

Early identification and targeted treatment of pediatric mental health concerns in a medical setting

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No Disclosures

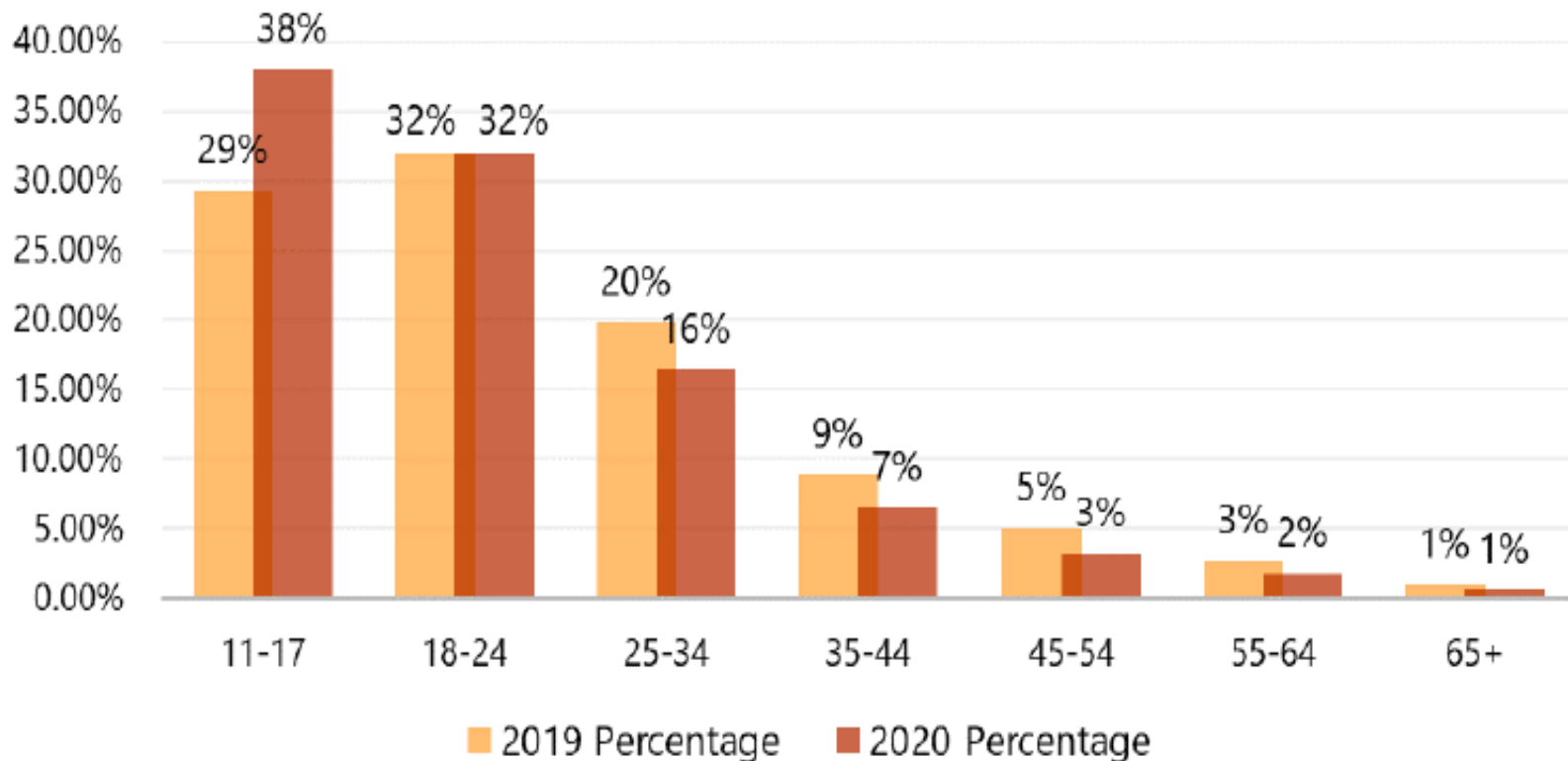
I have no disclosures.

Background

- Approximately 1 in 5 youth are currently experiencing a psychiatric disorder
 - This is more than the total number of children with cancer, diabetes, and AIDS combined
 - 50% of all psychiatric illnesses occur before the age of 14
- In Colorado, suicide is the #1 cause of death in youth
- There is an average delay of 8-10 years between the onset of mental health concerns and treatment
 - Importance of screening and treatment in medical settings

Impact of the Pandemic

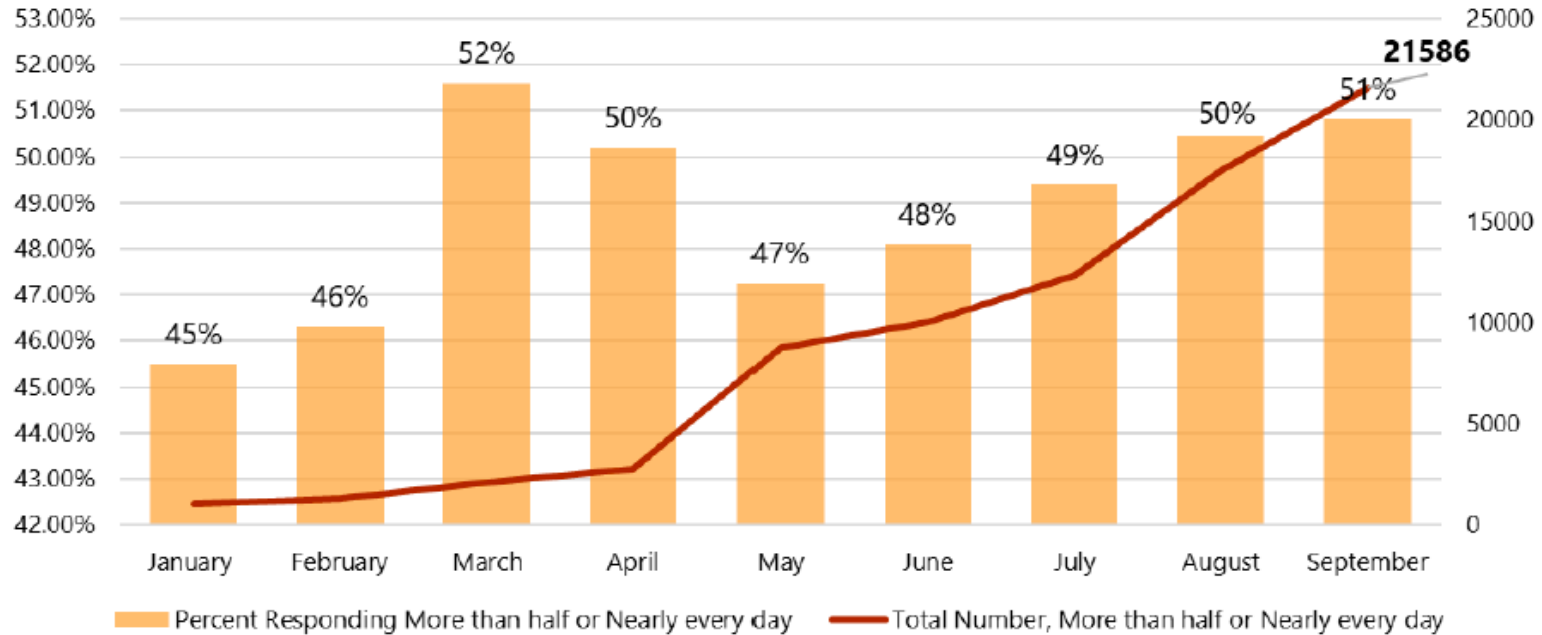
Greater Proportion of Youth Screeners in 2020



Age	Number Scoring Moderate to Severe Anxiety: January-September 2020	Percent Scoring Moderate to Severe Anxiety: January-September 2020	Number Scoring Moderate to Severe Depression: January-September 2020	Percent Scoring Moderate to Severe Depression: January-September 2020
11-17	68,584	82.88%	140,988	90.20%
18-24	62,657	79.72%	122,253	86.39%
25-34	32,284	75.86%	58,991	79.17%
35-44	12,841	72.45%	21,808	74.18%
45-54	6,381	68.72%	10,740	70.72%
55-64	3,257	61.70%	5,953	65.53%
65+	1,149	56.57%	2,183	60.19%

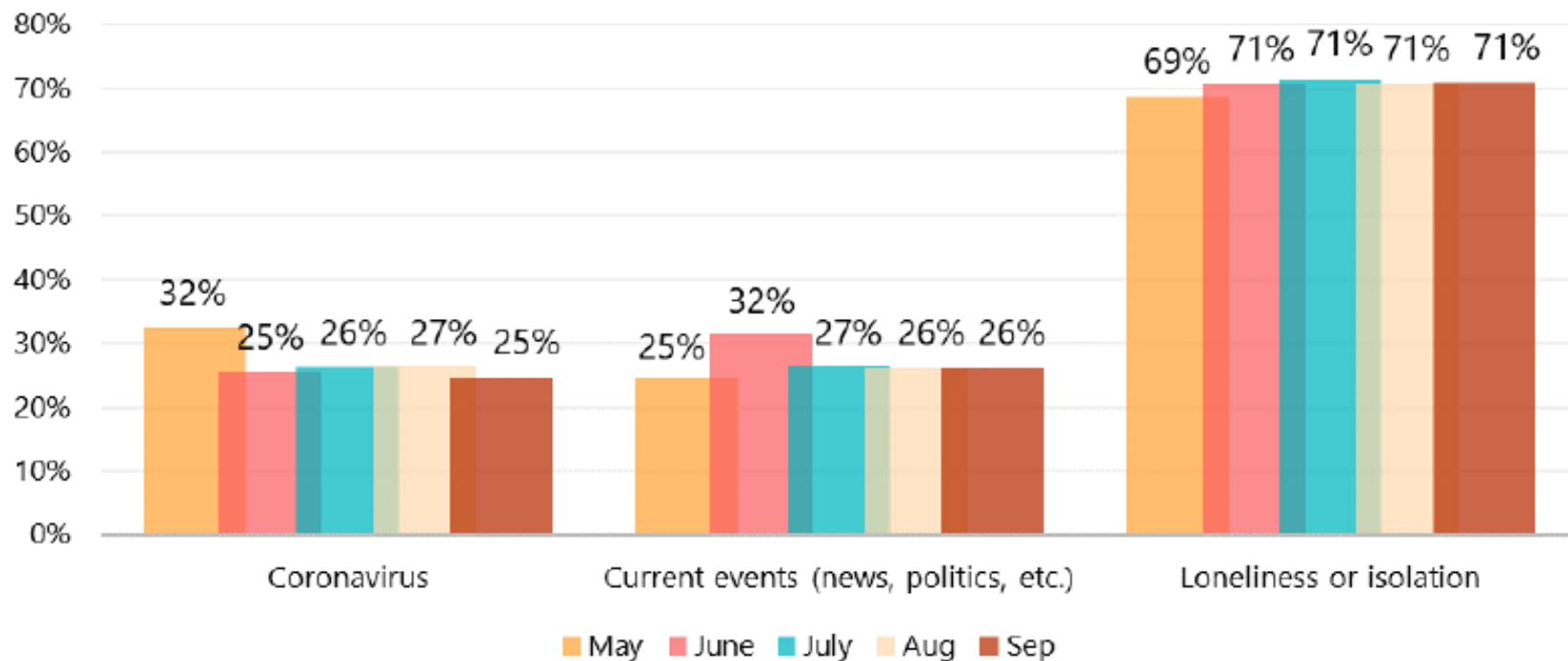
Youth ages 11-17 are more likely to score moderate/severe depression than any other age group.

Thoughts of Suicide or Self-Harm More than Half or Nearly Every Day Among Youth Ages 11-17, Jan-Sep 2020



Youth ages 11-17 report the highest rates of suicidal ideation of any age group.

Changes in Top Three Mental Health Concerns May-September 2020



Anxiety



Anxiety in Youth

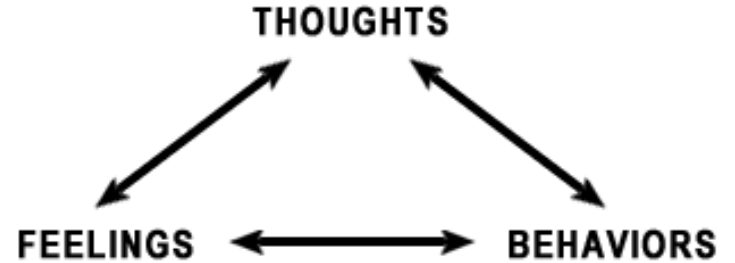
- 1 in 3 youth will experience an anxiety disorder
 - This rate has markedly increased by more than 20% in recent years
- Contributing Factors
 - Culture of Achievement
 - Social Media
 - National/Worldwide Events
- 80% of kids with an anxiety disorder are not getting treatment

Assessment & Diagnosis

- Common Symptoms (Screeners include PROMIS-Anx & GAD-7)
 - Excessive worries and fears
 - Heightened physiological state
 - Behavioral avoidance
- Common Anxiety Disorders in Youth
 - Separation Anxiety Disorder
 - Social Anxiety Disorder
 - Generalized Anxiety Disorder

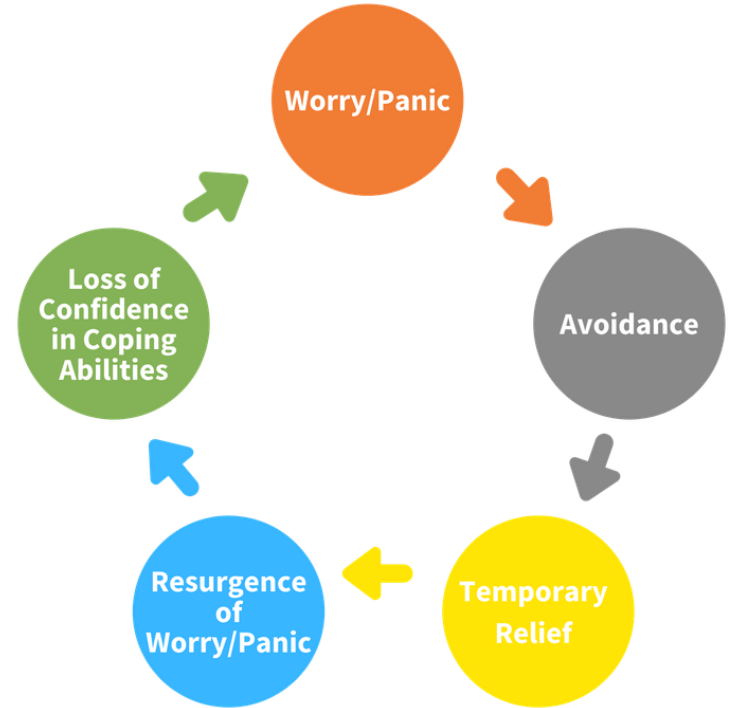
Evidence-Based Treatment

- Cognitive Behavioral Treatment is #1 most effective treatment for anxiety disorders
- Exposures (acting opposite) are critical ingredient
- Parent involvement typically necessary, particularly for younger children, to address accommodation



Brief Intervention in Medical Setting

- Exposures
 - Emotional Behavior
 - Avoid (youth)
 - Accommodate (parent)
 - Opposite Action
 - Face fears (youth)
 - Support and prevent youth from avoiding (parent)



Depression

Depression in Youth

- 8-12% of kids will experience depression before age 13; 15-20% will experience depression before 18
 - Missed or misdiagnosed in 75% of youth
- Suicide is the 2nd leading cause of death in the U.S. for youth ages 10-18
- Associated Risk
 - Educational underachievement
 - Impaired interpersonal relationships
 - Substance abuse
 - LGBTQ

Assessment & Diagnosis

- Common Symptoms (Screeners include PROMIS-Dep and PHQ-9 Modified)
 - Sadness/tearfulness/*irritability*
 - Loss of interest/Low motivation
 - Changes to sleeping/eating patterns
 - Hopelessness/Worthlessness
 - Self-Harm/Suicidal Ideation (Ask Suicide Questionnaire)
- Common Depressive Disorders in Youth
 - Major Depressive Disorder
 - Dysthymic Disorder
 - Disruptive Mood Dysregulation Disorder

Evidence-Based Treatment

- Cognitive Behavioral Therapy or Dialectical Behavioral Therapy are first line treatments
- Behavioral activation, cognitive flexibility, and distress tolerance are all critical ingredients
- Safety Planning (Stanley-Brown Safety Plan)



Brief Intervention in Medical Setting

- Behavioral Activation
 - Emotional Behavior: Withdraw, avoid enjoyable activities/people
 - Opposite Action: Schedule enjoyable activities
 - Physical exercise
 - Spend time with a friend/family member
 - Do something fun
- Health Hygiene (sleep, diet, exercise)

Behavioral Concerns

Behavior Concerns in Youth

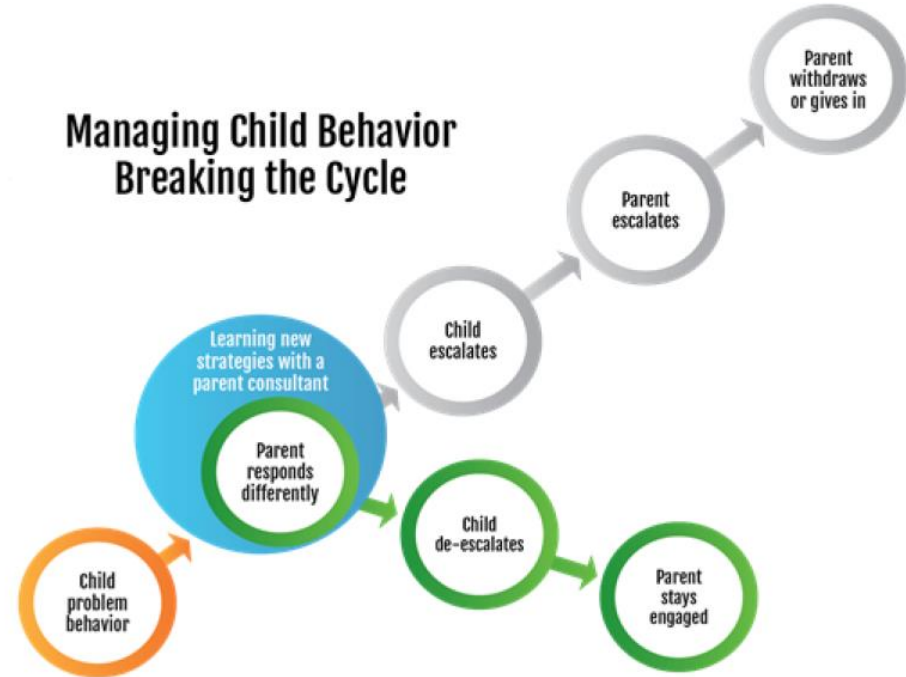
- Disruptive behaviors are the most common mental health concerns reported to pediatric medical providers
 - 9.4% of youth have received an ADHD diagnosis
 - 7.4% of youth have received a disruptive behavior diagnosis, such as Oppositional Defiant Disorder
- Oftentimes a result of a “difficult temperament” and parenting mismatch
- Half never receive any treatment and even fewer receive empirically supported treatments.

Assessment & Diagnosis

- Common Symptoms (screeners include the PROMIS, Anger, ECBI, SDQ, Vanderbilt)
 - Noncompliance (keystone behavior)
 - Tantrums
 - Aggression
- Common Diagnoses
 - Oppositional Defiant Disorder
 - ADHD (now classified as a neurodevelopmental disorder but highly comorbid)
 - DMDD (a mood disorder but commonly has externalizing associated symptoms)

Evidence-Based Treatment

- Parent Management Training is most evidence-based treatment
 - Early intervention is best
 - CBT + PMT can be effective in older school-aged children
- Empowering parents in their role in treatment is critical



Brief Intervention in Medical Setting

- Strategic Attention
 - Emotional Parenting Behavior
 - Escalate or withdraw (coercive cycle)
 - Opposite Action Parenting Behavior
 - Strategic Attention
 - Praise desirable behaviors
 - Ignore minor attention seeking behaviors

Primary Care Resources

- Addressing Mental Health Concerns in Primary Care: A Clinician's Toolkit (American Academy of Pediatrics, 2010)
- Clinical Practice Guidelines for the Assessment and Treatment of Children and Adolescents with Anxiety Disorders (*Journal of AACAP*; Walter et al, 2020)
- Guidelines for Adolescent Depression in Primary Care (*Pediatrics*; Zuckerbrot et al, 2018)
- Delivering PMT in an Integrated Primary Care Setting (*Cognitive and Behavioral Practice*, Gomez et al, 2014)

State and National Resources

- Children's Hospital Colorado
 - Single Point of Entry: 720-777-6200
- Colorado Crisis Services
 - 1-844-493-8255 or text "TALK" to 38255
 - www.coloradocrisiservices.org
- National Suicide Prevention Line
 - 1-800-273-8255

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Questions???

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