

Roadmap Readiness Checklist

Rationale: The Roadmap Pilot Collaborative identified a number of activities or “pre-cursor tasks” for children’s hospital practice settings to effectively have conversations to assess and support emotional health for patients and families with chronic pediatric conditions. This Checklist tool is designed to help a practice setting assess readiness for including emotional health as a routine part of care.

Instructions: Select the score (0, 1, 2 or NA) that most closely describes the current status for each item. 0=Not currently; 1=Developing or testing; 2=Part of our practice setting; NA=Not applicable in our practice setting. Some examples are provided below the checklist.

Checklist Component	0	1	2	NA
a. Our staff with patient or family contact can state the stresses of living with / parenting a child with a chronic condition and the importance of addressing emotional health, in addition to physical health, for patients/families with chronic pediatric conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Our practice setting has an up-to-date list of resources to support the emotional health of children with chronic conditions and their families that includes: <ul style="list-style-type: none"> • mental health providers (e.g., social workers, psychologists, psychiatrists, other licensed providers) in the health system and/or community, when available • local or national peer-to-peer support resources for <u>patients</u> • local or national peer-to-peer support resources for <u>families</u> (e.g., parents and/or siblings) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. Our practice setting has a crisis plan in place to handle mental health emergencies, including suicidality, for <u>patients</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Our practice setting has a crisis plan in place to handle mental health emergencies, including suicidality, for <u>family members</u> (e.g., parents)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
e. Providers in our practice setting feel confident and competent initiating discussions about emotional health topics with children, adolescents, and family members of children and adolescents with chronic medical conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Examples

Checklist item a: Several physicians in your gastroenterology practice have completed the American Board of Pediatrics’ Continuing Certification Part 2 activity "Emotional Health and Resilience for Patients and Families with Chronic Pediatric Conditions" and have had discussions with others in the practice about the relationship between emotional and physical health in children and families with GI conditions. Indicate “2-part of our practice setting” for checklist item (a), awareness of the importance of emotional health.

Checklist item b: Your clinical setting, an endocrinology practice with a large number of children and adolescents with T1D, has a list of mental health providers that was developed prior to the COVID-19 pandemic. It does not include peer-to-peer resources for patients or members of their families. Indicate “1-Developing or testing” for checklist item (b), an up-to-date list of resources.

Checklist item c: Your clinical setting is a bronchopulmonary dysplasia clinic that sees infants after their discharge from PICU/NICU. Indicate “NA-not applicable in our setting” for item (c), a crisis plan for mental health emergencies for patients.

Checklist item d: Your Continuity Clinic in a large children’s hospital does not have a crisis plan for handling mental health emergencies for family members of children with chronic conditions, such as parents. The Legal Department has indicated that family members should not be considered patients of the hospital. Indicate “0-Not currently” for checklist item (d), a crisis plan for mental health emergencies for family members.

Checklist item e: Two clinicians in your practice setting have reviewed the Roadmap video of the “[Normalize, Ask, Pause](#)” technique for starting discussions about emotional health and practiced it during scheduled appointments for 4 patients in your practice. Indicate “1-Developing or testing” for checklist item (e), confidence and competence in initiating discussions about emotional health topics.