

# Treating the Whole Child

Our Mental Health Vision



## Opportunities for Transformational Impact

### Family Mental Health & Resiliency

- Maternal mental health screenings & interventions
- Family/caregiver support & outreach
- Mental health specialists embedded in primary & specialty care
- Trauma & crisis prevention/treatment

### Community Engagement & Advocacy

- Mental Health PolicyLab
- K-12 programming & nurse training
- Coordination with early childhood centers

### Clinically Integrated Network

- Create pilot model for coordinated approach to mental health screening and care
- Train primary care providers across the region
- Leverage population health tools
- Share data

### Suicide Prevention

- Recruitment of clinical program lead
- Screening program expansion
- Clinical research program

### Autism & Developmental Disorders

- Translational research program
- Clinical care emphasizing mental health comorbidities & precision medicine treatment
- School intervention programs

### Core Elements

Access to Care  
Preventative Care

Advocacy  
Psychosocial  
Family Support

Clinical Services  
Research

Digital Medicine/  
Technology  
Screenings

### Our Expertise and Growth Areas

*Philanthropic support will help elevate the following:*



Advocacy

Child & Adolescent  
Protection

Community  
Mental Health

Early Child Development

Adolescent & Young Adult Medicine

Neuroscience & Behavioral Medicine

Prenatal & Postnatal Maternal Mental Health

Neuropsychology

Neuroscience Research

Psychiatry

Psychology

COVID-19 IMPACTS

RACIAL DISPARITIES/INEQUITIES



# Transforming Futures

A Vision for Pediatric Mental Health

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Even before the COVID-19 pandemic, young people struggled with increasing anxiety, depression and other mental health issues. The pandemic has turned their world upside down with quarantines, school closures and canceled activities that have upended their routines. Children's National Hospital has identified transformational opportunities to address the mental health crisis that will expand critical services and elevate our programs so we can provide kids and families with the care they need to thrive. **Philanthropic support can help take us there.**

## Navigating the Graphic

- This graphic provides the **framework for our mental health vision**, with the five opportunities for transformational impact at the top. These are areas where Children's National is poised to make a significant difference in our community and beyond.
- The **areas outlined in the purple blocks** are the 11 departments, divisions and centers that **represent the hospital's expertise and services** in mental and behavioral health. There are several philanthropic opportunities to support each of these areas as well, including our Eating Disorders Clinic, Telepsychiatry Program and mental and behavioral health research.
- The **core elements in blue** – such as access, advocacy, research and clinical services – are the key areas of focus that are woven into the opportunities.
- We recognize there are other significant factors that impact the mental health crisis, such as **COVID-19** and **racial disparities and inequities**. These factors impact how we respond.

## Opportunities for Transformational Impact

### Family Mental Health & Resiliency

Focuses on supporting families by providing early interventions and empowering caregivers with the tools they need to ensure their children have the best possible start in life. Specific opportunities include:

- ramping up maternal mental health screenings for new mothers
- expanding support services for parents/caregivers
- embedding more mental health specialists in primary and specialty care settings

### Community Engagement & Advocacy

We seek to connect our work around care, community and policy to combat kids' most pressing mental health needs. Our Children's Health Advocacy Institute (CHAI) will help anchor this effort and champion policies that build healthier futures for children. Specific opportunities include:

- establishing the Mental Health PolicyLab, a thinktank within CHAI that will allow us to tackle complex issues and create sustainable change. We will build on CHAI's successful PolicyLab model

- enhancing collaboration with schools and training nurses to provide mental health screenings. We are already doing this, but seek to do it more comprehensively and in additional locations
- coordinating with early childhood centers to help them test and adapt interventions that will improve young kids' mental health and well-being

### **Clinically Integrated Network/Pediatric Health Network**

Children's National runs a clinically integrated network called the Pediatric Health Network. It includes more than 500 primary care providers across the region who collaborate on care and data. We have an opportunity to leverage this network to increase access to mental health care and treat young people before they are in crisis. Specific opportunities include:

- embedding behavioral health specialists in practices that don't have them
- training primary care providers to manage more common concerns such as anxiety and depression
- gathering data from the practices to study mental health trends on a larger scale so we can identify gaps

### **Suicide Prevention**

We seek to create a comprehensive suicide prevention program to provide interventions for young people at risk of suicide. Specific opportunities include:

- recruiting a clinician to lead the program who is an expert in suicide prevention in youth
- expanding screenings, clinical care and research to inform prevention and treatment for children and adolescents
- using the screening results (which are already integrated into patients' electronic health records) to provide immediate assessment and appropriate follow-up care. This follow-up care is critical to getting kids the support they need

### **Autism & Developmental Disorders**

We seek to create stronger futures for every child with autism by ensuring that they benefit from a personalized care plan and more precise treatments. Specific opportunities include:

- developing a precision medicine program with a strong focus on cutting-edge research. This will enable us to develop new, more effective treatments
- enhancing clinical care and expand our Beyond the Spectrum team, which provides staff and parents with tools to make stressful hospital visits easier for children with autism and developmental disabilities
- expanding our intervention programs in schools



**On the Web** [Mental Health Resources for Parents](#)

For more information, please contact:

**CHERYL ANNE BALCHUNAS**

Senior Director of Development for Major Gifts, Neuroscience & Behavioral Medicine

Children's National Hospital Foundation

667-261-5082

[CBalchunas@childrensnational.org](mailto:CBalchunas@childrensnational.org)