May is Mental Health Awareness Month

Addressing and supporting mental health is an important part of promoting overall well-being for mothers, children, youth, families, and communities. This year’s mental health month theme is #Tools2Thrive and the toolkit includes practical tools to improve mental health and increase resiliency. Some practical tools focus on eliminating toxic influences, finding positivity after loss, and creating healthy routines. Visit http://www.mentalhealthamerica.net/may to learn more.

At AMCHP, we are highlighting the work that MCH professionals are doing to promote mental health across the nation. Check out the list of Innovation Station Practices below to learn more about a few of our mental health related practices:

- **BRIGHT Intervention (Building Resilience through Intervention: Growing Healthier Together)**, Massachusetts (Emerging Practice, 2020)
  BRIGHT is an attachment-based trauma-responsive therapeutic intervention for mothers with substance use disorder/opioid use disorder (SUD/OUD) and their infants/young children birth through five that aims to improve the parent-child relationship.

- **Iowa’s 1st Five Healthy Mental Development Initiative**, Iowa (Promising Practice, 2016)
  Iowa’s 1st Five Healthy Mental Development Initiative is an early childhood mental health model that integrates early childhood mental health services into pediatric primary care medical homes.

- **Health Screening Services for Expectant and Parenting Student Parent Programs at Colleges and Universities**, Minnesota (Cutting-Edge Practice, 2020)
  The goal of this practice is to provide free and voluntary health and education services to expectant and parenting college and university students.

Do you see a practice that you would like to replicate in your area? Get in touch with the project contact to learn about their challenges, successes, and how you can adapt the practice to fit your needs. If you decide to replicate all or part of the practice, visit our website to find out about opportunities to fund this work.
Are you also working to address mental health or other MCH Issues? We have very few practices in this area and are looking for more! Share your practice with Innovation Station to receive recognition, help others learn from your great work, and make a difference in MCH. Learn more about AMCHP’s practice categories and submission process here.

Have questions or want to learn more? Contact Lynda Krisowaty lkrisowaty@amchp.org