

# THE POSITIVE DEPRESSION SCREEN: MENTAL HEALTH CONVERSATIONS WITH TEENS AND FAMILIES

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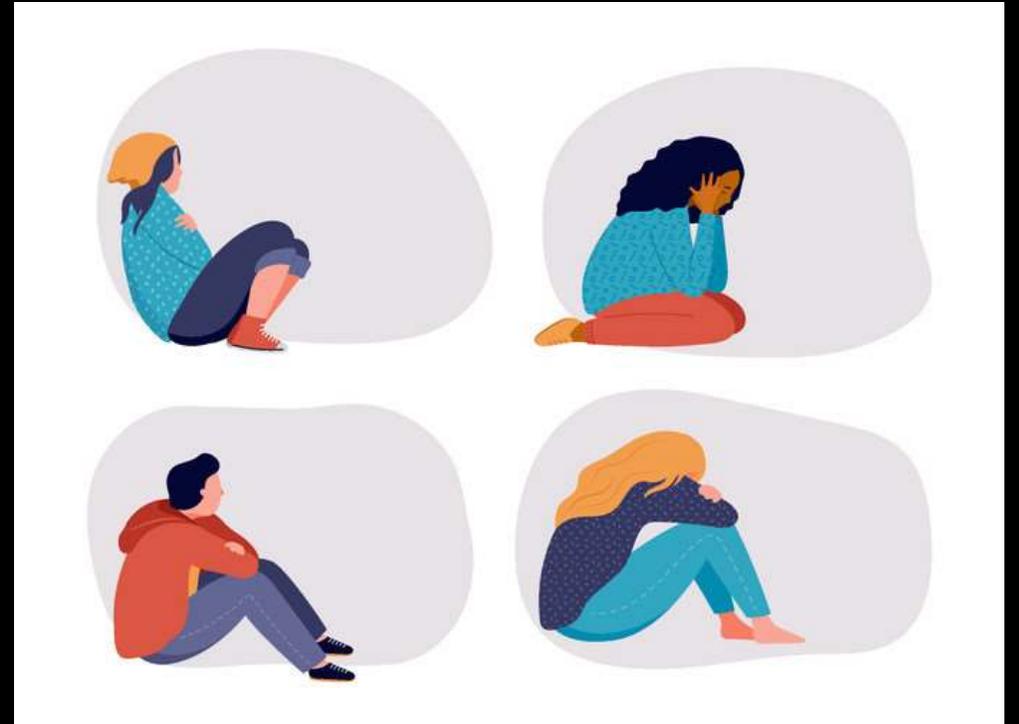


Image Credit:  
McCarthy, C (2022). "The Mental Health Crisis Among Children and Teens: How Parents Can Help."  
<https://www.health.harvard.edu/>

# TODAY'S OBJECTIVES

- Review the epidemiology of adolescent depression, including how screening trends have changed during the COVID-19 pandemic
- Review and interpret the PHQ-9 modified for teens
- Employ strategies for optimizing mental health conversations with teens and caregivers considering adolescent-unique clinical issues like confidentiality and goal discordance

# ROADMAP FOR TODAY'S SESSION

- Background: Adolescent Depression Screening
- PHQ-9 Primer
- Cases & Clinical Pearls
- Q&A



Image Credit, Caron, C. "Teens Are Advocating for Mental Health Days Off School".  
<https://www.nytimes.com/2021/08/23/well/mind/mental-health-day-laws-kids.html>

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## U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic

Today, U.S. Surgeon General Dr. Vivek Murthy issued a new Surgeon General's Advisory to highlight the urgent need to address the nation's youth mental health crisis. As the nation continues the work to protect the health and safety of America's youth during this pandemic with the pediatric vaccine push amid concerns of the emerging omicron variant, the U.S. Surgeon General's Advisory on Protecting Youth Mental Health outlines the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the pandemic.

The Surgeon General's advisory calls for a swift and coordinated response to this crisis as the nation continues to battle the COVID-19 pandemic. It provides recommendations that individuals, families, community organizations, technology companies, governments, and others can take to improve the mental health of children, adolescents and young adults.





<https://www.newsweek.com/2022/11/18/teen-loneliness-rates-soar-schools-may-making-it-worse-scientists-say-1758013.html>

# US PREVENTIVE SERVICES TASK FORCE (USPSTF)

Screening and Treatment for Major Depressive Disorder in Children and Adolescents		
	Adolescents (12-18 years)	Children (7-11 years)
Recommendation	Screen when systems for diagnosis, treatment, and follow-up are in place. Grade: B	No Recommendation Grade: I (Insufficient Evidence)
Risk Assessment	Risk factors for major depressive disorder (MDD) include parental depression, having comorbid mental health or chronic medical conditions, and having experienced a major negative life event.	
Screening Tests	The following screening tests have been shown to do well in teens in primary care settings: <ul style="list-style-type: none"> <li>• Patient Health Questionnaire for Adolescents (PHQ-A).</li> <li>• Beck Depression Inventory-Primary Care Version (BDI-PC).</li> </ul>	Screening instruments perform less well in younger children.
Treatments	Among pharmacotherapies fluoxetine (SSRI), has been found efficacious. Because of risk of suicidality, SSRIs should be considered only if clinical monitoring is possible. Various modes of psychotherapy, and pharmacotherapy combined with psychotherapy, have been found efficacious.	Evidence on the balance of benefits and harms of treatment of younger children is insufficient for a recommendation.

# AMERICAN ACADEMY OF PEDIATRICS/BRIGHT FUTURES: UNIVERSAL SCREENING FOR DEPRESSION STARTING AT 11 YO



## Bright Futures Medical Screening Reference Table Adolescence Visits (11 Through 21 Years)

Universal Screening	Action
Cervical Dysplasia (all young women at the 21 Year Visit)	Pap smear
Depression: Adolescent (beginning at the 12 Year Visit)	Depression screen <sup>a</sup>
Dyslipidemia (once between 9 and 11 Year and 17 and 21 Year Visits)	Lipid profile
Hearing (once between 11 and 14 Year, 15 and 17 Year, and 18 and 21 Year Visits)	Audiometry, recommended to include 6,000 and 8,000 Hz frequencies
HIV (once between 15 and 18 Year Visits)	HIV test <sup>b</sup>
Tobacco, Alcohol, or Drug Use	Tobacco, alcohol, or drug use assessment
Vision (12 and 15 Year Visits)	Objective measure with age-appropriate visual acuity measurement using HOTV or LEA symbols, Sloan letters, or Snellen letters

Adolescent screening for depression recommended starting at the 11 year-old visit

-Recommended universal screening tools for depression are PHQ-9 Modified for Teens (PHQ-A) or PHQ-2; [https://toolkits.solutions.aap.org/ss/screening\\_tools.aspx](https://toolkits.solutions.aap.org/ss/screening_tools.aspx)

# AMERICAN ACADEMY OF PEDIATRICS/BRIGHT FUTURES: “SCREENING FOR DEPRESSION IS NOT ENOUGH”

## Age Recommendations for Screening:

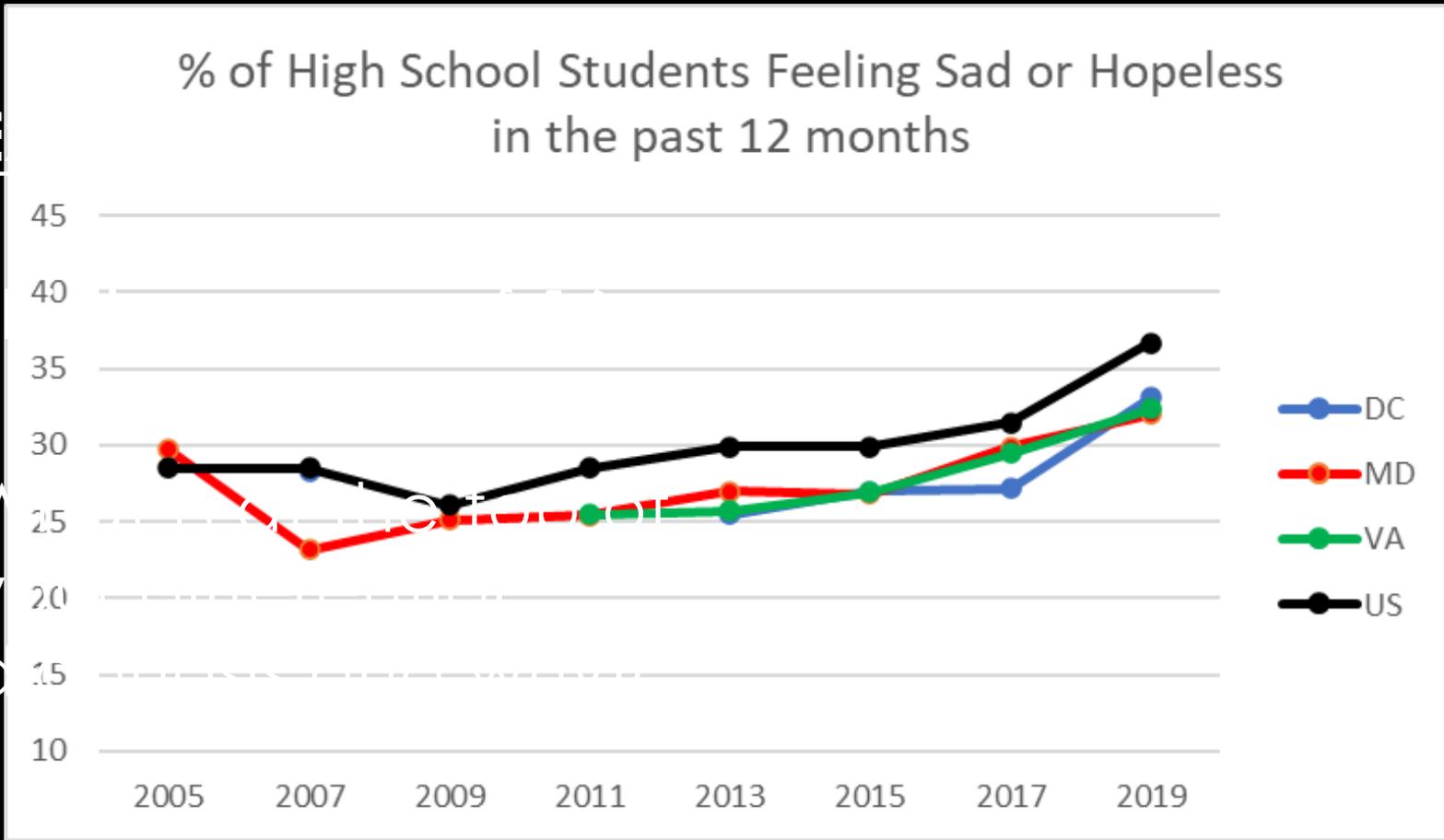
- Youth ages 12+: Universal screening
- Youth ages 8-11: Screen when clinically indicated
- Youth under age 8: Screening not indicated. Assess for suicidal thoughts/behaviors if warning signs are present

\*Anyone who screens positive on a suicide risk screening tool should be followed up with a brief suicide safety assessment.

-AAP's Blueprint for Youth Suicide Prevention:  
<https://www.aap.org/suicideprevention>

# DEPRESSION SCREENING: ARE WE ASKING THE RIGHT QUESTIONS?

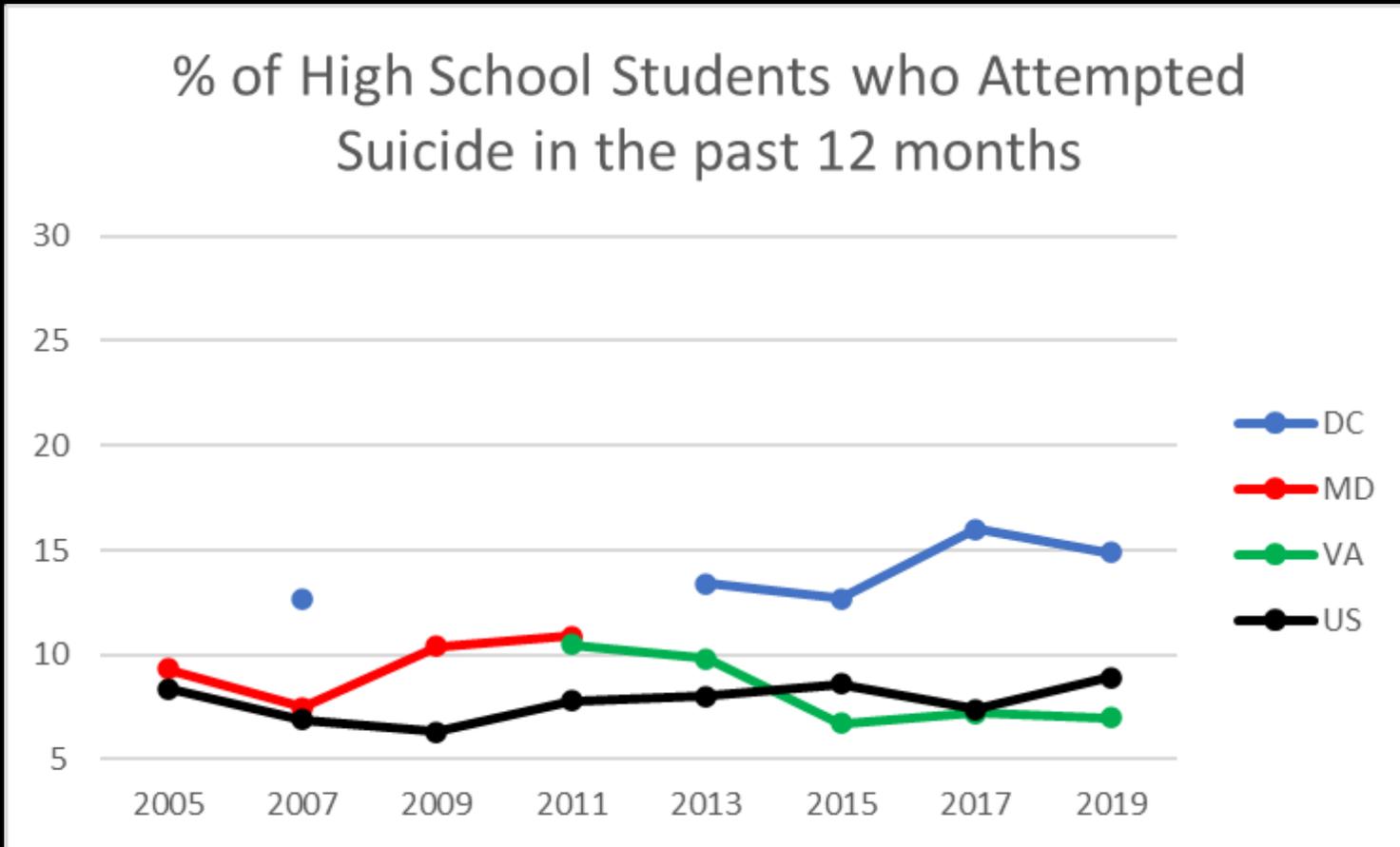
E  
T  
V  
Y  
C



“Have you felt so sad or hopeless, almost every day for 2 or more weeks in a row, that you stopped doing some of your usual activities?”

Youth Risk Behavior Surveillance System (YRBSS):  
<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

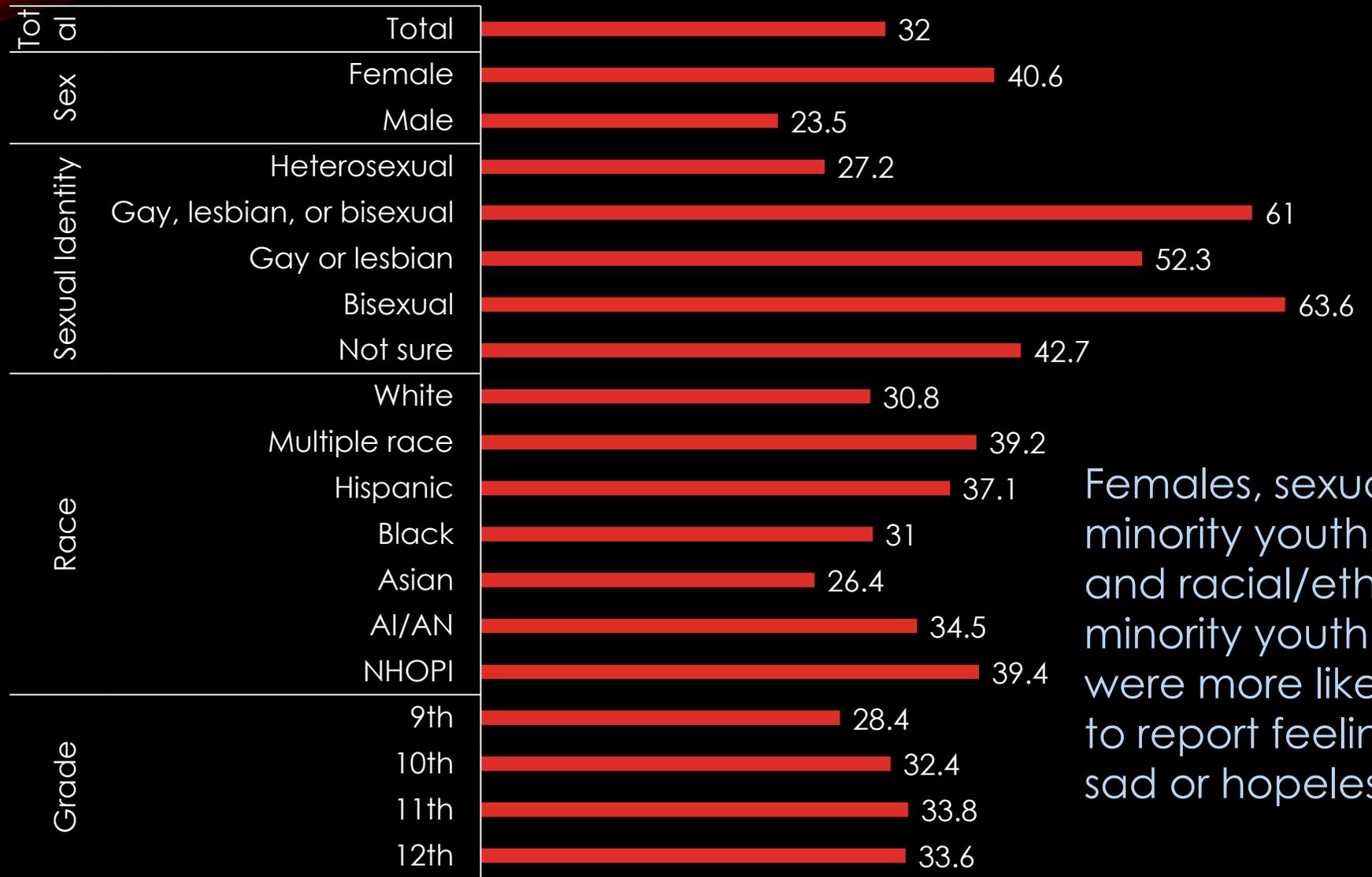
# DEPRESSION SCREENING: ARE WE ASKING THE RIGHT QUESTIONS?



“During the past 12 months, how many times did you actually attempt suicide?”

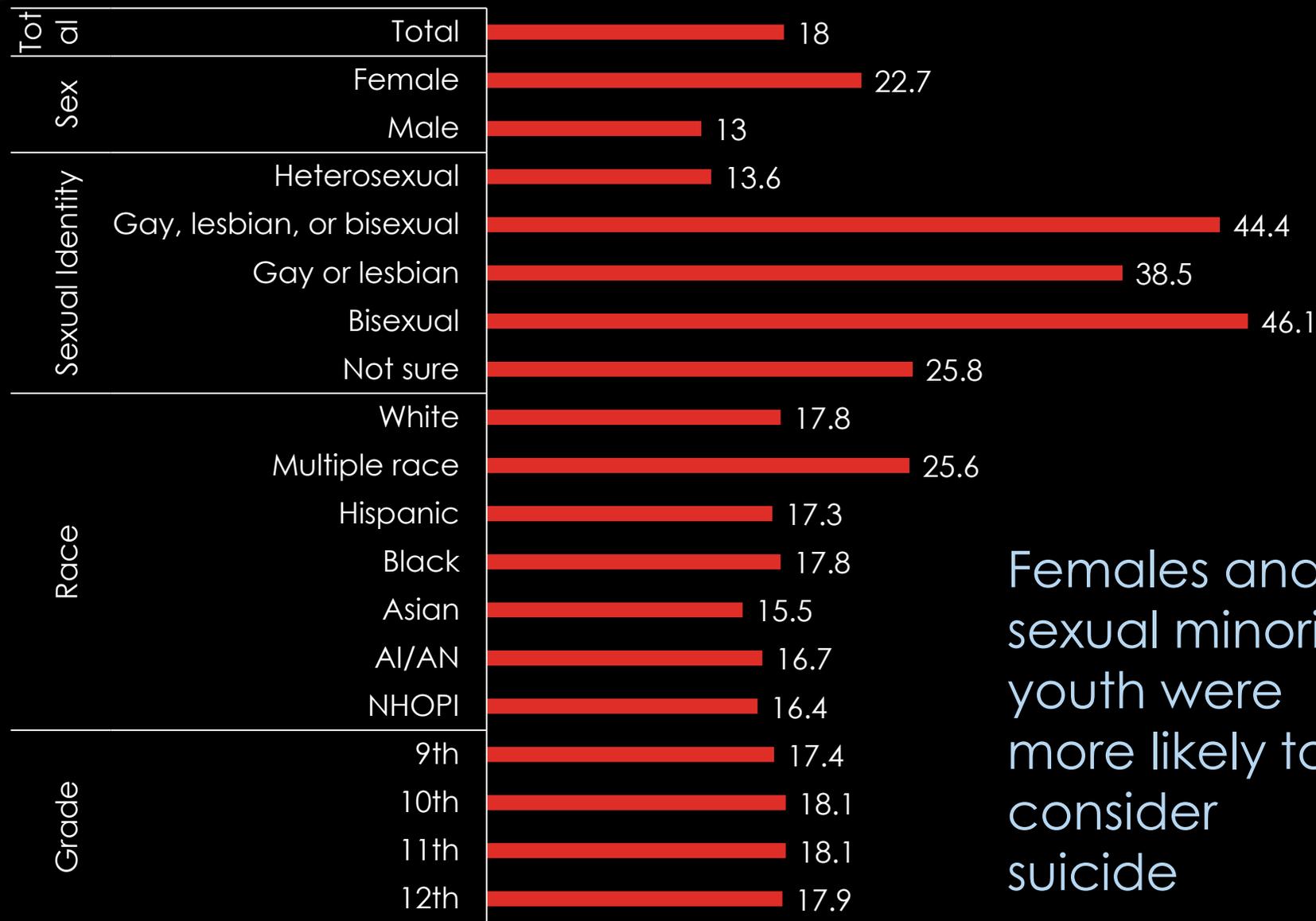
Youth Risk Behavior Surveillance System (YRBSS):  
<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

# % High School Students who Felt Sad or Hopeless in the past 12 Months: YRBS 2019, MD



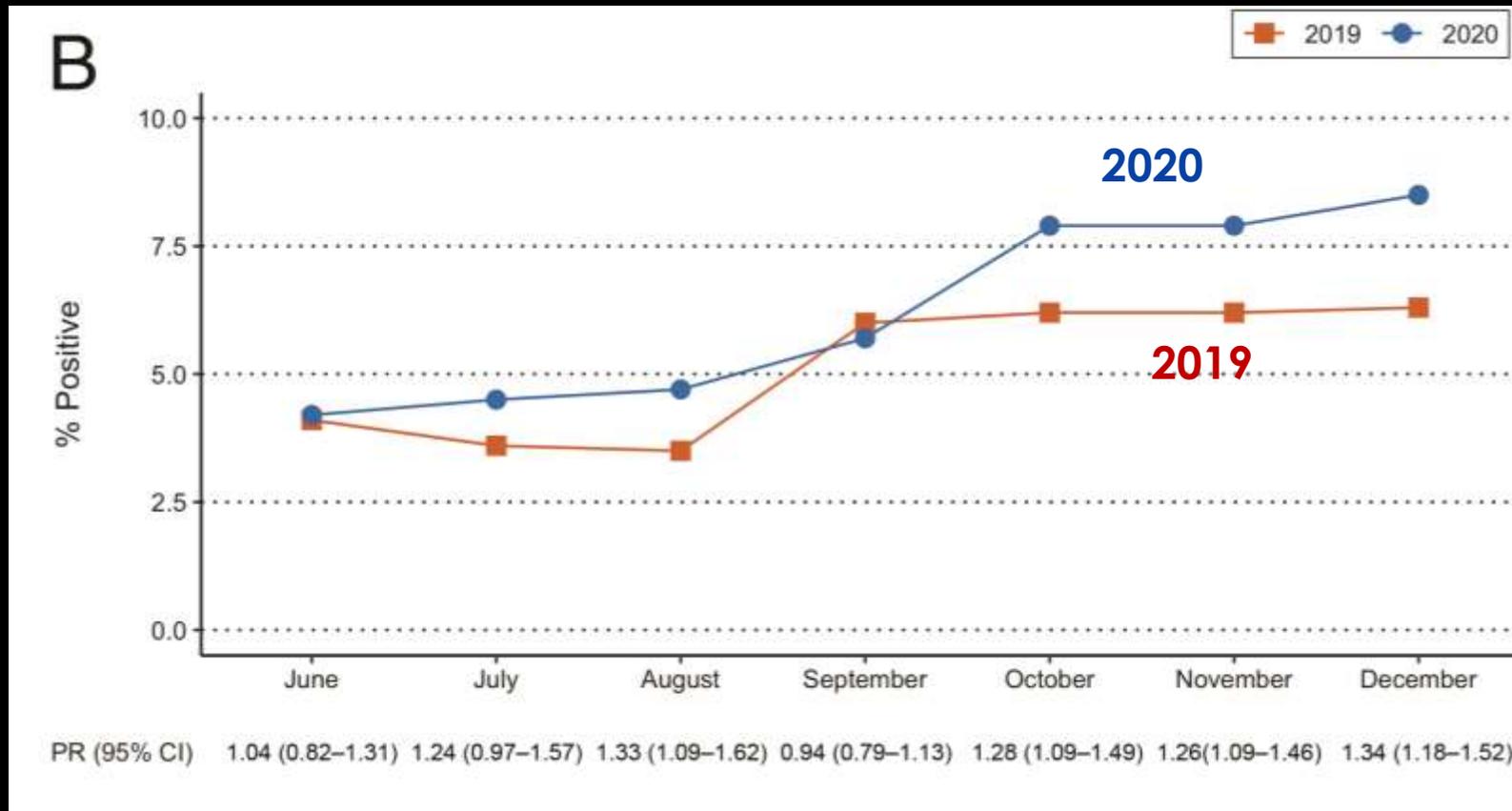
Females, sexual minority youth, and racial/ethnic minority youth were more likely to report feeling sad or hopeless

# % High School Students who Seriously Considered Attempting Suicide in the past 12 Months: YRBS 2019, MD



Females and sexual minority youth were more likely to consider suicide

# DEPRESSION SCREENING: ARE WE SEEING MORE PANDEMIC POSITIVES?



In 2020 there was an increase in positive screens for moderate/severe depression (PHQM 11-27) from 5% to 6.2% overall

Mayne SL, et al. COVID-19 and Adolescent Depression and Suicide Risk Screening Outcomes. *Pediatrics*. 2021 Sep;148(3):e2021051507.

# DEPRESSION SCREENING:<sup>14</sup> ARE WE SEEING MORE PANDEMIC POSITIVES?

**Kemper AR, et al. Depression and Suicide-Risk Screening Results in Pediatric Primary Care. *Pediatrics*. 2021 Jul;148(1):e2021049999.**

- Nationwide CH, 12-practice primary care network, integrated behavioral health services, typical depression screening rates >90%
- 6/2019 – 10/2020, n = 803 adolescent patients 12+ without a prior history of depression or self harm
- Study population 79.3% Medicaid-insured, 60.7% non-Hispanic Black, 18.6% Hispanic
- Results: 56.4% positive for any depression type; 24.7% positive for MDD ( $\geq 10$ ) on PHQ9A; 21% positive on ASQ

# DEPRESSION SCREENING: PHQ-9 PRIMER

## Total Score Depression Severity

- 0-4: No or Minimal depression
- 5-9: Mild depression
- 10: Moderate depression
- 15: Moderately severe depression
- 20: Severe depression
- \*10+ = 88% sensitivity and specificity for depression

PHQ9 Modified for Teens: Q1-9: "In the past 2 weeks..."

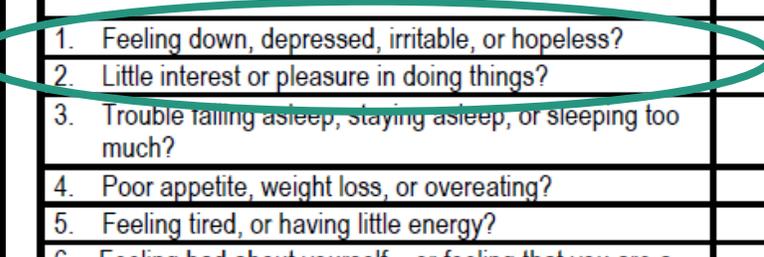
	(0) Not At All	(1) Several Days	(2) More Than Half the Days	(3) Nearly Every Day
1. Feeling down, depressed, irritable, or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble falling asleep, staying asleep, or sleeping too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Poor appetite, weight loss, or overeating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Feeling tired, or having little energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Trouble concentrating on things like school work, reading, or watching TV?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Moving or speaking so slowly that other people could have noticed?  Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the <b>past year</b> have you felt depressed or sad most days, even if you felt okay sometimes? [ ] Yes [ ] No				
If you are experiencing any of the problems on this form, how <b>difficult</b> have these problems made it for you to do your work, take care of things at home or get along with other people? [ ] Not difficult at all [ ] Somewhat difficult [ ] Very difficult [ ] Extremely difficult				

Has there been a time in the <b>past month</b> when you have had serious thoughts about ending your life? [ ] Yes [ ] No
Have you <b>EVER</b> , in your <b>WHOLE LIFE</b> , tried to kill yourself or made a suicide attempt? [ ] Yes [ ] No

# DEPRESSION SCREENING: PHQ-9 PRIMER

- Total Score**
- 0-4: No depression
  - 5-9: Mild depression
  - 10: Moderate depression
  - 15: Moderately severe depression
  - 20: Severe depression
  - \*10+ = 88% sensitivity and specificity for depression

Q1-2 are the most sensitive for depression (PHQ2)



	(0) Not At All	(1) Several Days	(2) More Than Half the Days	(3) Nearly Every Day
1. Feeling down, depressed, irritable, or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble falling asleep, staying asleep, or sleeping too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Poor appetite, weight loss, or overeating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Feeling tired, or having little energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Trouble concentrating on things like school work, reading, or watching TV?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Moving or speaking so slowly that other people could have noticed?  Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the <b>past year</b> have you felt depressed or sad most days, even if you felt okay sometimes? [ ] Yes [ ] No				
If you are experiencing any of the problems on this form, how <b>difficult</b> have these problems made it for you to do your work, take care of things at home or get along with other people? [ ] Not difficult at all [ ] Somewhat difficult [ ] Very difficult [ ] Extremely difficult				
Has there been a time in the <b>past month</b> when you have had serious thoughts about ending your life? [ ] Yes [ ] No				
Have you <b>EVER</b> , in your <b>WHOLE LIFE</b> , tried to kill yourself or made a suicide attempt? [ ] Yes [ ] No				

# DEPRESSION SCREENING: PHQ-9 PRIMER

## Total Score Depression Severity

- 0-4: No or Minimal depression
- 5-9: Mild depression
- 10: Moderate depression
- 15: Moderately severe depression
- 20: Severe depression
- \*10 specimens for depression

Critical suicidality questions that require prompt clinical assessment

PHQ9 Modified for Teens: Q1-9: "In the past 2 weeks..."

	(0) Not At All	(1) Several Days	(2) More Than Half the Days	(3) Nearly Every Day
1. Feeling down, depressed, irritable, or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble falling asleep, staying asleep, or sleeping too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Poor appetite, weight loss, or overeating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Feeling tired, or having little energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Trouble concentrating on things like school work, reading, or watching TV?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Moving or speaking so slowly that other people could have noticed?  Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the <b>past year</b> have you felt depressed or sad most days, even if you felt okay sometimes? [ ] Yes [ ] No				
If you are experiencing any of the problems on this form, how <b>difficult</b> have these problems made it for you to do your work, take care of things at home or get along with other people? [ ] Not difficult at all [ ] Somewhat difficult [ ] Very difficult [ ] Extremely difficult				
Has there been a time in the <b>past month</b> when you have had serious thoughts about ending your life? [ ] Yes [ ] No				
Have you <b>EVER</b> , in your WHOLE LIFE, tried to kill yourself or made a suicide attempt? [ ] Yes [ ] No				

## Example 1

This is a score of **16**.

What is at the top of your differential diagnosis and why?

	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
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

## Example 2

This is a score of **12**.

What is at the top of your differential diagnosis and why?

	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
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

# PHQ9 PRIMER: IS EVERY “POSITIVE” SCORE DEPRESSION?

*Differential should include:*

- Anxiety
- ADHD
- Adjustment disorders
- Grief
- Substance use
- Insomnia
- Medical conditions
- Trauma
- Impact of the COVID-19 pandemic

**You see low scores for feeling down, depressed, or hopeless. Higher scores noted on difficulty with concentration and sleep.**

Consider additional screening:

- GAD-7 or SCARED
- Vanderbilt

Kemper AR, et al. Depression and Suicide-Risk Screening Results in Pediatric Primary Care. *Pediatrics*. 2021 Jul;148(1):e2021049999.

	<b>PHQ-9A Question</b>	<b>% Percent Positive (N = 803)</b>
<b>1</b>	“Feeling down, depressed, irritable, or hopeless”	16.9
<b>2</b>	“Little interest or pleasure in doing things”	23.4
<b>3</b>	“Trouble falling asleep, staying asleep, or sleeping too much”	32.5
<b>4</b>	“Poor appetite, weight loss, or overeating”	16.1
<b>5</b>	“Feeling tired, or having little energy”	21.9
<b>6</b>	“Feeling bad about yourself or feeling that you are a failure or that you have let yourself or your family down”	18.8
<b>7</b>	“Trouble concentrating on things like schoolwork, reading, or watching TV”	20.7
<b>8</b>	“Moving or speaking so slowly that other people could have noticed? Or the opposite: being so fidgety or restless that you have been moving around a lot more than usual”	9.2
<b>9</b>	“Thoughts that you would be better off dead or of hurting yourself in some way”	21.2

Kemper AR, et al. Depression and Suicide-Risk Screening Results in Pediatric Primary Care. *Pediatrics*. 2021 Jul;148(1):e2021049999.

	<b>PHQ-9A Question</b>	<b>% Percent Positive (N = 803)</b>
	“In the past year, have you felt depressed or sad most days, even if you felt OK sometimes?”	43.6
	“Has there been a time in the past month when you have had serious thoughts about ending your life?”	12.1
	“Have you EVER, in your WHOLE LIFE, tried to kill yourself or make a suicide attempt”	13.0
	<b>ASQ Question</b>	
<b>1</b>	“In the past few weeks, have you wished you were dead?”	9.8
<b>2</b>	“In the past few weeks, have you felt that you or your family would be better off if you were dead?”	9.8
<b>3</b>	“In the past week, have you been having thoughts about killing yourself?”	5.3
<b>4</b>	“Have you ever tried to kill yourself?”	11.7

# PHQ9 PRIMER: CLINICAL PEARLS

- Remember that a PHQ-9 is a **screening tool** and you still need to ask the patient to explain their answers.
- Learn about their **difficulty** and the **impact** of the symptoms.
- Look for scores over 10.



# DEPRESSION SCREENING:<sup>24</sup> WHAT DO WE DO WITH THE ANSWERS?

My family doesn't believe in going to therapists

I don't know what my mom is freaking out about. It's not a big deal.

This is so awkward! What if I say the wrong thing?

A psych intake is going to take forever. What do I do now?

...do you have to tell my parents?

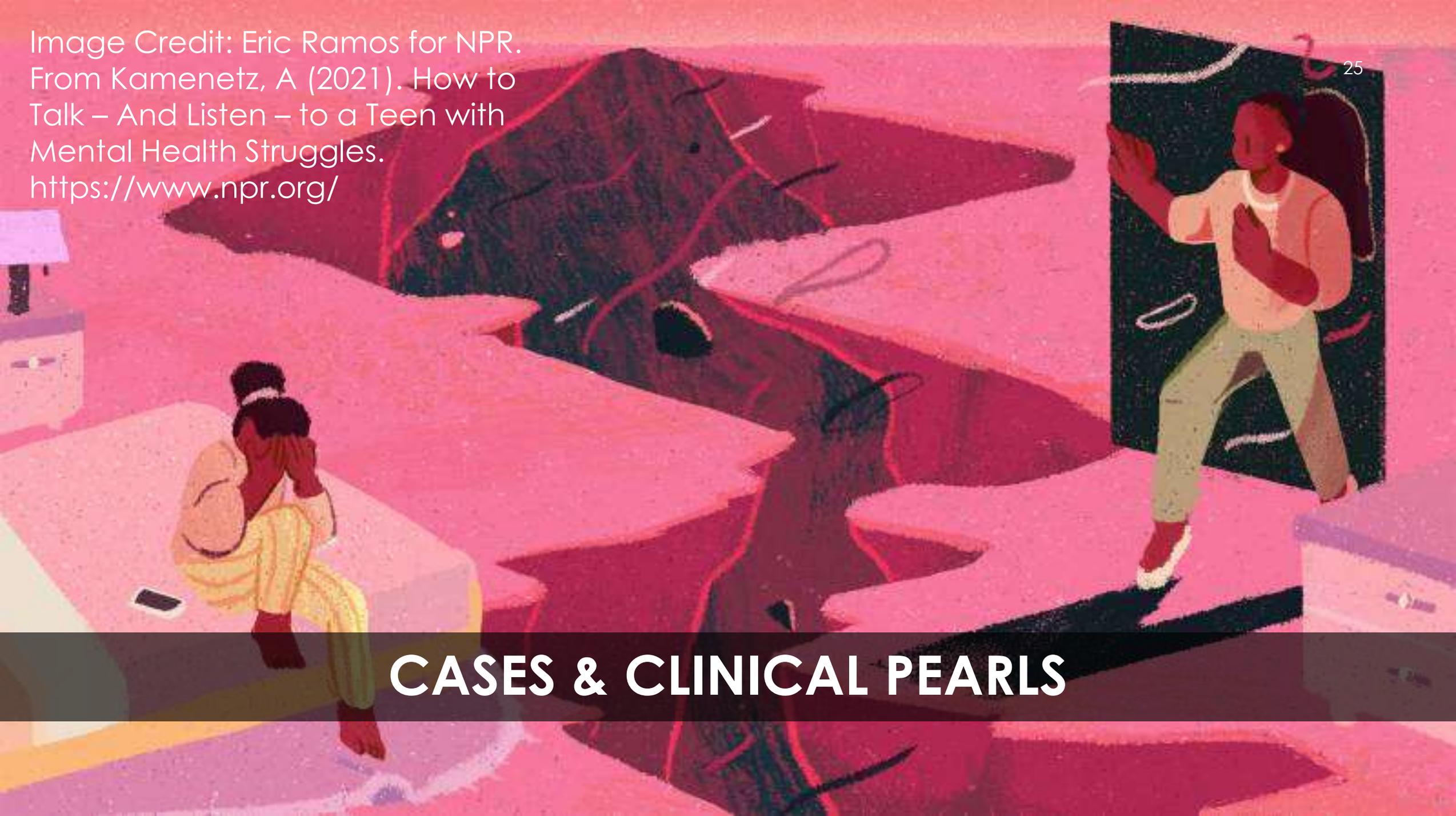
How do I do this in ten minutes? My next two patients are already waiting!

I really don't talk to people about my feelings

They really aren't ready to take the next step. What now?



Image Credit: Eric Ramos for NPR.  
From Kamenetz, A (2021). How to  
Talk – And Listen – to a Teen with  
Mental Health Struggles.  
<https://www.npr.org/>



# CASES & CLINICAL PEARLS

## CASES & CLINICAL PEARLS: CASE 1

14yo high school freshman presents for “behavior concerns”

- He has no idea why his mother is worried
- Last week he was suspended a second time for fighting, and mom is concerned about his poor sleep and falling grades
- PHQ-A total score is 6 (1 for being fidgety, problems concentrating at school; 2 for sleep problems, low energy)
- Mother requests a therapy referral

- What are the challenges with this case?
- Is this a positive screen for depression?
- How do you respond to this screen?

	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
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

## CASES & CLINICAL PEARLS: CASE 2

13 year female presents for a well visit

- Privately, patient confides how hard virtual learning was for her – she thought she would be “better off dead” but “could not imagine doing that to my parents or brother”
- PHQ-A total score is 12 (including prior remote thoughts of SI)

- What are the challenges with this case?
- Is this a positive screen for depression?
- How do you respond to this screen?

	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
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

## CASES & CLINICAL PEARLS: CASE 3

13 year with diabetes presents for a low blood sugar

- He has missed a lot of school and presents with a very flat affect - states he is very frustrated with his diabetes
- His diabetes has been more poorly controlled since his grandmother passed away over the summer
- Mom is concerned about his mood but it has been hard to find time to address it, and she does not think he would participate in therapy
- He does not want to complete a depression questionnaire

- What are the challenges with this case?
- Is this a positive screen for depression?
- How do you respond to this screen?

	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
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

## CASES & CLINICAL PEARLS: CASE 4

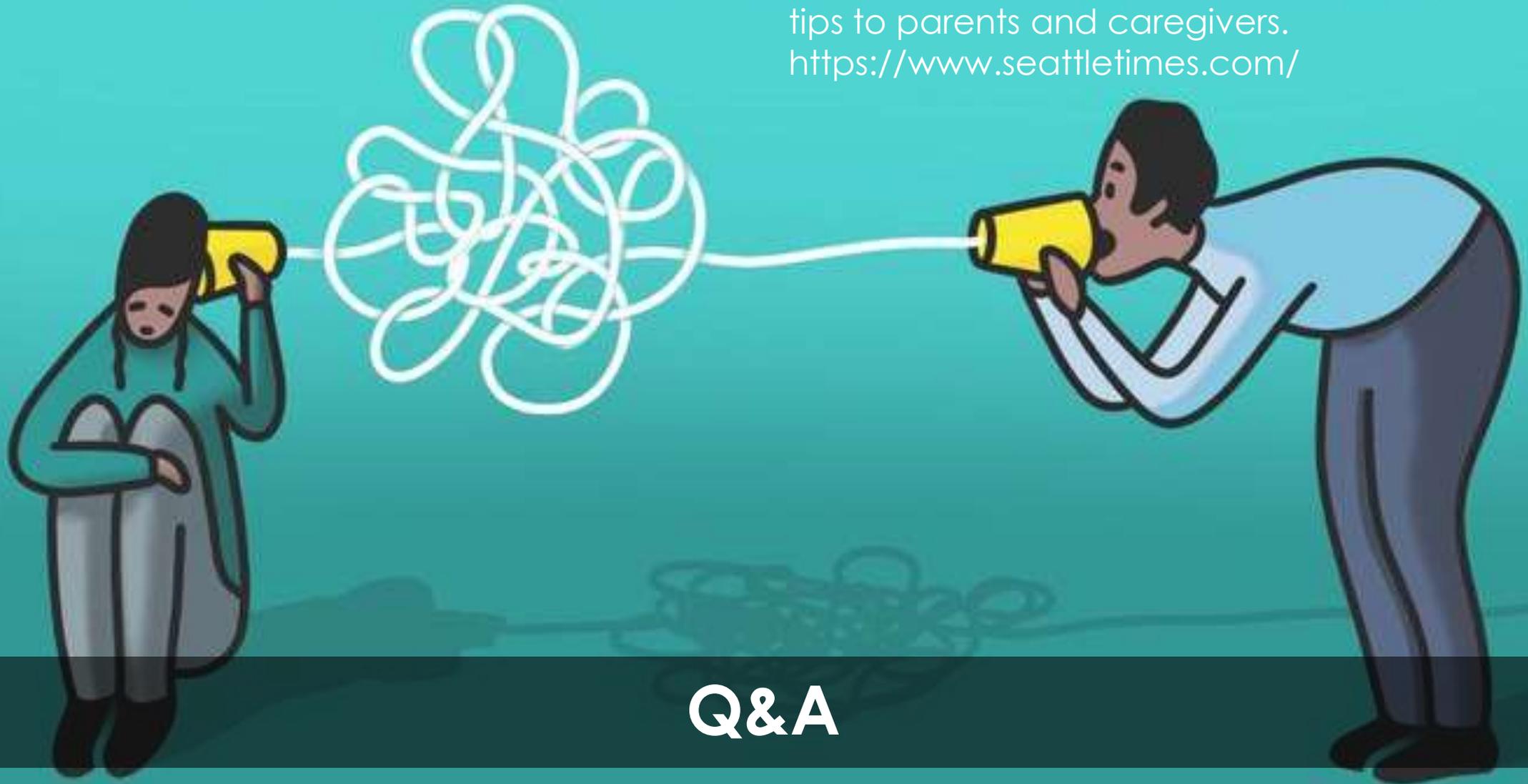
### 17yo high school senior presents for a sports physical

- She is overwhelmed by school and graduation requirements, is now missing school due to “not feeling motivated”
- She was admitted for depression/SI in middle school, when she experienced intense bullying on moving to the area
- Her PHQ9 is 17, she denies any current SI but feels very disabled by feelings of anxiety and worthlessness
- She is interested in medication but says her dad has strong feelings about not using medication that “alters her mind”

- What are the challenges with this case?
- Is this a positive screen for depression?
- How do you respond to this screen?

	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
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

Image Credit: Gabriel Campranario for the Seattle Times. From Baruchman, M (2022). How to talk to your child about their mental health: Experts offer tips to parents and caregivers. <https://www.seattletimes.com/>



**Q&A**

**Q&A SESSION:**  
WHAT CHALLENGES HAVE YOU EXPERIENCED DISCUSSING  
DEPRESSION SCREENING RESULTS OR MENTAL HEALTH CONCERNS  
WITH YOUTH AND CAREGIVERS?



**Patricia Kapunan, MD, MPH**  
Adolescent Medicine Specialist



**Jean Fletcher, CPNP**  
Adolescent Medicine NP  
Pediatric Primary Care MH Specialist

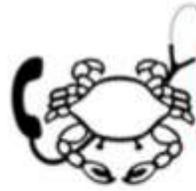


ASK for help

Trust your instincts

# RESOURCES

# SAY IT OUT LOUD



# BHIPP

**Maryland Behavioral Health  
Integration in Pediatric Primary Care**

855-MD-BHIPP

855-632-4477 M-F 9AM-5PM

HOME

ABOUT US

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## About Us



### WHAT WE DO

Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP) supports the efforts of primary care and emergency medicine professionals to assess and manage the mental health needs of their patients from infancy through the transition to young-adulthood through the following services:

#### Consultation Warmline

Child mental health specialists are available Monday - Friday, 9am-5pm (except major holidays) to provide consultation in many areas of behavioral health including medication management, diagnostic issues, developmental delays, school/learning issues, autism spectrum disorders, trauma, and early childhood mental health. Click [here](#) for more information.

# NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

Home | About | Our Work | Annual Conference | SHAPE | Webinars | Resources | DEIA | COVID-19 | Connect

**NCSMH**  
NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

NCSMH provides training and technical assistance to support school mental health nationwide [LEARN MORE](#)

**National Center for School Mental Health (NCSMH)**

Home

About >

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Annual Conference

**Welcome to the National Center for School Mental Health.**

The mission of the National Center for School Mental Health (NCSMH) is to **strengthen policies and programs** in school mental health to **improve learning and promote success** for America's youth. From its inception in 1995, the Center's leadership and interdisciplinary staff has promoted the importance of providing mental health services to children, adolescents, and families directly in schools and communities.

**NCSMH Twitter Feed**

**Tweets from @NCSMHtweets**

National Center f...  
@NCSM... · Nov 18  
This Sunday 11/20 is the.

DIVISION OF STUDENT SUPPORT, ACADEMIC ENRICHMENT, AND EDUCATIONAL POLICY

# Maryland School Mental Health Response Program (MD-SMHRP)

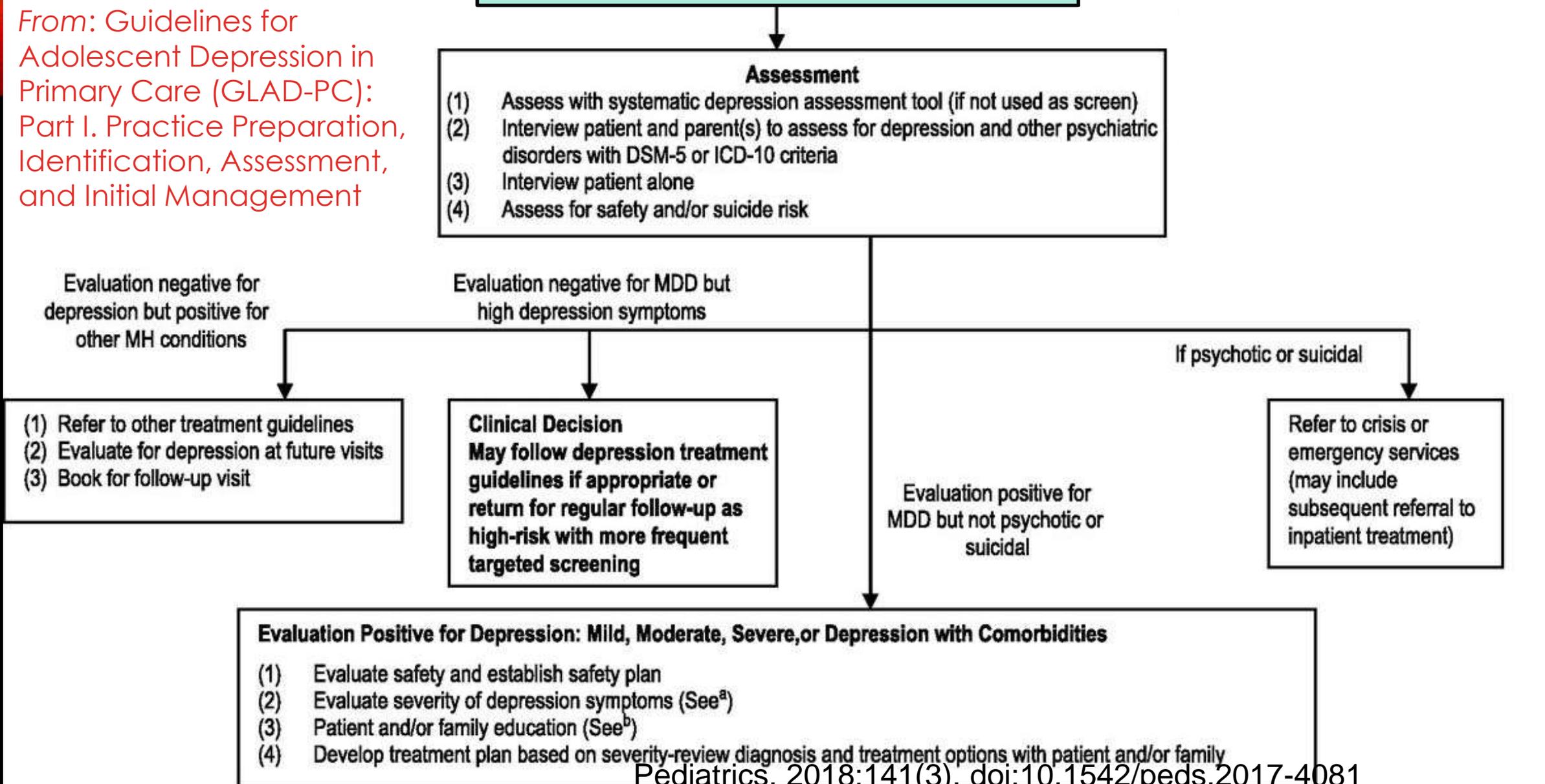
MARYLAND STATE DEPARTMENT OF EDUCATION 2022

Presented By | Director Mike Muempfer, and Project Coordinator  
Keisha Branch

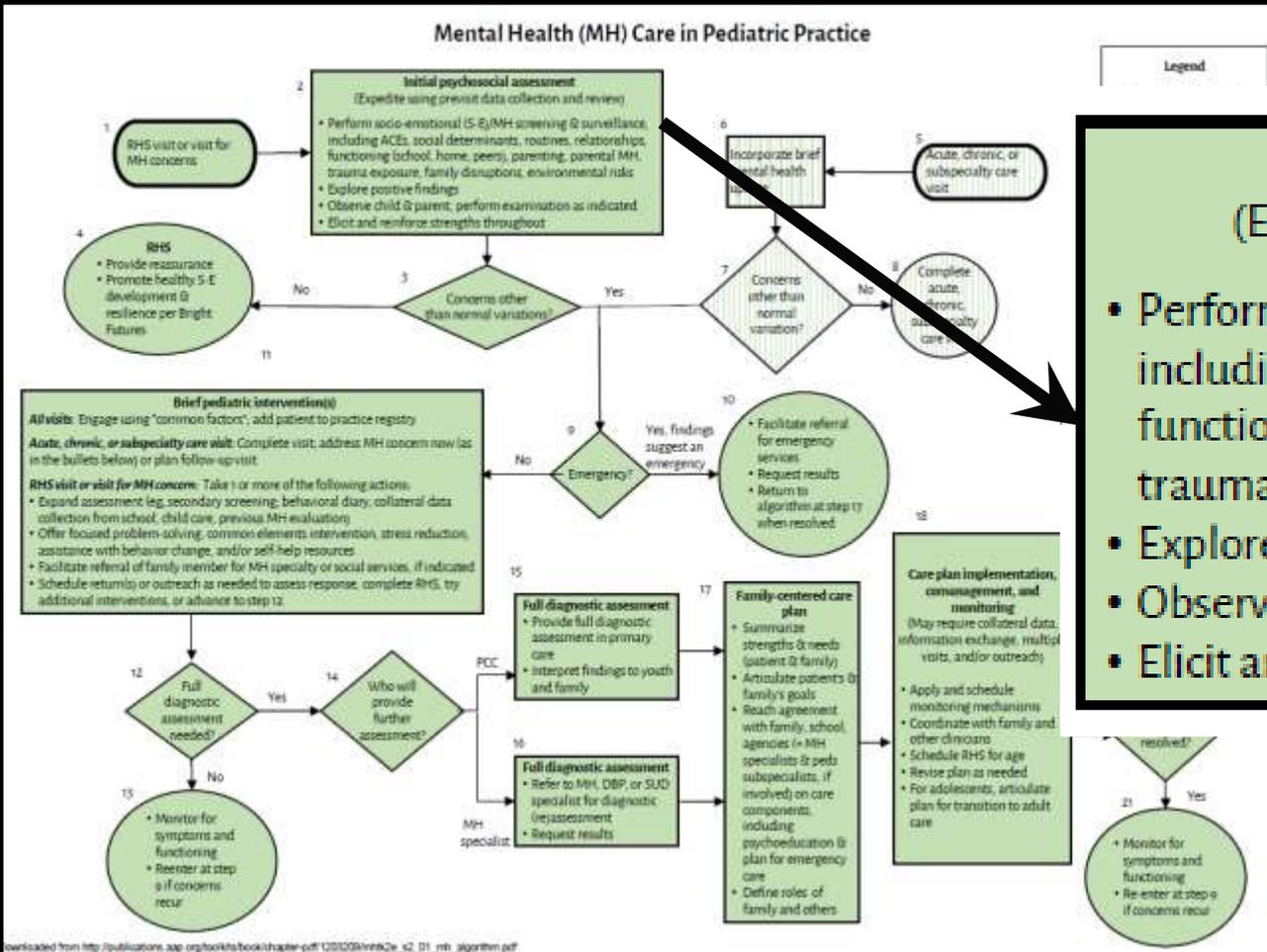


# POSITIVE SCREEN FOR DEPRESSION

From: Guidelines for Adolescent Depression in Primary Care (GLAD-PC): Part I. Practice Preparation, Identification, Assessment, and Initial Management



# AAP MENTAL HEALTH TOOLKIT: MENTAL HEALTH ALGORITHM

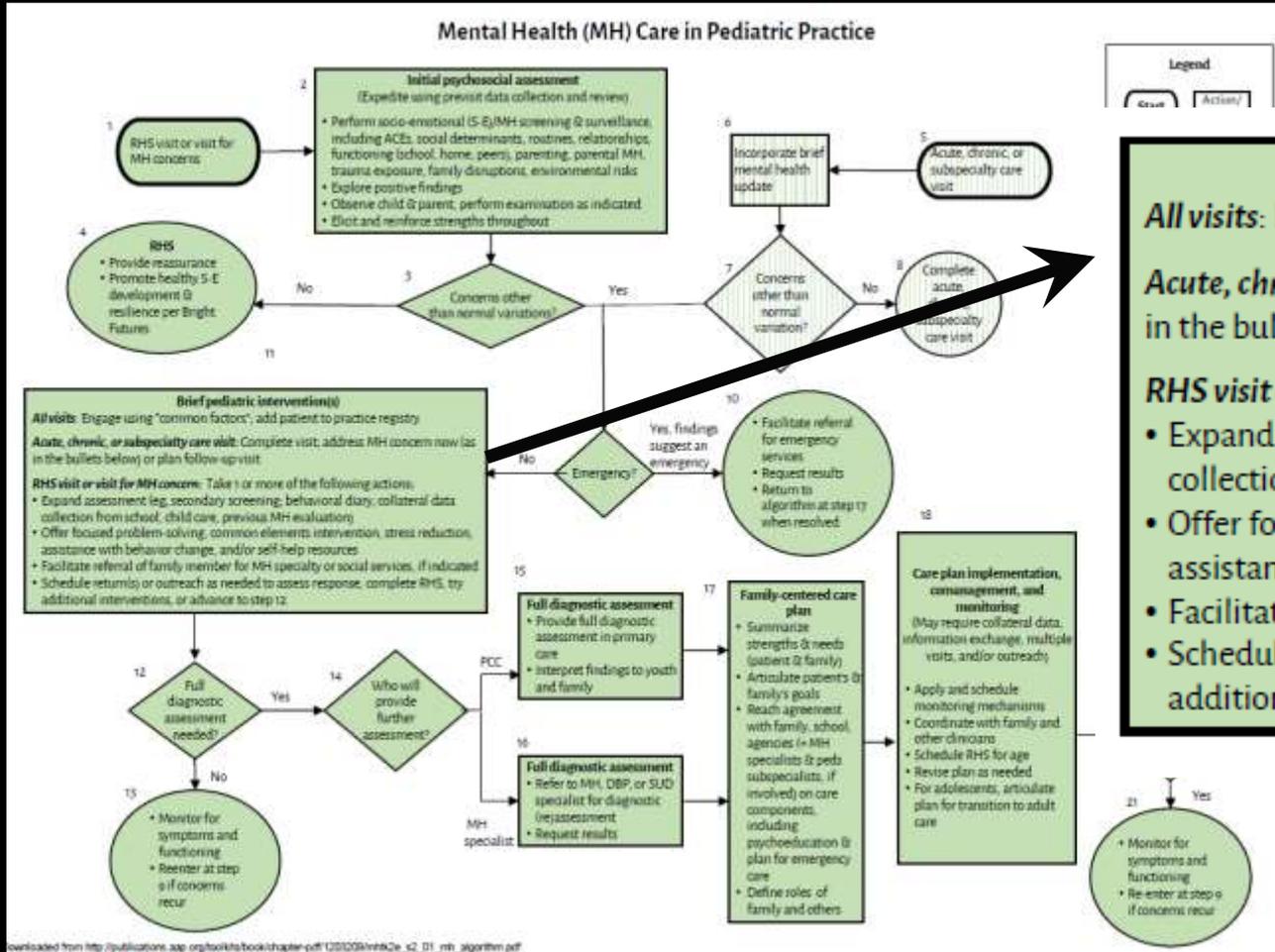


## Initial psychosocial assessment (Expedite using previsit data collection and review)

- Perform socio-emotional (S-E)/MH screening & surveillance, including ACEs, social determinants, routines, relationships, functioning (school, home, peers), parenting, parental MH, trauma exposure, family disruptions, environmental risks
- Explore positive findings
- Observe child & parent, perform examination as indicated
- Elicit and reinforce strengths throughout

<https://publications.aap.org/toolkits/pages/mental-health-toolkit>

# AAP MENTAL HEALTH TOOLKIT: MENTAL HEALTH ALGORITHM



**Brief pediatric intervention(s)**

*All visits:* Engage using "common factors"; add patient to practice registry

*Acute, chronic, or subspecialty care visit:* Complete visit; address MH concern now (as in the bullets below) or plan follow-up visit

*RHS visit or visit for MH concern:* Take 1 or more of the following actions:

- Expand assessment (eg, secondary screening; behavioral diary; collateral data collection from school, child care, previous MH evaluation)
- Offer focused problem-solving, common elements intervention, stress reduction, assistance with behavior change, and/or self-help resources
- Facilitate referral of family member for MH specialty or social services, if indicated
- Schedule return(s) or outreach as needed to assess response, complete RHS, try additional interventions, or advance to step 12

<https://publications.aap.org/toolkits/pages/mental-health-toolkit>

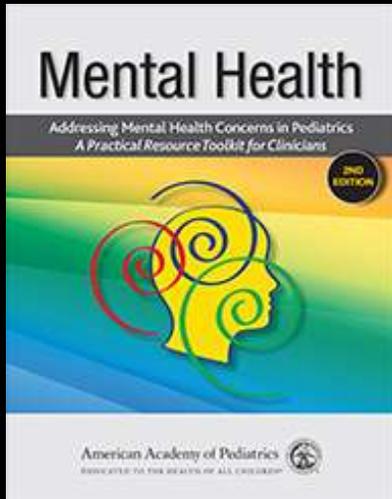
Downloaded from [http://publications.aap.org/toolkits/bookchapter-pdf/001009/mh2e\\_k2\\_01\\_mh\\_algorithm.pdf](http://publications.aap.org/toolkits/bookchapter-pdf/001009/mh2e_k2_01_mh_algorithm.pdf)

# AAP MENTAL HEALTH TOOLKIT: BRIEF INTERVENTIONS

## Brief Interventions for Use in the Visit

### *Specific Interventions With the “Common-Factors” Communication Approach*

- Common-Factors Approach: HELP to Build a Better Alliance
  - Efficiently Eliciting an Agenda and Settling on a Topic for the Visit
  - Determining Timing and Delivery of Advice
  - When People Seem Ambivalent About Acting on a Problem, Seem Unaware of a Problem, or Seem to Reject Advice
  - When Parents or Children or Teens Believe They Have Been Coerced Into Coming
  - Helping People Who Say They Are Stuck or Hopeless or Have Tried Everything
  - When Parents and Children Argue During the Visit
- 
- Family Handout: Guidelines for Special Time and Time In
  - Video: Professional Neutrality in Family Therapy
  - Video: Identifying and Focusing on Strengths
  - Video: Emphasizing the Positive While We Are Curbing Undesired Behavior



<https://publications.aap.org/toolkits/pages/mental-health-toolkit>

# AAP MENTAL HEALTH TOOLKIT: COOL TRAINING VIDEOS

## Pediatric Mental Health Minute Series

[Home](#) / [Patient Care](#) / Pediatric Mental Health Minute Series

### New Video Series on Mental Health

Designed to provide real-time education to support you as you care for children and youth with mental health disorders. These quick yet in-depth videos aim to improve your knowledge and skills, both during the current national crisis and in the future.

### Motivational Interviewing Video Resources - Implementing Mental Health Priorities in Practice

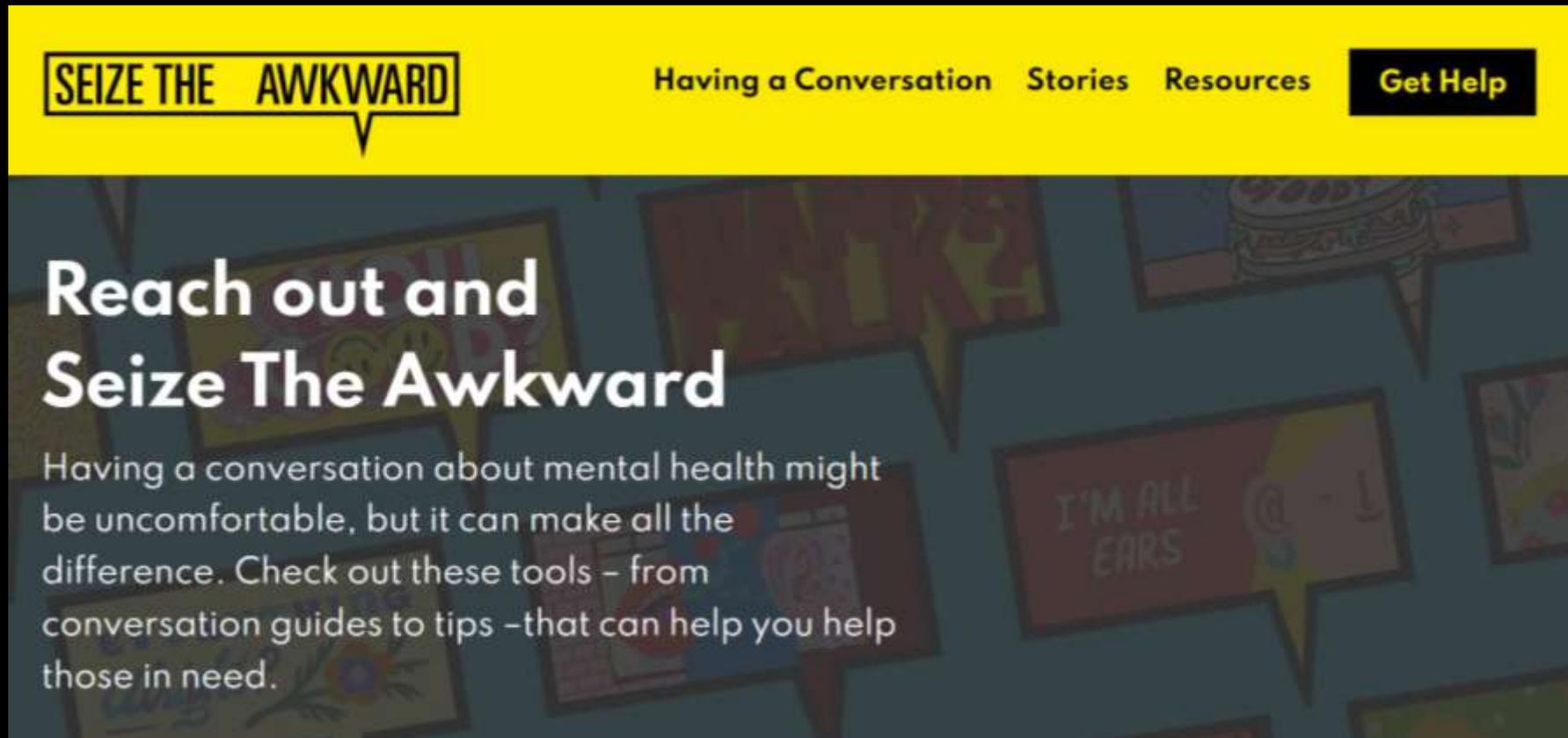
Engaging families to uncover and clarify mental health needs, give effective advice, and have therapeutic encounters with patients and families requires skill and practice. This resource is designed to leverage the techniques of motivational interviewing (or in the case of substance use, a brief intervention) to provide practical skills needed to elicit accurate mental health information and create behavior change in patients. Supported by the Friends of Children Fund.

This resource consists of 6 videos demonstrating examples of patient/family encounters that encompass the most difficult conversation areas for the following mental health topics:

- [Social Emotional Problems in Children Birth to 5](#)
- [Depression](#)
- [Inattention and Impulsivity](#)
- [Disruptive Behavior and Aggression](#)
- [Substance Use](#)
- [Self-Harm and Suicide](#)

<https://www.aap.org/en/patient-care/mental-health-initiatives/>

# RESOURCES FOR YOUTH: SUPPORTING MENTAL HEALTH CONVERSATIONS



**SEIZE THE AWKWARD**

Having a Conversation Stories Resources **Get Help**

## Reach out and Seize The Awkward

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools - from conversation guides to tips - that can help you help those in need.

<https://seizetheawkward.org/>

# RESOURCES FOR YOUTH: THE TREVOR PROJECT

**Our trained counselors understand the challenges LGBTQ young people face.**

They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you'd like.



**Text us from anywhere,  
anytime.**

Standard text messaging rates may apply.

Text 'START' to 678-678

[What to expect +](#)



<https://www.thetrevorproject.org/get-help/>

# RESOURCES FOR YOUTH: MENTAL HEALTH APPS

## Headspace for Teens

Headspace is now free for all teens in the US. If you're between the ages of 13-18 years old in the US, click below to learn more and how to sign up for Headspace for free through our partners:

[Sign yourself up through Peer Health Exchange](#)

[Sign up your school through Bring Change 2 Mind](#)



<https://www.headspace.com/teens/>

The image shows a banner for the Calm Harm app. On the left, a smartphone displays the app's logo, which is a blue stylized 'C' with a dot above it, and the text 'CALM HARM' below it. To the right of the phone, the text reads 'Worried about self-harm?' in large orange letters. Below this, in smaller blue text, it says 'Calm Harm is a free app that helps you manage or resist the urge to self-harm.' On the far right, there is a green, bean-like character with arms and legs, standing on a blue and orange path. At the bottom, there are two buttons: 'GET IT ON Google Play' and 'Available on the App Store'. The top of the banner has a navigation menu with links for 'ABOUT CALM HARM', 'SCREENSHOTS', 'REVIEWS', 'RESOURCES', 'FAQs', and 'SHOP', along with a shopping bag icon and a Facebook icon.

<https://calmharm.co.uk/>

Image Credit: From McCarthy, C (2022). The mental health crisis among children and teens: How parents can help. <https://www.health.harvard.edu/>

**patricia\_kapunan@mcpsmd.org**



**jfletche@childrensnational.org**



**THANK YOU FOR CARING FOR YOUTH.**