

2018 Series: Adolescent Mental Health and Well-being Session Recordings and Resources

The Region 5 Adolescent Health Network partnered with over 25 organizations to host [11 webinars](#), each with a focus on adolescent mental health and well-being. The webinars featured nearly 40 subject matter experts and a wealth of resources. They are intended for a broad audience of adolescent health and social service providers and others that work with and for young people; information in many may be helpful to caring adults and young people themselves. The webinar recordings are all posted here: <http://nnsahc.org/index.php/tools/regionv2018>

This document contains webinar recordings, slides, and resources shared throughout the webinar series. [Archived recordings](#) along with comprehensive tools and resources are focused on a number of key adolescent mental health and well-being topics.

Click the links below to access more information on each of the webinars and other resources:

[Region 5 Adolescent Health Network: Listserv and Contact](#)

[“Adolescent Health: Think, Act, Grow®\(TAG\)” National Call to Action](#)

[National Network of State Adolescent Health Coordinators](#)

[Webinar Recordings](#) and Resources:

1. [Understanding and Responding to Adolescent Relationship Abuse \(Part One\)](#)
2. [Addressing Adolescent Relationship Abuse in School-Based Health Centers \(Part Two\)](#)
3. [Youth Mental Health First Aid® Overview](#)
4. [Adolescent Brain Development: Enhance Your Approach to Working with Teens](#)
5. [The Role of Sleep in Adolescent Mental Health and Substance Use](#)
6. [Effective Use of MAT to Address Adolescent Opioid Use Disorder](#)
7. [Transforming Health Care for Michigan Adolescents: Lessons Learned – Results Achieved!](#)
8. [The Role of Physical Education in Enhancing Adolescent Mental Health](#)
9. [Identifying Needs of Youth in Foster Care and Juvenile Justice: Adapting Evidence-Based Teen Pregnancy Prevention Programs through a Trauma-Informed Approach](#)
10. [Addressing Adolescent Depression and Suicide: Using an Evidence-Based Prevention Program](#)
11. [Screening for Adolescent Mental Health and Depression: Implementing Universal Screening and Referral in Annual Preventative Visits](#)
12. [Supporting Student Mental Health: Wisconsin’s Approach to Trauma Sensitive Schools](#)

Region 5 Adolescent Health Network: Subscribe to the Listserv and Contact

Hosted by the Region 5 Office of the Assistant Secretary for Health, the Region 5 Adolescent Health Network strives to provide information and resources on key issues expressed by community stakeholders across the six states of Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin.

Subscribe to the Listserv

The Region 5 Network sends out a monthly news update focused on adolescent health and invites your contribution to this listserv as well.

To receive email updates, subscribe by sending an e-mail to LISTSERV@LIST.NIH.GOV with only this text in the message body:

subscribe REGION-V-ADOLESCENTHEALTHNETWORK "your name"

Contact

Lesley J. Craig, Public Health Advisor, at Lesley.Craig@hhs.gov

“Adolescent Health: Think, Act, Grow® (TAG)” National Call to Action

Led by the HHS Office of Adolescent Health (OAH), **TAG is a national call to action to improve adolescent health in the U.S.** TAG calls upon organizations and individuals to prioritize activities that can support the health and healthy development of all of America's 42 million adolescents.

TAG highlights **Five Essentials for Healthy Adolescents:**

1. Positive connections with supportive people
2. Safe and secure places to live, learn, and play,
3. Access to high-quality, teen-friendly health care,
4. Opportunities for teens to engage as learners, leaders, team members, and workers, and
5. Coordinated, adolescent- and family-centered services.

Learn more and find out how you can get involved in TAG here: <http://www.hhs.gov/ash/oah/tag>

National Network of State Adolescent Health Coordinators

Region 5 collaborates and coordinates efforts with the National Network of State Adolescent Health Coordinators (NNSAHC). The NNSAHC unites those designated as state adolescent health coordinators (SAHCs), and others responsible for coordinating adolescent health program direction in their state Title V/maternal and child health programs, and other programs in state public health agencies. The mission of NNSAHC is to provide leadership and advocacy for adolescent health and youth development in state and federal agencies. Learn more here: <http://nnsahc.org>

Find webinar descriptions and recordings from the 2018 Series on the NNSAHC website here:
<http://nnsahc.org/index.php/tools/regionv2018>

Healthy Relationships: Understanding and Responding to Adolescent Relationship Abuse

presented by Susan Pieters, MA, ICDVP, [Between Friends](#), in partnership with [EverThrive Illinois](#)

- This 60-minute webinar took place Thursday, 02/08/18.
- [Access the recording and other materials here](#)
- February is [Teen Dating Violence Awareness Month](#)

Resources shared –

Teen Dating Violence National Hotline:

- Live Chat at: <http://www.loveisrespect.org/>
- Call: 1-866-331-9474
- Text: loveis to 22522

Teen Dating Violence Awareness Month National Campaigns:

- #teenDVmonth - #TDVAM - #VetoViolence
- <http://www.loveisrespect.org/teendvmonth/>
- <http://www.breakthecycle.org/teenDVmonth>

National Coalition Against Domestic Violence – access all the state coalitions; their websites include a catalogue of the programs in their state: <http://www.ncadv.org>

***Hanging out or Hooking up?* Universal Education Tool available from Futures Without Violence** – provides clinical guidelines, safety cards, posters, and other resources:
<https://www.futureswithoutviolence.org/hanging-out-or-hooking-up-2/>

[Teen Power and Control Wheel](#)

Cycle of Violence: <http://mpdc.dc.gov/page/cycle-violence>

National Survey on Teen Relationships and Intimate Violence (STRiV), Taylor et al. (2016) – this survey provides representative estimates of the prevalence of adolescent dating violence:
<https://www.ncjrs.gov/pdffiles1/nij/grants/250292.pdf>

Healthy Relationships: Clinical Strategies to Address Adolescent Relationship Abuse in School-Based Health Centers presented by Susan Pieters, MA, ICDVP, [Between Friends](#), in partnership with [EverThrive Illinois](#)

- This 60-minute webinar took place Wednesday, 02/21/18.
- [Access the recording and other materials here](#)
- February is [Teen Dating Violence Awareness Month](#)

Resources shared –

Safety Planning Tool to use with Students: [“My Safety Workbook”](#) [PDF]

Youth Mental Health First Aid® Overview presented by Tramaine EL-Amin, [National Council for Behavioral Health](#) and Nancy Kelly, [HHS Substance Abuse and Mental Health Services Administration \(SAMHSA\), Center for Mental Health Services \(CMHS\)](#)

- This 30-minute webinar took place Friday, 02/16/18.
- [Access the recording here](#)

Resources shared –

Youth Mental Health First Aid® is the help offered to a young person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves. *Mental Health First Aid® does not teach people to diagnose or to provide treatment.* For more information or to find a course, visit <https://www.MentalHealthFirstAid.org/>

HHS Substance Abuse Mental Health Services Administration (SAMHSA) Project Advancing Wellness and Resilience Education (AWARE) – Project AWARE grants promote youth mental health awareness among schools and communities and improve connections to services for school-age youth. <https://www.samhsa.gov/nitt-ta/project-aware-grant-information>

Adolescent Brain Development: Enhance Your Approach to Working with Teens presented by Lauren Ranalli, MPH, and Azzia Thompson, MPH, [Adolescent Health Initiative](#)

- This 60-minute webinar took place Thursday, 03/15/18.
- [Access the recording here](#)
- March 12-18 is [Brain Awareness Week](#)

Resources shared –

HHS National Institutes of Health ABCD Study – A longitudinal study of about 10,000 children from ages 9-10 through early adulthood to assess factors that influence individual brain development trajectories and functional outcomes: <https://abcdstudy.org/>

Adolescent Health Initiative Spark Trainings – free, ready-to-use, mini-trainings on over 10 adolescent-centered care topics that include a PowerPoint presentation, a facilitator script, and follow-up materials.

- Sample Topic, featured in webinar: “Adolescent Brain Development - explore how adolescent brain development impacts interactions between young people and adults.”
- <http://www.umhs-adolescenthealth.org/improving-care/spark-trainings/>

The Role of Sleep in Adolescent Mental Health and Substance Use presented by Stacy Simera, MSSA, LISW-S, SAP, *in partnership with the [Ohio Adolescent Health Partnership](#), the [Ohio Chapter of the American Academy of Pediatrics](#), [Ohio Department of Health](#), and [Start School Later, Inc.](#)*

- This 60-minute webinar took place Tuesday, 03/27/18.
- [Access the recording here](#)
- [Access the presentation slides here](#) [PPT]
- March 11-17 is [Sleep Awareness Week](#)

Resources shared –

HHS Centers for Disease Control and Prevention and American Academy of Sleep Medicine – National Healthy Sleep Awareness Project: <http://sleepeducation.org/healthysleep>

HHS Centers for Disease Control and Prevention – Sleep and Sleep Disorders: <http://www.cdc.gov/sleep>

Ohio Adolescent Health Partnership [Strategic Plan 2013-2020](#) [PDF]: Key Adolescent Health Issue Area 5: Sleep - <https://www.ohioadolescenthealth.org/area-5-sleep.html>

- Sleep Resources include a compilation of sample programs and resources regarding adolescent sleep. The sub-bullets below include specific resources highlighted during the webinar: <https://www.ohioadolescenthealth.org/sleep-resources.html>
 - HHS National Institutes of Health (NIH), National Heart, Lung, and Blood Institute (NHLBI)
 - [“Awake at the Wheel”](#)
 - [NIH Curriculum Supplement Series \(Grades 9-12\) on Sleep, Sleep Disorders, and Biological Rhythms](#)
 - [Problem Sleepiness in Your Patient](#)
 - Nemours Children’s Health System - [KidsHealth in the Classroom, Human Body Series, Grades 9 to 12, Sleep](#)
 - American Academy of Sleep Medicine Lesson Plans for K-12 Teachers - [Sleep Education for School](#)
 - Dr. Dean Beebe - [More Free Resources on Sleep](#) [PDF]

Ohio Department of Health Strategic Goals: Maternal & Child Health Block Grant – Adolescent Health: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/title-v-maternal-and-child-health-block-grant/title-v>

Ohio Chapter of the AAP: Adolescent Programs and Education

- Transforming Adolescent Care Learning Collaborative (TALK): <http://ohioaap.org/projects/TALK>
- OHIO QI2U – Adolescent Health: <http://ohioaap.org/ohio-qi2u-adolescent-health/>
- Ohio QI2U – MenB Program: <http://ohioaap.org/ohio-qi2u-menb-program/>
- HPV Quality Improvement Program: <http://ohioaap.org/hpv-qi-program/>
- Fast VAX Facts: <http://ohioaap.org/FVF>
- Teen Immunization Education Sessions (TIES), a free immunization education and training program for healthcare professionals: <http://ohioaap.org/projects/TIES>
- Part 2 MOC: <http://ohioaap.org/pillars/child-health/Part2/>

Start School Later (<https://www.startschoollater.net>): [Healthy Sleep = Healthy Kids Handout](#) [PDF]

Minnesota Sleep Society – Joint Statement on Later School Start Times: www.mnsleep.net/school-start-time/partners

HHS Substance Abuse and Mental Health Services Administration (SAMHSA) – Treating Sleep Problems of People in Recovery from Substance Use Disorders: <http://store.samhsa.gov/product/Treating-Sleep-Problems-of-People-in-Recovery-From-Substance-Use-Disorders/SMA14-4859>

Effective Implementation of MAT to Address Adolescent Opioid Use Disorder presented by Steve C. Matson, MD, Division of Adolescent Medicine, [Nationwide Children's Hospital](#) and The Ohio State University, College of Medicine, *in partnership with [HHS Substance Abuse and Mental Health Services Administration \(SAMHSA\) - Region 5](#)*

- This 60-minute webinar took place Tuesday, 04/24/18.
- [Access the recording here](#)

Resources shared –

Federal Resources as you begin or enhance your work around adolescent Medication-Assisted Treatment (MAT) services:

- HHS Opioid Strategy – provides information on HHS' 5-point strategy to combat the opioid crisis as well as help, resources, and information on the national crisis: <https://www.hhs.gov/opioids/>
- HHS Office of Adolescent Health (OAH): Opioids and Adolescents – includes information about prevalence, risk and protective factors, prevention, and how to get help: <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/drugs/opioids/index.html>
- National Institute on Drug Abuse (NIDA) – provides information and resources regarding drugs of abuse, related topics, publications, research, funding opportunities, and news for researchers, medical & health professionals, patients & families, parents & educators, and children & teens: <https://www.drugabuse.gov>
- Monitoring the Future – funded by NIDA, this ongoing study shares information regarding behaviors, attitudes, and values of American secondary school students, college students, and young adults: <http://monitoringthefuture.org/index.html>
- HHS Centers for Disease Control and Prevention (CDC), Division of Adolescent and School Health, Youth Risk Behavior and Surveillance System (YRBSS) – monitors six categories of health-related behaviors that contribute to leading causes of death and disability for young people: <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>
- HHS SAMHSA
 - Treatment Locators: <http://www.samhsa.gov/treatment/index.aspx>
 - [Buprenorphine Practitioner & Treatment Locator](#) – find information on locating practitioners and treatment programs to treat opioids (i.e., heroin, prescription pain relievers)
 - [Opioid Treatment Program Directory](#) – find treatment programs in your state to treat opioid addiction and dependence
 - [Behavioral Health Treatment Services Locator](#) – find treatment for substance abuse, addiction, and/or mental health problems
 - [SAMHSA's National Helpline](#), 1-800-662-HELP (4357) – provided in English and Spanish, this treatment referral and information service is for individuals and families facing mental health and/or substance use disorder
 - Screening, Brief Intervention, and Referral to Treatment (SBIRT) – information and resources regarding SBIRT, an approach to delivering early intervention and treatment to individuals with substance use disorders and those at risk of developing these disorders: <https://www.samhsa.gov/sbirt>
 - Treatment Improvement Protocol (TIP) 63: Medications for Opioid Use Disorder – reviews the use of methadone, naltrexone, and buprenorphine and other strategies and services needed to support recovery for those with OUD (opioid use disorder):

<https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Document-Including-Executive-Summary-and-Parts-1-5-/SMA18-5063FULLDOC>

- Medication-Assisted Treatment of Opioid Use Disorder Pocket Guide – a guide for physicians that discusses types of approved medications, screening and assessment tools, and best practices: <https://store.samhsa.gov/product/Medication-Assisted-Treatment-of-Opioid-Use-Disorder-Pocket-Guide/SMA16-4892PG>
- MATx Mobile App to Support Medication-Assisted Treatment of Opioid Use Disorder – This free app supports practitioners who provide medication-assisted treatment (MAT), as well as those who plan to do so in the future: <https://store.samhsa.gov/apps/matx>
- Decisions in Recovery: Treatment for Opioid Use Disorders – a handbook to provide guidance on using the web-based, multimedia tool Decisions in Recovery: Medications for Opioid Addiction: <https://mat-decisions-in-recovery.samhsa.gov/>
- Opioid Overdose Prevention Toolkit – reports and strategies to develop policies and practices to prevent opioid-related overdoses and deaths: <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>
- National Survey on Drug Use and Health (NSDUH) – overseen by SAMHSA’s Center for Behavioral Health Statistics and Quality, the nationwide study provides up-to-date information regarding alcohol, tobacco, and drug-use along with mental health and other health-related issues: <https://nsduhweb.rti.org/respweb/homepage.cfm>
- Treatment Episode Data Set (TEDS) – comprises data that states collect to monitor substance abuse treatment systems: <https://www.dasis.samhsa.gov/webt/information.htm>
- National Survey of Substance Abuse Treatment Services (N-SSATS) –provides data regarding alcohol and drug abuse facilities in the 50 states, District of Columbia, and other US jurisdictions: <https://www.dasis.samhsa.gov/webt/nssatsinfo.htm>
- Evidence-Based Practices Resource Center – provides communities, clinicians, policy-makers and others information, tools, guidelines, and scientifically-based resources to incorporate evidence-based practices into their communities or clinical settings: www.samhsa.gov/ebp-resource-center
- NIDA and SAMHSA, Blending Initiative’s “Buprenorphine Treatment: Training for Multidisciplinary Addiction Professionals” – provides an overview for multidisciplinary addiction professionals in buprenorphine medication, its effects, and the role non-physician practitioners have in providing and supporting the treatment of individuals who receive buprenorphine: <https://attcnetwork.org/centers/global-attc/buprenorphine-treatment-training-multidisciplinary-addiction-professionals>

Providers Clinical Support System (PCSS) – funded by SAMHSA and led by the American Academy of Addiction Psychiatry (AAAP), this coalition created the PCSS program to train primary care providers in evidence-based prevention and treatment of opioid use disorders (OUD) and treatment of chronic pain: <https://pcssnow.org>

SAMHSA-funded Opioid State Targeted Response – Technical Assistance (STR-TA) Consortium – provides resources and technical assistance need to address the opioid crisis in your communities. To receive technical assistance to support evidence-based practices in the prevention, treatment and recovery of opioid use disorders in your community, submit a request to www.getSTR-TA.org.

American Society of Addiction Medicine (ASAM): Ohio DEA DATA 2000 One-and-a-Half-Day (Online) Waiver Trainings – eight hours of education in order to receive a DATA 2000 waiver. Follow the instructions at the end of the course to receive the waiver: <https://www.asam.org/education/live-online-cme/ohio-data-2000/online-training-courses>

Fellowships for Those Who Have Experienced Substance Use/Abuse

- Alcoholics Anonymous (AA) – provides resources, information, and support for individuals who have struggled with drinking and are seeking recovery: <http://www.aa.org>
- Narcotics Anonymous (NA) – provides resources, events, and information for individuals recovering or seeking to recover from drug addiction and professionals who support them: <http://www.na.org>
- Smart Recovery – provides resources, local and online events, blogs, online communities, and training for individuals recovering or seeking to recover from drug addiction and the families, friends, addiction professionals, and correctional professionals that support them: <https://www.smartrecovery.org>

Transforming Adolescent Healthcare Delivery in the State of Michigan presented by Carrie Tarry, MPH, Michigan Department of Health and Human Services, [Division of Child & Adolescent Health](#) and Jennifer Salerno, DNP, CPNP, FAANP, [Possibilities for Change](#)

- This 60-minute webinar took place Thursday, 04/26/18.
- [Access the recording here](#) [Click “webinar”]

Resources shared –

Adolescent & Young Adult Health National Resource Center – Funded by the HHS Health Resources and Service’s Maternal and Child Health Bureau, the Center aims to promote adolescent and young adult (AYA) health by strengthening the abilities of State Title V Maternal and Child Health (MCH) Programs, as well as public health and clinical health professionals, to better serve these populations (ages 10-25): <http://nahic.ucsf.edu/resource-center/>

Michigan Department of Health and Human Services, Transformational Grants – address disparities in medical and mental health care for underserved children and youth by partnering with organizations proposing innovative, transformative approaches to healthcare delivery: <https://www.transformadolhealthcare.com/>

The Role of Physical Education in Enhancing Adolescent Mental Health presented by Sarah Chusid, MPS, Center for Policy & Partnership Initiatives, Illinois Public Health Institute, [Illinois Alliance to Prevent Obesity](#); John Ratey, MD, Harvard Medical School; Paul Zientarski, Retired P.E. Department Chairman, Naperville Central High School/Board Member – [FORWARD DuPage](#)

- This 60-minute webinar took place Thursday, 05/3/18.
- Access the recording [here](#)
- Access the presentation slides and other resources [here](#)
- May is [National Physical Fitness & Sports Month](#)
- May 1-7 is [National Physical Education and Sport Week](#)

Resources shared –

HHS OASH Office of Disease Prevention and Health Promotion: Physical Activity Guidelines for Americans – includes the Midcourse Report: “Strategies to Increase Physical Activity Among Youth (3 – 17 years)”: <https://health.gov/paguidelines/>

HHS Centers for Disease Control and Prevention (CDC)

- Division of Adolescent and School Health (DASH)
 - School Health Profiles – a system of surveys assessing school health practices and policies, such as school health education requirements and content and physical education, in large urban school districts, states, and territories:
<https://www.cdc.gov/healthyyouth/data/profiles>
 - Health & Academics – resources and information regarding the association between youth’s academic success and health:
https://www.cdc.gov/healthyyouth/health_and_academics/
- Morbidity and Mortality Weekly Report (MMWR) – *Health-Related Behaviors and Academic Achievement Among High School Students – United States, 2015*:
<https://www.cdc.gov/mmwr/volumes/66/wr/mm6635a1.htm>

Identifying Needs of Youth in Foster Care and Juvenile Justice: Adapting Evidence-Based Teen Pregnancy Prevention Programs through a Trauma-Informed Approach

presented by Leigh Zaban, MEd, [Health Care Education & Training](#)

- This 60-minute webinar took place Thursday, 05/10/18.
- Access the recording [here](#).
- May is [National Teen Pregnancy Prevention Month](#)
- May is [Mental Health Month](#)

Resources shared –

HHS OASH Office of Adolescent Health (OAH)

- A Checklist for Integrating a Trauma-Informed Approach into Teen Pregnancy Prevention Programs: <https://www.hhs.gov/ash/oah/sites/default/files/traumainformed-checklist.pdf>
- A Practical Guide for Creating Safe and Supportive Environments in Teen Pregnancy Prevention Programs: https://www.hhs.gov/ash/oah/sites/default/files/ta_9_safe_and_supportive_environments.pdf

Addressing Adolescent Depression and Suicide: Using an Evidence-Based Prevention Program

presented by Laura Steele, [Signs of Suicide](#)[®], a program of Riverside Community Care; Jodie Segal, MSW, [Elyssa’s Mission](#)[®], in partnership with the [Illinois Collaboration on Youth](#)

- This 60-minute webinar took place Friday, 09/14/18.
- Access the recording [here](#)
- The first week of October is [Mental Illness Awareness Week](#)
- [National Depression Screening Day](#) takes place annually during Mental Illness Awareness Week

Resources shared –

HHS Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control – Suicide Prevention: <https://www.cdc.gov/violenceprevention/suicide/index.html>

HHS OASH Office of Adolescent Health (OAH) – Adolescent Development, Mental Health In Adolescents: <https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html>

HHS Substance Abuse and Mental Health Services Administration (SAMHSA) – Suicide Prevention: <https://www.samhsa.gov/find-help/suicide-prevention>

HHS National Institute of Mental Health (NIMH) – Suicide Prevention: <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

HHS SAMSA-HRSA Center for Integrated Health Solutions – Suicide Prevention: <https://www.integration.samhsa.gov/clinical-practice/suicide-prevention-update>

National Suicide Prevention Lifeline: 1-800-273-TALK – provides 24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved one, and best practices for professionals

- National Suicide Prevention Month: <https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>
- Talk to Someone Now: <https://suicidepreventionlifeline.org/talk-to-someone-now/>

Illinois State Board of Education – Illinois Youth Suicide Prevention Toolkit: A Reference for Administrators, Counselors, Teachers, and Staff: <https://www.isbe.net/Documents/Suicide-Prevention-Procedures.pdf>

Youth Mental Health First Aid® – training designed to teach family members, teachers, caregivers, school staff, neighbors, health and human services workers, and other caring individuals how to help an adolescent experiencing a mental health or addictions challenge or crisis:

<https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/>

MindWise Innovations: SOS Signs of Suicide® Prevention Program – trainings to assist schools and other youth-serving agencies implementing an evidence-based youth suicide prevention program:

<https://www.mindwise.org/what-we-offer/suicide-prevention-programs/>

- “Plan, Prepare, Prevent”: The SOS Signs of Suicide® Online Gatekeeper Training – free, online 90-minute training module: <https://www.sosplanprepareprevent.org>

Screening for Adolescent Mental Health and Depression: Implementing Universal Screening and Referral in Annual Preventative Visits presented by Katy Schalla Lesiak, MSN/MPH, APRN-CPNP, PMHS, [Child and Teen Checkups](#), [Minnesota Department of Health](#) and JoAnne Hoffman Jecha, MD, [Mental Health Services](#), [South Lake Pediatrics](#), *in partnership with* [University of Minnesota – State Adolescent Health Resource Center](#), [Minnesota Chapter of the American Academy of Pediatrics](#), and [Minnesota Chapter of the American Academy of Family Physicians](#)

- This 60-minute webinar took place Thursday, 10/11/18.

- Access the recording [here](#)
- Access the presentation slides [here](#)
- Access [Youth Depression and Suicide Prevention Resources and Host Information/Resources here](#)
- *The first week of October is [Mental Illness Awareness Week](#)*

Resources shared –

U.S. Preventive Services Task Force Recommendation: “Depression in Children and Adolescents: Screening” – The USPSTF recommends screening for major depressive disorder (MDD) in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up:

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/depression-in-children-and-adolescents-screening1>

Adolescent & Young Adult Health National Resource Center – Funded by the HHS Health Resources and Service’s Maternal and Child Health Bureau, the Center aims to promote adolescent and young adult (AYA) health by strengthening the abilities of State Title V Maternal and Child Health (MCH) Programs, as well as public health and clinical health professionals, to better serve these populations (ages 10-25):

<http://nahic.ucsf.edu/resource-center/>

Minnesota Department of Health: <https://www.health.state.mn.us/index.html>

- Developmental and Mental Health Screening Instruments for Child and Teen Checkups (C&TC) Visits in Minnesota: <https://www.health.state.mn.us/docs/people/childreneyouth/ctc/mhscreen.pdf>
- Developmental and Social-Emotional Screening of Young Children (0-5 years of age) in Minnesota: <https://www.health.state.mn.us/people/childreneyouth/ctc/devscreen/>
- Social-Emotional Screening (0-5 Years) Child and Teen (C&TC) Fact Sheet for Primary Care Providers: <https://www.health.state.mn.us/docs/people/childreneyouth/ctc/socialemotional.pdf>
- Mental Health Screening (6-20 Years) Child and Teen (C&TC) Fact Sheet for Primary Care Providers: <https://www.health.state.mn.us/docs/people/childreneyouth/ctc/mentalhealth.pdf>

Minnesota’s Child & Teen Checkups Program – administered by the Minnesota Department of Human Services, this federal program is Minnesota’s Early Periodic Screening, Diagnosis, and Treatment ([EPSDT](#)) program: <https://www.getctc.com>

- Schedule of Age-Related Screening Standards: <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>
- Pediatric Symptom Checklist, available online from Massachusetts General Hospital: <https://www.massgeneral.org/psychiatry/services/treatmentprograms.aspx?id=2088&display=overview>
- Mental Health Screening Instruments for Children 6-21 Years of Age: https://mn.gov/dhs/assets/recommended-instruments-ctc-mh-screening_tcm1053-313418.pdf
- Detailed Comparison Table of Approved Mental Health Screening Instruments: https://mn.gov/dhs/assets/mh-screening-instruments-2017_tcm1053-313430.pdf
- School-Linked Mental Health Services (Minnesota): <https://mn.gov/dhs/partners-and-providers/policies-procedures/childrens-mental-health/school-linked-mh-services/>

Psychiatric Assistance Line (PAL) – a free service available to health professionals every Monday through Friday from 8:00 am to 6:00 pm. Any healthcare provider can call for mental health triage and

referral, or for a consultation with a Board Certified Child and Adolescent Psychiatrist regarding a patient.
<http://www.mnpsychconsult.com>

Fast-Tracker – a virtual community and health care resource that connects individuals, families, mental health and substance use disorder providers, physicians, care coordinators, and others with a real-time, searchable directory of mental health and substance use disorder resources and their availability within Minnesota: <http://www.fast-trackermn.org>

Supporting Student Mental Health: Wisconsin’s Approach to Trauma Sensitive Schools

presented by Elizabeth Cook, EdS, [Wisconsin Department of Public Instruction](#), in partnership with the [State Adolescent Health Resource Center, University of Minnesota](#) and [Wisconsin Department of Health Services](#)

- This 60-minute webinar took place Friday, 12/14/18.
- Access the recording [here](#)
- Access the presentation slides [here](#) [PDF]

Resources shared –

Adolescent & Young Adult Health National Resource Center – Funded by the HHS Health Resources and Service’s Maternal and Child Health Bureau, the Center aims to promote adolescent and young adult (AYA) health by strengthening the abilities of State Title V Maternal and Child Health (MCH) Programs, as well as public health and clinical health professionals, to better serve these populations (ages 10-25):
<http://nahic.ucsf.edu/resource-center/>

HHS Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control, Violence Prevention

- Adverse Childhood Experiences (ACES):
<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/>
- VetoViolence™ and Adverse Childhood Experiences (ACES):
<https://vetoviolenecdc.gov/apps/aces/#>

HHS Substance Abuse and Mental Health Services Administration (SAMHSA) – National Children’s Mental Health Awareness Day: <https://www.samhsa.gov/childrens-awareness-day>

Wisconsin Department of Health Services: Adolescent Health in Wisconsin – Wisconsin’s adolescent health programs aim to promote the health and safety of Wisconsin’s adolescents. Find a number of resources for partners, such as the [Youth Engagement Toolkit](#) [PDF], here:
<https://www.dhs.wisconsin.gov/mch/adolescent-health.htm>

Wisconsin Department of Public Instruction

- Trauma-Sensitive Schools Online Professional Development – the free, online, on-demand system consists of learning modules, supplemental readings, and implementation tools to understand the prevalence and impact of toxic stress on youth and individuals who care for them and how to support youth using a trauma-informed lens: <https://dpi.wi.gov/sspw/mental-health/trauma/modules>
- Trauma-Sensitive Schools Evaluation: <https://dpi.wi.gov/sspw/mental-health/trauma/evaluation>