

Introducing Mental Health Well Visits

What Changes?

At a child's annual well-visit appointment, the child and/or caregiver completes a questionnaire or "screener" to find potential socio-emotional/mental health concerns. What changes when a mental health wellness service is available?

Today's Typical Annual Well Child Visit

Annual Well Child Visits Including a Mental Health Wellness Service

If a Mental Health Concern is Identified

With caregiver consent, the child's primary care provider (PCP), depending on clinic resources, introduces, or provides a referral to, a licensed mental health clinician for a follow-up assessment and intervention.



Nothing changes. With caregiver consent, the child's PCP, depending on clinic resources, introduces or provides a referral to a licensed mental health clinician for a follow-up assessment.

If a Mental Health Concern is Not Identified

Depending on factors like scheduling constraints and provider confidence, there may be very little conversation focused on socio-emotional/mental health to help prevent mental health challenges from developing.

In today's workflow, we typically address mental health challenges after they've been identified.



Depending on clinic resources, and with caregiver consent, a mental health well-child visit can be provided on the same day or through a referral to an outpatient licensed clinician.

Mental health well-child visit (MHWV) content includes building age-appropriate resilience and coping skills like building healthy relationships, reducing stress, and mindfulness.

Providing this service annually introduces and de-stigmatizes conversations around mental health and therapists so the benchmark for seeking assistance is not a mental health crisis.

If implemented, MHWVs will also be available independently of an annual well visit by engaging directly with a licensed mental health clinician in outpatient, community, school-based, and telehealth settings.



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