



**Evaluation of Use of NASEM's Resilience and Wellbeing Tools in Pediatric Practices
Call for Practice Applications
Submission Deadline: March 20, 2023**

The American Academy of Pediatrics (AAP) is recruiting up to 5 pediatric practices to pilot test a suite of resilience and wellbeing tools aimed at children and adolescents to increase coping skills and resilience to stressors. The goal of the project is to evaluate the recently developed [National Academies of Sciences, Engineering, and Medicine \(NASEM\) Resilience and Wellbeing Tools](#) for potential use in primary care pediatric practices. Participating practices will pilot test the tools over a 3-month period and participate in evaluation activities designed to assess ease of use, acceptability, and potential effectiveness of the tools within pediatric practices and for families. Findings from the evaluation will increase understanding of the suitability of the tools within pediatric health care settings and inform future implementation activities.

Mental health is critically important to a child's overall health and wellbeing. Affiliative and adverse experiences, and response to various types of stress in infancy, childhood, and adolescence can have lifelong impacts on health and resilience. Further, the COVID-19 pandemic and associated challenges exposed children and youth to increased stressors and exacerbated existing mental health conditions. For many families, the pediatric practice may be the first place where mental health concerns are acknowledged or recognized.

To help children and adolescents cope with pandemic related challenges, NASEM developed a suite of evidence-informed digital tools to promote emotional wellbeing and resilience in children and youth. The [Tools for Supporting Emotional Wellbeing in Children and Youth](#) are modular, skill-based lessons focused on 4 cognitive behavioral therapy practices: deep belly breathing; mindfulness; doing enjoyable activities; and catching, checking, changing thoughts. The tools include 5 brief (5-7 minute) videos and PDF versions of the videos. One set of tools is designed for younger children to use with their parents, and 1 set of tools is designed for youth and teens. All tools are available in the public domain and free for users. The tools were developed to be used in different settings, including homes, schools, and health care settings, and can apply to everyday stressors beyond the immediate circumstances of the pandemic. The tools may be a point-of-care resource that pediatricians can use to support patients and their caregivers. Applicants can watch this [webinar](#) for a demonstration of the tools and examples of how they can be used in different settings.

To support the pilot test, a list of potential changes that selected practices can use to test the tools is provided below. Strategies include both universal (practice population) and focused (individual patient) approaches. Practices may also elect to test changes of their own design that are not on the suggested list. Each participating pediatric practice will select at least 2 changes to test in their practice setting, at least 1 of which involves introduction to the NASEM Tools via direct provider interaction.

Potential change strategies and specific changes to test the NASEM Tools

Universal (practice population) approach
<ul style="list-style-type: none"> • Use by pediatricians and allied health professionals to become familiar with the tools and skills <ul style="list-style-type: none"> ○ View and discuss a video/skill at a lunch-and-learn ○ In practices with trainees (eg, residents), teach use of the tools/techniques and help trainees identify how they can use them with patients/families • Display links to the tools (eg, with a QR code) at the practice location <ul style="list-style-type: none"> ○ Display flyers in the waiting area ○ Display posters in examination room • Include links to the tools on practice website and social media <ul style="list-style-type: none"> ○ A blog on the website about the tools ○ Social media posts about the tools • Play videos at the practice location when patients/families are present <ul style="list-style-type: none"> ○ Have a tool video running on TV in waiting area or provide a tablet with videos pre-loaded



Focused (Individual patient) approach

Recommend / prescribe tools, or one or more specific videos, to a patient/family

- Provide a link to a specific video (eg, belly breathing) as homework after a visit
- Queue a specific video for patient/family to watch during a visit followed by a discussion with a provider
- Include a link to the tools:
 - To complement a referral for mental health services
 - In the electronic health record After Visit Summary
 - In a text the day prior to or after a visit
- Share with patients whose mental health screener reflects depression, anxiety, or stress concerns in addition to other appropriate interventions/referrals
- Share with children/adolescents whose mental health screener score does not reflect depression/anxiety as primary prevention
- Provide print version of the tools as handouts
- Link distribution of the tools to pre-existing standard care processes in the practice
 - Offer as anticipatory guidance at specific visits
 - Feature tools on a bookmark in a Reach out and Read book
- In practices with a Family Advisory Committee, share the resources there and/or with parent navigators

What is expected of participating practices?

Selected practices will identify a lead pediatrician and at least 2 additional team members (team members can include another clinician, a practice manager, or a support staff) to serve as the practice-based pilot test team. One of the team members should be a staff member familiar with all aspects of the practice, including the office workflow, who can serve as the practice champion for the pilot test project.

The pilot test team will participate in the following activities:

- Test the NASEM tools with the practice's patient population and use the project's evaluation tools to submit requisite data
 - Test at least 1 universal change intended to target all practice population during the 3-month period
 - Test at least 1 focused change that involves direct provider interaction to share the tools with at least 5 patients/families per month
 - Complete a brief monthly progress summary (5 to 6 questions) electronically in each of the 3 pilot test months
 - Participate in a virtual 60-minute practice focus group at the conclusion of the pilot test period
- Assist in the promotion of a virtual 60-minute parent/caregiver focus group to be conducted with families from the practice

Why participate?

- Join the first pilot test of the NASEM resilience and wellbeing tools within pediatric practices to support children and families' mental health
- Contribute innovative changes for testing the tools with patients and families in pediatric settings
- Share valuable feedback on successes and lessons learned to inform adaptation or modification of the tools and future implementation in pediatric settings
- Receive access to a Project Advisory Committee (PAC) consisting of parent partners, pediatricians, behavioral health clinicians, and experts who were involved in the development of the tools
- Network and problem solve with other practices piloting the tools if desired
- Receive a stipend of \$8,000 for successful completion of pilot project activities



Project timeline

Date	Activity
March 20, 2023	Deadline to submit application
March 31, 2023	Practice selection announcement
April 21, 2023	Practice team participate in a 1-hour kick-off meeting <i>Accommodations will be made for teams who cannot make this date</i>
May 1 – July 31, 2023	Practice team test NASEM tools within their practice and submit monthly progress summary
July 2023	Assist in the promotion of parent focus group
August 2023	Participate in practice focus group

Application review and selection process

Members of the AAP Evaluation of Pediatric Use of NASEM’s Resilience and Wellbeing Tools Project Advisory Committee will review the submissions. Selection of practices for inclusion in the pilot test will be based on the following criteria:

- Provide primary care to patients between 5 and 18 years of age
- Clear identification of how the practice might implement the tools in their setting
- Commitment from practice leadership to participate in the project
- Preference will be given to practices who serve diverse patient populations

Interested?

Please complete the [practice application](#) through SurveyMonkey. **The application will be open through March 20, 2023.** Practices will be notified of their application status by March 31, 2023. For more information or questions, contact Fatimah Abioye at fabioye@aap.org.

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