



# Pediatric Mental Health Newsletter

JUNE 2025

## Resource Highlight: Tools to Support Families Through Pediatric Loss

Our grief resources are designed to provide you with essential tools to support families coping with the profound loss of a child. Grounded in the 2023 AAP clinical report, they provide practical strategies you can use to communicate with compassion, honor cultural and religious traditions, and offer both immediate and long-term support.

### ICAAP Mental Health Resources

- [Grief Resources for Clinicians](#)
- [Pediatric Mental Health Resources & Guidance](#)
- [On-Demand Pediatric Mental Health Webinars](#)
- [Youth Suicide Prevention Resources](#)



Pediatric Mental Health Conference | May 2025

## Pediatric Mental Health Conference

Thanks to all those who joined us for our first Pediatric Mental Health Conference in Champaign on May 15! We were thrilled to have nearly 100 health care clinicians, including Pediatricians, Family Physicians, Psychiatrists, Physician Assistants, Nurse Practitioners, Nurses, Social Workers, Clinical Mental Health Counselors, and nursing students from across the state join us for this event.

### SESSIONS INCLUDED:

- ✓ **The Children's Behavioral Health Transformation**  
*Presented By: Dana Weiner, PhD*
- ✓ **From Screening to Making the Diagnosis:  
Tips from a General Pediatrician**  
*Presented by: Rachel K. Levin, MD*
- ✓ **Understanding and Supporting Transitions Between  
the Levels of Care: OPs, IOPs, PHPs, IPs, and More**  
*Presented By: Caitlin Engelhard, MD, PhD*
- ✓ **Autism – A Deep Dive**  
*Presented By: Elizabeth Harari, MD*
- ✓ **Level 2 Psychopharmacology & Tougher Situations:  
What to do When First-Line Treatment Has Failed**  
*Presented By: Diane M. Misch, MD, FAPA & Elizabeth Charney, MD*

### [View Conference Presentations](#)

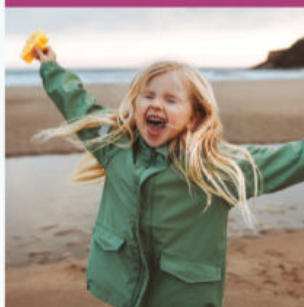
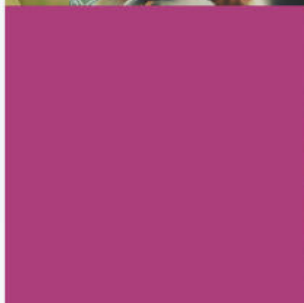
**When we work together and share ideas and resources,  
we can create changes that improve mental health  
outcomes for children in Illinois.**

**We hope to see you at the next one!**

# Support Mental Health. Strengthen Your Certification.

Maintaining your certification while supporting the mental health of children and adolescents has never been more important. The ABP offers a range of mental health-focused Maintenance of Certification (MOC) activities designed to help you stay current and deliver impactful care.

*Explore ABP's curated selection of mental health MOC activities and make meaningful progress in both your practice and your professional growth.*



## THE AMERICAN BOARD *of* PEDIATRICS

### MOC Activities Relating to Mental Health

All free with MOC enrollment.



Emotional Health and Resilience for Patients and Families with Chronic Pediatric Conditions Self-Assessment

10 PART 2 POINTS



Adolescent Substance Use and Mental Health Self-Assessment

10 PART 2 POINTS



2025 Treatment of Adolescent Depression and Anxiety Self-Assessment

10 PART 2 POINTS



Adolescent Medicine Decision Skills Self-Assessment

5 PART 2 POINTS



Improving Behavior and Mental Health Screening: A Quality Improvement Project Template

25 PART 4 POINTS



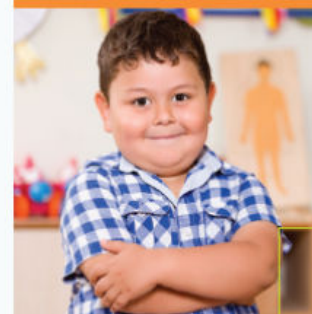
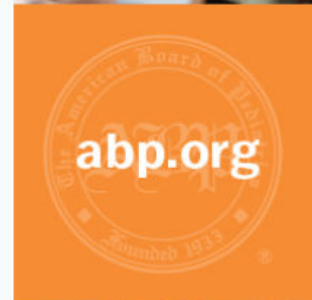
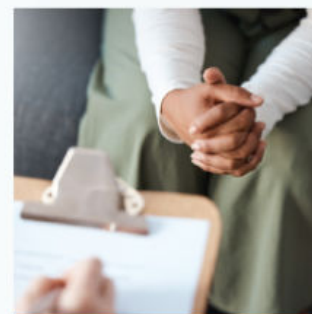
A Roadmap for Supporting Emotional Health for Children with Chronic Conditions and their Families (QIPT)

25 PART 4 POINTS



Improving Developmental and Behavioral Screening Performance Improvement Module

25 PART 4 POINTS, 10 PART 2 POINTS





With the rising rates of pediatric mental health conditions, along with a shortage of behavioral health providers—**pediatricians are on the front lines as the default mental health providers.**

# Get the support you need with our network of **Pediatric Mental Health Peer Advisors**

Ask real questions, get effective, evidence-based answers.

## Advisors will:

- ✓ Build a network of support & respond to questions
- ✓ Recommend practical guidance & educational tools/resources

## Advisors will NOT:

- ✗ Provide case consultations



**Get guidance from an ICAAP  
Mental Health Peer Advisor today!**  
Scan the code or visit [bit.ly/mh-peer-advisor](https://bit.ly/mh-peer-advisor)





## Resources



### AAP Resource:

## Glossary of Digital Media Platforms

It can feel almost impossible to keep up with the changing landscape of social media. But knowing what apps children and teens are using is a key part of helping them stay safe online and keeping them healthy!

The AAP Center of Excellence on Social Media and Youth Mental Health's [Glossary of Digital Media Platforms](#) makes staying on top of the latest apps easier for pediatricians and parents. This detailed guide provides information about commonly used video sharing, social media, and gaming apps and includes topics like default privacy settings, feed customization options, messaging and friend controls, and parental controls.

### New AACAP Virtual Series:

## How Collaborative Care Enhances Your Practice and Increases Child Mental Health Access

This self-paced educational series features [six engaging videos](#) presented by leaders in the field who use collaborative care every day and love it!

### Topics covered include:

- How to get started with collaborative care
- Using measurement-based practices
- Different models and approaches
- Sustainable funding options
- Building effective partnerships with primary care
- Leadership and advocacy insights

### Live Virtual QA Session | June 24 | 12:00pm ET

After exploring the video series, join us for a live virtual Q&A session June 24th at 12:00pm ET where you can ask your questions directly to the experts.

**Interested?** Visit [Collaboration with Primary Care](#) to begin watching the videos and then **SAVE YOUR SPOT** for this live Q&A on June 24 by [registering here](#). Email us at [clinical@aacap.org](mailto:clinical@aacap.org) with any questions



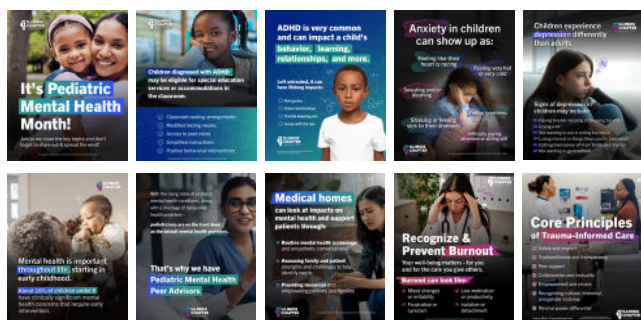
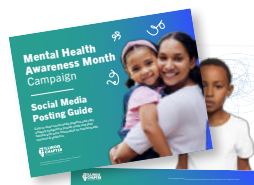
## Social Media Campaign:

### Mental Health Awareness

Mental Health Awareness Month might be over, but the conversations about mental health never stop. Download and use the Mental Health Awareness social media campaign to encourage open conversations about safe ways to seek help for mental health.

 **Posting Guidance Included!**

[Download Campaign](#)



## Upcoming Webinar

### Problematic Media Use: Screening and Intervention

**THUR** July 24, 2025 | **11:00 am CT**

Curious about when digital media use becomes problematic and how you can help families and youth? Join us for our upcoming webinar: *Problematic Media Use: Screening and Intervention*. This webinar will review screening tools, prevention and intervention strategies, and practical tips you can use when working with families.

**Questions?** Email [socialmedia@aap.org](mailto:socialmedia@aap.org) or click [here](#) for more information.

**Register Today!**

## Free Pediatric Mental Healthcare Consultation and Resources

Any Illinois health care or school-based clinician can access free expert psychiatric advice and referral resources to address the mental health needs of their pediatric and perinatal patients. It's like having a knowledgeable and trusted colleague to turn to for guidance throughout your workday.

Learn more about Illinois DocAssist [here](#).

### DocAssist Open Office Hours Clinical Pearls, Conversations and Consultation

Join an Illinois DocAssist psychiatric consultant for a series of free virtual open office hours. Learn about a pediatric mental health topic and get your questions answered.

Learn more and register [here](#).

**ILLINOIS  
DocAssist**

Consultation and resources  
for pediatric and perinatal  
mental health



Consultation line: **866-986-2778**  
Open Monday - Friday 9am - 5pm