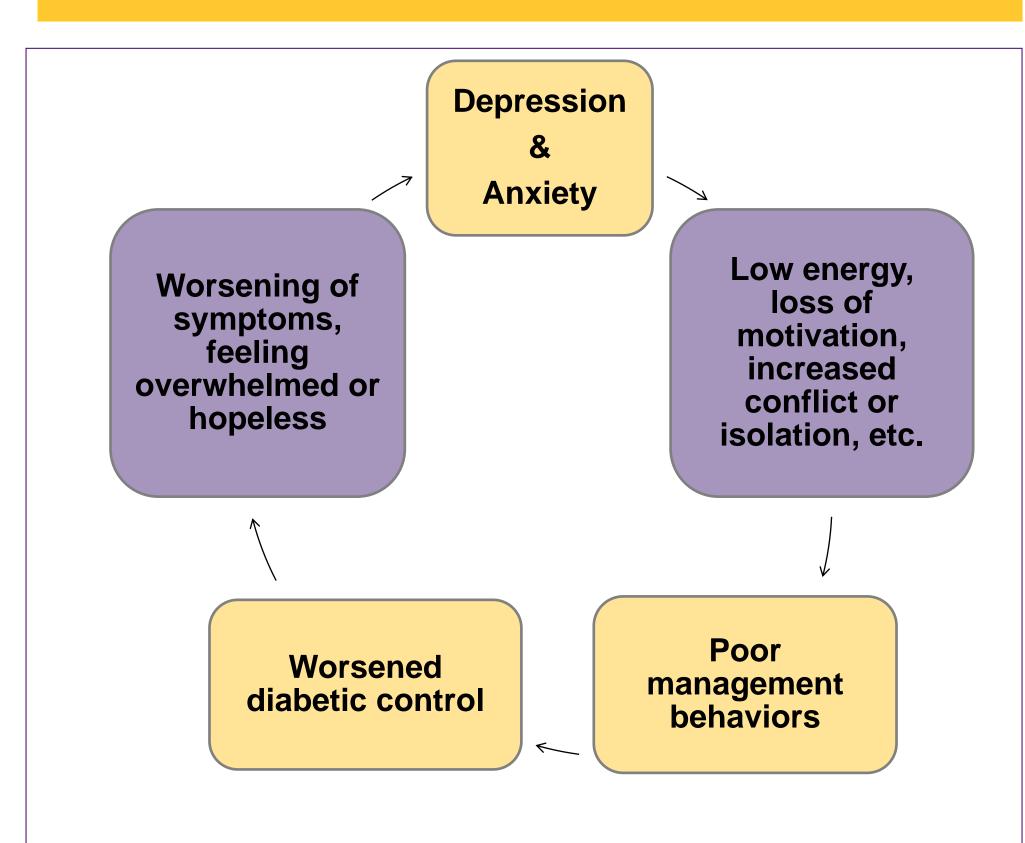


Increasing Utilization of Mental Health Resources by Adolescents Screening Positive for Depression and Anxiety at the ECU Pediatric Diabetes Clinic

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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?

were given resources to seek out mental health care

Only...

utilized mental health resources within 1 year of their positive screen

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

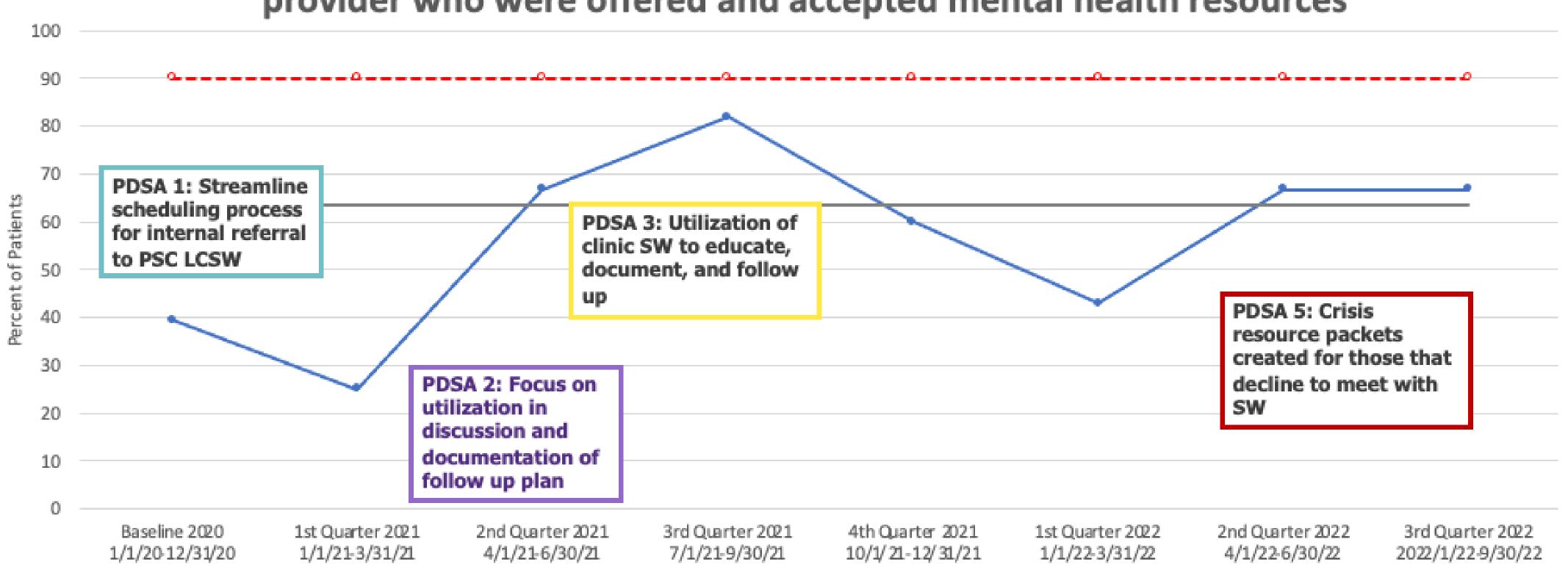
MEASURES, PDSA CYCLES, AND RESULTS

Offered and accept mental health resources:

The proportion of patients without a current mental health provider who accept information on available mental health resources, as documented in EMR.

Are we providing necessary information to those who could benefit from counseling?

Percent of patients screening positive without an existing mental health provider who were offered and accepted mental health resources



Utilization of mental health resources:

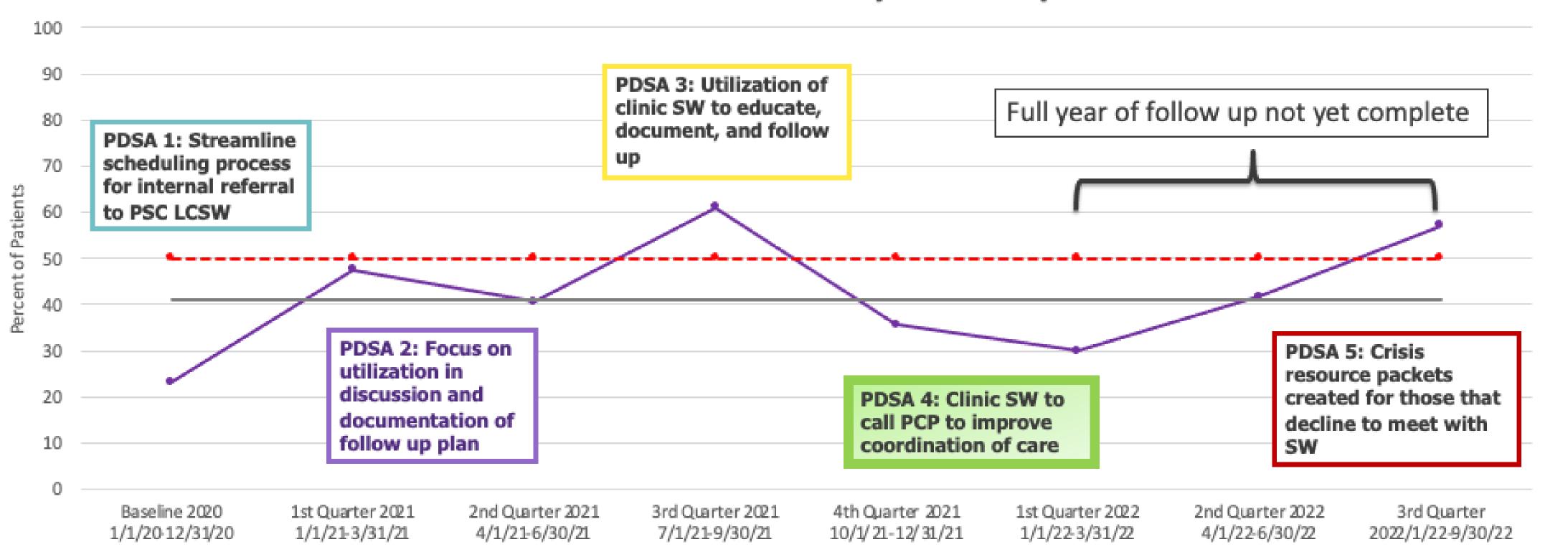
The proportion of all patients who:

(1) attend at least one appointment with a mental health provider within 12 months of their positive screen

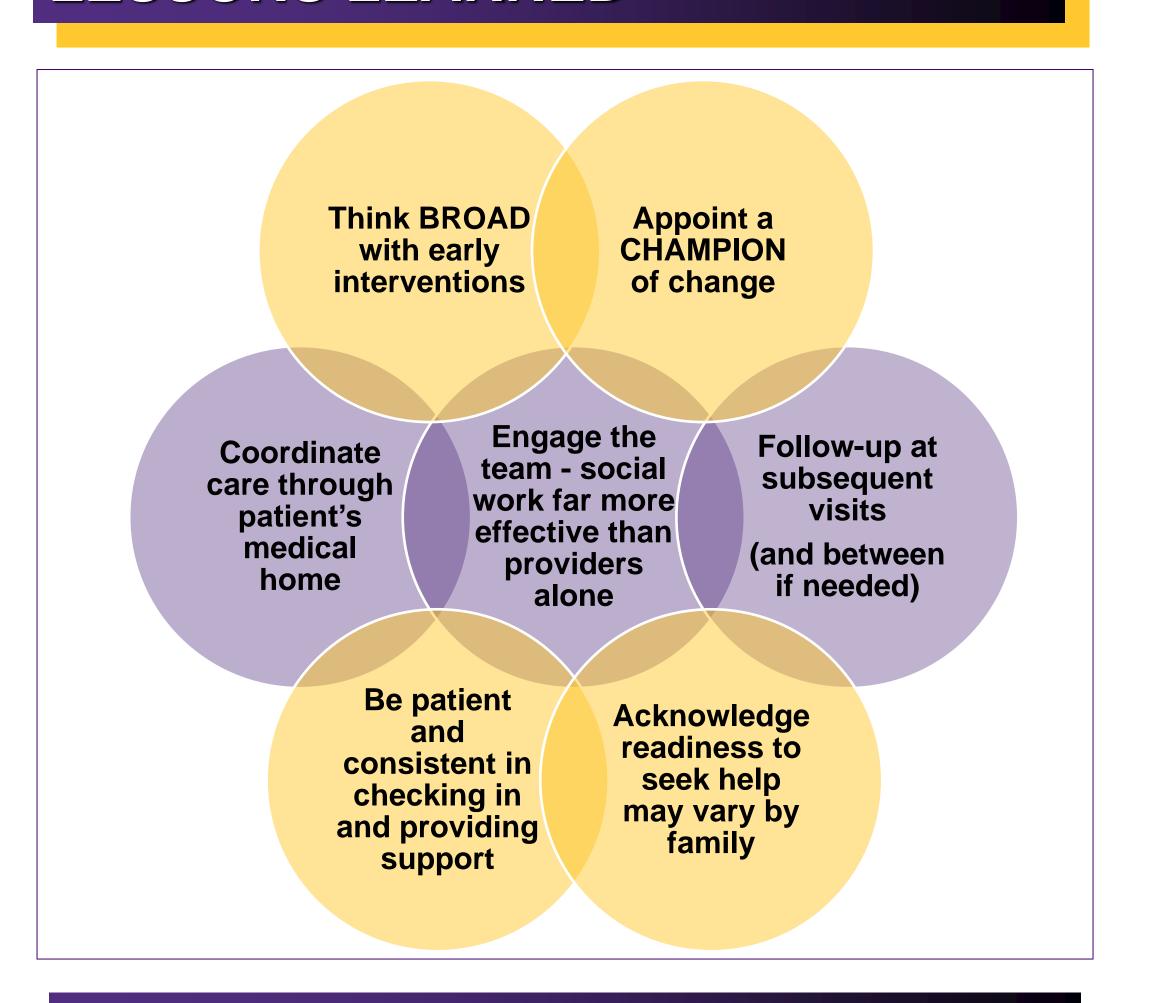
(2) have documentation with name/location of provider and estimated date oof appointment.

Are we following up with our patients and documenting appropriately?

Percentage of patients with positive screens who have confirmed utilization of mental health resources within one year after positive screen



LESSONS LEARNED



NEXT STEPS

- Continue to screen \rightarrow counsel \rightarrow provide resources \rightarrow 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 works 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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