

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

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Bright Futures

A resource guide designed for primary health providers to:

- Promote mental health in children, adolescents, and their families.
- Serve as a preventative tool designed to provide 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)

The “Bridge” Section of the Guide

- Focuses on identification of common psychosocial problems and mental disorders.
- Has 12 specific topics, with some having supplemental topics.

Bridge Section Topics:

- Anxiety Disorder Attention Deficit Hyperactive Disorder
- Domestic Violence
- Learning Problems and Disorders Mental Retardation
- Oppositional and Aggressive Behaviors
- Pervasive Developmental Disorders
- Eating Disorders:
-*Special Topic: Obesity*

Bridge Section Topics (cont'd):

- Substance Use Problems and Disorders Child Maltreatment
- -*Special Topic*: Factitious Illness by Proxy (Munchausen Syndrome by proxy)
- Mood Disorders: Depressive and Bipolar Disorder
- -*Special Topic*: Childhood Grief and Bereavement
- 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
 - health care management

Sample Took Kit Topics

- Cultural Competency Assessment in Primary Care
- How to Soothe a Crying Baby
- Principles of Limit Setting
- Successful Adaptation to Separation or Divorce