

American Academy of Pediatrics Improving Mental Health in Primary Care Through Access, Collaboration, and Training (IMPACT)

Background

More than 14 million children and adolescents in the United States, or 1 in 5, have a diagnosable mental health disorder that requires intervention or monitoring. The human and financial costs of emotional problems in children are both broad and deep; they affect the children and their families, schools, communities, employers, and the nation as a whole.

Pediatricians have long been an important first resource for parents who are worried about their children's behavioral problems, and today psychosocial problems are the most common chronic condition for pediatric visits, eclipsing asthma and heart disease. Despite, or perhaps because of, the increase in pediatric visits centered around psychosocial issues, pediatricians do not feel they receive adequate training concerning psychosocial problems, are hesitant to label children as having a serious emotional disturbance, and do not have time during office visits to address psychosocial needs.

In 2005, the American Academy of Pediatrics received the Improving Mental Health in Primary Care Through Access, Collaboration, and Training (IMPACT) grant from the Health Resources and Services Administration, Maternal Child Health Bureau to address these issues.



IMPACT Goals

1. Enhance pediatricians' and other primary care professionals' ability to screen, diagnose, and treat children with mental health disorders.
2. Strengthen collaborative partnerships between pediatricians and child mental health specialists to enhance the delivery of mental health care to children.
3. Increase the number of children from minority populations who seek early mental health treatment.



Select IMPACT Activities

- ◆ Conduct pediatrician focus groups to identify barriers to the early diagnosis and treatment of children with mental health disorders in the medical home; utilize this information to guide educational interventions.
- ◆ Develop continuing medical education teleconferences or videoconferences on evidence-based mental health practices.
- ◆ Sponsor a national meeting to disseminate information on model collaborative practices between primary care professionals and mental health specialists.
- ◆ Coordinate presentations by mental health experts at AAP chapter and district meetings.

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◆ Develop and monitor an electronic discussion forum for pediatricians and other primary care professionals to discuss the care of children with mental health disorders in the medical home.



◆ Provide training to 5 pilot practices on how to implement the AAP mental health tool kit.

◆ Promote and disseminate educational material on state Early Intervention programs and 211 systems.

◆ Collaborate with national primary care

organizations and with mental health specialist organizations to develop and endorse models of collaborative practice that can be utilized in communities with limited mental health resources.

◆ Develop a joint position paper with the American Academy of Child and Adolescent Psychiatry concerning the impact of managed care practices and reimbursement on collaborative mental health practice.

◆ Create and disseminate an AAP chapter resource guide to assist chapters in establishing meaningful state-level partnerships.

◆ Provide resources and technical assistance to at least 3 select states that do not have an operational state mental health plan.

◆ Facilitate culturally diverse parent and youth focus groups in order to identify barriers to seeking and engaging in mental health treatment in primary care settings.

◆ Develop educational material and public service announcements emphasizing the importance of early mental health care and the primary care professional's role in providing this care.

AAP IMPACT Mental Health Web site

www.aap.org/mentalhealth

Please visit the AAP IMPACT Mental Health Web site for resources related to mental health including state and local programs, links to other organizations, and to sign up to receive a copy of the monthly electronic mental health newsletter.

Support

The IMPACT Program is supported by a grant (Child Health Practitioner Support Program, G95 MC 05434) from the US Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau.

Questions and Additional Information

The IMPACT program is unable to respond to questions regarding individual mental health conditions. General mental health inquiries can be sent to mentalhealth@aap.org. For more information about the IMPACT program or to be added to the IMPACT group e-mail list, please contact:

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