At the 2019 Children’s Ball, NJAAP was honored to recognize the Pediatric Psychiatry Collaborative leadership at Hackensack Meridian Health for their dedication and tireless efforts to make mental/behavioral health care accessible for children across our state through behavioral health integration in pediatric primary care. Under their leadership over the past four years, pediatric practices have screened over 140,000 patients for mental/behavioral health disorders, and mental health consultation services have been provided to more than 6,100 patients of participating pediatric primary care providers.

Please join us in extending congratulations to Drs. Hanbury, Solhkhah, and Kairys!
The Pediatric Psychiatry Collaborative (PPC) is available at hospital-based Hubs in your area. The PPC is a program organized by Hackensack Meridian Health and Cooper University Hospital and funded by the NJ Department of Children and Families. The PPC is comprised of a series of hospital-based “Hubs” that provide quick access to psychiatric consultation and facilitate referrals to help pediatric patients access mental and behavioral health care, including substance use. This innovative program is available for pediatric providers and requires that providers conduct universal mental/behavioral health and substance use screenings with children/adolescents. Whenever a concern is identified, participating providers can make a referral to their regional PPC Hub for mental health professionals to perform intake and help a patient or family access services in their community.

Benefits of participation in the PPC include:
- Child & Adolescent Psychiatrist available for diagnostic & medication consultation for children in your practice
- An initial appointment with a Child & Adolescent Psychiatrist can be arranged for urgent cases, regardless of family’s insurance
- Licensed Social Workers and Psychologists available to support care management and identify resources for children in your practice
- Increased early identification of mental/behavioral health concerns using standardized screening tools
- Access to NJAAP’s monthly webinar series on timely mental/behavioral health topics

Please email MHC@njaap.org or call 609-842-0014 with any questions.

Register for the PPC

Optional Benefit of Participation in Your Regional Mental/Behavioral Health Hub: 25 MOC Part 4 Points

Mental/behavioral health Hub participants may opt to join NJAAP’s Collaborative Mental Health Program. This ABP-Approved Maintenance of Certification (MOC) Part 4 Quality Improvement Program helps pediatricians increase use of mental/behavioral health screening tools, anticipatory guidance, referrals and care coordination to support the early detection of mental/behavioral health issues, and the improvement of mental/behavioral health care in the primary care setting.

MOC participants receive:
- Training and hands-on technical assistance to integrate mental/behavioral health and substance use screening into practice workflow
- Provider and family resources
- Opportunities to network with colleagues, experts, and community organizations
- 25 ABP Part 4 MOC points upon program completion

Please email the NJAAP Mental Health team at mhc@njaap.org to be notified when registration opens for the Fall MOC Program!

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Email NJAAP

May 6th is National Children’s Mental Health Awareness Day

National Children’s Mental Health Awareness Day shines a national spotlight on the importance of caring for every child’s mental health and reinforces that positive mental health is essential to a child’s healthy development.
Suicide Prevention: Strategies That Work
Substance Abuse and Mental Health Services Administration (SAMHSA)

Held on National Children’s Mental Health Awareness Day, this SAMHSA event will include suicide prevention experts and senior government officials, along with a family member and youth who will share evidence-based practices that help save lives. The engaging format will provide an opportunity to educate state agency personnel; primary care and mental health care providers; child-serving professionals; and families, youth, and young adults across the country about the latest evidence-based practices and resources for suicide prevention.

Tune in live:
Monday, May 6 at 3pm EDT
Watch the webcast at: https://www.hhs.gov/live

Mental Health America: Mental Health Outreach Toolkit

Mental Health America, a leading community-based nonprofit dedicated to addressing mental health, began recognizing Mental Health Month in 1949. Over the past seventy years, it has become the most widely recognized mental health awareness effort in the world. Each year, Mental Health America releases its Mental Health Month Outreach Toolkit to start conversations around mental health and help members of the community understand how lifestyle factors impact the health of the mind and body.

This year’s toolkit includes media materials, social media and web components, fact sheets and handouts, and other resources.

View the Toolkit

NIMH Facebook Live: How Does Puberty Affect Brain Development?
In recognition of National Children’s Mental Health Awareness Day, NIMH is hosting a Facebook Live event titled “How Does Puberty Affect Brain Development?” on Thursday, May 9, 2019, from 2:00 – 2:30 PM ET.

During this event, Principal Investigator and Chief of the Behavioral Endocrinology Branch, Dr. Peter Schmidt, Research Fellow Dr. Shau-Ming Wei, and Postdoctoral Fellow Dr. Kathy Reding, will discuss:

- The typical pubertal transition
- How puberty affects brain development
- What changes parents might expect in their children
- What NIMH hopes to learn from the research

Facebook viewers will also have a chance to ask questions live, so follow NIMH on Facebook and click the link below for more information on how to participate.

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**Call for Practice Participation in New Substance Use ECHO**

**Apply online by May 3, 2019**

The American Academy of Pediatrics is recruiting up to 60 pediatric primary care practices to join an 8-month learning collaborative aimed to train primary care providers on adolescent substance use.

Practices will engage in the ECHO (Extension for Community Healthcare Outcomes) model™, a telementoring platform that leverages video conference technology to connect experts with primary care teams in local communities; fostering an “all teach, all learn” approach.

**Benefits of participating:**

- Improve access to quality care for adolescents with a history of substance use
- Build knowledge regarding best practices to increase screening, brief intervention, and referral to treatment (SBIRT) for substance use among pediatric providers serving adolescents
- Learn new quality improvement (QI) methods and track improvement through monthly data collection to achieve desired outcomes in your practice
- Network and problem solve with others
- Participating pediatricians will have the opportunity to earn American Board of Pediatrics Part 4 Maintenance of Certification (MOC) credit (pending approval).

**Who should apply:**

Practices providing primary care who:

- Want to improve the quality of care for their patients around screening and management of pediatric and young adult substance use
- Can assemble a team of members that may include:
  - A primary care physician
  - A nurse
  - An additional team member such as front office person, practice manager, or care
coordinator

Provide pediatric primary care to patients age 11 to 21 years

Apply Online

Contact Shannon Limjuco, ECHO Manager, for any questions. 630-626-6217 | slimjuco@aap.org

Community Resource Spotlight: NAMI New Jersey

NAMI (the National Alliance on Mental Illness) is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs, NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders.

Examples of programs offered by NAMI New Jersey include:

- **Family-To-Family Education**: A peer family education program designed to foster learning, healing and empowerment among families of individuals with serious mental illness. This course is a 12-week program for families of individuals diagnosed with serious and persistent mental illness.
- **NAMI Family Support Group**: A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness providing an opportunity to gain insight from the challenges and successes of others facing similar circumstances.
- **NAMI Connection**: A weekly recovery support group for people living with mental illness in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.

Visit [www.naminj.org](http://www.naminj.org) or call (732) 940-0991 to learn more about NAMI New Jersey’s programs.

Building Blocks for Lifelong Mental Health

Strong early social and emotional development gives children the building blocks for lifelong mental health. Pediatric primary care can help children build this foundation by fostering social and emotional development in the same way it focuses on physical health and cognitive development.

Interested in learning more?

- Read [this report](#) about promoting socioemotional development in primary care;
- Find out how [18 ambitious pediatric practices](#) seek to do just that; and,
- Learn how pediatric health professionals can [engage families in conversations about co-regulation](#), a critical component of social and emotional health.

Check out these other NICHQ resources:

- Despite the prevalence of [maternal depression](#)—up to 80 percent of mothers experience some range of symptoms—too many moms don’t get the help they need to heal. And when a mother’s health suffers, her child’s health often suffers too. Read [this issue brief](#) to learn about maternal depression and understand how you can help moms receive care.
- Over half of American children are affected by [childhood trauma](#), beginning right from the
earliest moments of life and continuing through adolescence. Here, Aliza’s mother and NICHQ Project Director Colleen Murphy explains why health improvement initiatives need to seek systems that support all aspects of children’s health, even those that are invisible.

Upcoming Webinar: “The Impact of Sleep on Mental Health and Well-Being in Children and Adolescents”
Thursday, May 9, 2019, 12:00 to 1:00 PM

Presenter:
Lewis Milrod, MD

Objectives:
- Identify sleep recommendations for the various pediatric age groups
- Recognize the signs and symptoms of inadequate sleep and/or sleep disorders in your pediatric patients
- Define the relationship between mental/behavioral health and development and sleep.
- Provide recommendations for fostering good bedtime habits and improving sleep among pediatric patients
- Understand the importance and implications of the AAP policy statement on school start times for children and adolescents

Register Here

Upcoming Webinar: “Addressing the Mental Health Needs of LGBTQ Youth in Pediatric Primary Care”
Wednesday, June 19, 2019, 1:00 to 2:00 PM

Presenter:
Warren Seigel, MD

Objectives:
- Identify prevalent mental health and substance use disorders among LGBTQ youth
- Recognize warning signs for bullying, harassment, and suicide among LGBTQ youth
- Discuss the internal and external factors associated with homophobia
- Share strategies for effective communication between providers, parents and LGBTQ youth
- Identify ways to make pediatric practices welcoming and supportive of LGBTQ patients and their families
- Appropriately screen and refer youth identifying as LGBTQ to the PPC Hub or other appropriate service

Register Here

Recent Webinars:

“Coding for Mental-Behavioral Health Screening and Collaborative Care”
Chuck Scott, MD and Sherry Barron-Seabrook, MD
Tuesday, March 19, 2019, 12:30 to 1:30 PM

Ramon Solhkhah, MD and Cathy Butler-Witt, MA, BSW, NCTTP, CTTS
Tuesday, April 9, 2019 12:00 – 1:00 PM
Why Care?

Because 1 in 5 people will be affected by mental illness in their lifetime. Take the time to show you care about mental health.

The Mental Health Collaborative Team
Harriet Lazarus, MBA, Program Director
Marcela Betzer, MPH, Program Director
Brittany Johnson, MPH, Senior Program Manager
Lindsay Caporrino, PCMH CCE, Program Manager
Bethany Kondavaty, MPH, Program Manager
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