


October 2026

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## October is Bullying Prevention and ADHD Awareness Month

**Bullying:** Whether it happens at school, online, or within the community, bullying can have lasting effects on a child's emotional, social, and physical well-being. Resources available on the mental health page on our website.

**ADHD:** Explore ICAAP's Medication Quick-Reference Tools for ADHD in primary care for ages 3-5 and ages 6+.

## What ICAAP Has Been Up To

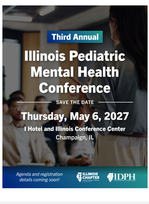
- Resources, including posters for the Autism Guide and Pre-teen/Teen Mental Health Guide, along with our ACEs Family Toolkit flyer, were mailed to 268 libraries throughout the state!
- Thanks to funding from the AAP, we created a clinician handout and patient-facing social media images on having strength-based conversations about mental health.
- Rural communities face unique challenges in accessing mental health care. To help bridge the gap, we curated a list of pediatric mental health resources for both clinicians and patients, designed with rural populations in mind. Check it out here.
- Recorded town hall *Beyond the Clinic - Supporting Immigrant Communities Amid Ongoing Enforcement*. View the slides and the recording.




## Upcoming

### Webinars & Events

- **ICAAP's Identifying & Managing Eating Disorders in Pediatric Primary Care** webinar on January 21, 2027, at 12:00 PM. Register here.
- **More ICAAP webinars in 2027:** *The Impact of AI Use on Adolescent Mental Health: What Pediatricians Should Know* and Autism and Mental Health Comorbidities – dates and registration coming soon!
- **HRSA's grand rounds webinar** focused on pediatric depression and anxiety on October 7th, 2026, at 1:00 PM. Register here.
- **Recorded AAP mental health billing and coding webinars:** *The Kids Are Complex, The Coding Doesn't Have to Be*, and *Mental Health is Health: Coding Integrated Services in Pediatrics* are available from the AAP here.




## Children Are Present for or Witness to Almost 1 in 10 Violent Deaths or Suicides in the U.S.

According to an AAP health brief, data recorded between 2019-'23 show children were present for or witness to 19,171 (9.7%) of 196,843 violent deaths and suicides, in the US. These mostly involved a firearm and occurred in the home.

This research highlights "the importance of a coordinated approach to surveillance, postvention, and prevention to address these traumatic events," the authors wrote. Read the health brief here and full investigation here.

## Universal Mental Health Screenings in Illinois Schools

The Illinois State Board of Education (ISBE) is preparing to implement universal mental health screenings for students in grades 3-12, expected to begin in the 2027-2028 school year. In September, ISBE released an FAQ about the rollout.

### Registration Now Open

## AAP Pediatric Mental Health Education Center Recognition Program

Looking to improve mental health care for children and families? Through the Pediatric Mental Health Education Center Recognition Program, build practical skills, deepen your knowledge, grow your confidence, and connect with peers. Gain strategies you can use in everyday practice to better support children, adolescents, and families.

Register Today!

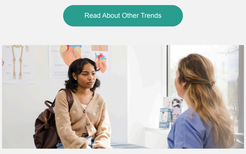
To learn more, view the flyer here. For questions, contact pmhec@aap.org.

## Youth Risk Behavior Survey

The CDC's Youth Risk Behavior Survey is conducted every two years with the 2025 report focusing on dietary behavior, physical activity, sleep, digital behavior, mental health/suicide risks and data on sex, drugs, and violence. The survey found that teens reported better mental health and nutrition in comparison to two years prior, while also finding increased rates of sexual dating violence.

Improvements in mental health were seen across the board among teens who reported experiencing persistent feelings of sadness or hopelessness, from 40% in 2023 to 33% in 2025.

Read About Other Trends



## New AAP Podcast Episodes on Mental Health

**New Pediatrics on Call Podcast Episode:**

### Proposed Fellowship Changes, Adolescent Suicidality and Opioid Risks

David Turner, MD, FAAP, discusses the American Board of Pediatrics' proposed changes to pediatric fellowships. Hosts David Hill, MD, FAAP, and Joanna Panga-Belinkie, MD, FAAP, also speak with Mario Morales, PhD, about bullying, suicidality and opioid-specific risks in U.S. adolescents.

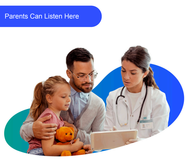
Listen to the Episode

**For Parents + New Healthy Children Podcast Episode:**

### How Divorce Affects Children

This episode breaks down how it impacts a child's emotional well-being, the complexities of co-parenting and the importance of fostering a safe, stable home environment.

Parents Can Listen Here



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