



## Brief Interventions to Address Child and Adolescent Mental Health Training Curriculum

### Program Executive Summary

The Brief Interventions to Address Child and Adolescent Mental Health Training Curriculum is a set of teaching materials for preceptors on brief interventions to manage mild to moderate mental/behavioral health concerns in the primary care setting. While the information in the presentations is comprehensive, preceptors can select and adjust the presentations and materials based on information they want to highlight or time limitations.

#### Why is this program important?

Mental health is critically important to a child's overall health and well-being. Mental health includes emotional, psychological, behavioral, and social wellness, and affects how one thinks, feels, acts, handles stress, relates to others, and makes healthy choices.

Mental health challenges—from individual symptoms to diagnosed mental illness—impact children of all ages, gender, ethnic and racial backgrounds, and regions of the globe. According to the World Health Organization website (<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>, Accessed March 10, 2021), the following are facts related to child and adolescent mental health:

- Mental health conditions account for 16% of the global burden of disease and injury in people aged 10–19 years.
- Half of all mental health conditions start by 14 years of age but most cases are undetected and untreated (Kessler, World Psychiatry, 2007).
- Globally, depression is one of the leading causes of illness and disability among adolescents.
- Suicide is the third leading cause of death in 15 to 19-year-olds.
- Not addressing adolescent mental health conditions can have long term consequences by impairing both physical and

mental health and limiting opportunities to lead fulfilling lives as adults.

Pediatricians have a longitudinal, trusting relationship with families that provides the unique opportunity to work with families to address child and adolescent mental health concerns. Studies document pediatricians' interest in further training to address mental/behavioral health concerns.

The application of evidence-based brief interventions by pediatricians has been shown to reduce family distress related to behavioral health challenges and improve the child or adolescent's behavioral health symptoms and functioning. Training pediatricians, using a curriculum such as the Brief Interventions to Address Child and Adolescent Mental Health Training Curriculum, can teach pediatricians to apply these interventions to reduce morbidity and mortality related to mental illness.

#### Who can benefit?

- Primary Care Pediatricians
- Academic Medical Centers
- Hospitals
- Ministries and Public Health Institutions

continued on the next page...

## Program details

Utilizing evidence-based approaches through the application of brief interventions, pediatricians can work with families to identify problems, determine next steps based on the family's comfort, and reduce distress on the child and family.

The Brief Interventions to Address Child and Adolescent Mental Health Training Curriculum addresses the most common mental/behavioral health concerns described in the clinical setting. Consistent with the AAP policy statement Mental Health Competencies for Pediatric Practice (<https://pediatrics.aappublications.org/content/144/5/e20192757>), the curriculum offers modules on the following:

- **Brief Interventions** – Provides training resources for the utilization of evidence-based approaches to engage patients and families in managing mental health concerns.
- **Anxiety** – Provides training resources to recognize and provide initial management for children and adolescents with mild to moderate anxiety in the primary care setting.
- **Depressive Symptoms** – Provides training resources to recognize and provide initial management for children and adolescents with mild to moderate depressive symptoms.

- **Inattention and Impulsivity** – Provides training resources to recognize and provide initial management for children and adolescents with symptoms of inattention and impulsivity.

Each curriculum module provides a set of background resources, training materials, and activities.

The Brief Interventions to Address Child and Adolescent Mental Health Training Curriculum includes background materials, trainer resources, and interactive or experiential exercises that can be customized based on training priorities and time. In addition, supplemental resources are identified for further consideration to support the training program.

## How is the program implemented?

In the past, the training program has been delivered in-person. However, during the time of the pandemic, educational activities have transitioned to virtual formats and this delivery method would be possible as well. A program could be customized to meet institutional needs and a hybrid model considered if desired.



If you have questions about AAP's suite of global programs, products and services, please contact Albert Jones, Director of Global Business Development, at [ajones@aap.org](mailto:ajones@aap.org) or [aapglobal@aap.org](mailto:aapglobal@aap.org).