

Bright Futures: Addressing Opioid Misuse



What is *Bright Futures*?

Bright Futures, a HRSA-supported initiative, provides health care professionals and maternal and child health programs updated recommendations for pediatric health promotion, health supervision, and anticipatory guidance for well-child visits. To ensure consistency in the quality of care, HRSA works to implement *Bright Futures* as the standard for pediatric preventive care. *Bright Futures* develops [materials and tools](#) to provide health care professionals with a common framework for well-child care, to enhance family-provider partnerships, and to create opportunities for health education. These materials and tools include:

- ***Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents***: A “how to” manual of all-inclusive, age-specific, evidence-based recommendations and tips to enhance the quality of primary and preventive care. Includes the Periodicity Schedule, which summarizes the recommended well-child screenings/services to perform at every well-child visit.
- ***Bright Futures Tool and Resource Kit***: Resources to implement Bright Futures in practice.
- **Educational materials for families.**

What does *Bright Futures* say about Opioids?

Bright Futures acknowledges that the use or misuse of alcohol, tobacco, and other drugs often begins in adolescence and can have severe biological and environmental consequences (e.g., family, friends, home, school or community). The well-child and adolescent care visits provide an opportunity for primary care professionals to identify substance misuse by family members and offer referrals to community resources.

- **Help adolescents assume greater responsibility** for avoiding, managing, and/or treating substance abuse.
- **Use [screening and assessment tools](#) to detect, prevent and coordinate care** for adolescents suffering from substance abuse, including opioids misuse.

Bright Futures recommends that health professionals use well-child visits to:

- Discuss substance use, including opioids misuse, with parents and children before they reach adolescence
- Encourage positive and honest communication between parents and children
- Know the symptoms of and risk factors for substance use (including opioid misuse) in adolescents
- Ask about substance use during an office visit when appropriate using screening and assessment tools
- Advise parents to lock medications in their home and in relatives’ homes. Remind adolescents not to share or use others’ medications
- Emphasize that experimenting with substances and occasional use can have serious consequences, such as mistakes made because of impaired judgment

To learn more, visit mchb.hrsa.gov/maternal-child-health-topics/child-health/bright-futures.html.