Bright Futures in Practice: Mental Health
Volume II. Tool Kit

Editors
Michael Jellinek, M.D.
Bina P. Patel, M.D.
Mary C. Froehle, Ph.D.

Contributing Editor
Trina Menden Anglin, M.D., Ph.D.

Chapter Chairs and Consulting Editors
Martin Fisher, M.D.
Barbara J. Howard, M.D.
Kelly Kelleher, M.D., M.P.H.
Robert Needlman, M.D.
Eve Spratt, M.D.
Ann Stadtler, M.S.N.
Mark Wolraich, M.D.

Supported by
Maternal and Child Health Bureau
Health Resources and Services Administration
U.S. Department of Health and Human Services

Published by
National Center for Education in Maternal and Child Health
Georgetown University

Maternal and Child Health Bureau
Health Resources and Services Administration
U.S. Department of Health and Human Services

National Center for Education in Maternal and Child Health
Georgetown University
# Table of Contents

Introduction ........................................................................................................................................................................... vii
Contributors .......................................................................................................................................................................... viii

**TOOLS FOR HEALTH PROFESSIONALS** ......................................................................................................................... 1

**Making Mental Health Supervision Accessible** .................................................................................................................. 3
  Pediatric Intake Form ............................................................................................................................................................. 4
  Documentation for Reimbursement ....................................................................................................................................... 8
  Selected Organizational Resources ......................................................................................................................................... 10
  Postcard Satisfaction Survey ................................................................................................................................................. 13
  Referral for Services ............................................................................................................................................................... 14
  Pediatric Symptom Checklist ................................................................................................................................................ 16
  Cultural Competence Assessment—Primary Care .................................................................................................................. 19
  School Consultation ............................................................................................................................................................... 21

**Infancy** ............................................................................................................................................................................... 23
  Age-Specific Observations of the Parent–Child Interaction ................................................................................................. 24
  Fostering Family Adjustment Prenatally ............................................................................................................................... 26
  Infancy Checklist ................................................................................................................................................................. 27

  **Other Tools Referenced in This Developmental Chapter**
    Pediatric Intake Form ........................................................................................................................................................ 4
    Edinburgh Postnatal Depression Scale (EPDS) .................................................................................................................... 59

**Early Childhood** ................................................................................................................................................................. 29
  What Can Your Child Do? ..................................................................................................................................................... 30
  How to Help Families Stop Spanking .................................................................................................................................. 32
  Suggested Child Interview Using a Human Figure Drawing As a Conversation Piece ...................................................... 33
  Risk Factors for Dyslexia ......................................................................................................................................................... 34
  Early Childhood Checklist .................................................................................................................................................... 35

  **Other Tools Referenced in This Developmental Chapter**
    Pediatric Intake Form ........................................................................................................................................................ 4

**Middle Childhood** ................................................................................................................................................................. 37
  About My Feelings ................................................................................................................................................................. 38
  My School Sheet .................................................................................................................................................................... 40
  Homework Problems ............................................................................................................................................................... 42
  School Basic Information Form ............................................................................................................................................. 44
  Middle Childhood Checklist ................................................................................................................................................ 46

**Adolescence** .......................................................................................................................................................................... 47
  Issues Checklist (Abridged) .................................................................................................................................................... 48
  Anticipatory Guidance on Sex and Sexuality for the Adolescent .......................................................................................... 51

[Note: The table continues with other tools referenced in the remaining developmental chapters.]
Adolescence Checklist .............................................................................................................................................. 52

Other Tools Referenced in This Developmental Chapter
Homework Problems .............................................................................................................................................. 42
Stages of Substance Use and Suggested Interventions .......................................................................................... 61
Discussing Substance Use .................................................................................................................................. 63

Bridges .................................................................................................................................................................. 53

Attention Deficit Hyperactivity Disorder
Vanderbilt ADHD Diagnostic Teacher Rating Scale ............................................................................................. 54

Mood Disorders: Depressive and Bipolar Disorders
Center for Epidemiological Studies Depression Scale for Children (CES-DC) ..................................................... 57

Parental Depression
Edinburgh Postnatal Depression Scale (EPDS) ........................................................................................................ 59

Substance Use Problems and Disorders
Stages of Substance Use and Suggested Interventions .......................................................................................... 61
Discussing Substance Use .................................................................................................................................. 63

Other Tools Referenced in Bridges
Child Maltreatment
Pediatric Symptom Checklist .................................................................................................................................. 16

Domestic Violence
Suggested Child Interview Using a Human Figure Drawing As a Conversation Piece ........................................ 33

Eating Disorders
Pediatric Symptom Checklist .................................................................................................................................. 16

Mood Disorders: Depressive and Bipolar Disorders
Pediatric Symptom Checklist .................................................................................................................................. 16

Substance Use Problems and Disorders
Pediatric Symptom Checklist .................................................................................................................................. 16

TOOLS FOR FAMILIES .............................................................................................................................................. 65

Infancy ..................................................................................................................................................................... 67
How to Soothe a Crying Baby .................................................................................................................................. 68
Fostering Comfortable Sleep Patterns in Infancy ................................................................................................. 70
Helping Siblings Adjust to the New Baby ................................................................................................................ 71
Stimulating Environments ...................................................................................................................................... 72
Safe, Quality Child Care .......................................................................................................................................... 74

Other Tools Referenced in This Developmental Chapter
Handling Anger and Countering Abuse in the Community .................................................................................. 141

Early Childhood ....................................................................................................................................................... 77
Fears in Early Childhood ........................................................................................................................................ 78
Sleep Diary ................................................................................................................................................................. 80
Principles of Limit Setting ....................................................................................................................................... 81
Table of Contents (continued)

- Guidelines for Special Time .................................................................................................................. 82
- Charting Positive Behavior .................................................................................................................... 83
- Communicating with Children ............................................................................................................. 84
- Helping Siblings Get Along .................................................................................................................. 86
- Time Out .................................................................................................................................................. 88
- Parent’s Checklist for School Entry and After ....................................................................................... 89
- Preparing Your Child for School ........................................................................................................... 90
- Preparation for School Entry: Communication Skills .......................................................................... 91

**Other Tools Referenced in This Developmental Chapter**
- Stimulating Environments .................................................................................................................. 72
- Safe, Quality Child Care ....................................................................................................................... 74
- Family Meetings ....................................................................................................................................... 105
- Individualized Education Program (IEP) Meeting Checklist ............................................................. 120
- Learning Disabilities: Common Signs .................................................................................................. 143

**Middle Childhood** ................................................................................................................................. 93
- Assessing and Reinforcing Your Child’s Self-Esteem ......................................................................... 94
- Six Rules for Making Responsible Decisions ...................................................................................... 95
- Tips for Parenting the Anxious Child .................................................................................................. 96
- Reading for Children, Grades 1–6 ....................................................................................................... 98
- About My Feelings .................................................................................................................................. 100
- How to Handle Anger ............................................................................................................................ 102
- Bed-Wetting (Enuresis) ......................................................................................................................... 103
- Family Meetings ..................................................................................................................................... 105
- Problem-Solving Strategy ..................................................................................................................... 106
- Top TV Tips: Building a Balanced TV Diet .......................................................................................... 107
- Controlling the Video and Computer Game Playground ................................................................... 109
- Safety Tips for Surfing the Internet .................................................................................................... 111
- Parents’ Roles in Teaching Respect .................................................................................................... 112
- Successful Adaptation to Separation or Divorce ................................................................................ 113
- How to Address Bullying ..................................................................................................................... 115
- My School Sheet ..................................................................................................................................... 117
- Homework Tips ...................................................................................................................................... 119
- Individualized Education Program (IEP) Meeting Checklist ............................................................. 120
- School Basic Information Form ............................................................................................................ 122
- Twenty Free Ways to Love Your Child .................................................................................................. 124

**Other Tools Referenced in This Developmental Chapter**
- Principles of Limit Setting .................................................................................................................. 81
- Talking to Your Teen About Sex and Sexuality .................................................................................. 127

**Adolescence** ............................................................................................................................................. 125
- Symptoms of Depression in Adolescents ............................................................................................ 126
- Talking to Your Teen About Sex and Sexuality .................................................................................. 127
- Where to Find Resources on Adolescent Sexuality ........................................................................... 129
- Teen Dating Violence ............................................................................................................................ 130
Table of Contents (continued)

Wit’s End ................................................................................................................................................................ 132
CALM: Listening Skills for Diffusing Anger .......................................................................................................... 135
Safe School Plan ........................................................................................................................................................ 136

Other Tools Referenced in This Developmental Chapter
Controlling the Video and Computer Game Playground ..................................................................................... 109
Homework Tips ........................................................................................................................................................ 119
Individualized Education Program (IEP) Meeting Checklist.............................................................................. 120
Safety Tips for Surfing the Internet ......................................................................................................................... 111
Top TV Tips: Building a Balanced TV Diet ............................................................................................................. 107
How to Help Your Child or Adolescent Resist Drugs ............................................................................................. 148
Preventing Child Sexual Abuse ............................................................................................................................ 140

Bridges ...................................................................................................................................................................... 139
Child Maltreatment
Preventing Child Sexual Abuse ............................................................................................................................... 140
Handling Anger and Countering Abuse in the Community ....................................................................................... 141

Learning Problems and Disorders
Learning Disabilities: Common Signs .......................................................................................................................... 143
Learning Disabilities: An Action Plan........................................................................................................................ 145

Mood Disorders: Depressive and Bipolar Disorders
Common Signs of Depression in Children and Adolescents ..................................................................................... 147

Substance Use Problems and Disorders
How to Help Your Child or Adolescent Resist Drugs ............................................................................................... 148

Other Tools Referenced in Bridges
Attention Deficit Hyperactivity Disorder
Individualized Education Program (IEP) Meeting Checklist................................................................................ 120

Learning Problems and Disorders
Individualized Education Program (IEP) Meeting Checklist................................................................................ 120

Mental Retardation
Individualized Education Program (IEP) Meeting Checklist................................................................................ 120

Oppositional and Aggressive Behaviors
Charting Positive Behavior ........................................................................................................................................... 83
Principles of Limit Setting .......................................................................................................................................... 81
Controlling the Video and Computer Game Playground .......................................................................................... 109
How to Handle Anger ................................................................................................................................................. 102
Individualized Education Program (IEP) Meeting Checklist................................................................................ 120
Top TV Tips: Building a Balanced TV Diet ................................................................................................................ 107
CALM: Listening Skills for Diffusing Anger ............................................................................................................. 135

Pervasive Developmental Disorders
Individualized Education Program (IEP) Meeting Checklist................................................................................ 120

Substance Use Problems and Disorders
Pediatric Intake Form.................................................................................................................................................. 4
Introduction

This volume, Bright Futures in Practice: Mental Health—Vol. II, Tool Kit, is designed to accompany the narrative volume, Bright Futures in Practice: Mental Health—Vol. I, Practice Guide. Throughout the narrative volume, readers are directed to the tools in the Mental Health Tool Kit as further resources to aid in mental health screening, education, and direct management and in improving access to community resources. The Mental Health Tool Kit is divided into two sections, one with tools for health professionals, the other with tools for families. Each of these sections is organized developmentally with additional tools to address specific problems and disorders. Although tools may be placed in a particular developmental section, many of the tools can be used for more than one developmental stage. The tools cover topics such as documentation for reimbursement, helping siblings adjust to a new baby, preparing children for school, and the stages of substance use. The Tools for Health Professionals are designed for in-office use; the Tools for Families are designed to be distributed to families. As a complement to the narrative volume, the Mental Health Tool Kit can assist health professionals in providing mental health promotion messages; recognizing, diagnosing, and managing mental health problems and mental disorders in a primary care setting; and fostering partnerships with families and communities.

Copyright permissions have been obtained for most of the tools in the Mental Health Tool Kit so that they can be freely photocopied and used in practice as they appear. (The American Academy of Pediatric tools, pp. 127, 140, 148, may not be copied or distributed in any manner without the express written permission of the American Academy of Pediatrics.) Tools for Health Professionals, for example, might be copied for purposes of screening or record-keeping and kept in a child's or adolescent's chart. Tools for Families might be photocopied and distributed to families as educational materials.

Any use of the tools that involves alteration or adaptation of what is presented here requires permission from the source cited at the bottom of the tool. Because the Mental Health Tool Kit was designed to be duplicated, many worthy tools could not be included here for reasons of copyright. Contact information for some tools that could not be reprinted here is provided in the narrative volume. Other sources, such as the American Academy of Pediatrics' statement, Developmental Surveillance and Screening of Infants and Young Children (2001), summary tables by Glascoe (2000; 1999), and the Developmental-Behavioral Pediatrics Online Community Web site (http://www.dbpeds.org/articles/dbtesting), provide additional discussion of screening tools for developmental, behavioral, and emotional problems and also include ordering information.

The use of screening and assessment tools, checklists, parent reports, family handouts, and other tools can allow primary care health professionals to accomplish the goals of mental health promotion more efficiently. For example, the educational materials for families can be used as handouts to reinforce and expand on messages conveyed during the visit. The tools are intended for use by a broad range of health professionals (e.g., physicians, nurses, physician assistants). In the context of pediatric practice, these tools can enhance and strengthen the heart of child and adolescent health supervision—the interaction and relationship among the health professional and the child or adolescent and family.

REFERENCES


www.brightfutures.org
## Contributors

<table>
<thead>
<tr>
<th>American Academy of Pediatrics</th>
<th>Carolyn Eichberg</th>
<th>Michael S. Jellinek</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kathryn Barnard</td>
<td>Indiana University School of Medicine</td>
<td>Massachusetts General Hospital, Newton-Wellesley Hospital, and Harvard Medical School</td>
</tr>
<tr>
<td>University of Washington</td>
<td>Entertainment Software Rating Board</td>
<td>Fairfax County Public Schools</td>
</tr>
<tr>
<td>Dave Barry</td>
<td>Anita Feins</td>
<td>Barbara A. Johnson</td>
</tr>
<tr>
<td>The Miami Herald</td>
<td>Harvard Pilgrim Health Plan</td>
<td>University of Pittsburgh</td>
</tr>
<tr>
<td>George Batsche</td>
<td>Terence Fenton</td>
<td>Margot Kaplan-Sanoff</td>
</tr>
<tr>
<td>University of South Florida</td>
<td>Harvard University School of Public Health</td>
<td>Boston University School of Medicine</td>
</tr>
<tr>
<td>Anna Baumgaertel</td>
<td>Irene D. Feurer</td>
<td>Florence Karnofsky</td>
</tr>
<tr>
<td>Vanderbilt University</td>
<td>Vanderbilt University</td>
<td>Kelly J. Kelleher</td>
</tr>
<tr>
<td>Jeffrey Q. Bostic</td>
<td>Sharon L. Foster</td>
<td>University of Pittsburgh School of Medicine</td>
</tr>
<tr>
<td>Massachusetts General Hospital</td>
<td>Paul Godfrey</td>
<td>Kathi J. Kemper</td>
</tr>
<tr>
<td>Barbara N. Buchanan</td>
<td>The Mediation Center of Asheville, North Carolina</td>
<td>Children's Hospital, Boston</td>
</tr>
<tr>
<td>Health Education Consultants</td>
<td>Morris Green</td>
<td>KidsPeace</td>
</tr>
<tr>
<td>Center for Epidemiological Studies, National Institute of Mental Health</td>
<td>Indiana University School of Medicine</td>
<td>Celeste G. Kirschner</td>
</tr>
<tr>
<td>Milton Chen</td>
<td>Joseph F. Hagan Jr.</td>
<td>American Medical Association</td>
</tr>
<tr>
<td>Center for Education and Lifelong Learning</td>
<td>University of Vermont, College of Medicine</td>
<td>John R. Knight</td>
</tr>
<tr>
<td>Bobbi Connors</td>
<td>Jane N. Hannah</td>
<td>Children's Hospital, Boston</td>
</tr>
<tr>
<td>The Parent’s Journal</td>
<td>Jeni M. Holden</td>
<td>Sharon Lamb</td>
</tr>
<tr>
<td>John L. Cox</td>
<td>Department of Psychiatry, University of Edinburgh</td>
<td>St. Michael's College</td>
</tr>
<tr>
<td>Department of Psychiatry, University of Edinburgh</td>
<td>Learning Disabilities Association</td>
<td>B. Moore</td>
</tr>
<tr>
<td>The Crusade Against Child Abuse</td>
<td>Jane M. Murphy</td>
<td>National Center for Education in Maternal and Child Health</td>
</tr>
<tr>
<td>Barbara Davis</td>
<td>Barbara J. Howard</td>
<td>National Education Association</td>
</tr>
<tr>
<td>The Mediation Center of Asheville, North Carolina</td>
<td>The Johns Hopkins University School of Medicine</td>
<td>National Institute on Media and the Family</td>
</tr>
<tr>
<td>Susanne Dixon</td>
<td>Susan L. Instone</td>
<td><a href="http://www.brightfutures.org">www.brightfutures.org</a></td>
</tr>
<tr>
<td>University of California at San Diego School of Medicine</td>
<td>University of San Diego</td>
<td>viii</td>
</tr>
</tbody>
</table>
Contributors (continued)

National Mental Health Association

Robert Needlman
The Dr. Spock Company

Helen Orvaschel
Center for Psychological Studies, Nova Southeastern University

Nancy Padian
University of California at San Francisco

Judith S. Palfrey
Children's Hospital, Boston

Bina P. Patel
Massachusetts General Hospital

Theodora Y. Pinnock
Prevent Child Abuse America

Arthur L. Robin
Wayne State University

John C. Robinson
Massachusetts General Hospital

R. Sagovsky
Department of Psychiatry, University of Edinburgh

Brenton D. Schmitt
University of Colorado School of Medicine

Sarah Hudson Scholle
University of Pittsburgh

Danielle Schultz
Schwab Foundation for Learning

Janet Schwartz
Steven Schwartz

Robert Sege
The Floating Hospital for Children at New England Medical Center and Committee on Violence, Massachusetts Medical Society

Henry L. Shapiro
All Children's Hospital, Center for Child Development, University of South Florida College of Medicine

Sally E. Shaywitz
Yale University School of Medicine

Eve Spratt
Medical University of South Carolina

Ann Stadtler
Children's Hospital, Boston

Raymond A. Sturner
The Johns Hopkins University School of Medicine

Paula Sullivan
Indiana University School of Medicine

Galen E. Switzer
University of Pittsburgh

U.S. Consumer Product Safety Commission

Judith S. Wallerstein
Judith Wallerstein Center for the Family in Transition

Trudy Weiss
Myrna M. Weissman
College of Physicians and Surgeons, Columbia University

John B. Welsh
University of California at San Diego

Mark L. Wolraich
Oklahoma University Health Sciences Center

Anne E. Yarnevich
Health Education Consultants

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