

## **Bright Futures in Practice: Mental Health Volume 1. Practice Guide**

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Bright Futures is a resource guide designed for primary health professionals to promote mental health in children, adolescents, and their families. It also serves as a preventive tool to assist in the early recognition of psychosocial problems and mental disorders.

### **The guide has three components:**

1. Developmental chapters on infancy through adolescence (pp 17-183).
2. Bridge topics which discuss specific problems and disorders (pp 185-339).
3. A "Tool Kit", which is a companion volume of handouts and literature for families on a variety of topics like "Risk Factors for Dyslexia" (Bright Futures in Practice: Mental Health Volume II Tool Kit pp 1-147).

### **The Developmental Chapters are divided into four stages:**

- Infancy (0 to 11 months)
- Early Childhood (1 to 4 years)
- Middle Childhood (5 to 10 years)
- Adolescence (11 to 21 years)

Each chapter provides an overview of that stage of development; sample health interview questions appropriate for a primary care practitioner to ask; information to promote mental health; tips to address areas of concern; suggestions for building office and community relations; a developmental checklist; references to bridge topics as well as for teaching cases.

### **Bridge Topics**

The "Bridge" sections of the guide focus on the identification of common psychosocial problems and mental disorders in primary care practice. Each bridge topic contains key facts about the disorder; a description of the symptoms according to the Diagnostic Statistical Manual Fourth Edition (DSM-IV-TR), the Diagnostic Statistical Manual Primary Care (DSM-PC), and highlights what the disorder would look like during each developmental stage. In addition, Bridge topics list commonly associated disorders, resources for families, a selected bibliography, and suggested interventions at the child, family, friend, community, and school levels. Contingent upon the specific topic, there may also be pharmacological interventions.

There are 12 specific topics and in some cases, more specific information on subtopics:

1. Anxiety Disorder
2. Attention Deficit Hyperactive Disorder
3. Domestic Violence
4. Learning Problems and Disorders
5. Mental Retardation

6. Oppositional and Aggressive Behaviors
7. Pervasive Developmental Disorders
8. Substance Use Problems and Disorders
9. Child Maltreatment
  - Special Topic*: Factitious Illness by Proxy (Munchausen Syndrome by proxy)
10. Eating Disorders
  - Special Topic*: Obesity
11. Mood Disorders: Depressive and Bipolar Disorder
  - Special Topic*: Childhood Grief and Bereavement
12. Parental Depression
  - Special Topic*: Postpartum Mood Disorders

The Bright Futures in Practice Mental Health: Volume II Tool Kit is a companion volume of handouts designed to assist health providers in screening, education, and health care management. The Tool Kit consists of the following handouts:

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