



Fostering Healthy Mental, Emotional and Behavioral Development in Children and Youth

Date: 2019(For resources, this is the publication date. For programs, this is the date posted.)

Information

Type: Report

Author: National Academies of Sciences, Engineering, and Medicine (National Academies)

Publisher: National Academies Press (NAP)

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[Healthy development in youth](#) [1]

Healthy mental, emotional and behavioral development are protective against suicide. The publication of *Preventing Mental, Emotional and Behavioral Disorders among Young People: Progress and Possibilities* made a strong research-based case for supporting mental, emotional, and behavioral (MEB) interventions in 2009. In the ten years since, a growing body of research has significantly strengthened understanding of healthy MEB development, factors that influence it, and how it can be fostered. This report discusses MEB influences in several environments; strategies to address MEB in homes, schools, healthcare and policy domains; and guidelines for implementation.

Links within this resource

[1] <https://www.nap.edu/catalog/25201/fostering-healthy-mental-emotional-and-behavioral-development-in-children-and-youth>

Printed on 12/04/2020 from <https://sprc.org/resources-programs/fostering-healthy-mental-emotional-behavioral-development-children-youth>