

July 2007

Improving Mental Health in Primary Care Through Access, Collaboration, and Training

IMPACT Children's Mental Health E-News

The American Academy of Pediatrics (AAP) is pleased to bring you the July 2007 issue of the Improving Mental Health in Primary Care Through Access, Collaboration, and Training (IMPACT) E-News. Each monthly E-News issue contains the latest news, research, and resources in children's mental health; upcoming conferences and Web casts; funding opportunities; as well as current articles of interest in *Pediatrics*. We hope that this electronic publication will help you find valuable resources and information on children's mental health. To subscribe to the e-mail list, or if you have any questions, comments, or ideas, please contact Stephanie Nelson at snelson@aap.org.

What's Inside

In the Spotlight: 1-2
The Columbia University TeenScreen Program—Wisconsin

IN THE SPOTLIGHT

The Columbia University TeenScreen Program

Wisconsin pediatricians use program to show mental health check-ups are as important as physical exams

Updates—Web Casts, 2-3
Conferences

Awards/Funding 4
Opportunities

Resources & 4-5
Research

AAP *Pediatrics* 6

The Columbia University TeenScreen Program is a mental health and suicide risk screening program for adolescents. A national initiative that offers parents the opportunity to have their teenager participate in a voluntary mental health check-up, TeenScreen uses a questionnaire and interview process to determine if a teenager may be at risk for depression, suicide, or other mental health problems. To date, the majority of TeenScreen's 450 local screening sites have been located in schools; however, local screening programs across the US are increasingly being developed and sustained by physicians in clinics, hospitals, and primary care settings.

Don Steward, MD, FAAP, senior pediatrician of Aurora Health Center in Fond du Lac, WI, has been supportive of the TeenScreen Program and enlisted the support of physicians Marian Freund, Fe Quejada, and Amy Emmer-Sheldon and staff in his pediatric practice to provide mental health check-ups to patients. Adolescents and their families are given the opportunity to participate in a mental health check-up at the time of their regular physical examinations. (Parents are informed of the screening prior to the visit and consent is obtained for participation.) If youth score positive through the screening and are determined to be at-risk for a mental health disorder, parents are offered an immediate referral and access to Behavioral Health Services at Aurora HealthCare or in the community. Providers and nursing staff provide follow-up for each referred teen.

The IMPACT Children's Mental Health E-News is funded through a grant (G95MC05434) from the US Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (MCHB), to the AAP.

“Screening has allowed us to prioritize our patient's mental health and well-being and to identify youth who may be suffering in silence from a mental illness. It has been remarkably successful.” Dr Don Steward

In 2006, over 100 families were offered screening and the vast majority (90%) chose to participate. Dr Steward and his colleagues plan to offer screening to 300 families this year alone and are looking to expand the program to 2 satellite clinics.

“I first became aware of TeenScreen as used in the school setting. The success of our program has been due to the collaborative efforts of our school health personnel, medical/nursing staff, and community health workers. The TeenScreen Program

Spotlight article continued on page 2

IN THE SPOTLIGHT

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Spotlight article continued

has opened a new opportunity to communicate with our patients and their parents,” Dr Steward says. “Screening has allowed us to prioritize our patient’s mental health and well-being and to identify youth who may be suffering in silence from a mental illness. It has been remarkably successful.”

Supporting Dr Steward’s findings, new research published in *Pediatrics* (January 2007) points to physicians’ offices as a promising venue for mental health check-ups. A team from Columbia University found that depression screening in pediatricians’ offices is both feasible and accepted. In their research, teenagers going to the doctor for their regular physicals were asked to complete a depression screening questionnaire. The average completion time for the screen was under 5 minutes. At the end of the study, doctors saw that parents and teens liked the addition of mental health screening to the regular doctor visit. All doctors participating in the study decided to continue to offer mental health screenings to their patients.

For additional information on TeenScreen and its programs, visit www.TeenScreen.org or call 866/TeenScreen (866/833-6727).

UPDATES

Web casts

Mental Health in Pediatric Primary Care

This online series from the Northwest Area Health Education Center at Wake Forest University School of Medicine discusses screening, diagnosis, management, and referral of children with mental health disorders. It is now available with 6 recorded presentations.

Data Matters

This interactive electronic newsletter from Georgetown University Center for Child and Human Development highlights the importance of data to keep readers up-to-date on the latest in the field of children’s mental health.

National Alcohol and Drug Addiction Recovery Month

National Suicide Prevention Week—September 9-15, 2007

STOP a Suicide Today Day—September 10, 2007

Conferences/Educational Opportunities

Rural Women’s Health Conference—August 13-15, 2007, Washington, DC

The US Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau is partnering with a number of organizations to share information and best practices to increase awareness of the needs of women and families living in rural areas and gain experience with programs that work.

Minority Women’s Health Summit—August 23-26, 2007, Washington, DC

The US Department of Health and Human Services Office on Women’s Health is hosting this Summit to address health disparities among women of color living in the United States. The goal is to focus on the often unrecognized threats to health experienced by women of color.

MORE UPDATES

Conferences/ Educational Opportunities Continued

CityMatCH Urban Maternal and Child Health Leadership Conference—August 26-28, 2007, Denver, CO

The Centers for Disease Control and Prevention, the Health Resources and Services Administration's Maternal and Child Health Bureau, and the University of Nebraska Medical Center supports this conference on building the best environments for families and children.

American Academy of Pediatrics (AAP) National Conference and Exhibition—October 26-30, 2007, San Francisco, CA

The AAP 2007 National Conference and Exhibition (NCE) is a forum for all pediatric professionals to come together for practical updates and review of pediatric practice, research, and advocacy. A few of the sessions around mental health include:

- 10/27/07 Mind-body Skills for Office Pediatricians
Presenters: Cheryl Beighle, MD, FAAP and Lynda Richtsmeier, Cyr, PhD
- 10/28/07 Clinical Algorithms for Behavioral Health Care in the Pediatric Medical Home
Presenters: Jane Meschan Foy, MD, FAAP and Barbara J Howard, MD, FAAP
- 10/28/07 The Effects of Military Deployment on Child and Adolescent Mental Health: A Critical Support Role for the Pediatrician
Presenter: Maj Keith M. Lemmon, MD
- 10/28/07 Firearm Safety: Suicide and Firearms in Homes of Depressed Teens
Presenter: Mary Denise Dowd, MD, MPH, FAAP
- 10/29/07 Enhancing Behavioral Health Practice in Primary Care Clinicians: Report from the AAP Task Force on Mental Health (TFOMH)
Presenter: Jane Meschan Foy, MD, FAAP
- 10/29/07 Adolescents with ADHD
Presenter: Michael I. Reiff, MD, FAAP
- 10/29/07 Medication and Preschoolers with ADHD: Management Pearls When There are No Guidelines
Presenters: Marsha Rappley, MD, FAAP and William Barbaresi, MD
- 10/30/07 Collaborative Strategies to Enhance Behavioral Health Practice
Presenter: Jane Meschan Foy, MD, FAAP
- 10/30/07 Communication Skills Training to Improve Mental Health Outcomes for Children and Youth Seen in Pediatric Primary Care
Presenters: Anna Gadowski, MD, MPH, FAAP and Larry Wissow, MD, MPH, FAAP

Practical Pediatric Psychopharmacology for the Primary Care Clinician Institute—October 27, 2007 (tentative), Boston, MA

The American Academy of Child and Adolescent Psychiatry has developed this institute that will provide practical information to primary care clinicians on the use of psychotropic medications in their practices.

International Conference on Urban Health—October 31-November 2, 2007

The Johns Hopkins Bloomberg School of Public Health and the University of Maryland at Baltimore host this conference on information systems and management to address disparities in urban health in Baltimore, MD.

AWARDS/ FUNDING OPPORTUNITIES

Vulnerable Populations Portfolio Grants—Due: Continuous

The Robert Wood Johnson Foundation is seeking proposals on new community-based approaches to health and health care problems that intersect with social factors.

Health and Mental Health Grants Program—Due: Rolling

The Jacob and Hilda Blaustein Foundation is seeking applications for the health and mental health grants program, which seeks to increase access for underserved individuals to quality health care.

CATCH Planning Funds Program—Due: July 31, 2007

The AAP Community Access to Child Health (CATCH) Planning Funds program provides grants in amounts from \$2,500 to \$12,000 for pediatricians to develop innovative, community-based initiatives that increase children's access to medical homes or to specific health services not otherwise available.

Additional Funding Opportunities for Community-Based Initiatives

The AAP Division of Community-Based Initiatives provides information on funding from the Academy and other organizations, as well as links to key funding resources and agencies.

Healthy Tomorrows Grant Program

The Healthy Tomorrows Partnership for Children Program's (HTPCP) Grant Cycle will soon be announced. HTPCP is a cooperative agreement between the federal Maternal and Child Health Bureau and the AAP. Federal grants of \$50,000 per year for 5 years are awarded annually through the program to support community-based child health projects that improve health status of mothers, infants, children, and adolescents by increasing their access to services. In the coming months, check the Healthy Tomorrows Web site for updates.

RESOURCES & RESEARCH

Please note that some of the links provided will take you to the abstract for the article and there may be additional steps necessary to view the full text.

Suicide and Life Threatening Behavior

This article looks at racial disparities in mental health service use by adolescents who thought about or attempted suicide.

Depression and the Initiation of Alcohol and Other Drug Use Among Youth Aged 12 to 17

The National Survey on Drug Use and Health (NSDUH) report looks at past year major depressive episodes (MDE), past year initiation of alcohol and illicit drug use, and the association between MDE and the initiation of alcohol or other drug use in the past year among youths aged 12-17.

Evidence-Based and Values-Based Policy, Management, and Practice in Child and Adolescent Mental Health Services

This article outlines some of the key features of values-based practice including its complimentary relationships to both regulatory ethics and evidence-base practice, particularly in child and adolescent mental health services.

More RESOURCES & RESEARCH

Knowledge Path: Healthy Social and Emotional Development in Children and Adolescents

This guide provides electronic resources for health, education, and social services literature on healthy social and emotional development in infants, children, and adolescents.

Continuity of Mental Health Care and Developmentally Appropriate Support to Adolescents and Young Adults

This brief, produced by the Substance Abuse and Mental Health Services Administration's Partnership for Youth Transition Initiative, provides snapshots of 5 funded sites. Topics include challenges of moving from adolescence to adulthood for those diagnosed with a serious emotional disturbance or serious mental illness, matching services to needs, and the Transition to Independence Process Model.

Concurrent Medical Conditions with Pediatric Bipolar Disorder

The purpose of this review was to examine medical conditions that occur along with bipolar disorder in adults and youth. It looks at the chronic nature of bipolar disorder and the profound impact on health that its treatments bring.

A Family Centered Approach to Planning and Measuring the Outcome of Interventions for Children with Attention-Deficit/Hyperactivity Disorder

This paper discusses parenting and family factors that should be considered when planning and measuring the outcome of interventions for children with attention-deficit/hyperactivity disorder (ADHD).

Falling Through the Cracks — Virginia Tech and the Restructuring of College Mental Health Services

This article discusses the Virginia Tech tragedy and mental health services for college students.

Preventing Perinatal Depression

This issue of Northwest Bulletin: Family and Child Health, discusses preventing perinatal depression.

Treatments in Child and Adolescent Bipolar Disorder

This article looks at the guidelines for treatment for bipolar disorder in children and adolescents.

Mentally Ill Youth Face Fear, Stigma from Adults

The goals of this study were to examine attitudes of 2 types of pediatric interventions to treat mentally ill youth, the impact of stigma on obtaining treatment, and "willingness" to use psychotropic medications.

The Sustainability of Systems of Care for Children's Mental Health: Lessons Learned

The purpose of the federal Comprehensive Community Mental Health Services for Children and Their Families Program, initiated in 1992 to provide grants to states, communities, territories, and Indian tribes, was to develop systems of care to serve children and adolescents with or at risk for emotional disorders and their families. As part of the evaluation of this program, the study assessed the ability of funded sites to sustain their systems of care beyond the federal grant period.

State-at-a-Glance Chartbook on Coverage and Financing for Children With Special Health Care Needs

This resource includes carefully selected indicators on key aspects of health coverage and health care financing in each state. It also provides descriptions and samples of the most interesting state practices, with a focus on implementation and innovation.

*AMERICAN ACADEMY OF PEDIATRICS
PEDIATRICS JOURNAL*

The current issue of the AAP journal *Pediatrics* is now available online. Articles of interest include:

Hematologic and Blood Biochemistry Monitoring During Methylphenidate Treatment in Children With Attention-Deficit/Hyperactivity Disorder: 2-Year, Open-Label Study Results

Sharon B Wigal, Timothy E Wilens, Mark Wolraich, and Marc Lerner
Pediatrics 120: e120-128

Is Victimization From Bullying Associated With Medicine Use Among Adolescents? A National Representative Cross-sectional Survey in Denmark

Pernille Due, Ebba Holme Hansen, Juan Merlo, Anette Anderson, and Bjorn E Holstein
Pediatrics 120: 110-117

Mental Health and Social Competencies of 10 to 12 Year-Old Children Born at 23 to 25 Weeks of Gestation in the 1990's: A Swedish National Prospective Follow-up Study

Aijaz Farooqi, Bruno Hagglof, Gunnar Sedin, Leif Gothefors, and Fredrik Serenius
Pediatrics 120: 118-133

Permission is given to forward the IMPACT Children's Mental Health E-News to individual colleagues.

The editors welcome your submissions, suggestions, and questions.

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