



#Roadmap2Wellbeing

Resources You Can Use

A **Website** where you can learn more about Roadmap and download all of our resources:
<https://www.abp.org/foundation/roadmap>



Scan to view now!

A **Change Package** with tools and strategies.



A Change Package

Supporting Resilience, Emotional, and Mental Health of Pediatric Patients with Chronic Conditions and Their Families

Four **Example Conversations** to help clinicians introduce support for emotional health and depression screening for young children, young teens, and all ages.



A **Video** to hear why families and clinicians are partnering with the Roadmap Project:



Scan to view



https://youtu.be/n3j82_1ZTDw

Background and Aim

Living with a chronic pediatric condition is challenging, and can cause stress, altered coping, and lasting impacts on child and family emotional health. Emotional health support often lags physical care. The prevalence of behavioral and mental health conditions in children, adolescents and young adults is significant.

The Roadmap Project aims to increase the **resilience** and **emotional health** of pediatric patients with chronic conditions and their families by:

- ◆ Raising awareness:
 - ◆ among patients and families to 'normalize' or validate stress and promote self-care,
 - ◆ among clinical teams to address these issues and provide support, and
- ◆ Providing resources and connections for clinicians and families.

Coming Soon

- ◆ Maintenance of Certification (MOC) Part II module with background of topic, overview of Roadmap key points, and post-review self-assessment.
- ◆ MOC Part IV with suggested metrics that could be used in run charts to track change over time.
- ◆ Curriculum outline and template(s) with associated slide deck for use in teaching sessions.
- ◆ Development of suggested staging to aid in implementation.