

# Putting Bright Futures Mental Health Materials into Practice

**Prevention Conference**

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**Bright Futures  
in Practice:  
MENTAL HEALTH**



## Workshop Goals

Participants will learn:

- The **purpose** of the *Bright Futures in Practice - Mental Health* materials
- **Who** the materials are designed for
- What the materials **include**
- **Ways of using** the materials
- **How to get** the materials



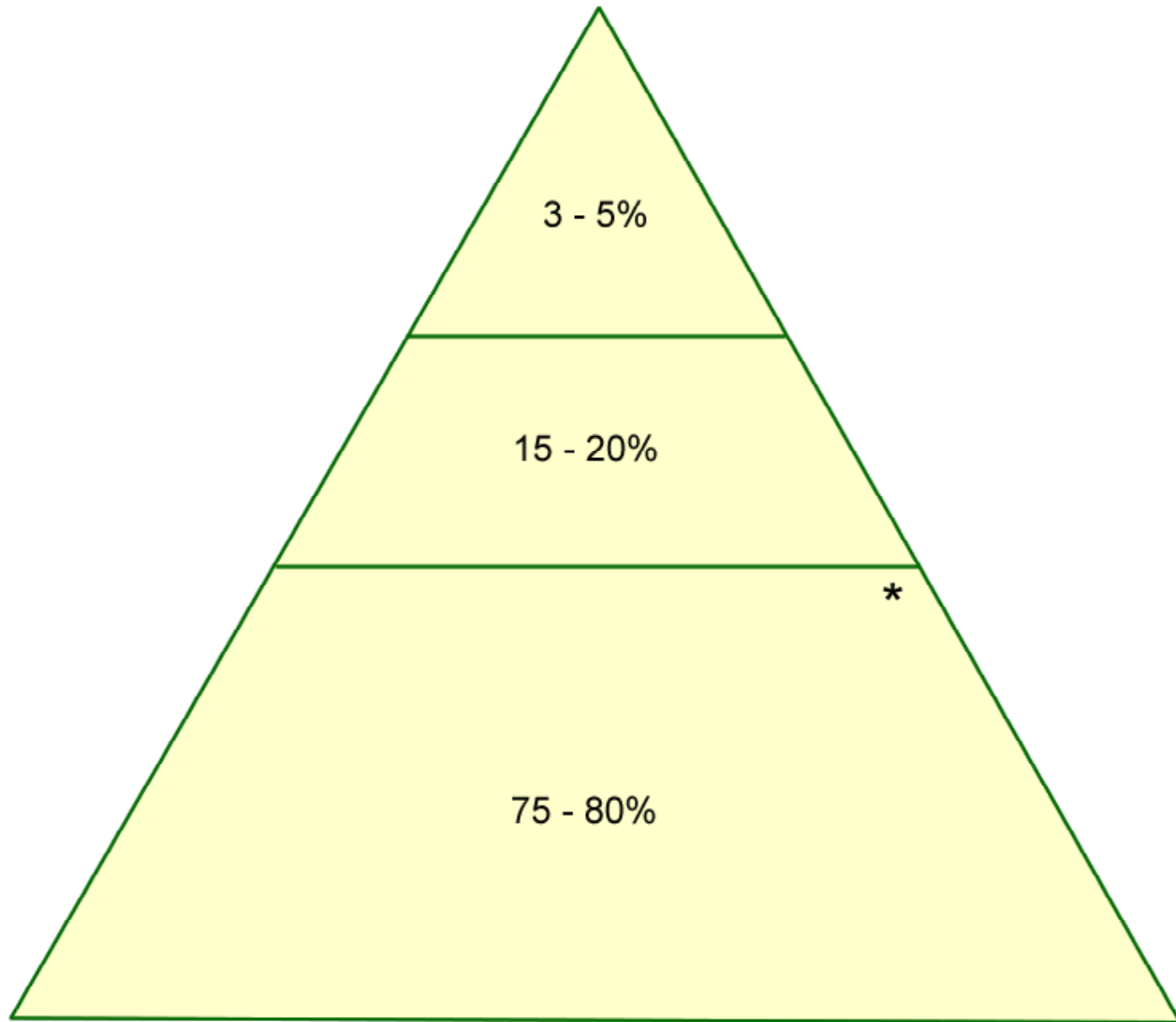
Every child and adolescent  
deserves to experience joy, have high  
self-esteem, have friends, acquire a sense of  
efficacy, and believe that he  
or she can succeed in life.

Source:<http://www.brightfutures.org/charter.htm>



# Goals

- Promote mental health in children, adolescents, and families
- Provide prevention, early recognition, and intervention strategies in health and education settings
- Encourage partnerships and collaboration between professionals, families, and communities



**Public Health Approach to Mental Health**

*Bright Futures in Practice: Mental Health* has applications for a broad range of settings, including:

**These tools can be used by parents and a variety of professionals, including:**

- Parents
- Primary Pediatric Health Care Providers
- Nurses and Nurse Practitioners
- Child Care Providers
- Teachers
- School Guidance Counselors
- Home Visitors
- Foster Parent Care Managers
- Parent Educators

# Development

- Funded by HRSA/Maternal and Child Health Bureau; coordinated and published by the National Center for Education in Maternal and Child Health, Georgetown Public Policy Institute, Georgetown University
- Developed by an interdisciplinary panel of experts to provide guidelines for mental health promotion for infants, children, and adolescents
- Follows tradition of *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* (1994; 2000; 2002)



# Organization of Implementation Guide

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- Making Mental Health Supervision Accessible
- Developmental Chapters
  - Health Supervision Questions
  - Key Points and Tips
  - Resources/References
  - Areas of Concern
- Bridge Topics
  - Assessment
  - Interventions
- Tools



**Bright Futures**  
in Practice:  
**MENTAL HEALTH**

- Developmental Chapters on Infancy, Early Childhood, Middle Childhood & Adolescence
- Bridge Chapters on common mental health problems and mental disorders
- Mental Health Tool Kit with screening instruments and health education handouts for families

Source:

<http://www.brightfutures.org/mentalhealth/pdf/index.html>

# Developmental Chapters

- Each developmental chapter is organized into four functional areas
  - Self: How children see themselves
  - Family: How children relate to family members and function at home
  - Friends: How children socialize with peers and friends
  - Community: How children function at school and within their community

# Developmental Chapters

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- Health Supervision Questions from *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, Second Edition
  - Is Carlotta easy or difficult to console?
  - How do you deal with tantrums?
  - Does Kim bring friends home? Does she go to friends' homes?
  - What does Peter do when he is stressed, angry, or frustrated?
  - What would you do if someone pressured you to have sex?
  - What do you think about smoking? Chewing (or spit) tobacco? Drinking? Taking drugs?

# Infancy

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- Self  
Temperament; Regulation
- Family  
Attachment; Family Formation
- Community  
Stimulation



# Early Childhood

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- Self
  - Self-Control; Self-Esteem
- Family
  - Cooperation; Sibling Relationships
- Friends
  - Socialization
- Community
  - School Readiness



# Middle Childhood

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- Self
  - Self-Esteem/Inner Life
- Family
  - What Matters at Home
- Friends
  - Friendships
- Community
  - School Functioning



# Adolescence

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- Self
  - Self-esteem; Mood; Body Image; Sexuality
- Family
  - Identity and Independence
  - Family Relationships
  - Roles, Rules, and Responsibilities
- Friends
  - Friends and Leisure Activities
- Community
  - School Functioning
  - Injury Prevention
  - Violence Perpetration and Exposure
  - Substance Use and Abuse



# Developmental Chapters

- Areas of Concern: Examples
  - Insecure Attachment
  - Severe Tantrums
  - Difficulty Forming Friendships
  - Bullying
  - Academic Difficulties and Low Self-esteem
  - Mood Problems



# Developmental Chapters

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- Office Practices to Promote Family Partnership
- Community Practices to Promote Child Mental Health
- Developmental Checklists



# Early Childhood: Areas of Concern

- Bedtime and Mealtime Struggles
- Resisting Toilet Learning
- Parents Who Limit Independence and Self-Care
- Excessive Temper Tantrums
- Critical or Detached Parents
- Vulnerable Child Syndrome
- Difficulty Forming Friendships
- Chronically Aggressive Children

# Bridges

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## Bridge Topics

What are some of the topics that you would like to see included?

# Bridge Chapters

## Topics

- Anxiety Disorders
- Attention Deficit  
Hyperactivity Disorder
- Child Maltreatment
- Domestic Violence
- Eating Disorders
- Learning Disabilities
- Mental Retardation
- Mood Disorders
- Oppositional and  
Aggressive Behaviors
- Parental Depression
- Pervasive  
Developmental  
Disorders
- Substance Use  
Disorders

# Content in Bridge Chapters

- Key Facts
- Description of Symptoms
- Commonly Associated Disorders
- Interventions: Family
- Interventions: Child/Adolescent
- Interventions: School and Community
- Resources for Families
- Selected Bibliography

# Mental Health Tool Kit

- Tools for Professionals
  - Screening measures/questionnaires
  - Resource lists
  - Interactive handouts
  - Forms to facilitate communication with schools
- Tools for Families
  - Health education handouts
  - Reading lists for families/children

## Social & Emotional Development in Early Childhood

AGES 3-4 YEARS

Head Start Manual, Vol. IV  
Program Activities, Part 2  
Section III-C-2020a

# What to Expect & When to Seek Help

 A **Bright Futures** Developmental Tool for Families and Providers

## What Parents Want to Know...

From the moment of birth, parents want to know if their baby "has it" (how to tell if their children again and again as your child grows these months to years.

All children are born with different strengths and abilities, and all children learn and develop in their own ways. Health, personality, and early experiences are important to your child's developmental growth.

Developmental and cultural milestones are your important notes. For example, when should there and when to seek help or when to seek help for certain children.

Although each child is unique, all children face similar and common challenges in early childhood, including:

- Learning how to connect their intentions and actions
- Learning basic and necessary social interactions
- Learning how to share, take turns, and play with others

As parents, you are learning rapidly as learning and meeting your child's needs. This tool can help by providing:

- A "roadmap" of when to expect to see and your child learn and grow together
- A way to identify your child's strengths and your child's interests
- A starting point for talking with others about your child's development
- Signs for when, where, and how to seek help

If you have questions or concerns about your child, "What if not?" Ask a trusted friend, family member, or teacher at your child's early learning experience. Talk with your child's health care or child care provider or contact your local health department or social service agency. Help is available in your community. See the last page to learn more about services and support for you, your child, and your family. Working closely in your community with help from child learning in the meantime may provide



# Sample Early Childhood Tools for Professionals

- What Can Your Child Do?
- Pediatric Intake Form
- How to Help Families Stop Spanking
- Risk Factors for Dyslexia

# Sample Tools for Families

- Fears in Early Childhood
- Principles in Limit Setting
- Stimulating Environments
- Safe Quality Child Care
- Communicating with Children
- Helping Siblings Get Along
- Time-Out
- Parents Checklist for School Entry and After
- Learning Disabilities; common signs

# Mental Health Tool Kit

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- Sample Tools for Health Professionals
  - Pediatric Symptom Checklist (PSC)
  - Edinburgh Postnatal Depression Scale (EPDS)
  - Postcard Satisfaction Survey
  - Homework Problems
- Sample Tools for Families
  - How to Soothe a Crying Infant
  - Teen Dating Violence
  - IEP Meeting Checklist
  - Homework Tips

# What to Expect & When to Seek Help

- Bright Futures Tools for Social & Emotional Development
  - Strength-based and normative (reassuring)
  - De-stigmatizes seeking help (check it out)
  - Early identification of concerns (power pink alerts as well as red flags)
  - Child behavior and parenting

# Topics of Social & Emotional Development in Early Childhood

- Eating and Sleeping
- Self-Care and Toileting
- Developing the Self: Personality, Emotions, and Independence
- Family
- Building Friendships

# Using the Tools: Purposes

**These tools have been designed to be used for multiple purposes:**

- As tools to facilitate conversations with parents about their child
- As staff development tools for training on social and emotional development
- As parent education tools for use in group meetings with parents

# When you identify a concern...now what?

## *Bright Futures in Practice: Mental Health*

- Suggested tools and methods for assessment
- Guidelines for crisis stabilization
- Interventions that may be implemented at the problem stage before more severe disorders develop
- Strategies for management of the mental health problem or mental disorder
- When to consider a mental health referral and types of referral services to be considered
- Ongoing collaboration with mental health professionals and other service providers
- Further resources and references



Maternal and Child Health Library

*A virtual guide to MCH information*



Postpartum Depression

Child Abuse

Reaching Out to Children Following

Disasters

Overweight in Children & Adolescents

Mental Health in Children & Adolescents

[www.mchlibrary.info](http://www.mchlibrary.info)

# Promoting Social and Emotional Development

- What to Expect?
- When to Seek Help?
- Where to Seek Help?
- How to Seek Help?

# Mental Health Interventions Based on a Public Health Approach

- Universal-applied to all children, adults, and families
- Selective-applied to children and adults with early signs
- Indicated-applied to children and adults with symptomatic behavior
- Treatment-applied to children and adults with diagnosable conditions



A collaboration of


National Technical Assistance Center for  
Children's Mental Health



**To order, visit**

***[www.brightfutures.org/tools](http://www.brightfutures.org/tools)***



  
**Bright Futures**  
in Practice:  
**MENTAL HEALTH**

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