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Treating and Preventing Childhood-Onset Mental Health Disorders

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Mental health disorders in children can be best handled through an interdisciplinary collaboration between the fields of education and psychology, focused on implementing school-based mental health resources in both primary and secondary schools, expanding the psychiatric workforce, promoting health educator certification, and advocating for public funding.

Prevention

**Prevention through Academic Resources**
- In-school psychosocial wellness programs
- Adequate staffing of school psychologists and counselors
- Annual or biannual mental health screenings
- Health instruction provided by certified health educators

**Prevention through Medical Resources**
- Increase psychiatric workforce through:
  - Commensurate salary incentives for MDs
  - Training and utilizing more Psychiatric Nurse Practitioners
- Expand youth services among inpatient facilities

**Prevention through Family Resources**
- Address adverse life events and chronic stress
- Improve mental health literacy

**Prevention through Policy**
- Institute a licensed school psychologist in every public school (adjust priorities for school funding)
- Provide telemental health options in Emergency Departments and schools lacking in-person resources

**Treatment**
- Early Intervention
- Professional Evaluation
- Care Integration

**Prevention through Policy**
- Institute a licensed school psychologist in every public school (adjust priorities for school funding)
- Provide telemental health options in Emergency Departments and schools lacking in-person resources