

Bright Futures and Managed Care



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IMPLEMENTING BRIGHT FUTURES

As part of its continuing project to promote childhood health supervision, **NIHCM Foundation** is holding a forum, "Perspectives on Implementing Bright Futures," on Tuesday, April 24. The forum will address various methods for implementing the concepts of Bright Futures, a comprehensive system of health care supervision for infants, children and adolescents.

Speakers will include representatives from health plans, practitioners, federal and state government agencies, and family organizations. They will present their experiences, challenges, and different approaches to implementing health care supervision and health promotion, including how they have selected portions of Bright Futures or adapted its concepts for use in several types of settings.

This forum is part of a series under NIHCM Foundation's cooperative agreement with the Health Resources and Services Administration's Maternal and Child Health Bureau entitled "Bright Futures and Managed Care." We will soon post the agenda on our web site at www.nihcm.org.

MENTAL HEALTH INITIATIVES

National Action Agenda for Children's Mental Health

Culminating the escalation of national interest in children's mental health from parties including the White House and Congress, Surgeon General David

Satcher released in January a *Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda*. This blueprint for change outlines eight goals and action steps to address children's mental health. It solidifies the mandate created by his 1999 report on Mental Health and the series of conferences and meetings focused on children's mental health which followed. His report emphasizes that one in five children shows signs of a diagnosable mental disorder, yet less than one in five children who needs mental health treatment receives it. The Surgeon General's report also underscores how fundamental mental health is to physical health.

Bright Futures Book

Analogous to the goals of the Surgeon General's Action Agenda is the release of *Bright Futures in Practice: Mental Health*, the next volume in the Bright Futures in Practice health supervision series, which is expected in August 2001. A multidisciplinary panel of experts is developing consensus guidelines for mental health promotion and substance abuse prevention that will provide the basis for the book. The book will innovatively approach mental health promotion according to the concept that improvement in health, development, mental health, and social outcomes is achieved through holistic and contextual treatment.

The new Bright Futures edition will provide guidelines, tips, activities, questionnaires, parent information, and response sheets on mental health promotion and substance

"We must ensure that our health system responds as readily to the needs of children's mental health as it does to their physical well-being."

**--Surgeon General
David Satcher**



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abuse prevention for infants, children, and adolescents. Materials are being designed to help busy practitioners efficiently incorporate concepts of mental health promotion into their practices.

The materials may be employed not only in individual primary care practices, but also in development and implementation of programs and policies for mental health promotion. They will support the expanding role of primary care physicians in child and adolescent health by training them in the essentials of mental health promotion, prevention and identification of early mental health problems and disorders, and provision of appropriate referrals and follow-up.

Upcoming Bright Futures Forum

To further encourage an open dialogue on children's mental health issues and highlight ***Bright Futures in Practice: Mental Health***, NIHCM Foundation will be convening a forum in September 2001. The forum will emphasize the importance of psycho-social issues in the healthy development of children and will highlight specific recommendations from ***Bright Futures in Practice: Mental Health***. The forum will offer health care organizations and practitioners an opportunity to discuss their efforts to integrate mental health services for children into primary care settings. The goal of the forum will be the promotion of children's mental health, prevention of mental illness, and utilization of Bright Futures mental health concepts.

BRIGHT FUTURES UPDATE

Earlier this month, Bright Futures unveiled a new, updated web site available at www.brightfutures.org. The site is now easier to navigate by families, health professionals, and other users. It contains all of the Bright Futures publications, including encounter forms for both professionals and families, to view,

download, and print in a choice of formats. The site and the publications are also available in Spanish. Information is based on published guidelines for health supervision of infants, children and adolescents. It offers guidance on what to expect during health supervision visits, including issues, concerns and questions.

Another edition of the Bright Futures in Practice series, ***Bright Futures for Children with Special Health Care Needs***, is on the horizon. This two-part guide will address the unique issues in health promotion and supervision for children and adolescents with special health care needs. The first part will encompass topics such as family challenges, strengths, and resiliency, as well as partnerships among primary care providers, specialty providers, and families. The second part will include health supervision questions, anticipatory guidance, and specific issues related to a variety of prevalent pediatric conditions.

Also under development is **Bright Futures for Women**, a new initiative that will develop materials to increase the delivery of preventive health care to women. This initiative proceeds from increasing focus on preventive health opportunities for women and the Healthy People 2010 target of addressing health disparities. Bright Futures for Women will endeavor to improve the health status of and reduce health disparities for women across their lifespan; increase the use of clinical preventive services and utilization of evidence-based preventive health guidelines; and build system capacity for quality health care delivery and healthier communities. More concretely, it will provide information to women, tools for practitioners, and materials for systems development.

More information about women's health issues is available on the web site of the Office of Women's Health at the Department of Health and Human Services, www.4woman.org/owh.

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