

# Pediatric Collaborative Care Behavioral Health Conference 2023-2024

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**School of Medicine  
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# Conflict of Interest

The planner and speaker of this CE activity has no relevant financial relationships with ineligible companies to disclose.

The speaker does intend to discuss any unlabeled or unapproved use of drugs or devices.



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Please take a moment at the end of the session to complete your evaluation.

Thank you!



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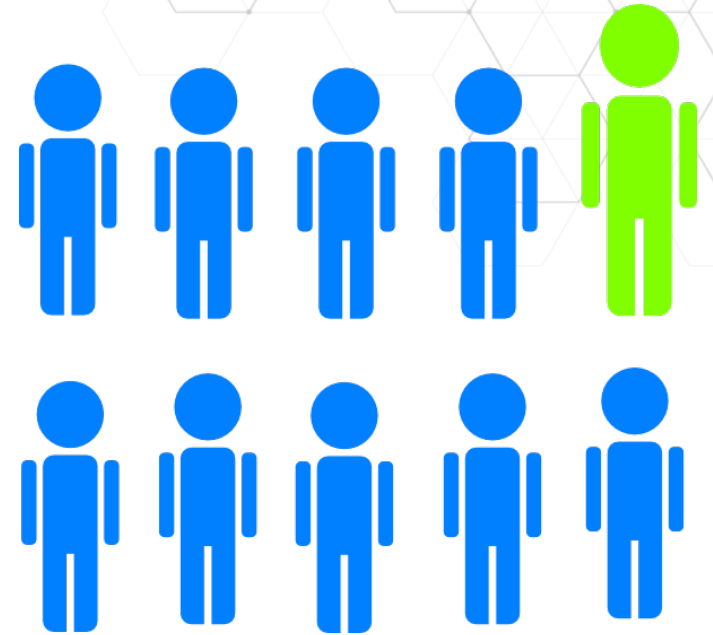
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# Screening and Intervention in Pediatric Collaborative Care: Who Uses What and When

1. Identify interventions used by a Behavioral Health clinician.
2. Utilize appropriate screeners for a range of children with suspected depression or anxiety.
3. Describe and discuss the Pediatric Collaborative Care model.

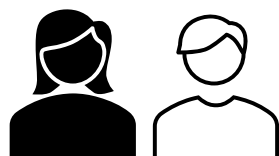
# Screening

- Why do we screen?
  - 1 in 10 children (3-17) have diagnosed anxiety
  - 1 in 20 children (3-17) have diagnosed depression
    - Those numbers are rising
  - Rates of suicide are rising as well
    - Only 1/3 of kids who commit suicide have a known mental health concern
    - From 2007-2018, suicide rates tripled for kids 10-14
    - Suicide remains the 3<sup>rd</sup> most common reason teens die
- USPSTF recommends screening all kids 12 and up for depression



## 12 and up

- PCPs
- PHQ/GAD



Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3

Over the last 2 weeks, how often have you been bothered by the following problems?

(Please circle your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3

# 12 and up



- BHCs
  - PHQ/GAD
  - WEMWBS
  - PSS-10
  - PRIUS-3
  - SCARED (pre/post)

Response values:

- 0 = never
- 1 = almost never
- 2 = sometimes
- 3 = fairly often
- 4 = very often

In the last month, how often have you:

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1) Been upset because of something that happened unexpectedly?             | 0 | 1 | 2 | 3 | 4 |
| 2) Felt that you were unable to control the important things in your life? | 0 | 1 | 2 | 3 | 4 |
| 3) Felt nervous and "stressed"?  | 0 | 1 | 2 | 3 | 4 |

## Screen for Child Anxiety Related Disorders (SCARED) PARENT Version—Page 1 of 2 (to be filled out by the PARENT)

Developed by Boris Birmaher, M.D., Suneeta Khetarpal, M.D., Marlane Cully, M.Ed., David Brent, M.D., and Sandra McKenzie, Ph.D., Western Psychiatric Institute and Clinic, University of Pittsburgh (October, 1995). E-mail: birmaherb@upmc.edu

See: Birmaher, B., Brent, D. A., Chiappetta, L., Bridge, J., Monga, S., & Baugher, M. (1999). Psychometric properties of the Screen for Child Anxiety Related Emotional Disorders (SCARED): a replication study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(10), 1230–6.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Directions:

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is "Not True or Hardly Ever True" or "Somewhat True or Sometimes True" or "Very True or Often True" for your child. Then, for each statement, fill in one circle that corresponds to the response that seems to describe your child *for the last 3 months*. Please respond to all statements as well as you can, even if some do not seem to concern your child.

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True	
1. When my child feels frightened, it is hard for him/her to breathe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
2. My child gets headaches when he/she am at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SH
3. My child doesn't like to be with people he/she doesn't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SC
4. My child gets scared if he/she sleeps away from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SP
5. My child is afraid of other people liking him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	GD

## 11 and under



- PCPs
  - Recommend the PROMIS
- BHCs
  - PROMIS Depression Short Self-Report (8 and above)
  - PROMIS Depression Short Parent Proxy
  - PROMIS Anxiety Short Self-Report (8 and above)
  - PROMIS Anxiety Short Parent Proxy

Please respond to each question or statement by marking one box per row.

In the past 7 days...	Never	Almost Never	Sometimes	Often	Almost Always
I felt like something awful might happen	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I felt nervous	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I felt scared	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

# Scoring the PROMIS

PROMIS Pediatric Short For... ⤴					
I FELT LIKE SOMETHING AWF...	Almost Never		Almost Never		Never
I FELT NERVOUS	Almost Never		Never		Never
I FELT SCARED	Sometimes		Almost Never		Almost Never
I FELT WORRIED	Sometimes		Almost Never		Almost Never
I WORRIED WHEN I WAS AT H...	Almost Never		Almost Never		Never
I GOT SCARED REALLY EASY	Often		Never		Almost Never
I WORRIED ABOUT WHAT CO...	Sometimes		Almost Never		Never
I WORRIED WHEN I WENT TO ...	Sometimes		Almost Never		Almost Never
PROMIS PED SHORT FORM V...	22		14		12
PROMIS PED SHORT FORM V...	58.7		48.3		44.9
PROMIS PED SHORT FORM V...	3.7		3.9		4.2
PROMIS PED SHORT FORM V...					
PROMIS Parent Proxy Short... ⤴					
MY CHILD FELT NERVOUS	Sometimes		Sometimes		Sometimes
MY CHILD FELT SCARED	Often		Almost Never		Never
MY CHILD FELT WORRIED	Sometimes		Sometimes		Almost Never
MY CHILD FELT LIKE SOMETH...	Never		Almost Never		Never
MY CHILD WORRIED WHEN T...	Almost Never		Never		Never
MY CHILD GOT SCARED REA...	Often		Almost Never		Never
MY CHILD WORRIED ABOUT ...	Almost Never		Almost Never		Never
MY CHILD WORRIED WHEN T...	Sometimes		Almost Never		Never
PROMIS PARENT PROXY SHO...	22		17		11
PROMIS PARENT PROXY SHO...	61.4		54.7		45.1
PROMIS PARENT PROXY SHO...	2.9		2.9		3.5
PROMIS PARENT PROXY SHO...	11/08/23 3.5				

# Scoring the PROMIS

## PROMIS V2 Parent Proxy Depressive Symptoms 6A

### PROMIS PARENT PROXY SHORT FORM V2.0-DEPRESSIVE SYMPTOMS 6A

Please respond to each question or statement by selecting one box per row.

*In the past 7 days...*

My child could not stop feeling sad.	Never	Almost Never	Sometimes	Often	Almost Always
My child felt everything in their life went wrong.	Never	Almost Never	Sometimes	Often	Almost Always
My child felt like they couldn't do anything right.	Never	Almost Never	Sometimes	Often	Almost Always
My child felt lonely.	Never	Almost Never	Sometimes	Often	Almost Always
My child felt sad.	Never	Almost Never	Sometimes	Often	Almost Always
It was hard for my child to have fun.	Never	Almost Never	Sometimes	Often	Almost Always

PROMIS Parent Proxy V2.0-Depressive Symptoms 6A Raw Score:

6

PROMIS Parent Proxy V2.0-Depressive Symptoms 6A T-Score:

36.2

PROMIS Parent Proxy V2.0-Depressive Symptoms 6A Standard Error (SE):

5.9

The T-scores are interpreted as follows: Less than 55.0 = None to slight; 55.0-59.9 = Mild; 60.0-69.9 = Moderate; 70 and over = Severe.

# How to assign questionnaires

## Clinic Schedule

[Open Slots](#) [Scans](#) [Orders](#) [Charting](#) [Print AVS](#) [Sign Encounter](#) [Chart](#) [Change Prov](#) [SmartSets](#) [SnapShot](#) [Appts](#) [No Show](#) [Patient Transport](#) [Assign Pt Questionnaire](#)

Search for a Patient

Patient

Patient Encounter

Name/MRN

SSN

Sex

Birthdate

Phone

Account

Address

Transplant Pt?

Service Area

Find Patient

☐ My Patients

Clear

## Encounter Questionnaires

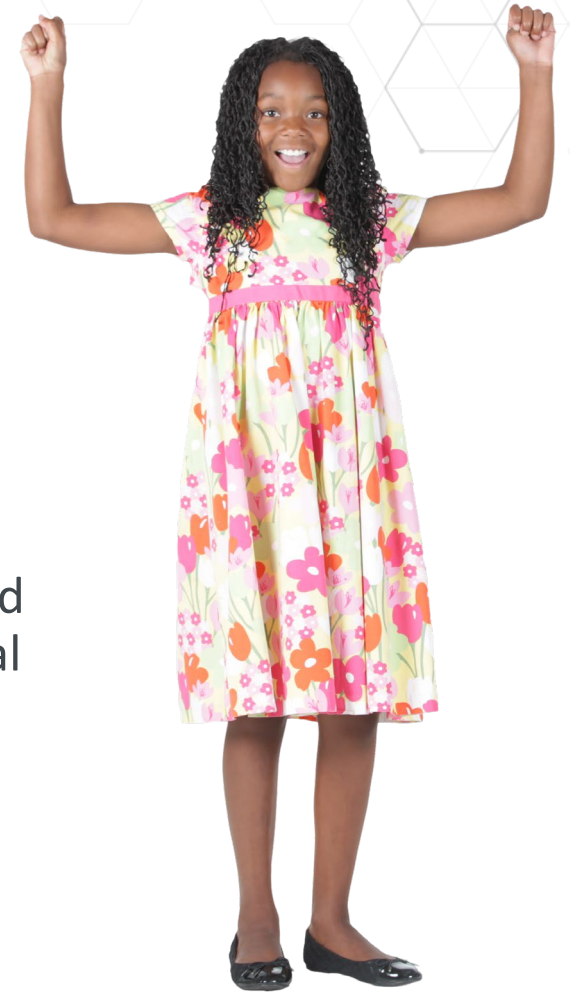
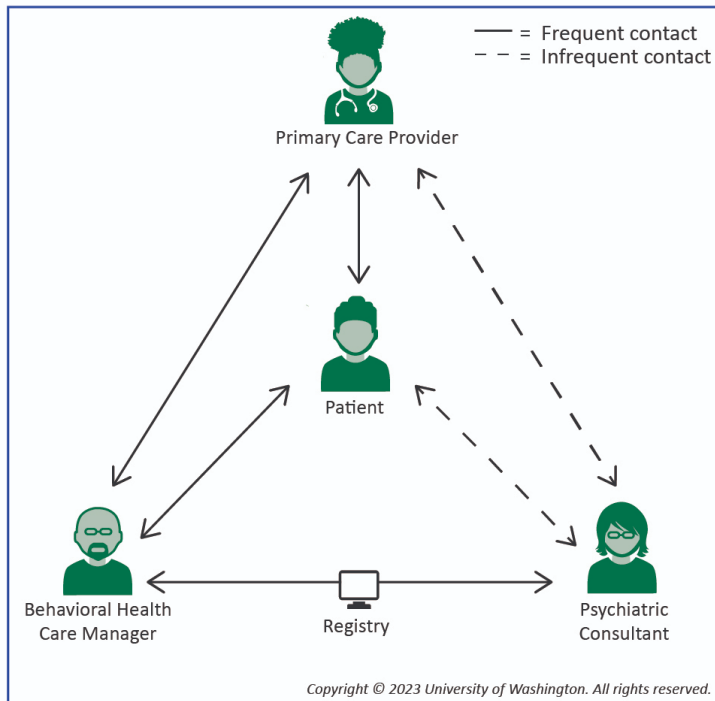
Questionnaire	Patient-Friendly Name	Date Available	Status
SCREEN FOR CHILD ANXIETY RELATED DISORDERS (S...	SCARED - Parent Version	11/08/2023	Assigned
PROMIS PARENT PROXY SHORT FORM V2.0-DEPRESSI...	PROMIS Parent Proxy Short Form V2.0 - Depressive Sy...	11/08/2023	Assigned
PROMIS PARENT PROXY SHORT FORM V2.0-ANXIETY 8A	PROMIS Parent Proxy Short Form V2.0 - Anxiety 8A	11/08/2023	Assigned

## Series Questionnaires

Questionnaire	Patient-Friendly Name	Due Date	Status	Show In Kiosk?
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# Intervention

- Why do brief interventions?
  - They work!
  - Specifically, integrated solutions work
    - Increase access
    - Better mental health outcomes
  - Most effective pieces of the model are population-based care, measurement-based care, and delivery of evidence-based mental health services



# Intervention

- Evidence-informed interventions
  - Behavioral activation
  - Solution-focused therapy
  - Mindfulness training
  - Relaxation training
  - Cognitive reframing
  - Acceptance and values-based work
  - Parent training
  - Emotion identification
  - Regulation training/self monitoring
  - Interpersonal therapy



## Example

- Gio comes into the office for his 8 year-old well child visit and his guardian (grandfather) noted that bullying is a concern for him. When talking to grandpa, he says that Gio often comes home crying from school saying his classmates are mean and has started isolating himself to his room.



# What does this look like?

- video

# What does this look like?

- Anxiety
  - Teach relaxation technique like belly breathing
  - Practice mindfulness
  - Assertiveness training
- Depression
  - Discuss automatic negative thoughts
  - Practice positive self-talk

# Questions?

- Last video
- Resources
  - SWRESOURCE
  - Groups in town

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Burkhart K, Asogwa K, Muzaffar N, Gabriel M. Pediatric Integrated Care Models: A Systematic Review. Clinical Pediatrics. 2020;59(2):148-153. doi:10.1177/0009922819890004

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Wolfe I, Satherley RM, Scotney E, Newham J, Lingam R. Integrated Care Models and Child Health: A Meta-analysis. Pediatrics. 2020 Jan;145(1):e20183747. doi: 10.1542/peds.2018-3747. PMID: 31888959.

Yonek J, Lee CM, Harrison A, Mangurian C, Tolou-Shams M. Key Components of Effective Pediatric Integrated Mental Health Care Models: A Systematic Review. JAMA Pediatr. 2020 May 1;174(5):487-498. doi: 10.1001/jamapediatrics.2020.0023. PMID: 32150257; PMCID: PMC7483725.