I nclusion in this publication does not imply an endorsement by the American Academy of Pediatrics. The AAP is not responsible for the content of these resources. Web site addresses are as current as possible, but may change at any time.

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AAP Chapter Highlight

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SPOTLIGHT

Mental Health Awareness Day Activities

In May, we celebrated National Children's Mental Health Awareness Day—the campaign that seeks to raise awareness about the importance of children's mental health and emphasizes that positive mental health is essential to a child's healthy development from birth. This year's theme focused on building resilience in young children dealing with trauma. Here are some ways this campaign was celebrated by members of the AAP Mental Health Initiatives e-mail list:

- Representatives from the Mule Town Family Network and Early Connections Network in Tennessee attended Health Council and Community Partnership meetings to promote National Children's Mental Health Awareness Day. More than 35,000 “I Choose to Care” stickers were delivered throughout the state and worn by those who continue to support the needs of children. In addition, the Mule Town Family Network sponsored a float in the Annual Mule Day Parade and partnered with Centerstone's Early Childhood Network to offer a free training on language and emotional literacy for child care providers, early childhood college students, and Pre-K teachers in Maury County, TN.

http://www.aap.org/commpe  ds/dochs/mentalhealth/mh5n.html
• On May 3, K-Town Youth Empowerment Network partnered with the East Tennessee Council on Children & Youth to present “Accomplishing More with Less for East Tennessee Youth: A Regional Forum on Collaborative Efforts to Reduce Mental Illness, Trauma and Substance Abuse in Hard Economic Times”. K-Town also distributed 1,000 “I Choose to Care” stickers to schools, colleges, businesses, and agency staff. On May 7, K-Town hosted the Children's Mental Health Awareness Week Family Fair, which included information booths and kid's activities. For this event, a walk-through gallery of text and images created by inner city 3rd graders as part of the K-Town Youth Council's “Love Me, Love You” campaign was featured.

• For the third year, the Maryland Coalition of Families for Children’s Mental Health coordinated with the Mental Health Association of Maryland to lead a statewide campaign for Children’s Mental Health Awareness Day. This year’s effort included more than 80 agencies, schools, and organizations that held more than 2 dozen events statewide.

• On May 3, ValueOptions posted the article What Children Need for Good Mental Health as the lead story on its Achieve Solutions Web site for the public sector, a health and wellness resource for consumers and families. This article provides suggestions for helping parents support children's mental health, such as enhancing communication, giving children unconditional love, and nurturing confidence and self-esteem. This article and other related content, including audio clips and videos, can be found under the Children’s Health topic on the Achieve Solutions Web site.

AAP resources used to celebrate National Children's Mental Health Awareness Day are available online at http://www.aap.org/advocacy/releases/mentalhealthday.cfm.

AAP CHAPTER HIGHLIGHT

VIRGINIA CHAPTER AAP

Web site: http://www.virginiapediatrics.org

The Virginia Chapter AAP has made the topic of mental health one of the chapter’s strategic goals. A major success this year was passage by the General Assembly and signing by the Governor of the Autism Insurance Reform Law. This law mandates that health insurers, health care subscription plans, and health maintenance organizations provide coverage for the diagnosis and treatment of Autism Spectrum Disorder (ASD) to children ages 2 to 6. It requires state licensure of treatment providers, as well as prior authorization and independent reviews of treatment. Because early identification and early treatment is key, the chapter is doing its part as pediatricians to diagnose ASD as early as possible in patients. The chapter has now ensured that families and patients also have access to treatment and insurance coverage.

The chapter endorsed and promoted a collaborative educational event with the Regional Organization for the American Academy of Child and Adolescent Psychiatry. The March meeting sponsored by the Regional Organization included topics such as “Recognizing What Is and What Is Not Psychosis in Children and Adolescents” and “Using Antipsychotics in Children and Adolescents: What Does the Evidence Say?”, as well as difficult case discussions.

It is estimated that as many as 50,000 children in the Greater Richmond area have a diagnosable mental health disorder that can be identified and requires treatment. Unfortunately, obtaining quality, timely mental health care is an uphill battle for many families. There is no central clearinghouse or gateway for information and little expert assistance for navigating the fragmented “system”. Many families in need of services are tossed from one agency to another and find it hard to even connect with a person at the other end of the phone line. Families who are fortunate enough to find care may wait up to 3 months for an appointment.

In response to these problems, faculty members at Virginia Treatment Center for Children, a division of the Virginia Commonwealth University Department of Psychiatry, have organized a coalition of child mental health providers, advocates, and consumers in the greater Richmond area to establish the Children’s Mental Health Resource Center (CMHRC). The coalition is focused on providing a comprehensive resource for families struggling with mental, emotional, and behavioral health issues, as well as the child-serving professionals who
work with this population. The Virginia Chapter has assisted in identifying and promoting pediatric practices to be served by the CMHRC. Initial services are targeting families who are referred to the resource center through pediatricians and family physicians in underserved areas of the city of Richmond. The chapter believes this partnership supports the “medical home” approach, which allows families better access to health care, increased satisfaction with care, and improved mental health.

Finally, the chapter has partnered with the Virginia Department of Behavioral Health and Developmental Services and the Partnership for People with Disabilities on a comprehensive autism grant that seeks to create statewide resources for autism diagnosis and treatment. The Virginia chapter will work to promote autism screening in its practices, as well as connect diagnosis, treatment, and family support services. This will provide access to culturally competent, family-centered early identification, screening, referral, and comprehensive diagnostic services.

**Each issue of the Mental Health Newsletter will feature an AAP chapter and their efforts related to mental health. If your chapter is interested in submitting a summary of its efforts, please contact Renee Jarrett at rjarrett@aap.org for more information.**

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**IN THE NEWS**

### GENERAL MENTAL HEALTH

**Primary Care Doctors Critical to Detecting Mental Illness in Children**
HealthNewsDigest.com - May 11

The National Alliance on Mental Illness has released a survey on family experiences with primary care doctors in treating children and adolescents living with serious mental illness—exposing a broad gap between family needs and practitioner knowledge and resources. The report is available online, along with a brochure for doctors and staff on how to communicate and partner with families.

**Breastfeeding May Be Tied to Fewer Behavioral Problems in Children**
Reuters – May 9

Babies who are breastfed are less likely to grow into children with behavior problems by the time they reach the age of 5 than those who receive formula milk, according to a study in the *Archives of Disease in Childhood.*

“This is more evidence of the importance of breastfeeding and mother-baby attachment, not just for physical health but also for the psychological development of the child,” researchers say.

**Virginia Lacks Mental Health Services for Kids**
USA Today – May 3

Virginia fails to provide adequate mental health services for children in the community, often resulting in costly stays in psychiatric facilities or incarceration, according to a report by The Voices for Virginia’s Children. Services for those in crisis are particularly lacking, and when the needed services aren't available, children often end up in residential facilities or in the juvenile justice system. The report also reveals that more than half of incarcerated juveniles have a diagnosed mental illness beyond those that are likely to contribute to their criminal behavior, such as attention deficit hyperactivity disorder or substance abuse problems.

**Texas Sees Shortage of Mental Health Professionals**
American Medical News – April 25

An aging work force coupled with Texas' growing and increasingly diverse population are contributing to a shortage of mental health professionals, according to a policy brief from the Hogg Foundation for Mental Health and Methodist Healthcare Ministries. In fiscal year 2010, approximately 54,724 children had a severe emotional...
disturbance, but only 29% received community mental health care. It is speculated that limited training opportunities and poor pay contribute to the problem.

**Stress During Pregnancy Linked to Child’s Behavioral Problems**

*United Press International – April 20*


Children born to women who undergo many stressful events during pregnancy run an increased risk of behavioral problems, researchers report in the journal *Development and Psychopathology*. Stressful events include financial and relationship problems, difficult pregnancy, job loss, and issues with other children. According to researchers, “Two or fewer stresses during pregnancy are not associated with poor child behavioral development, but as the number of stresses increase to three or more, then the risks of more difficult child behavior increase.”

**ADHD**

**ADHD Meds OK for Kids' Hearts, Study Says**

*Los Angeles Times – May 17*


Children taking stimulant medications to quell symptoms of attention deficit and hyperactivity disorder (ADHD) have a very low risk of suffering heart attack, stroke or sudden, unexplained death, and the probability that they will suffer such a crisis doesn’t appear any higher than that of their peers who take no ADHD medications, says a new study in *Pediatrics*. The latest study comes against the backdrop of continued debate over how children should be screened for heart troubles before taking stimulant medication. However, researchers warn that heart attacks, strokes, and sudden unexplained death are so rare in all children that detecting a true hike in heart attack and stroke risks might require a study even larger than this one.

**Children With ADHD and Co-Existing Psychiatric Disorders Report Impaired Quality of Life**

*Medical News Today – May 12*


Pediatric patient self-reported Health-Related Quality of Life (HRQOL) in ADHD continues to be understudied, most notably in pediatric patients with ADHD and co-existing psychiatric disorders. A new study evaluated the measurement properties of the Pediatric Quality of Life Inventory™ (PedsQL™ 4.0 Generic Core Scales as a patient self-reported HRQOL measurement instrument. Pediatric patients with ADHD and co-morbid psychiatric disorders and their parents reported significantly worse PedsQL™ scores than healthy children and pediatric patients with cancer and diabetes, with the exception of physical health. The study will be discussed in a future issue of *Value in Health*, journal for the International Society for Pharmacoeconomics and Outcomes Research.

**Clonidine Plus Stimulant Effective for ADHD**

*WebMD – May 11*


Combining an extended-release version of the blood pressure pill clonidine with a stimulant may benefit children with ADHD who are not getting adequate relief from stimulants alone, according to a study in *Pediatrics*. Stimulants are often the first-line therapy for ADHD, but they can have side effects such as poor appetite and sleeplessness. In the study, those who received extended-release clonidine in addition to stimulant therapy showed greater reductions in symptoms than those who received a placebo with their stimulant medication.

**Fussy Babies Linked to ADHD Risk**

*WebMD – April 20*


Babies who cry excessively and have difficulty sleeping and feeding may be at increased risk for behavioral problems during childhood, including ADHD. Approximately 20% of all babies show signs of “regulatory issues” such as persistent crying, sleeping issues, and feeding problems during the first year of life. Most of the time these symptoms are transient, and infants adjust by the time they reach preschool. But “those with persistent regulatory problems in families with other problems may require early interventions to minimize or prevent the long-term consequences of infant regulatory problems,” researchers conclude. The findings appear online in the *Archives of Disease in Childhood*.

[http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html](http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html)
Sporadic Mutations Identified in Children With Autism Spectrum Disorders
EurekAlert – May 16
Scientists have identified several sporadic genetic mutations in children with autism spectrum disorder. Proteins altered by genetic mutations may hold clues to the biological pathways involved in the development of the disease. The research was published online in the journal *Nature Genetics*.

Winter Conception Tied to Raised Risk for Autism
US News & World Report – May 9
A study in *Epidemiology* suggests that children conceived in winter may seem to have a greater risk of being diagnosed with autism. Environmental factors, including exposure to seasonal viruses such as influenza and changes in diet, may play a role in the greater risk for autism among children conceived during the winter. Compared with children conceived in July, the risk for autism was 8% higher among those conceived in December and 16% higher for those conceived in March.

Researchers Find Autism May Be More Widespread Than Thought
Los Angeles Times – May 8
http://www.latimes.com/health/la-he-autism-korea-20110509,0,524140.story
The incidence of autism may be much higher than previously thought in the United States and elsewhere in the world, according to a study (*American Journal of Psychiatry*) conducted in South Korea. In the first study to take a broad-population look at the prevalence of autism spectrum disorders, researchers found a rate of 2.64% among South Korean children, or 1 in 38 children, a rate higher than the Centers for Disease Control and Prevention estimate of 1 in 110 children.

Brain Grows Faster in Children With Autism
Medscape – May 6
The brains of children with autism spectrum disorder (ASD) are larger than those without autism, a difference that appears related to increased rates of brain growth before the age of 2 years, according to a new imaging study (*Archives of General Psychiatry*). Investigators found that early brain overgrowth seen in children with ASD is associated with an increase in cortical surface area or folding on the surface of the brain but not with cortical thickness.

Quick Screening May Help Spot Autism in Babies
US News & World Report – April 28
A brief checklist that parents can fill out while waiting to see their child's pediatrician may aid in diagnosing autism earlier. Not only is the test fast and inexpensive, but the children it identified were referred for behavioral therapy at an average age of 17 months, much earlier than it would be otherwise. The study, funded in part by the US National Institute of Mental Health, was published online in the *Journal of Pediatrics*.

Survey Finds That Half of All Children With Autism Wander and Bolt From Safe Places
7thSpace Interactive – April 24
http://7thspace.com/headlines/380249/half_of_all_children_with_autism_wander_and_bolt_from_safe_places.html
The Interactive Autism Network has revealed the preliminary results of its survey on wandering and elopement among individuals with autism spectrum disorders. The survey found that approximately half of parents of children with autism report that their child elopes, with the behavior peaking at age 4. Among these families, 50% say that their child went missing long enough to cause significant concern.
Many With Autism Also Have Treatment-Resistant Epilepsy
USA Today – April 22
http://yourlife.usatoday.com/health/medical/autism/story/2011/04/Many-with-autism-also-have-treatment-resistant-epilepsy/46418626/1
Many people with autism also have epilepsy that doesn't respond to treatment, says a study published in the May issue of the journal Epilepsia. According to the study, autistic children with epilepsy tend to be more impaired than those without epilepsy. Approximately 54% of those with treatment-resistant epilepsy had motor skills delays, compared to 35% of those with treatable epilepsy. Those with treatment-resistant epilepsy also had more language delays and were somewhat more likely to experience development regression.

Autism Spectrum Disorder Linked to Genetic Synaptic Behaviors
Medical News Today – April 21
http://www.medicalnewstoday.com/articles/223122.php
The place where your brain transfers electricity between synapses and how your genes determine how these processes function may be tied to autism. According to a study in Molecular Psychiatry, genetically driven disturbances in this process can lead to varying levels of autism. "This large study is the first to demonstrate a statistically significant connection between genomic variants in autism and both (nerve cell) synaptic function and neurotransmission," researchers say. Entire collections of genes with similar neural roles which, taken as a group, seem to be associated with a greater proportion of autism risk.

BULLYING

Children Involved in Bullying Visit School Nurse More Often
Reuters – April 25
Data on about 600 students in grades 3 to 5 indicate bullies and victims of bullying visited the school nurse more often than did others, for injuries as well as other medical and non-medical issues, suggesting that school nurses can be key players in identifying and curbing bullying. The study in Pediatrics found no racial or gender differences among victims of bullying, but the odds of being labeled a bully were higher for boys and blacks.

School Bullying Linked to Family Violence, Study Finds
US News & World Report – April 21
Students who bully, their victims, and bully-victims (students who both bully and have been bullied) face a range of health risks, including family violence and intentional self-harm, according to a study in the Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report. In a survey of middle-school and high-school students from Massachusetts public schools, researchers found that those involved in bullying are more likely to contemplate suicide and engage in self-harm. They are also more likely to have risk factors such as suffering abuse from a family member or witnessing violence at home. The report concludes that the health risks and home environment for teens involved in bullying are much worse than for kids who have no experience with bullying.

DEPRESSION AND ANXIETY

Helping Kids Beat Depression by Treating Mom
Wall Street Journal – May 17
Successfully treating a mother with depression isn't just good for the mom; it also can provide long-lasting benefits for her children's mental health, according to new research. About half of kids with depressed mothers develop the condition, and children of depressed mothers are more likely to be anxious, irritable, and disruptive than other kids. However, a study in the American Journal of Psychiatry shows that when a mother's depression is successfully treated, her children get progressively better, too—even a year after the treatment ends. And the faster she responds to treatment, the faster her children do, as well.

http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html
Childhood Obesity Linked to Increased Risk of Mood Disorders
Yahoo!/The West Australian – May 10
Overweight children are 50% more likely to suffer mood disorders such as depression as young adults, an Australian study has shown (Australian and New Zealand Journal of Psychiatry). The tendency is even more marked in girls, who hold on to their excess weight when they are older.

Researchers Find New Way to Examine Major Depressive Disorder in Children
PR Newswire – May 10
A study in the Archives of General Psychiatry has revealed a new way to distinguish children with major depressive disorder (MDD) from normal children and children with obsessive compulsive disorder (OCD). Using a new technique to measure cortical thickness, researchers observed cortical thinning in 5 regions of the brain and greater thickness in the bilateral temporal pole in MDD patients. In OCD patients, the only significantly different region from healthy control patients was a thinner left supramarginal gyrus. The study also revealed that familial depressed patients, or children with at least one first-degree relative with depression, had distinct cortical thickness compared to children with no obvious family history of mood disorder.

Depressed Teens Mostly Struggle Alone
Los Angeles Times – April 29
http://www.latimes.com/health/boostershots/la-heb-depressed-20110428,0,3658610.story
Approximately 2 million American adolescents experienced a bout of major depression last year, but only a third of them got any help in dealing with the sadness, irritability, anxiety, guilt, and loss of interest and energy that are the hallmarks of such episodes, according to a new report. The findings, tallied by the Substance Abuse and Mental Health Services Administration, are based on a national survey of drug use and health conducted in 2009. The study found that 8.1% of the population between 12 and 17 years old reported a period of depressed mood lasting 2 or more weeks in the preceding 12 months.

Obesity Not Necessarily Tied to Depression Among Youths
United Press International – April 22
Teens who are severely obese are no more likely to be depressed than their normal-weight peers, researchers suggest. The study, published in the Journal of Adolescent Health, found no relationship between participants' weight status and the likelihood of being depressed. However, the researchers did find an association between obesity and higher depressive symptoms, but only in white participants and only at the 3-year assessment.

EATING DISORDERS

Spring Birth Increases Risk of Eating Disorder
BBC – April 27
http://www.bbc.co.uk/news/health-13208401
A study published in the British Journal of Psychiatry found that babies born during the spring months have an increased chance of developing anorexia nervosa, while those born in the fall have a decreased risk. Researchers suggest that temperature changes, sunlight exposure, vitamin D levels, and maternal nutrition all could play a role; however, other academics say the effect is small and the disorder has many causes.

FOSTER CARE AND ADOPTION

Another Prescription Drug Abuse Problem: The Overmedication of Kids in Foster Care
Huffington Post – May 5
http://www.huffingtonpost.com/michael-piraino/prescription-drug-abuse_b_855547.html
A recent study by the Tufts Clinical and Translational Science Institute found that the use of psychotropic medications for children between the ages of 2 and 21 has risen significantly over that past decade. During the same period, in which an estimated 4% of the general youth population was prescribed these medications, the figure for kids in foster care was much higher—anywhere from 13% to 52%. Recent studies in Texas and
Georgia present similar findings and emphasize the need to ensure that every child in foster care has the support of a caring adult who can look after his or her best interests, and when necessary, raise concerns about medications and health care.

**SUBSTANCE ABUSE AND ADDICTION**

**Generic Prevention Programs in Schools Are More Effective**
United Press International – May 16

According to a review in The Cochrane Library, evidence supports the use of certain generic prevention programs over alcohol-specific ones in school-based prevention programs. “School-based prevention programs that take a social skills-oriented approach or that focus on classroom behavior management can work to reduce alcohol problems in young people. ... However, there is good evidence that these sorts of approaches are not always effective,” researchers say.

**Computer, Alcohol Use in Teens Go Together**
United Press International – May 10

Compared with peers who don't drink, teens who drink spend more time on their computers doing social networking and downloading music, researchers say. A survey (Addictive Behaviors) of 264 US teens ages 13 to 17 indicate that teens who reported drinking in the last month used a computer more hours per week (excluding school work) than those who did not. However, there was no strong link between alcohol use and video games or online shopping and drinking.

**Rising Computer Use May Increase Risky Behavior in Teens**
United Press International – May 10

Canadian researchers, citing studies that indicate good and bad behavior is imitated, say high Internet use increases the risk of risky behavior among teens. The study, published in the Journal of Preventative Medicine, concluded high computer use was associated with approximately 50% increased engagement in substance abuse. High television use was also associated with a modestly increased engagement in these risky behaviors.

**Attitudes Toward Alcohol Influence Children's Drinking**
The Daily Mail – April 28

Allowing teenagers to drink small amounts at home while underage may have been considered a good way of demystifying alcohol and encouraging responsible drinking, but a new study shows it sends mixed signals to youngsters. The study (Journal of Studies on Alcohol and Drugs) found that young teens allowed to drink under parent supervision drank more overall than their peers and were a third more likely to experience alcohol-related consequences, such as fighting or blackouts.

**Kids With ADHD May Use Drugs and Alcohol More Often**
TIME – April 26

A recent paper in Clinical Psychology Review suggests that being diagnosed with attention deficit hyperactivity disorder (ADHD) in childhood may predict a child's likelihood of later dependence on nicotine, alcohol, or other drugs. Why exactly ADHD may increase kids’ risk of substance dependence is unclear, but researchers suggest it may have to do with the stress and anxiety that often accompany the disorder. Alternatively, there may be an underlying reason that kids are predisposed to both ADHD and substance use.

**SUICIDE AND SELF-INJURY**

**School Bullying Increases Risk of Suicide in LGBT Young Adults**
Sirius XM OutQ News – May 17

A new study (Journal of School Health) has found that Lesbian, Gay, Bisexual, and Transgender (LGBT) youth...
who experience high levels of victimization at school are more likely to report health problems in early adulthood, including attempted suicide. Among the results are that LGBT young adults who reported high levels of school victimization were 5.6 times more likely to report having attempted suicide.

**Study Sheds Light on Self-Embedding in Youths**

Reuters – May 10

http://www.reuters.com/article/2011/05/10/us-embedding-idUSTRE74948P20110510

In a new study (Pediatrics), doctors describe a form of self-injury among teenagers called self-embedding, which involves inserting objects into the skin or muscle. Researchers say embedding is on the spectrum of self-harming behaviors but is a much more severe form that appears to be linked to thoughts of suicide and major psychiatric disorders.

**REQUEST FOR INFORMATION**

**Health Information Technology**

We want to hear from you! We would like to highlight success stories or examples of how you have used technology to improve mental health care in your practice. Share experiences using a software program, an application, widget, etc. If you have an example that you would like to share, please e-mail your submission of 250 words or less to Stephanie Nelson at snelson@aap.org.

**CONFERENCES/WEBINARS**

**Access and Continuity in the Medical Home Setting: Enhancing Continuity of Care in Your Practice Through 21st-Century Communication**

June 21, 2011 - 11:00 am CST

http://www.aap.org/webinars/practiceservices

The AAP is introducing a new program for pediatric health care providers that will offer practice service solutions. These offerings will provide methodologies and tools that will accelerate a practice’s goal to high-quality, cost-effective health care via the medical home model. As a part of these service offerings, the AAP will be hosting a series of practice service Webinars for all child health professionals invested in providing family-centered primary care. The first of this Webinar series, to launch June 21, 2011, will be “Access and Continuity in the Medical Home Setting: Enhancing Continuity of Care in Your Practice Through 21st-Century Communication”. This 60-minute training will discuss a practical process for implementing patient access and continuity in a primary care practice setting. Leaders in pediatrics will refer to personal practice experience, processes, and quality improvement strategies that can be implemented to enhance access in your medical home as you deliver quality care.

**Future of Pediatrics: Mental Health Preconference**

July 28, 2011 – 10:00 am to 5:15 pm


Attend Embracing Mental Health Care: Lessons Learned for Success, the mental health preconference taking place prior to the Future of Pediatrics conference, will be held July 28, 2011 from 10:00 am to 5:15 pm at the Fairmont Millennium Park Chicago. The goal of this preconference is to empower pediatricians to address the health and well-being of children and youth with mental health concerns and to improve skills of clinicians by providing practical tools for clinical care. This activity has been approved for AMA PRA Category 1 Credit™. Advance registration is required and seating is limited, so be sure to check “Yes” to register for the Mental Health Preconference when you register for Future of Pediatrics. View the agenda.
How to Code When the Kid Isn't There: Non-Face-to-Face Coding
June 7, 2011 – Noon CST
http://www.vodium.com/goto/portal/pn100896/launch.asp
The next AAP Pediatric Coding Webinar will be broadcast live on June 7, 2011 at noon CT. Richard Tuck, MD, FAAP, will be presenting How to Code When the Kid Isn't There: Non-Face-to-Face Coding. There is a demand for convenient and timely access to non-face-to-face services. These services include advice, consultation, and treatment by e-mail and telephone. The webinar will highlight codes to report non-face-to-face care. In addition, the webinar will provide guidelines for appealing for payment for non-face-to-face services and will provide AAP resources to help you do so.

Integrating Behavioral Health and Primary Care in Rural Settings Webinar
Recording from May 2011
http://www.tapartnership.org/events/webinars/webinarArchives/searchByDate.php?id=topic6#content6
This Webinar provided an overview of several models of integrated care in rural communities and examples of successful integrated approaches were discussed. The Webinar highlighted an integrated care model currently being implemented in Nebraska. Information was provided on how the featured program was developed, daily operations, and related workforce issues. Considerations for special populations, including pediatrics, were also presented. An archive of the Webinar is available online.

RESOURCES

A Message From a Child Formerly in Foster Care
http://aap.org/fostercare/PDFs/HFCA_Mia.pdf
Mia Behrens, a former foster child, provides advice for health care professionals on how to make kids of trauma feel safe and valued. The presentation, given at the 2009 AAP National Conference & Exhibition, is available at http://www.dcp providersonline.com/aap/250e3ca3631120123d823edef816678e//902d.html.

Fact Sheets on Mental Illnesses That Affect Children
The National Institute of Mental Health has developed fact sheets on mental illnesses that affect children, such as Attention Deficit Hyperactivity Disorder, anxiety disorders, bipolar disorder, and depression.

MCH Knowledge Path: Emotional, Behavioral, and Mental Health Challenges in Children and Adolescents
http://www.mchlibrary.info/KnowledgePaths/kp_Mental_Conditions.html
This knowledge path directs readers to a selection of current resources that analyze data, describe effective programs, and report on policy and research aimed at improving access to and quality of care for children and adolescents with emotional, behavioral, and mental health challenges. Companion briefs are also available on the following topics: Families, Schools, Bullying, Substance Abuse, and Suicide Prevention.

Pediatric and Adolescent Mental Health Emergencies in the Emergency Medical Services System
http://pediatrics.aappublications.org/cgi/reprint/peds.2011-0522v1
This technical report addresses the roles that the emergency department (ED) and ED health care professionals play in emergency mental health care of children and adolescents in the United States, which includes the stabilization and management of patients in mental health crisis, the discovery of mental illnesses and suicidal ideation in ED patients, and approaches to advocating for improved recognition and treatment of mental illnesses in children.

Additional information about disasters and children’s mental health is available on the AAP Children & Disasters Web site.

SAMHSA Report: Substance Abuse Treatment Admissions Aged 12 to 14
http://oas.samhsa.gov/2k11/015/015SATreatmentAdmissions.cfm
The Treatment Episode Data Set Report from the Substance Abuse and Mental Health Services Administration outlines the number of adolescents with substance abuse treatment admissions and recommends more study of
prevention and treatment programs for young adolescents because of the growing numbers of youths 12 to 14 who report using drugs.

**Suicide and Bullying: Issue Brief**
[http://www.sprc.org/library/Suicide_Bullying_Issue_Brief.pdf](http://www.sprc.org/library/Suicide_Bullying_Issue_Brief.pdf)

This issue brief examines the relationship between suicide and bullying among children and adolescents, with special attention to lesbian, gay, bisexual, and transgender youth. It also explores strategies for preventing these problems.

**Toolkit Addresses Suicide in the School Community**
[http://www.sprc.org/library/AfteraSuicideToolkitforSchools.pdf](http://www.sprc.org/library/AfteraSuicideToolkitforSchools.pdf)

After a Suicide: A Toolkit for Schools provides schools information on dealing with loss in the school community and promoting a coordinated response. The toolkit incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance. Specific areas addressed in the toolkit include crisis response, helping students cope, working with the community, memorialization, social media, suicide contagion, bringing in outside help, and going forward.

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**FUNDING OPPORTUNITIES**

**CATCH Planning Funds**
Deadline: July 29, 2011
[http://www.aap.org/catch/planninggrants.htm](http://www.aap.org/catch/planninggrants.htm)

Grants of up to $12,000 will be awarded to pediatricians to plan innovative community-based child health initiatives. The pediatrician must be significantly involved in proposal development and project activities. This grant cycle includes a special call for projects that benefit American Indian/Alaska Native children. Family physicians serving Native American children may apply in partnership with a pediatrician. The deadline for applications is July 29, 2011.

**CATCH Resident Funds**
Deadline: July 29, 2011
[http://www.aap.org/catch/residentgrants.htm](http://www.aap.org/catch/residentgrants.htm)

Grants of up to $3,000 are available for pediatric residents to work with local communities to ensure that all children, especially underserved children, have medical homes and access to specific health care services not otherwise available. Projects must include planning activities or demonstrate completed planning activities, and may include implementation activities. To ensure project completion, residents who are in their 1st or 2nd year of residency on the application submission due date are eligible to apply; 3rd-year residents may apply if they will be chief resident in their 4th year. PGY-3 residents are eligible to apply as co-applicants. The deadline for applications is July 29, 2011.

**HHS Awards $100 Million in Community Transformation Grants**
LOI Deadline: June 6, 2011
Application Deadline: July 15, 2011

The US Department of Health and Human Services (HHS) has announced the availability of more than $100 million in funding for 75 Community Transformation Grants. One area of focus is social and emotional wellness, such as facilitating early identification of mental health needs and access to quality services. State and local government agencies, tribes and territories, and state and local non-profit organizations are eligible to apply. **Letters of Intent are due June 6, 2011.** Electronic applications are due July 15, 2011, and awards are expected to be announced by the end of summer. The grants are expected to run for 5 years, with projects expanding their scope over time as resources permit. The official announcement can be found at [http://www.Grants.gov](http://www.Grants.gov) by searching for CFDA 93.531. Learn more about the grants at [http://www.healthcare.gov/news/factsheets/grants05132011a.html](http://www.healthcare.gov/news/factsheets/grants05132011a.html) or [http://www.cdc.gov/communitytransformation](http://www.cdc.gov/communitytransformation).

[http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html](http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html)
NIMH Outreach Partners Solicitation Process
Deadline: August 23, 2011

The National Institute of Mental Health (NIMH) will invite applicants to submit proposals for consideration as an NIMH Outreach Partner for the following states: Colorado, Connecticut, Florida, Georgia, Idaho, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Maryland, Minnesota, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York and New York City, Ohio, South Carolina, Tennessee, Texas and Texas Border Area, Utah, Vermont, Virginia, and Wisconsin. Non-profit organizations that conduct outreach on mental health are invited to submit proposals for participation in the NIMH Outreach Partnership Program, which is designed to facilitate and increase the use of science-based information on mental disorders nationwide. Organizations with experience in child and adolescent mental health and/or mental health disparities are encouraged to apply.

JOURNALS

Please note that some journals may require a membership to gain access to the articles.

AAP News (Vol 32, Issue 5, May 2011)
http://aapnews.aappublications.org/content/vol32/issue5/index.dtl
  • ECGs Soar After AHA Recommends Screening Patients Prescribed Stimulants for ADHD

http://ajp.psychiatryonline.org/content/vol168/issue5/index.dtl
  • Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT)

Archives of General Psychiatry (Vol 68, Issue 5, May 2011)
http://archpsyc.ama-assn.org/content/vol68/issue5/index.dtl
  • Early Brain Overgrowth in Autism Associated With an Increase in Cortical Surface Area Before Age 2
  • Distinguishing Between Major Depressive Disorder and Obsessive-Compulsive Disorder in Children by Measuring Regional Cortical Thickness

Archives of Pediatrics & Adolescent Medicine (Vol 165, No 4, Apr 2011)
http://archpedi.ama-assn.org/content/vol165/issue4/index.dtl
  • Objectively Measured Secondhand Smoke Exposure and Mental Health in Children: Evidence From the Scottish Health Survey
  • Secondhand Smoke Exposure and Mental Health Among Children and Adolescents

http://bjp.rcpsych.org/content/vol198/issue5
  • Family Psychoeducation for Major Depression: Randomized Controlled Trial
  • Season of Birth and Anorexia Nervosa

Child and Adolescent Mental Health (Vol 16, Issue 2, May 2011)
  • Guidance on the Use of Antidepressants for Depression in Young People
  • Preventing Adolescent Depression in Mauritius: A Universal School-Based Program
  • Adapting Dialectical Behavior Therapy for Children: Towards a New Research Agenda for Pediatric Suicidal and Non-Suicidal Self-Injurious Behaviors

Child Development (Vol 82, Issue 3, May/Jun 2011)
  • The Influence of Classroom Aggression and Classroom Climate on Aggressive–Disruptive Behavior
  • The Role of Peer Relationships in the Development of Early School-Age Externalizing Problems
  • Parents’ Involvement in Children’s Learning in the United States and China: Implications for Children’s Academic and Emotional Adjustment

http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html
• Emotion Regulation Profiles, Temperament, and Adjustment Problems in Preadolescents
• Childhood Trauma and Psychiatric Disorders as Correlates of School Dropout in a National Sample of Young Adults

Clinical Pediatrics (Vol 50, Issue 6, Jun 2011)
http://cpj.sagepub.com/content/50/6.toc
• Attention-Deficit/Hyperactivity Disorder: A Shift Toward Resilience?
• Asperger's Disorder in an Adolescent With 47,XYY Chromosomal Syndrome

Clinical Psychology Review (Vol 31, Issue 4, Jun 2011)
http://www.sciencedirect.com/science/journal/02727358
• Evidence-Based Treatment of Anxiety and Phobia in Children and Adolescents: Current Status and Effects on the Emotional Response
• Neuropsychological Basic Deficits in Preschoolers at Risk for ADHD: A Meta-Analysis

Community Mental Health Journal (Vol 47, Issue 3, Jun 2011)
http://www.springerlink.com/content/0010-3853/47/3/
• The Children’s Psychosocial Rehabilitation Treatment Adherence Measure: Development and Initial Validation
• Development and Validation of the Arab Youth Mental Health Scale
• Use of Psychotropic Medication Guidelines at Child-Serving Community Mental Health Centers as Assessed by Clinic Directors

Health Education Research (Vol 26, Issue 2, Apr 2011)
http://her.oxfordjournals.org/content/26/2.toc
• Adolescents Risky MP3-Player Listening and Its Psychosocial Correlates

• Risk Factors, Correlates, and Markers in Early-Onset Bulimia Nervosa and Eating Disorders Not Otherwise Specified
• A Prospective Test of The Relation Between Weight Change and Risk for Bulimia Nervosa in Adolescent Women

Journal of Adolescence (Vol 34, Issue 3, Jun 2011)
http://www.sciencedirect.com/science/journal/01401971
• Cognitive Behavior Therapy for Adolescent Offenders With Mental Health Problems in Custody
• Differentiating Three Conceptualizations of the Relationship Between Positive Development and Psychopathology During the Transition to Adulthood
• Adolescents’ Beliefs About Sources of Help for ADHD and Depression
• Identifying Adolescents at Risk Through Voluntary School-Based Mental Health Screening
• Substance Use Among Middle School Students: Associations With Self-Rated and Peer-Nominated Popularity
• Social Anxiety Disorder and Victimization in a Community Sample of Adolescents
• Can Social Support Protect Bullied Adolescents From Adverse Outcomes? A Prospective Study on the Effects of Bullying on the Educational Achievement and Mental Health of Adolescents at Secondary Schools in East London

Journal of Adolescent Health (Vol 48, No 5, May 2011)
http://jahonline.org/current
• Victims of Bullying Among Students With a Disability or Chronic Illness and Their Peers: A Cross-National Study Between Ireland and France
• Anxiety and/or Depression in 10-15-Year-Olds Investigated by Child Welfare in Canada

Journal of Affective Disorders (Vol 130, Issue 3, May 2011)
http://www.sciencedirect.com/science/journal/01650327
• Mental Health Outcome of Long-term and Episodic Adolescent Depression: 15-year Follow-up of a Community Sample

http://www.aap.org/commpeds/duchs/mentalhealth/mh5n.html
• Suicidal Ideation and Attempts Among Rural Chinese Aged 16–34 Years — Socio-demographic Correlates in the Context of a Transforming China

Journal of Affective Disorders (Vol 130, Issues 1-2, Apr 2011)
http://www.sciencedirect.com/science/journal/01650327
• Childhood CBCL Bipolar Profile and Adolescent/Young Adult Personality Disorders: A 9-Year Follow-Up
• Combination of Family History of Suicidal Behavior and Childhood Trauma May Represent Correlate of Increased Suicide Risk

Journal of Attention Disorders (Vol 15, Issue 4, May 2011)
http://jad.sagepub.com/content/15/4.toc
• Alerting, Orienting, and Executive Attention in Children With ADHD
• The Child’s Experience of ADHD
• Distinguishing Features of Cuban Children Referred for Professional Help Because of ADHD

Journal of Autism and Developmental Disorders (Vol 41, No 6, Jun 2011)
http://www.springerlink.com/content/0162-3257/41/6
• Kiddie-SADS Reveals High Rates of DSM-IV Disorders in Children and Adolescents with Autism Spectrum Disorders
• Social and Non-Social Cueing of Visuospatial Attention in Autism and Typical Development
• Middle School Students’ Knowledge of Autism
• Face Processing in Children with Autism Spectrum Disorder: Independent or Interactive Processing of Facial Identity and Facial Expression?
• Weighted Vests, Stereotyped Behaviors and Arousal in Children with Autism

Journal of Autism and Developmental Disorders (Vol 41, No 5, May 2011)
http://www.springerlink.com/content/0162-3257/41/5
• Social Networks and Friendships at School: Comparing Children With and Without ASD
• A Pilot Randomized Controlled Trial of Omega-3 Fatty Acids for Autism Spectrum Disorder
• Is It a Bird? Is It a Plane? Category Use in Problem-solving in Children with Autism Spectrum Disorders
• Controlled Evaluation of the Effects of Hyperbaric Oxygen Therapy on the Behavior of 16 Children with Autism Spectrum Disorders
• Atypical Disengagement from Faces and Its Modulation by the Control of Eye Fixation in Children with Autism Spectrum Disorder
• Family Report of ASD Concomitant with Depression or Anxiety Among US Children
• Adaptive Behavior and Cognitive Skills for Toddlers on the Autism Spectrum

Journal of Child and Adolescent Psychopharmacology (Vol 21, No 2, Apr 2011)
http://www.liebertonline.com/toc/cap/21/2
• Atomoxetine Versus Placebo in Children and Adolescents with Attention-Deficit/Hyperactivity Disorder and Comorbid Oppositional Defiant Disorder: A Double-Blind, Randomized, Multicenter Trial in Germany
• Psychomotor Functioning and Alertness with Guanfacine Extended Release in Subjects with Attention-Deficit/Hyperactivity Disorder
• Academic, Behavioral, and Cognitive Effects of OROS® Methylphenidate on Older Children with Attention-Deficit/Hyperactivity Disorder
• Methylphenidate Treatment and Dyskinesia in Children with Attention-Deficit/Hyperactivity Disorder
• Adolescents’ and Parents’ Ability to Understand Information About Benefits and Risks of Stimulant Medication for the Treatment of Attention-Deficit/Hyperactivity Disorder
• Open-Label Uridine for Treatment of Depressed Adolescents with Bipolar Disorder

• Confirming the Etiology of Adolescent Acting-Out Behaviors: An Examination of Observer-Ratings in a Sample of Adoptive and Biological Siblings
• Post-Adoption Contact, Adoption Communicative Openness, and Satisfaction With Contact as Predictors of Externalizing Behavior in Adolescence and Emerging Adulthood
• Parent Ratings of Executive Functioning in Children Adopted From Psychosocially Depriving Institutions

http://www.aap.org/commpeds/dochs/mentalhealth/mh5n.html
• The Nature of Trauma Memories in Acute Stress Disorder in Children and Adolescents
• Genetic Risk by Experience Interaction for Childhood Internalizing Problems: Converging Evidence Across Multiple Methods

[http://journals.lww.com/jrnldbp/pages/currenttoc.aspx](http://journals.lww.com/jrnldbp/pages/currenttoc.aspx)
• Social Participation in a Nationally Representative Sample of Older Youth and Young Adults With Autism
• Characterization of Depression in Children With Autism Spectrum Disorders
• Attention-Deficit Hyperactivity Disorder and High Intelligence Quotient

**Journal of Emotional and Behavioral Disorders** (Vol 19, Issue 2, Jun 2011)
[http://ebx.sagepub.com/content/19/2.toc](http://ebx.sagepub.com/content/19/2.toc)
• Rurality and African American Perspectives on Children’s Mental Health Services
• The Relationship Between Trait, Expressive, and Familial Correlates of Emotion Regulation in a Clinical Sample of Anxious Youth

**Journal of Pediatric Psychology** (Vol 36, Issue 4, May 2011)
[http://jpepsy.oxfordjournals.org/content/36/4.toc](http://jpepsy.oxfordjournals.org/content/36/4.toc)
• Depressive Symptoms in Children and Adolescents with Chronic Physical Illness: An Updated Meta-Analysis
• A Meta-analysis of the Relationship Between Children’s Physical Activity and Mental Health

• Treatment of ADHD in Patients Unresponsive to Methylphenidate

**Journal of School Health** (Vol 81, Issue 5, May 2011)
• Lesbian, Gay, Bisexual, and Transgender Adolescent School Victimization: Implications for Young Adult Health and Adjustment
• The Association Between Bullying and Psychological Health Among Senior High School Students in Ghana, West Africa
• Preventing Behavior Problems Among Elementary Schoolchildren: Impact of a Universal School-Based Program in China

• The Preschool ADHD Treatment Study (PATS) as the Culmination of Twenty Years of Clinical Trials in Pediatric Psychopharmacology
• Screening Parents During Child Evaluations: Exploring Parent and Child Psychopathology in the Same Clinic
• Investigating Environmental Links Between Parent Depression and Child Depressive/Anxiety Symptoms Using an Assisted Conception Design
• Maternal Postnatal Depression and the Development of Depression in Offspring Up to 16 Years of Age
• Stimulant Adherence and Academic Performance in Urban Youth With Attention-Deficit/Hyperactivity Disorder

**Journal of Youth and Adolescence** (Vol 40, No 6, Jun 2011)
[http://www.springerlink.com/content/0047-2891/40/6](http://www.springerlink.com/content/0047-2891/40/6)
• Patterns of Aggressive Behavior and Peer Victimization from Childhood to Early Adolescence: A Latent Class Analysis
• Restrictive Emotionality, Depressive Symptoms, and Suicidal Thoughts and Behaviors Among High School Students

**Pediatrics** (Vol 127, Issue 5, May 2011)
[http://pediatrics.aappublications.org/content/127/5.toc](http://pediatrics.aappublications.org/content/127/5.toc)
• A Systematic Review of Early Intensive Intervention for Autism Spectrum Disorders
• A Systematic Review of Medical Treatments for Children With Autism Spectrum Disorders
• A Systematic Review of Secretin for Children With Autism Spectrum Disorders
• Preterm Birth and Attention-Deficit/Hyperactivity Disorder in Schoolchildren

[http://www.aap.org/commpps/dochts/mentalhealth/mh5n.html](http://www.aap.org/commpps/dochts/mentalhealth/mh5n.html)
- The Each Child Study: Systematic Screening for Autism Spectrum Disorders in a Pediatric Setting
- The Social Environment and Suicide Attempts in Lesbian, Gay, and Bisexual Youth
- Validating Office-Based Screening for Psychosocial Strengths and Difficulties Among Youths in Foster Care
- Pediatric and Adolescent Mental Health Emergencies in the Emergency Medical Services System

**Professional Psychology: Research and Practice** (Vol 42, Issue 2, Apr 2011)
- Evidence-Based Strategies Improve Assessment of Pediatric Bipolar Disorder by Community Practitioners

**Psychiatry Research** (Vol 187, Issues 1-2, May 2011)
- Affective Dysfunctions in Adolescents at Risk for Psychosis: Emotion Awareness and Social Functioning
- Affective Bias in Internal Attention Shifting Among Depressed Youth
- Cortisol Reactivity in Boys With Attention-Deficit/Hyperactivity Disorder and Disruptive Behavior Problems: The Impact of Callous Unemotional Traits
- Emotional Sensitivity in Youth With Borderline Personality Pathology
- Validity of the 12-Item General Health Questionnaire (GHQ-12) in Detecting Depressive and Anxiety Disorders Among High School Students

**Psychological Medicine** (Vol 41, Issue 5, May 2011)
[http://journals.cambridge.org/action/displayIssue?id=PSM&volumeId=41&seriesId=0&issueId=05](http://journals.cambridge.org/action/displayIssue?id=PSM&volumeId=41&seriesId=0&issueId=05)
- The Role of Mental Disorders in the Risk and Speed of Transition to Alcohol Use Disorders Among Community Youth

[http://www.aap.org/commkids/dochs/mentalhealth/mh5n.html](http://www.aap.org/commkids/dochs/mentalhealth/mh5n.html)