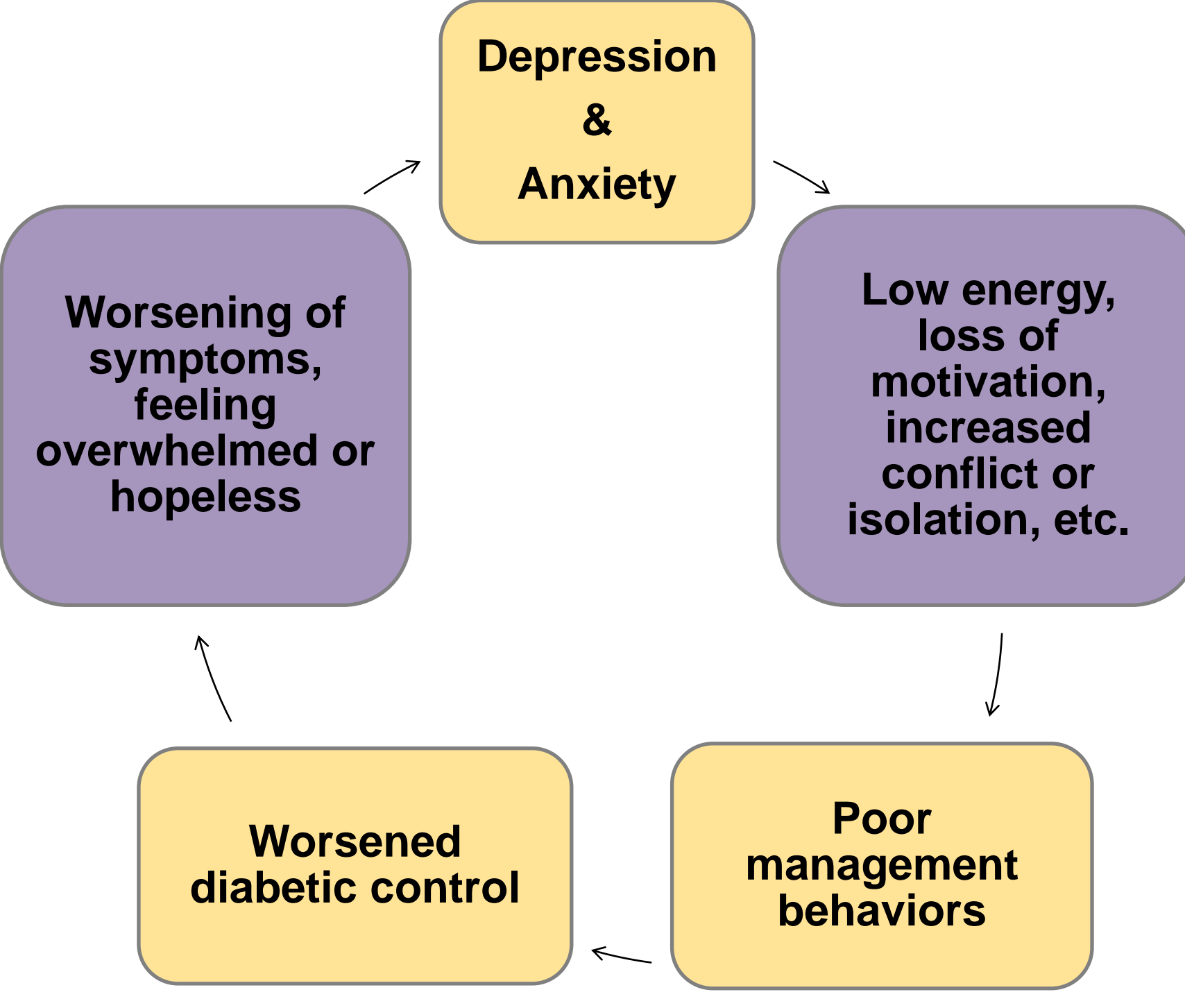


Increasing Utilization of Mental Health Resources by Adolescents Screening Positive for Depression and Anxiety at the ECU Pediatric Diabetes Clinic

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BACKGROUND



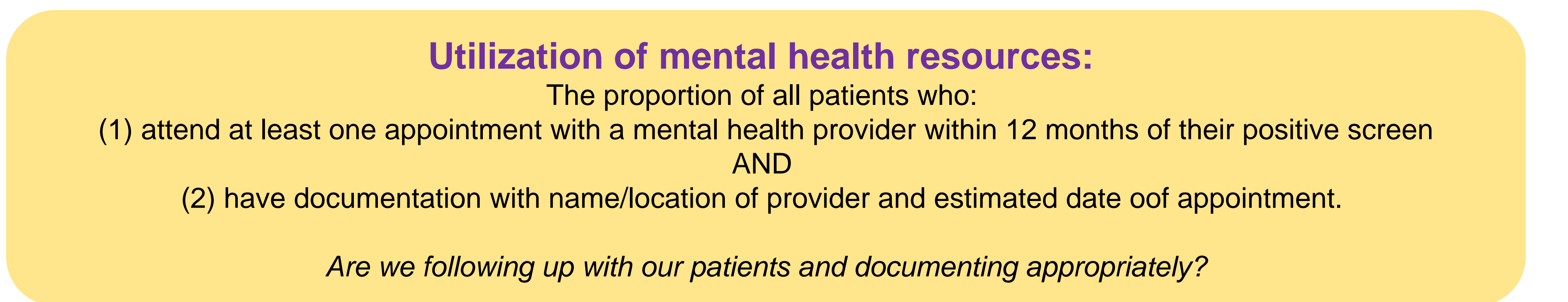
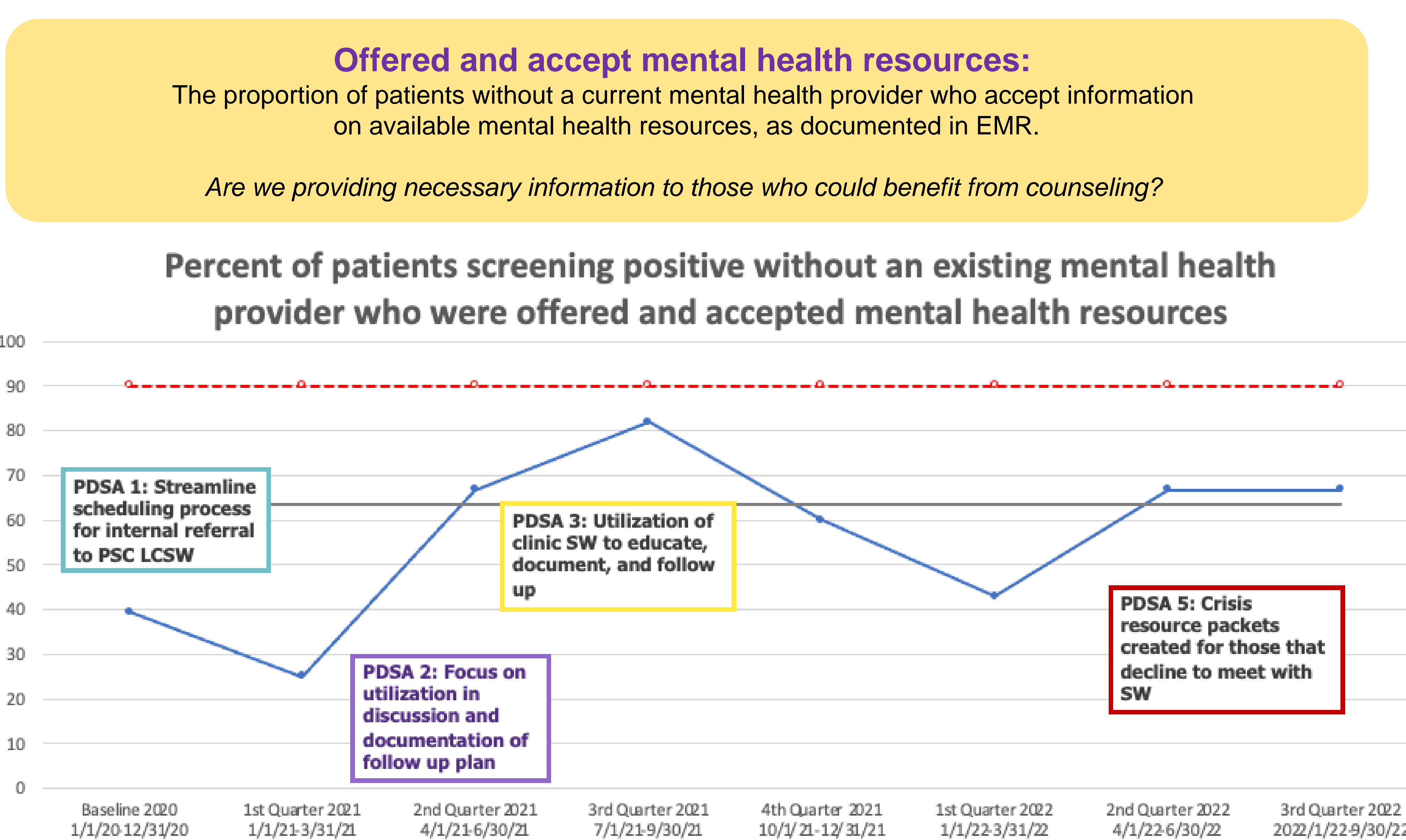
In 2020, the Pediatric Specialty Clinic successfully implemented a screening process for adolescents using the PHQ-9 for depression and GAD-7 for anxiety

But what were we doing once we identified concerns for depression, anxiety, or self harm?

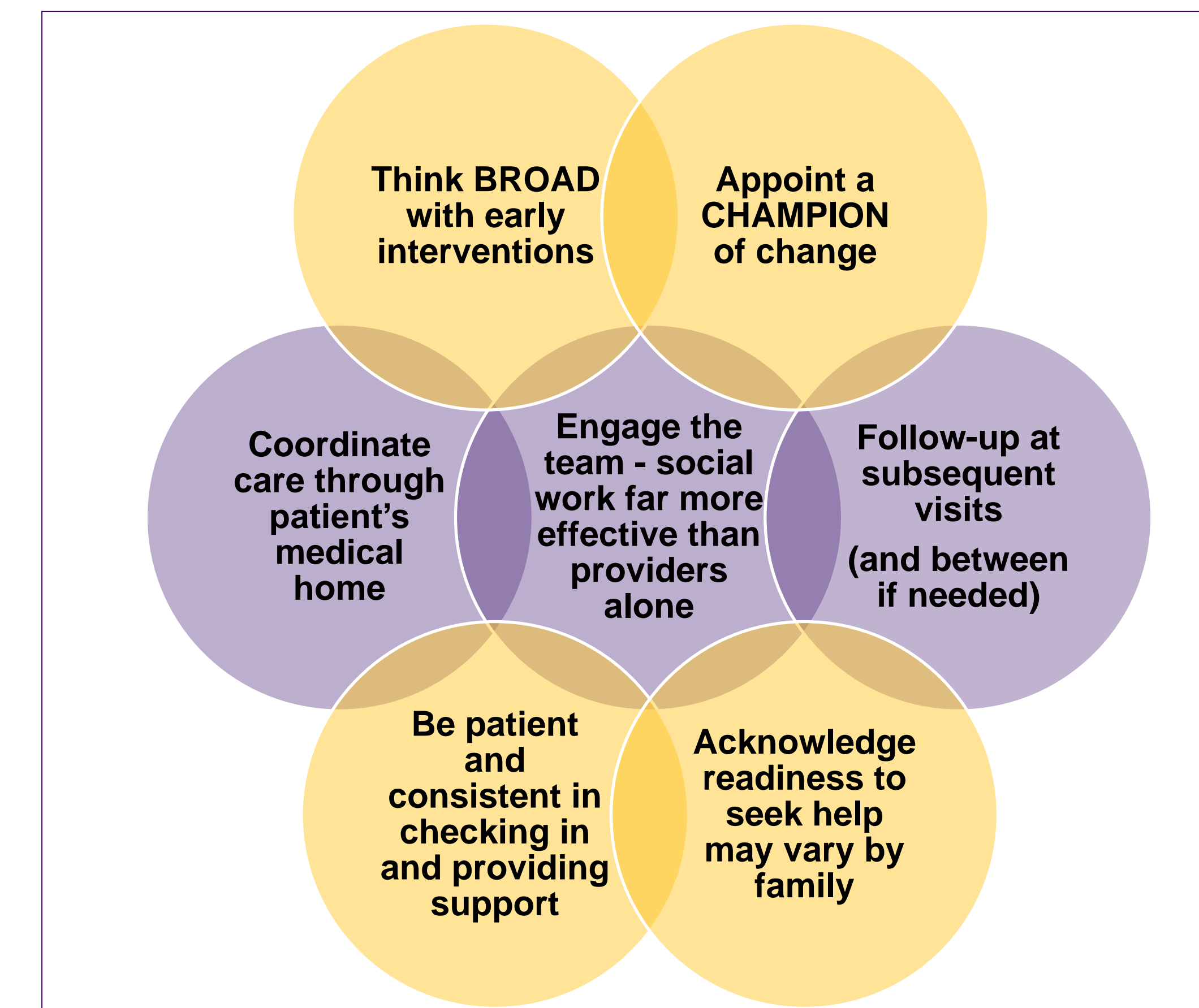
40% Only... **21%**

were given resources to seek out mental health care utilized mental health resources within 1 year of their positive screen

MEASURES, PDSA CYCLES, AND RESULTS



LESSONS LEARNED



NEXT STEPS

- Continue to screen → counsel → provide resources → follow up → assess utilization.
- Follow patients who utilize mental health services (or not) to assess whether they have improvement in:
 - **Disease control** as measured by HgbA1c or time in target
 - **Disease management behaviors** as measured by number of finger sticks or % of time wearing continuous glucose monitor
- **Scale up and Spread** - our protocol utilizing clinical social workers to discuss moderately to severely positive PHQ-9 screens has now been **formalized as a standardized operating procedure and expanded to the entire Pediatric Specialty Clinic!**

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PROJECT AIM

By **October 2022** we aimed to:

1. Increase the percentage of qualifying patients without an established mental health provider who are **offered and accept** mental health resources from **40% to 90%**.
2. Increase **confirmed utilization** of mental health resources for all patients with moderate to severely positive screens from **21% to 50%**.

Inclusion Criteria:

- Adolescents between 12 and 21 years old
- Seen in ECU Pediatric Endocrinology Diabetes Clinic
- Moderately to severely positive score (≥ 10) on at least one measure and/or self-harm concern

Documentation must include:

- **Offered and accepted:** Discussion of positive screen, type of resources provided
- **Utilization:** Name of mental health provider and approximate date of last visit