

Bright Futures and Managed Care



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MENTAL HEALTH AND YOUTH

Surgeon General Dr. David Satcher and other health policy makers have been focusing their attention on children's mental health. RAND's most recent research highlights featured "Mental Health Care for Youth." Key findings include:

- Although an estimated 9% of youth need treatment for emotional problems, on average 75% of them do not receive care.
- The annual cost of mental health treatment for youth is \$12 billion, with adolescents (ages 12-17) accounting for 60% of total costs.
- During the past 15 years, services have shifted from inpatient care to community services for children and adolescents.
- Primary care physicians provide most care for youth, with only 5-7% treated by mental health specialists each year.
- Medication use has dramatically increased, with more than \$1 billion spent in 1998 on psychotropic medications to treat approximately 4% of all youth.
- Contrary to popular belief, youth with private health insurance coverage account for approximately one-half of total mental health expenditures.

NEW BRIGHT FUTURES BOOK

The next volume in the *Bright Futures in Practice* health supervision series, ***Bright Futures in Practice: Mental Health***, is expected to be released in January 2002. A multidisciplinary panel of experts developed consensus guidelines for mental health

promotion and substance abuse prevention, which provide the basis for the book. The new Bright Futures edition will provide guidelines, tips, activities, questionnaires, parent information, and response sheets on mental health promotion and substance abuse prevention for infants, children, and adolescents.

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

NIHCM Foundation is planning its next Bright Futures and Managed Care forum, "**Improving Children's Mental Health: the Bright Futures Approach.**" The forum will be held on **Tuesday, February 5, 2002** at the St. Regis Hotel in Washington, DC. The forum will emphasize the importance of psychosocial issues in the healthy development of children and highlight specific recommendations from ***Bright Futures in Practice: Mental Health***. Health care organizations, practitioners, and others will have an opportunity to discuss their efforts to integrate mental health services for children into primary care settings. The goals of the forum will be to promote children's mental health, prevent mental illness, and utilize Bright Futures mental health concepts. More information about the forum is available at www.nihcm.org.



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RECENT BRIGHT FUTURES FORUM

On October 3, NIHCM Foundation held "Coordinating Efforts on Childhood Obesity," with Moderator **Sally Squires** from *The Washington Post*. Keynote speaker **Dr. Van Hubbard, National Institutes of Health**, presented causes, trends, and concerns about the increase in overweight and obese children.

Dr. Bonnie Spear, University of Alabama Birmingham, talked about the Bright Futures approach to physical activity and nutrition. **Rachelle Mirkin** spoke on **Kaiser Permanente's** new childhood obesity initiative "Get More Energy." **Janice Seigle** discussed **Highmark Blue Cross Blue Shield's** new school-based approach to promoting childhood physical activity and nutrition. **Dr. William Cochran** spoke on the **Geisinger Clinic's** efforts through managed care to address childhood obesity. **Kathy Higgins** presented **Blue Cross Blue Shield of North Carolina's** award-winning "Be Active Kids," which helps preschool children learn to exercise, stay active, and eat healthy.

Christiane Wert from "KidShape" emphasized family centered care and long term lifestyle change in treating overweight and obese children. **Shelley Kirk** gave an overview of **Children's Hospital Medical Center's** HealthWorks! which is approved for Medicaid coverage. Concluding the day from "Strong Healthy Families" was **Pat Stewart** on a coordinated health and weight management program for adolescents. Details from the forum will be available in a forthcoming *Action Brief*.

BRIGHT FUTURES NEWS

Bright Futures has issued a new tool for families, the *Bright Futures Family Tip Sheets*. The four tip sheets are devoted to stages of development: infancy, early childhood, middle childhood, and adolescence. Each six-page tip sheet contains information on topics such as health supervision visits, social development

safety, nutrition, physical activity, oral health, and education.

Families may use the *Bright Futures Family Tip Sheets* to (1) obtain important and easy-to-read information on child and adolescent health; (2) enhance awareness of developmental changes; (3) promote the well-being of children and adolescents by forming active partnerships with health professionals; and (4) raise relevant questions, issues, and concerns about a child's well-being with health professionals. The *Bright Futures Family Tip Sheets* are available online at www.brightfutures.org.

OTHER CHILD HEALTH NEWS

The Association of State and Territorial Health Officials (ASTHO) and the National Association of County and City Health Officials (NACCHO) have released "Health Departments Take Action: A Compendium of State and Local Models Addressing Racial and Ethnic Disparities in Health." This compendium highlights innovative public health agency programs from 34 state and 33 local health departments, including programs focused on maternal and child health. The compendium is available online at www.astho.org/access/documents.html. To receive additional information or a copy of the compendium, please contact Brent Ewig at bewig@astho.org.

Family Voices has established the new Bright Futures for Families web site, www.brightfuturesforfamilies.org. Families and professionals can view Family Voices' latest materials including the Bright Futures Family Pocket Guide.

The National Conference of State Legislatures has created new webpages for Maternal/Child Health and the State Children's Health Insurance Program. See www.ncsl.org/programs/health/mchtable.html and www.ncsl.org/programs/health/chiphome.html.