

Bright Futures and Managed Care



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BRIGHT FUTURES AND MENTAL HEALTH

The latest volume in the Bright Futures in Practice health supervision series, *Bright Futures in Practice: Mental Health*, was released in February 2002. An extensive multidisciplinary panel of experts developed consensus guidelines for mental health promotion as an integral part of child health supervision.

The mental health guide provides information to primary care health professionals and families on the essentials of mental health promotion, anticipatory guidance, and preventing and identifying early emotional, behavioral, and cognitive problems and disorders. It can be used to identify mental health support for children and families and to develop and implement mental health promotion programs and policies. A companion toolkit has materials for health professionals and families, including screening measures, questionnaires, resource lists, interactive handouts, forms to facilitate communication with schools, health education handouts, and reading lists for families and children.

Both the guide and the accompanying toolkit may be ordered or downloaded (.pdf format) from the Bright Futures Web site: www.brightfutures.org.

FORUM ON MENTAL HEALTH

Under its Bright Futures and Managed Care project, NIHCM Foundation held a forum on February 5, 2002, to introduce the *Bright*

Futures in Practice: Mental Health guide. At the forum, “**Improving Children’s Mental Health: The Bright Futures Approach,**” health care organization executives, practitioners, government officials and others gathered to discuss efforts to integrate mental health services for children into primary care practice. Opening presentations highlighted the Surgeon General’s National Agenda for Children’s Mental Health, and recent data from RAND on mental health care for youth. An estimated 9% of youth need help for emotional problems, but on average 75% do not receive treatment. Most care appears to be received in primary care practice (only 5-7% of those treated see mental health specialists).

Panel presentations included:

- An overview of the *Bright Futures in Practice: Mental Health* guide; psychosocial and family issues in child health; and a computerized Bright Futures mental health screening tool for physician practices.
- State early childhood mental health systems and models based on Bright Futures concepts; school mental health services; the family’s role in mental health care; and a perspective of a family member of a child with mental health needs.
- Trigon Behavioral Healthcare’s collaboration with practitioners to improve care for children; Kaiser Permanente’s pediatric mental health initiatives; Magellan Behavioral Health’s primary care physician

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NIHCM
FOUNDATION

1225 19th Street, NW
Suite 710
Washington, DC
20036

TEL 202.296.4426
FAX 202.296.4319
WEB www.nihcm.org

EMAIL
nihcm@nihcm.org

education initiative on screening and referral of adolescents for depression; and Arkansas Blue Cross and Blue Shield's consideration of Bright Futures materials to help in developing an emotions component for its Blue and Youth health and safety education program for children.

- Common psychosocial problems and mental health conditions in primary care practice that are in the Bright Futures Bridges section of the guide, specifically, attention deficit hyperactivity disorder; depression and teen suicide; and stress, school violence, and terrorism.

For more information and an action brief summarizing the discussion, see NIHCM Foundation's website at www.nihcm.org.

OTHER CHILD HEALTH NEWS

CityMatCH, a national membership organization of city and county health departments' maternal and child health (MCH) programs and leaders representing urban communities in the United States, has a number of initiatives:

- NewsBriefs, a bi-weekly e-mail summary news service.
- CityLights, a quarterly newsletter featuring data reports, profiles of successful urban MCH programs, regional news and articles from urban MCH programs.
- *Lessons Learned: Profiles of Leading Urban Health Department Initiatives in Maternal and Child Health*, an annual publication designed to facilitate easy access to urban public health practices.
- Urban MCH Data Use Institute (DUI), which addresses skills development to enhance public health practices. CityMatCH, in collaboration with CDC, developed

a model for training to enhance the effective use of data for urban maternal and child health.

All materials and other information can be accessed on the CityMatCH website: www.citymatch.org.

The National Association of County and City Health Officials (NACCHO) has a searchable database on its website, www.naccho.org, for information on state and local health department programs. The programs are part of a compendium of innovative public health agency programs that address racial and ethnic disparities. NACCHO released the compendium, "Health Departments Take Action: A Compendium of State and Local Models Addressing Racial and Ethnic Disparities in Health," with the Association of State and Territorial Health Officials (ASTHO).

The American Academy of Pediatrics (AAP) recently received grants from MCHB:

- **The Bright Futures Health Promotion and Prevention Education Center** to promote and improve the health of children, families and communities by educating health professionals and enhancing their practice; increasing families' knowledge, skills and participation in health promotion and prevention activities; and educating policy makers to implement community-based health promotion and prevention.
- **The Bright Futures Pediatric Implementation Cooperative Agreement**, which supports activities to implement the *Bright Futures Health Supervision Guidelines for Infants, Children and Adolescents* among pediatric providers, especially to promote problem solving approaches to enhance pediatric provider participation in health promotion and prevention, including development of practical strategies, tools, and partnerships.

For more information, see the AAP website: www.aap.org.

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