

## MCAAP 2023 Annual Meeting Mental Health Resource Pages

**Panel One: “Common Factors and Common Elements: A Pediatric Approach to Brief Interventions for Mental Health Concerns”**

**Panel Two: “How can MCPAP Bolster your Mental Health Treatment Confidence”**

**AAP Policy Statement: Mental Health Competencies for Pediatric Practice:**

[https://downloads.aap.org/AAP/PDF/Bright%20Futures/BF4\\_MentalHealth.pdf?\\_ga=2.165157247.1558623316.1682892207-1914090097.1618682168](https://downloads.aap.org/AAP/PDF/Bright%20Futures/BF4_MentalHealth.pdf?_ga=2.165157247.1558623316.1682892207-1914090097.1618682168)

### Common Elements: HEL2P3

<b>H = hope</b>	Hope facilitates coping. Increase the family’s hopefulness by describing your realistic expectations for improvement and reinforcing the strengths and assets you recognize in the child and family. Encourage concrete steps toward whatever is achievable.
<b>E = empathy</b>	Communicate <b>empathy</b> by listening attentively, acknowledging struggles and distress, and sharing happiness experienced by the child and family.
<b>L<sup>2</sup> = language, loyalty</b>	Use the child’s or family’s own <b>language</b> (not a clinical label) to reflect your understanding of the problem as they perceive it and to give the child and family an opportunity to correct any misperceptions.  Communicate <b>loyalty</b> to the family by expressing your support and your commitment to help now and in the future.
<b>P<sup>3</sup> = permission, partnership, plan</b>	Ask the family’s <b>permission</b> for you to ask more in-depth and potentially sensitive questions or to suggest further evaluation or management.  <b>Partner</b> with the child and family to identify any barriers or resistance to addressing the problem, find strategies to bypass or overcome barriers, and find agreement on achievable steps (or, simply, an achievable first step) aligned with the family’s motivation. The more difficult the problem, the more important is the promise of partnership.  On the basis of the child’s and family’s preferences and sense of urgency, establish a <b>plan</b> (or incremental first step) through which the child and family will take some actions, work toward greater readiness to take action, or monitor the problem and follow up with you. (The plan may include keeping a diary of symptoms and triggers, gathering information from other sources such as the child’s school, changing lifestyle, applying parenting strategies or self-management techniques, reviewing educational resources about the problem or condition, initiating specific treatment, seeking referral for further assessment or treatment, or returning for further family discussion.)

### Common Factors:

Presenting Problem Area	Most Common Elements of Related Evidence-Based Practices
Anxiety	Graded exposure, modeling
ADHD and oppositional problems	Tangible rewards, praise for child and parent, help with monitoring, time-out, effective commands and limit setting, response cost
Low mood	Cognitive and/or coping methods, problem-solving strategies, activity scheduling, behavioral rehearsal, social skills building

Adapted from Wissow LS, van Ginneken N, Chandna J, Rahman A. Integrating children’s mental health into primary care. *Pediatr Clin North Am.* 2016; 63(1):103.

### Resources and Related Tools Cited by Participants in Both Panels:

**ADHD Medication Guide (updates annually):** <http://www.adhdmedicationguide.com/>

**Florida Psychotherapeutics for Children (updates every 2 years):**

[https://floridabhcenter.org/wp-content/uploads/2022/06/Full-Set\\_2022-06-FL-Best-Practice-Medication-Child-Adolescent-FINAL\\_06-14-22-1.pdf](https://floridabhcenter.org/wp-content/uploads/2022/06/Full-Set_2022-06-FL-Best-Practice-Medication-Child-Adolescent-FINAL_06-14-22-1.pdf)

**AAP Bright Futures: Promoting Mental Health Chapter:**

[https://downloads.aap.org/AAP/PDF/Bright%20Futures/BF4\\_MentalHealth.pdf?\\_ga=2.165157247.1558623316.1682892207-1914090097.1618682168](https://downloads.aap.org/AAP/PDF/Bright%20Futures/BF4_MentalHealth.pdf?_ga=2.165157247.1558623316.1682892207-1914090097.1618682168)

**Massachusetts Behavioral Health Helpline and Text line:** The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you’re not sure what kind of help or treatment you may need, we can help guide you.

- Call or text 833-773-2445
- Live chat available at: <https://www.masshelpline.com/>
- Available 24 hours per day, 7 days per week, 365 days per year (including holidays)
- It’s free, confidential, and no health insurance is required.

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- Real-time interpretation in 200+ languages
- Deaf or hard of hearing? Contact Mass Relay at 711

Patient/Community Information Sheets on **MA Behavioral Health Road Map & Resources** to Download for your Practice: <https://www.mass.gov/info-details/fact-sheets-behavioral-health-roadmap>

The **Massachusetts Behavioral Health Access (MABHA)** website helps both providers and individuals locate openings in mental health and substance use disorder services. We welcome everyone to search for services that they can access directly from their community.  
<https://www.mabhaccess.com/Home.aspx>

**Massachusetts Network of Care:** An online resource that provides a comprehensive, searchable directory to help Massachusetts residents find information on behavioral health services and treatment in their communities. <https://massachusetts.networkofcare.org/mh/index.aspx>

**NAMI Compass** is the information and referral helpline at NAMI Massachusetts. They provide resources and support to help people navigate the complex mental health system and problem solve in difficult circumstances. The COMPASS helpline is available Monday through Friday, 9 am – 5 pm. Call the helpline at 617-704-6264 or 1-800-370-9085 or email them at [compass@namimass.org](mailto:compass@namimass.org).

### Massachusetts Child Psychiatry Access Program:

**MCPAP Diagnostic Resources** for Pediatric Primary Care Teams:  
<https://www.mcpap.com/Provider/Overview.aspx>

**MCPAP Newsletters and Clinical Conversations** Webinars (archived):  
<https://www.mcpap.com/Provider/ArchivedNewsNWebinars.aspx>

**ASAP-MCPAP Consultation Service:** The Massachusetts Child Psychiatry Access Program (MCPAP) in collaboration with the Adolescent Substance Use and Addiction Program at Boston Children's Hospital (ASAP) is providing pediatric primary care providers with quick access to pediatric substance use disorder consultation. Call your regional MCPAP team and ask to connect with the ASAP team.  
<https://www.mcpap.com/RegionalTeam/asapmcpap.aspx>

**MCPAP for Moms:** Includes trainings and toolkits for primary care and OB/Gyn teams, real-time psychiatric consultation and care coordination, and ways to connect with community-based resources to support the wellness and mental health of pregnant and postpartum women.  
<https://www.mcpapformoms.org/>

### Pearls and Practice Tips from Our Panelists:

- Let parents know you're a trusted partner in managing challenging behaviors in early childhood.
- Use telehealth to open up opportunities to connect with parents and youth before or after school or to collaborate with partners in school (school nurses, teachers, and mental health counselors).
- You can use a lot of the same triaging skills in mental health that you do with asthma or other physical conditions.
- Be transparent with families about the benefits of your partnership with MCPAP consultation service: their mental health expertise and your ongoing understanding of the youth.
- Don't be shy about reaching out to MCPAP if you have a good idea about how to diagnose or manage a mental health concern but you would like feedback.

Check out the Massachusetts Chapter of the American Academy of Pediatrics [Mental Health Gateway](#) for many mental health resources sorted by age and presentation. Updated quarterly.