# Iowa AAP Mental Health Toolkit Table of Contents

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         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:
   ii. Tween:
      https://www.readbrightly.com/kid-approved-middle-grade-books-mental-health/
   iii. Young adult:
      https://www.readbrightly.com/memoirs-about-anxiety-depression/
   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
         2. https://sesamstreetincommunities.org/topics/divorce/
      ii. Bullies
         2. https://sesamstreetincommunities.org/topics/caring/
      iii. Trauma
      iv. Death/Grieving
2. https://sesamestreetincommunities.org/topics/grief/

- 7 domains of wellness
- 7 Cs of resilience
- CC123
- Self care
  - Supporting your adolescent’s mental health
    - https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Childhood-Depression-What-Parents-Can-Do-To-Help.aspx
  - Suicidality
    - 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:

11. Locating a psychologist/therapist
   - 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