

**Advancing Solutions to the Gaps in the Child Abuse, Neglect, and Prevention Act to Enhance Child Welfare for Sustainable Development**

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## ABSTRACT

In the era of globalization, what affects a community or locality negatively if not addressed and contained efficiently may spill over across international borders. The current COVID-19 pandemic is a good example which amplifies the need to act efficiently and expeditiously more than ever before. It is a non-debatable fact that a healthy child is consequently a future healthy human resource/capital for a nation (i.e. the US) as that child would grow up and add value to the productive labor force as well as the global talent pool. In the United States, child abuse and neglect is a matter of critical concern and a public health issue that if not addressed efficiently is likely to have international ramifications. These include victimization in incidents of child labor, child sex trafficking, and chronic mental health issues that could lead to acts of violence such as domestic violence, massive public shootings, severe conduct behaviors, poor performance in school, dropping out of school, and involvement in the criminal/juvenile justice system. Studies show that adequate education facilitates a better future in career and in social and economic status. When a child drops out of school due to abuse and neglect, those chances are impaired and their future is blighted. Child abuse and neglect continues to impact many children and families in the United States. Begun in 1974, the Child Abuse Prevention and Treatment Act (CAPTA) was intended to provide federal funding and guidance to states in support of prevention, assessment, investigation, prosecution, and treatment activities and provide grants to public agencies and non-profit organizations for the development of programs in compliance with the Act. Despite the implementation of this Act, in 2017, an estimated 674,000 children were found to be victims of abuse and neglect; an average of 1,800 children each day with an estimated 4.1 million referrals of abuse or neglect concerning approximately 7.5 million children were received by Child Protection Services (CPS) agencies. Nationally, 74.9 percent of child victims experienced neglect, 18.3 percent were physically abused, 8.6 percent were sexually abused, and 2.3 percent were emotionally or psychologically maltreated. An average of four children died everyday as a result of abuse or neglect in 2017 (Children's Bureau, 2019). This is a serious public health issue and requires a comprehensive approach that addresses abuse and neglect prevention, assessment, investigation, and treatment. This study explores measures put in place to reduce the issue of child abuse and neglect, identify where gaps exist and propose solutions that will secure the safety, health, and wellbeing of children, adolescents, and youth and make the case that children are the future leaders of sustainable development of this world, therefore failure to attend to their needs will be consequentially devastating to the world.

*Keywords: Child abuse, neglect, prevention, child welfare, health, sustainable development.*

## **Introduction**

These authors use the Child Abuse Prevention and Treatment Act (CAPTA) as an example as well as a lens through which we examine the critical issue of child maltreatment as both a serious national and international public health concern. To accomplish this aim, these authors will review the literature that identifies gaps as well as promises, and propose interventions. It is a non-debatable fact that a healthy child is consequently a future healthy human resource/capital for a country and perhaps the world. This assertion is in the sense that, that child would eventually grow up and add value to the productive labor force as well as the global talent pool. There is growing body of evidence that child maltreatment is on the rise across the globe and no nation is immune. In the United States, child abuse and neglect is considered grievous matter of concern and a public health issue that if not addressed efficiently will likely have both domestic and international ramifications. These include victimization in incidents of child labor, child sex trafficking, and chronic mental health and developmental disability issues. Mental health issues associated to child maltreatment could lead to acts of violence such as domestic violence, severe conduct disorders, poor performance in school, dropping out of school, and involvement in the criminal/juvenile justice system. This paper explores the issue of child abuse and neglect, identify where gaps exist and propose solutions that will secure the safety, health, and wellbeing of children, and make the case that children are the future leaders of sustainable development of this world, therefore failure to attend to their needs will be consequentially devastating to the world.

## **Literature Review**

Child abuse and neglect continues to impact many children and families in the United States. Begun in 1974, the Child Abuse Prevention and Treatment Act (CAPTA) was intended to provide federal funding and guidance to states in support of prevention, assessment, investigation, prosecution, and treatment activities and provide grants to public agencies and non-profit organizations for the development of programs in compliance with the Act. Despite the implementation of this Act, in 2017, an estimated 674,000 children were found to be victims of abuse and neglect; an average of 1,800 children each day with an estimated 4.1 million referrals of abuse or neglect concerning approximately 7.5 million children were received by Child Protection Services (CPS) agencies. Nationally, 74.9 percent of child victims experienced neglect, 18.3 percent were physically abused, 8.6 percent were sexually abused, and 2.3 percent were emotionally or psychologically maltreated. An average of four children died everyday as a result of abuse or neglect in 2017 (Children's Bureau, 2019). This is a serious public health issue and requires a comprehensive approach that addresses abuse and neglect prevention, assessment, investigation, and treatment. While early intervention eligibility referrals are required by law for this group under the Child Abuse Prevention and Treatment Act of 2003, Part C, maltreated children are not only still underrepresented but services also remain underutilized (Moxley, Squires, & Lindstrom 2012, 3-18). According to the (Center for Disease Control and Prevention/CDC, n.d.), child abuse and neglect are serious issues that can have lasting detrimental impacts on victims.

Today, the maltreatment of children is reported globally as an epidemic. Historically babies and young children have experienced acts of violence in the hands of caretakers, parents, and others (Moxley, Squires, and Lindstrom 2012, 3-18). However, some people believe that for the first time in history we are beginning to be confronted with the reality of the prevalence and implications of child abuse (Hopper 2010). Regardless of the manner of causation or the circumstance leading to maltreatment, a wide-ranging body of research has confirmed the harmful consequences of child maltreatment, which can persist throughout life (Cicchetti and Toth 2016, 457-512).

Nearly 3 in 4 children or 300 million children aged 2-4 years regularly suffer physical punishment and or psychological violence from parents or caregivers with 1 in 5 women and 1

in 13 men reported to have been sexually abused as a child. Also, 120 million girls and young women under 20 years of age have suffered some form of forced sexual contact. Child maltreatment consequences on these individuals include impaired lifelong physical and mental health, and the social and occupational outcomes can eventually reduce a country's economic and social development. An abused child is more likely to abuse others as adult such that violence is passed down from one generation to another. It is therefore important to break this cycle of violence and create positive multi-generational impacts in doing so. The prevention of child maltreatment before it begins is possible and requires a multisector approach (WHO 2020, 1-2).

Public health focuses mainly on primary prevention interventions and develops these based on known adaptable risk factors. Preventive interventions targeting risk factors that are highly prevalent in a population generates a greater impact on the problem at the population level than targeting factors that are less prevalent. The application of the social-ecological model to child maltreatment suggests factors from four different interacting levels contribute to child physical abuse: individual, family, community, and society. The need for primary prevention strategies for children maltreatment have been noted by many authors with several recent reviews that already addressed the question of "what works" in child maltreatment prevention (Klevens and Whitaker 2007, 364-370). More examples of interventions that could be developed and evaluated are policies that increases the value society places on children or that protect the welfare of families with children and promoting scientifically based child-rearing strategies by using mass media. There were four evaluated interventions in the category of interventions delivered to the public, or general population. Three of these showed positive impacts on risk factors. These are home visitation program delivered to all mothers, a 1-hour didactic session delivered to high school students, an informational card or video delivered to expectant parents (Klevens and Whitaker 2007, 372).

Effects of child maltreatment on children and families is suffering and can also be long-term. Stress associated with disruption in early brain development is caused by maltreatment; the development of the nervous and immune systems can be impaired by extreme stress. Therefore, as adults, maltreated children are at increased risk for behavioral, physical and mental health problems such as: perpetrating or being a victim of violence, depression, smoking, high-risk sexual behavior, unintended pregnancy, alcohol and drug misuse. Maltreatment can contribute to heart disease, cancer, suicide and sexually transmitted infections. Violence against children is also a contributor to inequalities in education. There is 13% greater likelihood of school dropout in children who experienced any form of violence in childhood. Aside from these consequences of child maltreatment, there is an economic impact, including costs of hospitalization, mental health treatment, child welfare, and longer-term health costs (WHO 2020, 2-3; Matthews et al. 2020, 1-2).

Child abuse and neglect can have instantaneous and lifelong consequences on physical and emotional well-being of children, generating developmental harms and health problems in adulthood. Being exposed to different types of adverse childhood experience (ACEs) as household dysfunctions may affect future life outcomes. It is therefore important to contribute in implementation of the set goals in the global plan of action to strengthen the role of the health system in addressing interpersonal violence especially against women and girls, and against children and the United Nation's Sustainable Development Goals (SDGs) and 2030 related targets (Peshevska et al. 2016, 294-298).

There is a need for improvement of policy and legal framework including protocols. Nonetheless, there is room for improvement in reinforcing the legal and policy framework as well as implementing evidence based preventive programs (Peshevska et al. 2016, 293-298). How social policies affect risk and protective factors for child maltreatment and actual child maltreatment rates is a suggested focus to gather more knowledge. Experimental research in

welfare reform and poverty reduction efforts to examine how those efforts may have effect on child maltreatment should be explored by researchers/policy analysts. Research identifying protective factors among groups in poverty would be helpful in the efforts to develop prevention programs (Klevens and Whitaker 2007, 371). Considering the fact that there is evidence that earnings supplemented with child care and affordable health insurance helps in improving parenting behaviors (Huston et al. 2003, 48), policies and programs should be designed to boost earnings with child care and affordable health insurance to facilitate the reduction in incidents of child maltreatment.

### **Significance of the Study**

According to (Klevens and Whitaker 2007, 370) findings, there were many prevention programs for child maltreatment, yet several gaps were identified. First, only a few programs included an intense evaluation, hence, the effectiveness of most primary prevention programs for child maltreatment remains unknown. Also, many of the evaluated programs only measured hypothesized risk factors that lead to child maltreatment. It was therefore suggested that it is important to measure child maltreatment and other related health outcomes till the link between risk factors and these outcomes are known with greater certainty. The second major gap is that only a few programs specifically targeted the most common form of child maltreatment – neglect. Even among programs purported to address physical abuse and neglect, the elements that specifically addressed neglect were unknown. Therefore, there is a need for neglect focused programs/strategies. The final gap identified is that primary prevention strategies that address mutable risk and protective factors across the social ecology model is uneven. (Klevens and Whitaker 2007, 370) study also discovered that limited efforts were made to make changes to some risk factors that induces violence towards children such as, teenage pregnancy, cognitive inflexibility, social skills deficits, harsh discipline, family conflict and partner violence, poverty, social disorganization, lack of community cohesion, fragmented social services, and social norms.

Child maltreatment is a varied phenomenon which usually results in negative developmental path across many areas of child functioning (Toth and Manly 2019, 59–64). Researchers and practitioners have to redouble their efforts to continue making progress in understanding the developmental effects of child abuse and neglect, and develop evidence-based approaches to enhancing prevention and intervention. The international community is in agreement that children play an essential role in society and that their mere existence gives them equal rights as adults. They represent the present and the future, yet it has been decades since the assigning and declaration of national and international priority to the attainment of their rights, the efforts towards accomplishing this have been inadequate. This disturbing reality is evidenced in increasing “inequalities experienced by children, which manifests itself in relation not only to income but also to education, health, gender, ethnicity and access to social services” (Minujin and Ferrer 2016, 98-99). These authors proposed social accountability strategies to facilitate the achievement of lasting sustainable development goal targets for children.

As (Toth and Manly 2019, 59–64) proposed, it is necessary to conduct investigation to have a better understanding of both biological, physical, and social variables in relation to child maltreatment. In addition, intervention methods should take into account moderators and mediators and response to intervention to enhance our understanding of the vital parts of effective interventions as well as what works best for whom. A growing body of evidence shows the effects of child maltreatment that includes brain development, shortness telomeres, and production of epigenetic neurobiological changes. The adoption of coping mechanism such as smoking, alcohol and drug use can expand the damage by causing diseases ranging from medium to long term; and chronic stress causing coronary artery disease, pulmonary fibrosis, and inflammation. Prolonged psychological distress, risky behaviors, social withdrawal and

dysfunction, impaired cognitive development, low educational and occupational attainment, and interpersonal relationship difficulties are essential attributes associated with outcomes of multiple forms of child maltreatment (Matthews et al. 2020, 2).

As a global policy importance, the United Nations recognizes the gravity of child maltreatment and its consequences. Also, a target of ending abuse of children is included in the United Nations Agenda for Sustainable Development. To measure progress against this goal and inform policy efforts aimed at prevention, early identification and response, reliable scientific data on national prevalence is imperative (Matthews et al. 2020, 2).

### **Child Abuse and Neglect Prevention-Intervention Plan Proposal**

Findings as supported by multiple authors indicate that the ecological model is important to exploring and understanding the factors and dynamics of abuse and neglect/child maltreatment. For example, the ecological model helps to unravel the complicated interaction between various factors at different levels of influence: individual, relationships, community and society (Peshevska et al. 2016, 293). Therefore, it is important that the ecological model is used to collect valuable data that will help in having a better understanding of the relationships between the causes and effects of child abuse and neglect, as well as the risk and protective factors in order to promote the development of appropriate intervention programs and policies.

### **Instituting Effective Intervention-Prevention Programs for Sustainable Development**

These authors explored the issues of child abuse and neglect as a public health issue of national and international magnitude, and propose intervention approaches towards attainment of sustainable development. The question is what is Sustainable Development? Why is it significant? The concept of Sustainable Development has been defined in multiple ways and from varying perspectives. Hopwood, Mello, and O'Brien 2005, 38-52) highlighted this when they reported that sustainable development has multiple meanings and therefore draws a variety of responses. In general, the concept is an attempt to coalesce increasing concerns about arrays of environmental and socio-economic issues. It has the prospect to addressing principal challenges confronting humanity, at the present and into the future.

The concept is in response to the growing consciousness of the global connection between growing environmental issues, socio-economic problems related to poverty and inequality, as well as worries about a healthy future for humanity. Sustainable development makes us acknowledge our place within the ecosystem by taking into consideration the long-term effects of our actions (Hardi 1997, 9). (Blewitt 2015, 2) stated that sustainable development is the perception that the future should be a healthier place than its current or past state. It demands an understanding of the natural world and the human social world. It is a process that demands that we view our lives as parts of a larger entity. It also requires us to assume a holistic approach to examining the world and human life.

As (Elliott 2012, 11), summed it up, sustainable development is viewed as a fundamental and essential challenge for international organizations such as the United Nations as well as for governments globally. As reported in this paper, there is overwhelming research evidences showing that child abuse and neglect has serious and devastating effects on children and their families. Victims suffer from severe long-lasting emotional, mental, psychological, physical, and developmental issues. These challenges travel with victims to adulthood. As a result, this has costly social and economic effect on a country. An adult who suffers impairment as a result of child abuse and neglect will have problems on their jobs, resulting in a lost labor force. He/she could be prone to imprisonment at the expense of the nation and the taxpayer. He/she could require medical and psychiatric intervention which could be costly to the government and taxpayers. Research shows (as reported in this paper) that victims of child abuse are at high risk of dropping-out of school at a high rate. This will result in the nation suffering from low-skilled labor which may invariably lead to the susceptibility to criminal acts.

Victims of child abuse are reported to be at high risk of also abusing others. Considering the magnitude of these mountains of challenges resulting from child abuse and neglect, it is fair to say that this is unsustainable. Hence, this amplifies the fundamental basis of these authors argument that every effort must be made through rigorous research, data collection, analysis, and program development, as well as implementation of evidence based interventions and preventative policies and programs including the one proposed by these authors. Doing so will not only save precious lives but also promote sustainable development.

### **Recommendations on Implementation of Sustainable Policies and Programs**

A multi-sectoral approach is required for preventing and responding to child maltreatment because the earlier the intervention such as cognitive development, behavioral and social competence and educational attainment ensue in children's lives, the greater the benefits to the child and the society (WHO 2020, 4). Effective and promising interventions include parent and caregiver support, education and life skills, norms and values, and response and support services approaches. These interventions support the development of nurturing non-violent parenting and increase enrollment in quality education to allow children acquire knowledge, skills, and experiences that build resilience and reduce risk factors for violence, and build a positive school climate and violence-free environment, and strengthen relationships between students, teachers, and administrations (WHO 2020, 4-5).

Prevention and support programs for new parents is important such as prenatal support programs. It supports during both the pre- and postnatal care to ease the difficulties associated with having a new infant at home. These care programs are important knowing that newborns with medical issues associated with societal issues are at risk of being abused. The program is vast in scope and content with array of services offered that includes: nurse visitation to monitor the health of an infant and mother, in-home parenting education, and the intervention of a social worker for the purpose of preventing the placement of an infant in foster care. This is accomplished by connecting new parents through social networks with other centers, community and hospital-based prevention programs. The program helps break down the social isolation experienced by many new parents especially those in poverty-stricken communities. A proven risk factor of child abuse is social isolation (Prevent Child Abuse America n.d.).

Parental education is very helpful. There are different approaches toward parenting education with distinct use of teaching tools as reward and punishment, praise, and specific encouragement. These programs are targeted at at-risk families such as Parent Effectiveness Training (P.E.T.), the Parent Nurturing Program, and Systematic Training for Effective Parenting (S.T.E.P.). It is empirically proven that parent focused intervention with well-specified components aimed at improving child raising competence and stress management are effective measures for reducing risk factors associated with physical child abuse (Prevent Child Abuse America n.d.).

Life skills training for children and young adults is important. These are first to provide children, adolescents, and young adults with interpersonal skills and knowledge that are useful in adulthood. This is especially with respect to parenting role and also to equip children with skills to help them protect themselves from abuse. Early and regular child and family screening and treatment is vital. Many health and developmental problems in early childhood can lead to behavioral, educational, and psycho-emotional problems in later adolescence and adulthood due to the reoccurrence of abusive behavior. Therefore, childhood screening and treatment programs should be a continuation of preschool screening services. The purpose of such programs is to detect problems experienced by children including abuse and neglect, and to ensure that necessary health, mental health, and other services that are best delivered to prevent them from becoming abusive parents (Prevent Child Abuse America n.d.). Implementation of public information and education program is important to promoting child safety and abuse prevention. Responsibilities cannot be fully shouldered on only hospitals,

schools, and community agencies who play an important role in implementing child abuse prevention strategy. The effectiveness of previous prevention strategy will only be realized when there is a sensitization of the public and commitment to preventing child abuse. Therefore, it is necessary for educational campaigns to promote awareness of the gravity of the problem and its implication, as well as how individuals can make differences in the lives of children (Prevent Child Abuse America n.d.).

To strengthen the systematic response for prevention, “multisectoral partnership” among the health, social, police, education, and justice sectors should be adopted and facilitate capacity building. Also, it requires an organized approach to delivering quality services for documenting, identifying, treating, preventing and protecting children (Peshevska et al. 2016, 298-299). As (Peshevska and colleagues 2016, 300) correctly noted, child abuse is a crucial public health and societal problem with great consequences for the mental, physical and reproductive health of children, and for the societal development. The health and “human services” (*added by these authors*) systems have a key role to play in detecting and supporting families at risk. Therefore, the country should implement prevention programs against child abusive and related far-reaching trauma. Also, partnership actions between all sectors should be initiated in order to tackle this public health and societal problem and in implementation of the sustainable development goals specifically targeting child maltreatment.

These authors recommend the following intervention programs and practices to help prevent the incidence of child abuse and neglect that is in line with the Sustainable Development Goals (SDGs) of the 2020 ICSD as well as from a global perspective, the United Nations’ Sustainable Development Goals (SDGs) and related targets as per Agenda 2030. For the purposes of this paper, these authors narrowed down the 2020 UN SDGs target goals to two and used them as a framework with which we develop our intervention proposals. These two SDG target goals are 16.1 and 16.2. These authors proposal was also guided by (Peshevska et al. 2016, 298-300) multisector partner approach as discussed above.

#### **United Nations’ Sustainable Development Goal Targets Aimed at Violence Prevention**

Target 16.1: Significantly reduce all forms of violence and related deaths everywhere

Target 16.2: End abuse, exploitation, trafficking and all forms of violence and torture against children

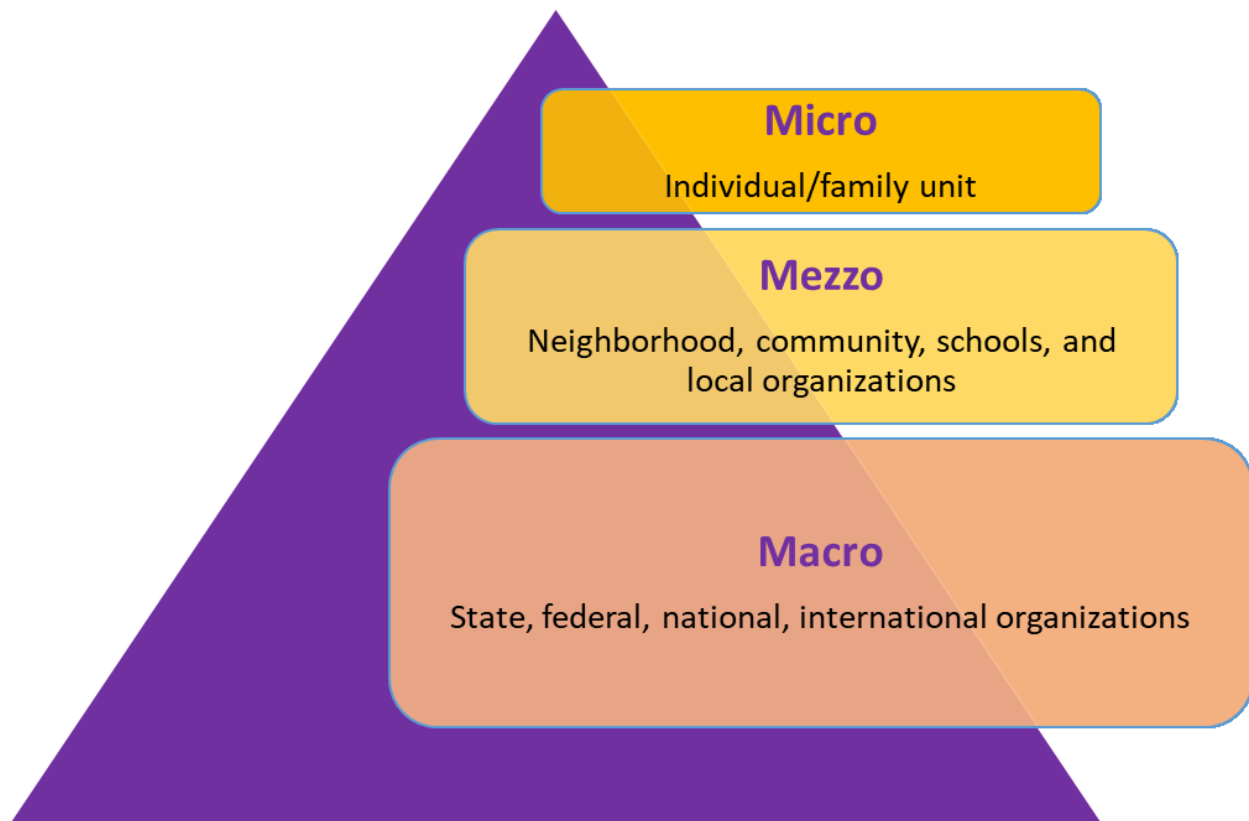
#### **Proposed Intervention Strategy to Reduce and Prevent Child Abuse and Neglect**

The (Centers for Disease Control and Prevention/CDC, n.d.) stated that child abuse and neglect are complex issues that are entrenched in unhealthy relationships and environments. Preventing child abuse and neglect demands the tackling of factors at all levels of the social-ecology which are: individual, relational, community, and societal levels. From this social-ecological perspective, these authors propose a tri-level interdependent, interconnected and interdisciplinary solution focused approach to delivering strategic intervention to at-risk or abused and neglected children and promote prevention while facilitating human rights through social justice for this affected and vulnerable group. This involves a Micro, Mezzo, and Macro level social services. At the micro level (Tri-level I), the social services case worker would work with the affected or at-risk child and family; At the Mezzo level (Tri-level II), the social services case worker would work with the school teachers, counselors, social workers, administrators, as well as therapists and medical doctors. At the macro level (Tri-level III), the social services case worker would work with community service providers and organizations, state and federal agencies as well as at the international/global organization level (i.e. WHO and UN SDG Goals) through advocacy, ensuring that practices are in line with child welfare policies and regulations, advocating for increased funding, fighting for just policies and practices that address the needs of these vulnerable population. This strategic integrated, interconnected, interdependent and interdisciplinary intervention Approach (TIIIIA) is aimed at offering these at-risk or affected children and families’ good health, safety, and wellbeing while preventing abuse and neglect.



## Tri-Level Interconnected, Interdependent, Interdisciplinary Intervention Approach (TIIIA)

Figure 1



### Implications for Best Practice, Program, and Policy

These authors propose increased evidence-based training, professional development, technical and financial support with respect to state and federal funding be provided to child welfare providers/organizations to enhance the indispensable social services that social workers (child protective services workers) offer to at-risk children and their families. These important services include increased home visits, parental education, risk assessment and management, collateral contacts, welfare checks that include visit to schools, visit to child care facilities especially with at-risk children. Additionally, social services case managers must redouble their efforts to meet individually with children, individually with parents, and then meet the family as a group involving the entire household. These visits and meetings help the social worker observe the family functioning, risk factors and behaviors including moderating and protective factors, signs of abuse and neglect. It will also fulfill the mandatory reporting requirement part of CAPTA. Each of the service providers in the three levels (Micro, Mezzo, and Macro) via the Tri-level interdependent, interconnected and interdisciplinary intervention approach (TIIIA) is a mandated reporter and with this proposed collaborative approach, communication and information flow or sharing regarding the safety and wellbeing of a child will be facilitated efficiently.

Funding is also very necessary to facilitate the hiring and training of more social workers with adequate skills specifically focusing on child protective services/child welfare services. This

will reduce the problematic issue of very high or disproportionate case overloads which overwhelm social workers and take away critically needed attention and time to high risk cases and/or vulnerable children and families. Additionally, this will help in addressing the essential aim of the Child Abuse Prevention and Treatment Act while helping in closing some of the gaps and concerns. For example, the law requires early intervention eligibility referrals for abused and neglected children under part C of the Child Abuse Prevention and Treatment Act of 2003, given the fact that maltreated children are still been underrepresented and services remain underutilized, this is not acceptable. The proposed Tri-level program will promote the increase of reporting, referrals, treatment, and adequate utilization of services.

### **Conclusions**

This paper explored the issues of child abuse and neglect, identified some of the gaps that exist, and contended that it is a public health issue of national and international magnitude, and proposed intervention approaches towards attainment of sustainable development. The body of literature confirms that abuse and neglect cause long-term harm to children and their families. The devastating effects include prolonged emotional, psychological and physical distress, risky behaviors, impaired cognitive development, low educational achievement, and low occupational performance, poor social skills, solitude, and challenging interpersonal relationships. This is why it is imperative that prevention and intervention strategies and programs that are interdisciplinary, interdependent, and collaborative be developed and implemented as proposed by these authors. This, the authors of this paper argue will help close the existing gaps while helping to attain safety, protection, and prevention of child abuse and neglect in facilitation of sustainable development.

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