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August 2026

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Resource Highlight:

August is Teen Mental Health Month!

Teen Mental Health Month is about increasing awareness and understanding, providing education, and supporting young people as they navigate some of the most challenging years of their lives. Normalizing open conversations about mental health can help patients and families recognize early warning signs and encourage them to be positive about seeking help.

Explore resources on ICAAP's Mental Health Webpage designed to help guide conversations and assist parents/caregivers in connecting with the teens in their lives.

- Pediatrician-Backed Parent Email Guide on Pre-Teen/Teen Mental Health
- Anxiety Management Tools
- Youth Suicide Prevention Resources
- Mental Health Peer Advisors
- AAP Mission Moment: Meet the Teens Helping Doctors Reshape Youth Suicide Prevention!

Updates on Illinois' Blueprint for Transformation

- Webinar Recording from July 8, 2026 with Dr. Dana Weiner hosted by Illinois Collaboration on Youth

Registration is Open for ICAAP's 2026 Education Conference



Register Here

New ICAAP Resource! Supporting Resilience in Children: A Guide for Pediatric Clinicians

We are pleased to introduce a new collection of resources that brings together evidence-based clinical tools and trusted family resources in one convenient place we are calling Supporting Resilience in Children: A Guide for Pediatric Clinicians.

This was developed through our Adverse Childhood Experiences (ACEs) project and grant funding, with input and guidance from Drs. Kristen Kenan and Bako Orionzi. This guide/landing page is designed for busy clinicians who want to meet families where they are. It supports trauma-informed care, early identification, treatment planning, and everyday opportunities to strengthen resilience in children and families.

Access Resources



Published Manuscript: Current and Desired Behavioral Health Resources for Children: A Survey of Illinois Emergency Departments

Our manuscript, "Current and Desired Behavioral Health Resources for Children: A Survey of Illinois Emergency Departments," has been published in the Journal of the American College of Emergency Physicians Open (JACEP Open). The study examined current and desired resources available to Illinois EDs caring for children presenting with behavioral health concerns.

As part of this work, we compiled a list of free resources to improve pediatric behavioral health care in emergency settings, available here. This includes two SimBox cases with iterative review and participant feedback that are consistent with current best practices for suicide screening, risk assessment, and safety planning. Read the published manuscript here.

Two SimBox cases and list of free resources for EDs available on ICAAP's Suicide Prevention Webpage.

We are thankful for the contributions, time, and expertise of Drs. Jennifer Hoffmann, Cindy Durr and Ashley Foster, and the American Academy of Pediatrics' Jennifer Mond and Kendall Anderson, who made this project possible. We would also like to thank: Dr. Kathy Swafford, Evelyn Lyons and Kelly Jones (IDPH), Pat Schloo and Dr. Michelle Hansen (Illinois Critical Access Hospital Network), Gordana Krkic (Illinois Academy of Family Physicians), and Kelly Weaver (Illinois Emergency Nurses Association)

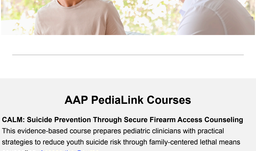
New Impact Report from the AAP National Center for Relational Health & Trauma-Informed Care

This report provides an overview of the Center's first-year accomplishments, reach and growing capacity to advance trauma-informed care across pediatric health care.

It also features trauma-informed care resources, including:

- Pediatric Approach to Trauma, Treatment, and Resilience (PATTeR) Training for Trainees about implementing trauma-informed care (TIC) in practice that includes facilitator guide, case studies, and training slides.
- Online Courses: Trauma-Informed Care and Resilience Promotion and Practical Strategies for Implementing Trauma-Informed Care and more!

Explore the Report



AAP PediaLink Courses

CALM: Suicide Prevention Through Secure Firearm Access Counseling
This evidence-based course prepares pediatric clinicians with practical strategies to reduce youth suicide risk through family-centered lethal means counseling. Access the Course

Emotion Disregulation and Tic Disorders
This course will guide clinicians in addressing tic disorder, ADHD, OCD and related dysregulation (mood, movement, thoughts, actions) in children. Strengthen skills to care for those with Tourette Syndrome and related conditions while helping patients and families navigate the challenges of diagnosis. Access the Course



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