

Pediatric Mental Health Newsletter

DECEMBER 2025

A Message of Gratitude

As we close out 2025, we want to extend our thanks for all you do to support the mental health of Illinois children. We're looking forward to more learning, sharing, and connecting in the year ahead.

ICAAP Mental Health Resources

- > [Medication Quick-Reference Tools](#)
- > [Anxiety Management Tools](#)
- > [Peer Advisors](#)
- > [Youth Suicide Prevention Resources](#)



Upcoming Webinars

Build on your expertise in the new year with educational webinars designed to support clinicians in addressing pediatric mental health concerns.

Explore all upcoming webinars at illinoisAAP.org/upcoming-events

🕒 **February 2 at 12pm**
Social Media & Youth Mental Health: *How Pediatricians Can Provide Guidance and Support*

🕒 **February 4 at 12pm**
ACEs and the AAP STAR Center's Early Relational Health Implementation Guide

🕒 **February 25 at 12pm**
Adverse Social Experiences: *Prevention and the Pediatrician's Role*

🕒 **April 7 at 12pm**
Effects of ACEs on Early Relational Health and Clinical Considerations

🕒 **April 9 at 12pm**
Supporting Mental Health Needs in LGBTQ+ Youth





Maximize Your Pediatric Mental Health Expertise



New **FREE** Virtual On Demand PediaLink Course



ADHD: Strategies for Effective Communication and Collaboration With Families and Schools

This FREE virtual on demand course is designed to equip pediatricians and other health care providers with practical tips, knowledge, and resources to support and enhance their communication and collaboration with schools in order to support families/children living with ADHD. Participants will learn about the AAP clinical practice guidelines and how to connect with staff at schools (administrators, teachers, psychologists, nurses, social workers) to coordinate ADHD services, interventions, and accommodations. Participants will be able to describe how to initiate and maintain relationships with schools, improve the school services families and children receive, and assist families if they encounter barriers. Through this course, pediatricians and other pediatric health care providers will be able to further help families with children living with ADHD to improve patient outcomes. This course is for a broad audience including pediatricians, family physicians, pediatric residents and fellows, psychologists, nurse practitioners, physician assistants, nurses, social workers, and school administrators.

Available on demand for FREE from November 14, 2025 - November 13, 2028

[View Course](#)

ECHO-CHICAGO UPCOMING SERIES:

Childhood Adversity & Trauma

1-hour live weekly interactive sessions via Zoom

The University of Chicago Medicine's ECHO-Chicago brings together experts from the University of Chicago and elsewhere in partnership with community-based healthcare providers to engage in case-based learning and disease management for communities with limited resources. Project ECHO is not telemedicine or a webinar — instead, this program is designed to address gaps in care and social determinants of health that are negatively affecting health outcomes in Illinois and elsewhere, through live interactive sessions via Zoom. Series consist of weekly 1-hour sessions with no travel required and no cost to participate. The Childhood Adversity & Trauma series kicks off on:

TUE **December 2, 2025** | 12:00 to 1:00pm CT

[Register Here!](#)

UPCOMING SERIES IN EARLY 2026:

- Child & Adolescent Behavioral Health
- Common Pediatric Problems in Primary Care
- Pediatric ADHD & Autism
- Weight Management for Pediatric/Adolescent Populations

These activities have been approved for *AMA PRA Category 1 Credits™*

NEW AAP Healthy Mental Development Patient Care Page

The American Academy of Pediatrics (AAP) is excited to announce the launch of a new patient care page on healthy mental development! This webpage is designed to promote the AAP framework for healthy mental development as a lifelong process shaped by biology, relationships, and environment, in which promotion and prevention are just as important as early identification and treatment. Along with the framework basics, visitors to the site can learn more about healthy mental development key concepts, various AAP healthy mental development programs, and new resources.

Check out the new page to learn more and bookmark it for future reference. For questions, contact mentalhealth@aap.org.

[Visit Webpage](#)



Attn: Pediatric Healthcare Clinicians

Help us understand what you need to continue delivering excellent pediatric mental healthcare.

You possess critical insights about what works, what's challenging, and what resources would strengthen pediatric mental health in Illinois.

Your Voice Creates Real Impact

When clinicians shared their insights in 2023, we responded with enhanced training modules, new clinical support materials, additional promotion of Illinois DocAssist, and stronger advocacy around pediatric mental health.

This Year, We're Revisiting:

- What resources would enhance your mental health screening and treatment?
- What barriers need systemic solutions?
- What training topics matter most to your practice?
- How can we better support your excellent work?



Take the 15-Minute Needs Assessment

All Illinois Pediatric Healthcare Clinicians Welcome!

Your professional experience will help shape educational offerings, clinical resources, and advocacy throughout 2025-2026.



Visit bit.ly/pmh-assessment or scan the QR code to take the 2025 Pediatric Mental Healthcare Needs Assessment

*Responses are confidential.
Available through January 16th.*

Partnering to
**EXPAND MENTAL
HEALTH CARE ACCESS**
for all kids in Illinois



Save the Date

ICAAP Pediatric Mental Health Conference

May 7, 2026

**At Jump Trading Simulation
and Education Center**

1306 N Berkeley, Peoria, IL 61603



Building On Your Pediatric Mental Health Expertise

This one-day, in-person conference is ideal for:

Pediatricians • Family Physicians • Social Workers • Clinicians Providing Pediatric Mental Healthcare

Join the Illinois Chapter, American Academy of Pediatrics for:

- ✓ Pediatric mental health care subject matter expertise
- ✓ Interactive and engaging learning sessions
- ✓ Guidance on screening, diagnosis, and treatment
- ✓ Ways to leverage referrals & consulting
- ✓ Professional networking & collaboration

Mark Your Calendar *Today!*

Be sure to save the date for our second annual mental health conference. Let's work together to improve the lives of children and families throughout Illinois!





Resources

Supporting Immigrant Families

Expanded ICE Activity in Illinois

Illinois is home to a diverse population, composed of hundreds of different cultures. We acknowledge that recent activity by federal officers conducting civil immigration enforcement operations is causing uncertainty, concern, and distress among patients, their families, neighbors, and the broader community. At ICAAP, we affirm that all children deserve to be and feel safe, regardless of immigration status. Here are resources you can use to support communication with patients and families during this time.



- **HANDOUT - ICAAP**
How to Talk to Children About What is Going on
[English](#) | [Spanish](#)
- **READING LIST - Chicago Public Library**
Let's Talk: Deportation and Family Separation
[English](#) | [Spanish](#)
- **ARTICLE - HealthyChildren.org**
Seeking Safe Haven: Supporting Immigrant Children & Families Facing Detention or Separation
[Read Article](#)
- **ADDITIONAL RESOURCES - Chicago Public Schools**
Immigration Resources from Chicago Public Schools
[Resource Hub](#)



Additional resources may be found on ICAAP's website:
[Supporting Immigrant Families & New Arrivals](#)

What's Ahead for ICAAP Mental Health Initiatives in 2026

We're looking forward to another year of collaboration and learning in 2026! In the New Year, ICAAP will be hosting another Quality Improvement/MOC Part IV project focusing on pediatric anxiety, CME webinars, and we'll partner with Illinois DocAssist to host our second in-person Pediatric Mental Health Conference. We hope to see you at one or more of these events!

