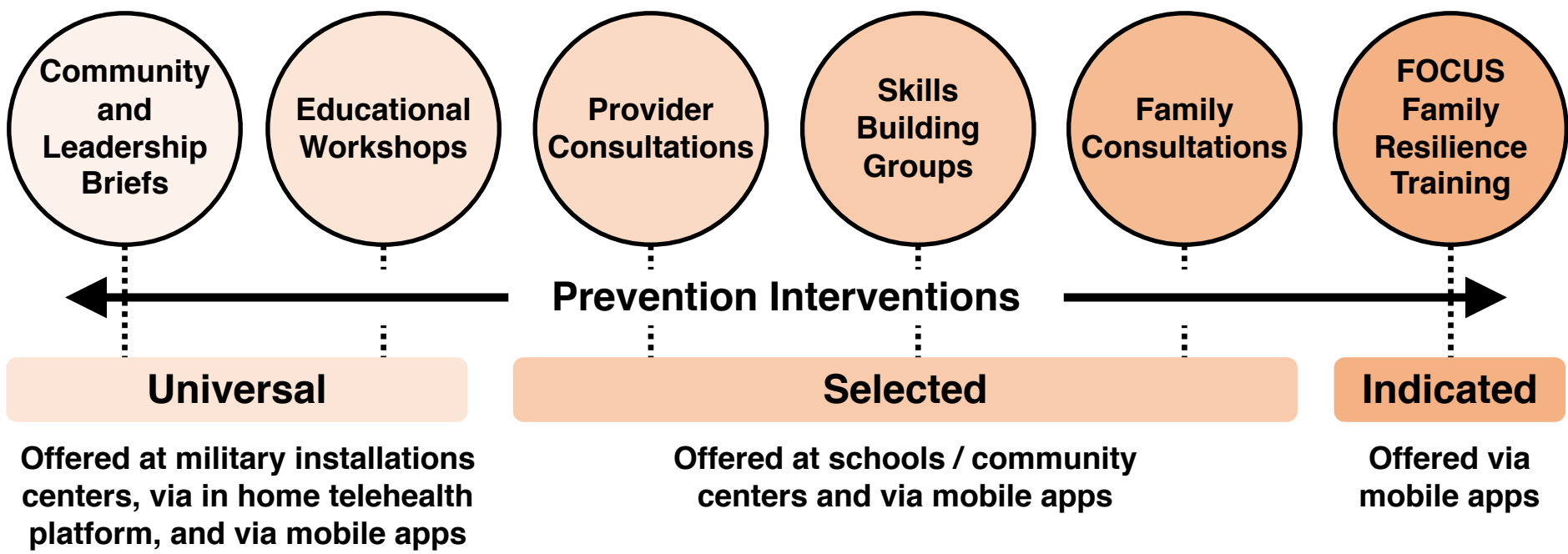
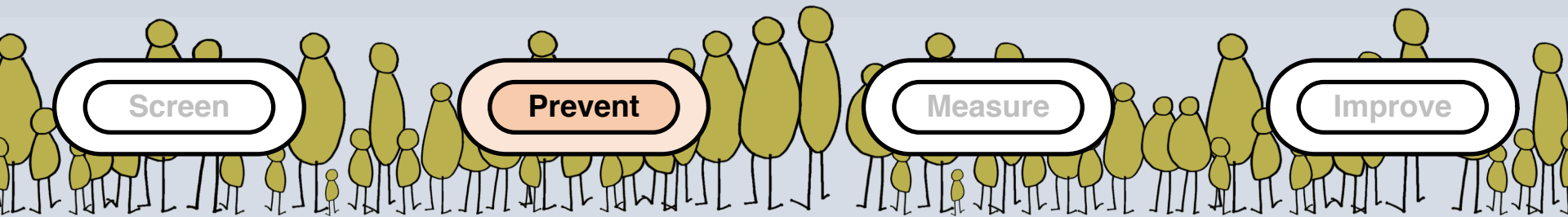
MacDerrid Wadsworth et al., 2013  
IOM Report, 2019



# Preventions fit into larger continuum of mental health care



# Current Continuum of FOCUS Prevention Interventions

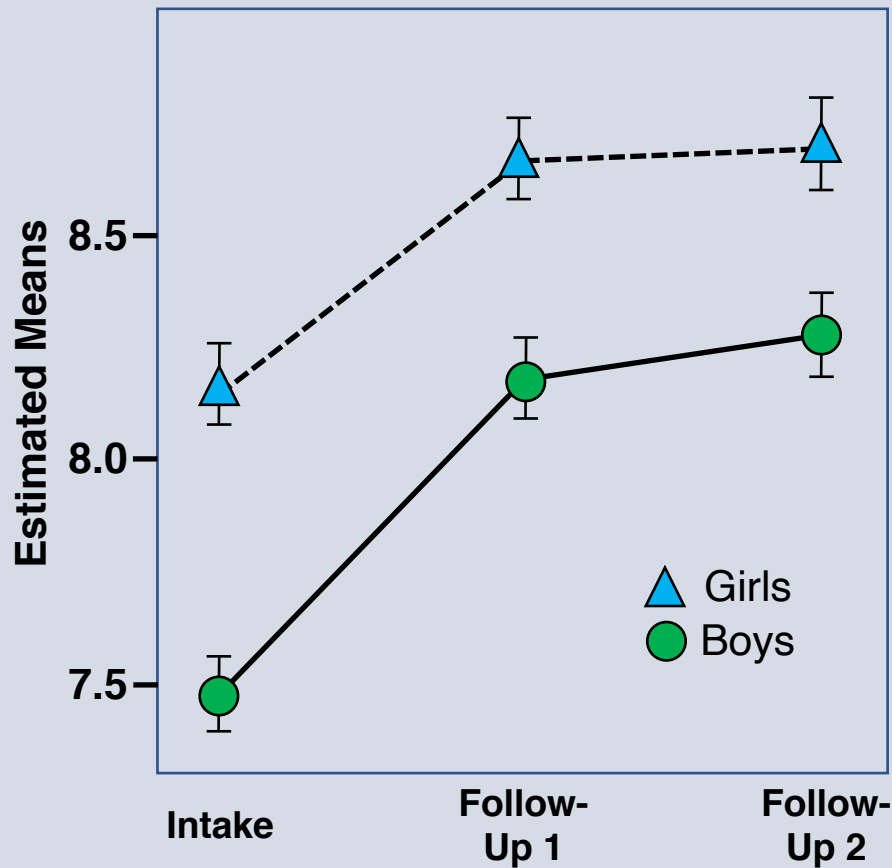


**Provide flexible opportunities to meet families where they are, using various modes of delivery, working *with* the existing systems**

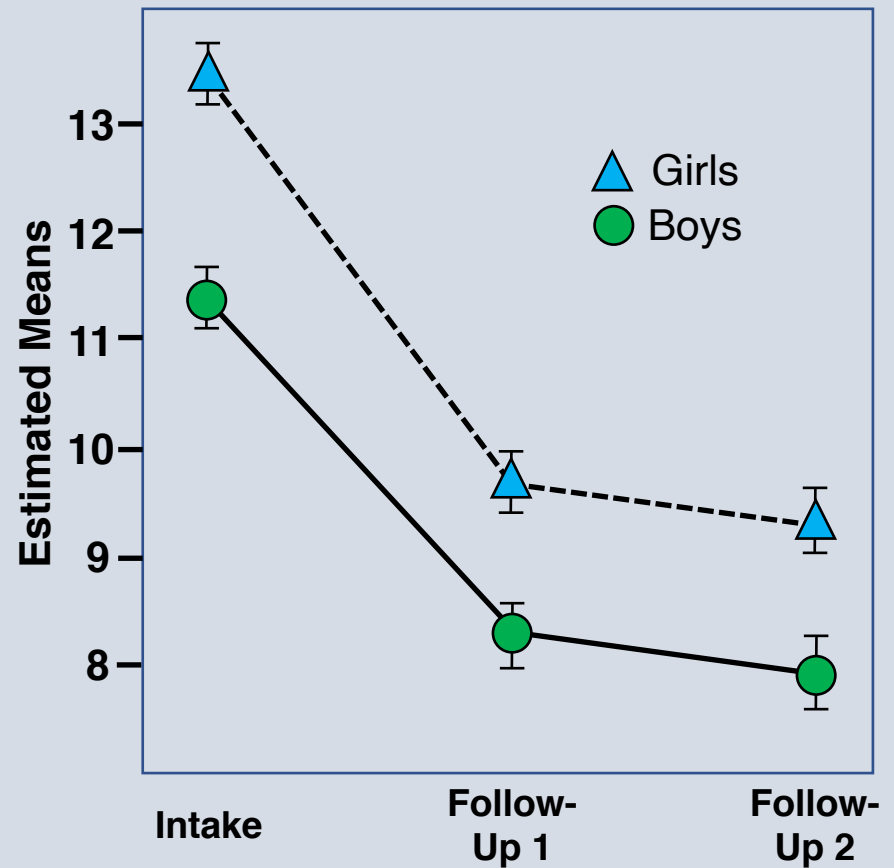
**Families with Children: Child Adjustment over Time**

3,810 children ages 3-18; 54% were boys

**Pro-Social Behaviors**



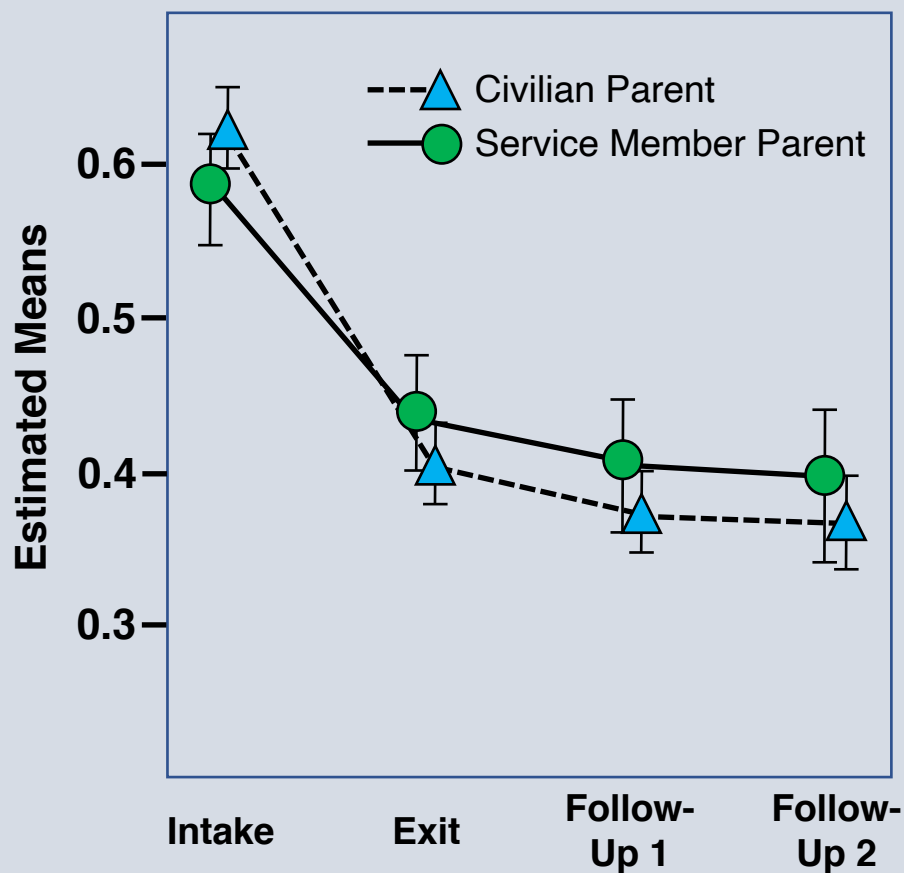
**Total Difficulties**



# F\*O\*C\*U\*S Family Resilience Training Outcomes

## Parent Anxiety and Depression Symptoms Over Time 1,426 (40.8%) Service Members and 2,073 (59.2%) Civilian Parents

### Anxiety Symptoms



### Depression Symptoms

