




Bright Futures in Practice: MENTAL HEALTH

Bright Futures in Practice: Mental Health is the latest publication in the *Bright Futures in Practice* series. This guide is a major step forward in synthesizing and making information available to primary care health professionals and families on healthy emotional, behavioral, and cognitive development and early recognition and intervention for mental health problems and mental disorders.

These consensus guidelines were developed by a multi-disciplinary panel of expert contributors, have been reviewed by over 150 external reviewers, and are supported by over 50 national organizations.

- The two-volume set of **Bright Futures in Practice: Mental Health** includes
 - Developmental chapters that consider mental health and mental health promotion in a developmental context throughout infancy, early childhood, middle childhood, and adolescence
 - Bridge topics that present information on early recognition and intervention for specific mental health problems and mental disorders including anxiety disorders, attention deficit hyperactivity disorder, child maltreatment, domestic violence, eating disorders, learning problems and disorders, mental retardation, mood disorders, oppositional and aggressive behaviors, parental depression, pervasive developmental disorders, and substance use problems and disorders
 - A mental health tool kit with hands-on tools for health professionals and families for use in screening, care management, and health education

- The vision and goals of **Bright Futures in Practice: Mental Health** are to
 - Inform primary care health professionals about the essentials of mental health promotion, including monitoring psychosocial development, preventing and identifying early emotional, behavioral, or substance use problems or disorders; providing anticipatory guidance and counseling; and providing appropriate referral and follow-up
 - Identify support that infants, children, and adolescents need for good mental health
 - Provide a framework for developing and implementing mental health promotion programs and policies in a variety of settings, including primary clinical care, infant mental health programs, child care centers, school-based health centers, training programs, and parent education programs

- What makes **Bright Futures in Practice: Mental Health** unique?

The philosophy underpinning *Bright Futures in Practice: Mental Health* includes the belief that mental health promotion is

 - A health partnership—a longitudinal process that promotes partnership and a shared agenda among health professionals, the infant, child, or adolescent, and the family
 - Developmental and contextual—focuses on improving social, developmental, health, and mental health outcomes; views the child or adolescent in the context of family, friends, and community
 - Collaborative and interdisciplinary—part of a seamless system that comprises health, mental health, education, recreation, and human services.

Bright Futures in Practice: Mental Health is edited by Michael Jellinek, M.D., Chief Executive Officer of Newton-Wellesley Hospital, Chair of Child Psychiatry Service at Massachusetts General Hospital, and Professor of Psychiatry and Pediatrics, Harvard Medical School; Bina P. Patel, M.D., at Massachusetts General Hospital; and Mary C. Froehle, Ph.D., Project Director, Bright Futures Mental Health, National Center for Education and Maternal and Child Health at Georgetown University, with contributing editor Trina Menden Anglin, M.D., Ph.D., Chief of the Office of Adolescent Health, Health Resources and Services Administration's Maternal and Child Health Bureau.

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For more information and to view a PDF of the guide, visit the Bright Futures Mental Health Web page at www.brightfutures.org/mentalhealth.

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The guide can be ordered online at <https://www.brightfutures.org/orderform/index.html>.

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The guide can be ordered by phone from Rockville Mailing Service at (301) 279-8890, or you can print a PDF of the order form from the Web site above and fax or mail it to:

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