

BI-PED PROJECT

Providing Support to Pediatric Practitioners

BRIEF INTERVENTIONS IN CHILD MENTAL HEALTH FOR THE PEDIATRIC PRACTITIONER

**Emotional Health Committee Maryland Chapter American Academy of
Pediatrics**

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Chairman**

Pediatric practitioners are seeing large numbers of children and adolescents with mental health problems. There are some estimates that 36% of patients seen weekly in a pediatric practice may have impairment of functioning related to a mental health concern.

In many regions throughout the United States, there is a significant shortage of mental health consultants. Insurance coverage can be sparse for mental health services making such services financially non-viable for many families. These two factors often lead to low accessibility of mental health services. Families may also feel more comfortable approaching their pediatric primary care provider with mental health concerns.

It is for these reasons that the Maryland Chapter AAP Emotional Health Committee has developed the Brief Interventions for Pediatric practitioners (BI-PED) Project in order to provide “*support*” to pediatric providers and to offer a panoply of primary care based *non pharmacologic* mental health interventions for children and adolescents as an adjunct to traditional medication therapy. These materials posted on the Maryland Chapter American Academy of Pediatrics website will hopefully provide pediatric clinicians with sound interventions for addressing mental health needs in clinical practice.

It is our sincere hope that the information put together by our experienced panel of child and adolescent mental health professionals will be a spring board for improving the delivery of mental health services to children and teenagers.

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We invite your comments and feedback.

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