

Iowa AAP Mental Health Toolkit Table of Contents
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1. [Introduction to addressing mental health in primary care](#)
2. [Iowa Mental Health Collaborative](#) Psychiatrist On Call: 800-322-8442
3. [On Our Sleeves](#): evidence-informed research to help kids cope
4. [NIMH fact sheets](#)
5. [Your Life Iowa](#)
6. Mental health 0-5
 - a. [AAP COEC infant mental health toolbox](#)
 - b. Relationships help us stay healthy: [Connections Matter](#)
 - c. [Development](#): what parents should know
 - d. [Stress and the effects on the body](#)
 - e. The importance of [Safe, Secure, Nurturing Relationships](#)
 - f. [Siegel's hand model of the brain \(Upstairs/downstairs brain\)](#)
 - g. [Hand model handout](#)
 - h. [Toddler tantrums](#)
 - i. [Handling tantrums handout for parents](#)
 - j. [Discipline do's and don'ts](#)
 - k. Big feelings and teaching self-regulation
 - i. Techniques
 1. [Breathing](#)
 2. [Progressive Muscle Relaxation](#)
 3. [Guided Imagery](#)
 4. [Other relaxation techniques](#)
 - ii. Resources
 1. [SSIC.org](#)
 2. [Zerotothree.org](#)
 3. [Healthychildren.org](#)
 - l. Screening tools for mental health 0-5
 - i. [Why should pediatricians screen?](#)
 - ii. [AAP mental health minute on Screening](#)
 - iii. [SDoH](#)
 - iv. [1st Five](#)
 - v. [ASQ](#)
 - vi. [SWYC](#)
 - vii. [PPSC](#)
 - m. What therapy is best for your child? Who needs which therapy?
 - i. [Play therapy](#)
 - ii. [Family therapy](#)
 - iii. [PCIT](#)
 - iv. [Behavior Therapy](#)
 - v. [Parent training in Behavior Management](#)
 - vi. [EMDR](#)
 - n. Book Lists for children dealing with stress

- i. [Sanford booklist](#)
- ii. [Coping skills for Kids booklist](#)
- iii. [Diverse and inclusive booklist](#)
- o. What to do when in crisis?

7. Mental health school age

- a. [Development: what parents should know](#)
- b. [Effective discipline](#)
- c. [Parenting styles](#)
- d. Screening tools
 - i. [ADHD toolkit](#)
 - ii. [SCARED](#)
 - iii. [PSC-17 \(8 and up\)](#)
- e. What therapy is best?
 - i. Parenting strategies
 - ii. Parent-Child Interaction Therapy (PCIT)
 - iii. Behavior management therapy (for ADHD and Disruptive behavior disorders)
 - iv. Cognitive-behavior therapy (for Disruptive behavior disorder, depression, anxiety, and PTSD)
- f. [What to do in crisis](#)

8. Mental health tweens/teens

- a. Development: what parents should know
- b. Screening tools
 - i. PHQ2/PHQ9/PHQ9M or PHQ9A ([GLAD-PC linked page](#))
 - 1. Recommendations to begin screening for depression at 12 years of age (USPSTF and AAP)
 - 2.
 - ii. GAD7
 - iii. CRAFFT (proprietary? - <https://crafft.org>)
 - iv. ASQ
- c. Diagnosis (DSM-V)
 - i. Depression
 - ii. GAD
- d. Brains and substances
- e. Teens and screens
 - i. 4 core concepts (relationships, job, sleep, activity)
 - ii. Gaming disorder
- f. **Active monitoring:** Building a teen's social toolbox
 - i. Friends
 - ii. Get a job
 - iii. Volunteer
 - iv. Sports
 - v. Clubs
 - vi. Goal setting

- g. Bridges to psychotherapy
 - i. How to discuss “Circle Scripts” (or, Bridges to Therapy)
 - ii. Distraction/Mindfulness Tools for Teens
 - 1. Techniques
 - 2. Square breathing
 - 3. Music
 - iii. Resources
 - 1. YouTube: The Power of Yet
 - h. What therapy is best?
 - i. Cognitive-behavior therapy (for Disruptive behavior disorder, depression, anxiety, and PTSD)
 - ii. Family therapy (for disruptive behavior disorder)
 - iii. Interpersonal psychotherapy
 - i. Medications
 - j. Other
 - i. Practicing gratitude
 - 1. Spirituality for improved mental health
 - 2. The Power of Relationships
 - k. Booklists
 - i. Anxiety:
 - <https://www.readbrightly.com/books-to-help-teenagers-struggling-with-stress-and-anxiety/>
 - ii. Tween:
 - <https://www.readbrightly.com/kid-approved-middle-grade-books-mental-health/>
 - iii. Young adult:
 - <https://www.readbrightly.com/memoirs-about-anxiety-depression/>
 - iv. <https://adaa.org/adaa-books/children-teens>
 - v.
 - l. Teen self-care
9. Supporting parents/caregivers
- a. Discussing mental health with parents/caregivers
 - b. Cognitive triangle (why would I use that)
 - c. Supporting parent mental health
 - d. Difficult discussions
 - i. Divorce
 - 1. <https://kidshealth.org/en/parents/help-child-divorce.html?WT.ac=ctg#catfeelings>
 - 2. <https://sesamestreetincommunities.org/topics/divorce/>
 - ii. Bullies
 - 1. <https://kidshealth.org/en/parents/cyberbullying.html?WT.ac=ctg#catfeelings>
 - 2. <https://sesamestreetincommunities.org/topics/caring/>
 - iii. Trauma
 - iv. Death/Grieving

1. <https://kidshealth.org/en/parents/death.html?WT.ac=ctg#catfeelings>
 2. <https://sesamestreetincommunities.org/topics/grief/>
 - e. 7 domains of wellness
 - f. [7 Cs of resilience](#)
 - g. [CC123](#)
 - h. Self care
 - i. Supporting your adolescent's mental health
 - i. <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Childhood-Depression-What-Parents-Can-Do-To-Help.aspx>
 - j. Suicidality
 - i. <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>
10. Provider mental health resource list:
- a. <https://www.thereachinstitute.org/images/pdfs/glad-pc-toolkit-2018.pdf>
 - b. <https://kidshealth.org/en/parents/understanding-depression.html?WT.ac=ctg#catfeelings>
11. Locating a psychologist/therapist
- a. <https://locator.apa.org>
 - b. <https://www.psychologytoday.com>
 - c. CDC "supported" options - some tools to help find a healthcare provider familiar with treatment options:
 - i. [American Psychological Association Psychologist Locator](#)
 - ii. [American Association of Marriage and Family Therapy Locator](#)
 - iii. [American Board of Professional Psychology Locator](#)
 - iv. [Child and Adolescent Psychiatrist Finder](#), a research tool by the American Academy of Child and Adolescent Psychiatry (AACAP).
 - v. [Find a Cognitive Behavioral Therapist](#), a search tool by the Association for Behavioral and Cognitive Therapies
 - vi. [Hospital and University Related ADHD Centers](#)
 - vii. [MentalHealth.gov](#), information on mental health services and resources
 - viii. [National Association of Social Workers](#)
 - ix. [SAHMSA's Behavioral Health Treatment Services Locator](#)