

American Academy of Pediatrics Healthy Mental Development Framework







What is Healthy Mental Development (HMD)?

HMD is the developmental process of building social, emotional, and behavioral wellness across the lifespan.

What is the Healthy Mental Development Framework?

The HMD Framework shifts the way we think and talk about mental health away from the presence or absence of illness, and toward developing the skills and supports necessary to navigate symptoms, conditions, and stressors in a healthy way. The HMD Framework:

-  Is strengths-based.
-  Requires a trauma-informed approach to care.
-  Centers equity, diversity, and inclusion in care delivery.
-  Promotes the importance of relationships in supporting mental and emotional wellness.

HMD is inclusive of all levels of pediatric mental health needs.



Promotion

of mental and emotional wellness.



Prevention

of mental health conditions and addressing environmental factors that impact HMD.



Early Identification and Intervention

for mental health symptoms and conditions.



Treatment, referral, and management/co-management

of mental health symptoms and conditions.

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For more information: www.aap.org/mentalhealth or www.aap.org/tic










Healthy Mental Development at AAP



The Goal

AAP is reframing the way we talk about children's mental health to reflect the healthy mental development framework. Our goal is that healthy mental development is recognized as a developmental process that occurs across the lifespan, can be nurtured, and is an essential part of pediatric health care.

AAP Initiatives Supporting Pediatric Professionals in HMD

-  Pediatric education and workforce development
-  Training and technical assistance
-  Systems change, practice change, and quality improvement
-  Cross-sectoral partnerships
-  Research
-  Advocacy for policy change at the national, state, and payor level
-  Public awareness and communications campaigns
-  AAP Policy and Clinical Reports
-  AAP Committees, Sections, & Council work focused on HMD



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