

Adolescent Depression: Screening and Managing in Primary Care - Plus Overview of Behavioral Activation

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Increasing trend

- 12 month prevalence of major depressive episode increased between 2005-2014 (8.7% to 11.3%)
 - Mojtabai, Olfson & Han (2016)
- Up to 9% of teens are depressed at any one time...as many as 28% in primary care
 - GLAD PC - Cheung et al. (2018)

How Does Teen Depression Show Up in Your Office?



Screening & Differential

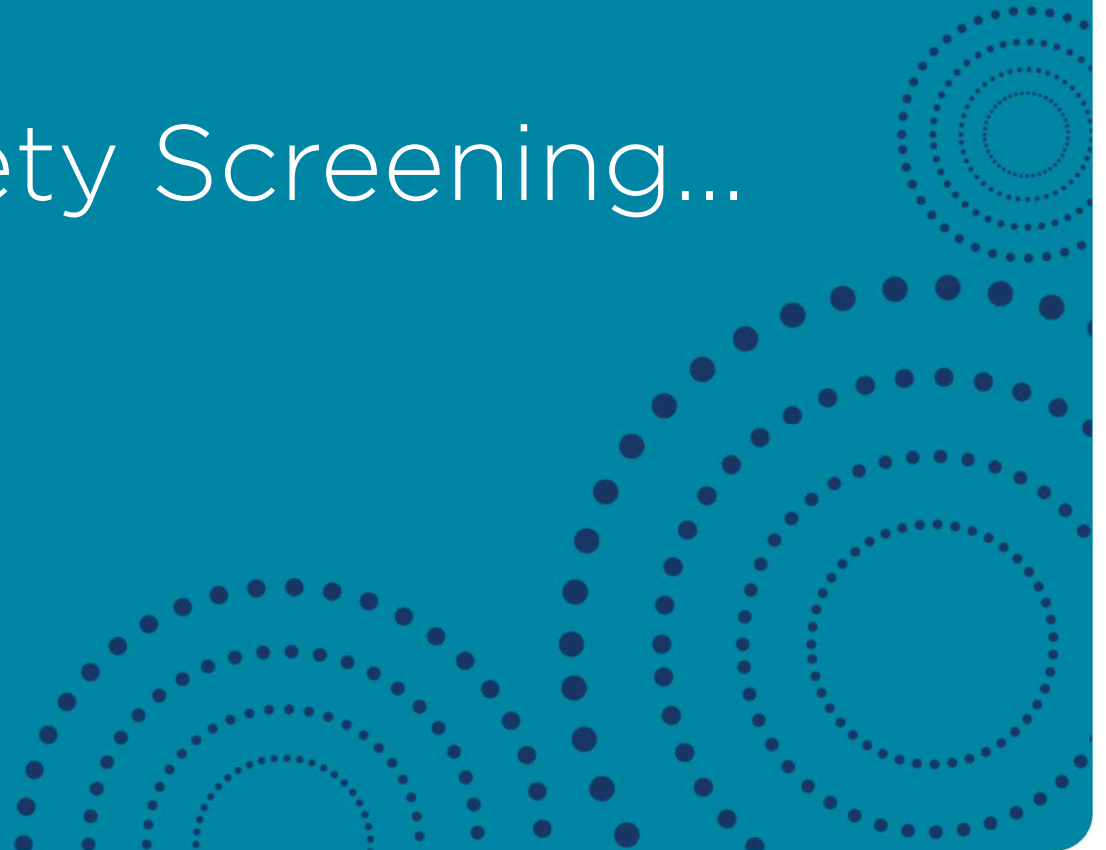


Measures, translations

- Translated measures and scoring instructions available here:

<http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/assessment.html>

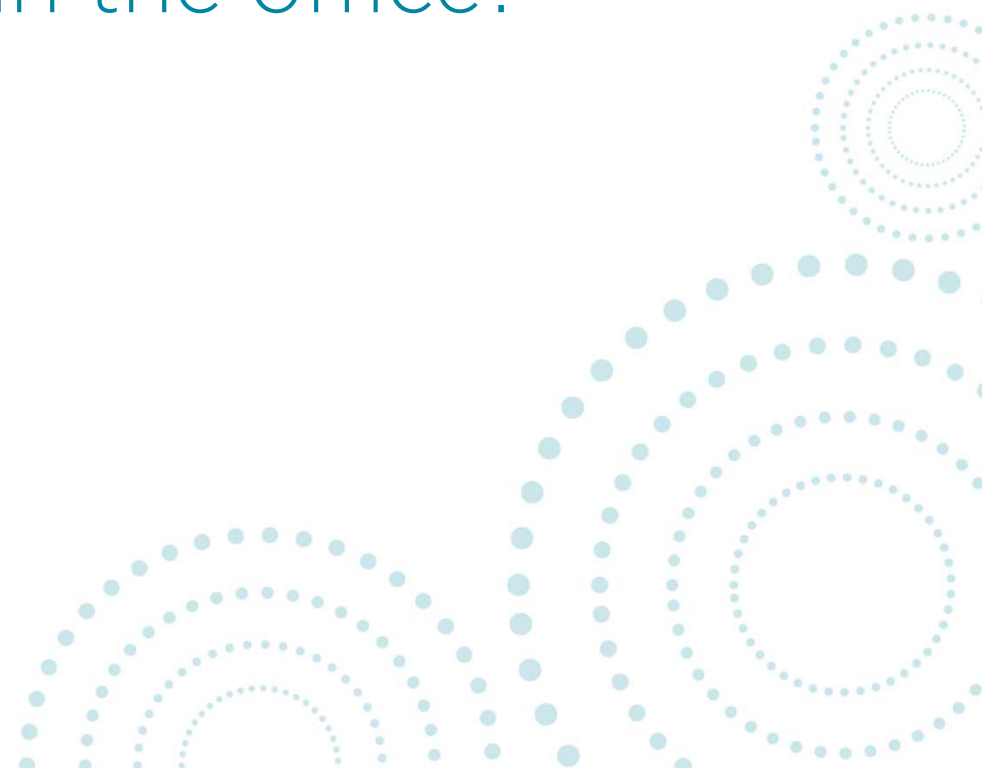
Suicide/Safety Screening...



Evaluating and Managing Safety Risk

- Columbia SSRS: <http://cssrs.columbia.edu/>
- WICHE/SPRC Suicide Prevention Toolkit for Primary Care:
https://www.wiche.edu/files/files/Suicide_Prevention_Toolkit_US_April_2018.pdf
- Crisis prevention planning handout
- Home safety handout

Suicide/safety risks identified...
what happens in the office?



Patient/parent education

- Depression psychoeducation handout for teens/caregivers:
<http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/6%20CBT%20for%20Depression/Depression%20Information%202011.pdf>

What Can a Primary Care Provider DO for Teen Depression?



Normalize sleep patterns

- NIGHTTIME:
 - Sleep hygiene
 - Set aside enough hours (~ 9 hours recommended for teens)
- DAYTIME: Eliminate long naps



Sleep resources

- Care Guide Sleep Hygiene Handout

- Sleep tips for teens:

<http://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Sleep/Sleep%20Tips%20for%20Teens.pdf>



Behavioral Activation

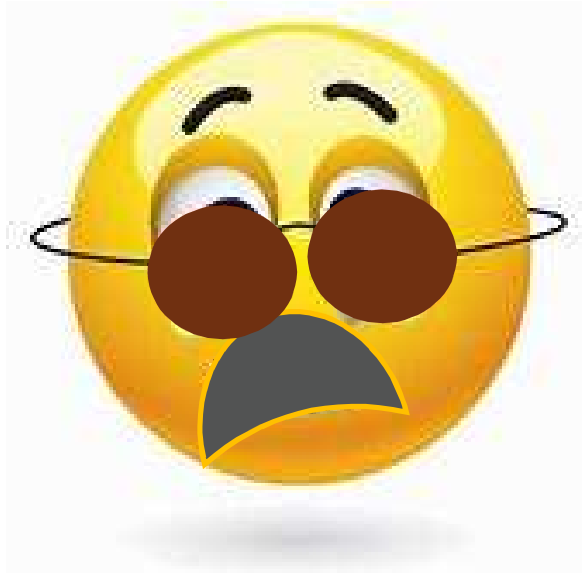


Behavioral Activation

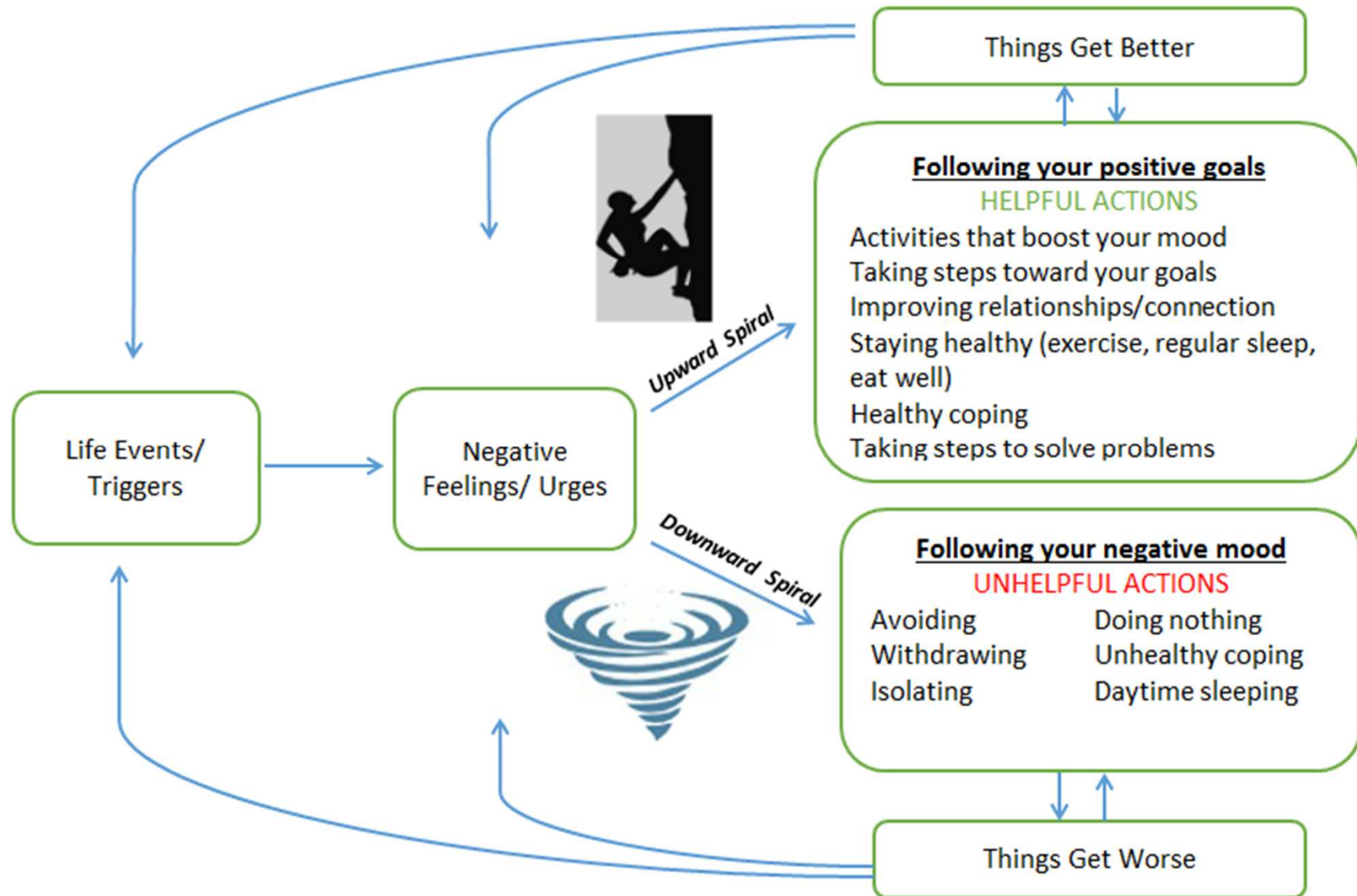
BA = Positive opposite of withdrawal and inaction







Positive and Negative Mood Spirals



Referral Stats Question...

- Among commercially insured, positive screen (depressed) adolescents....
 - How many families accepted the PCP's referral for MH support?
 - How many completed a face-to-face encounter in the next 180 days?

Hacker et al., 2014

Common Referral Challenges

- Structural?
- Interfering teen concerns/beliefs?
- Interfering parent concerns/beliefs?

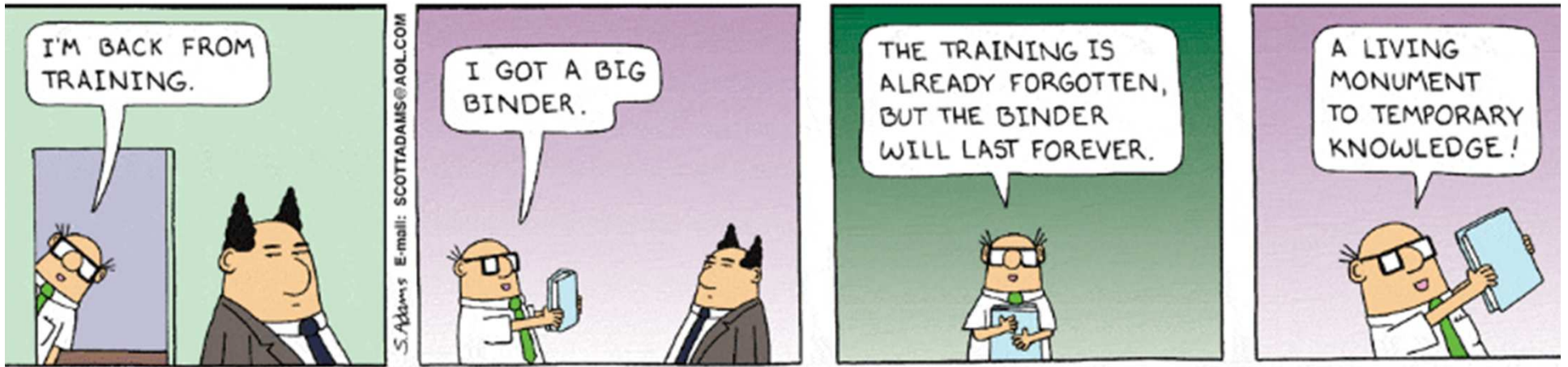
Common Referral Challenges

- Structural?
 - Access, integration issues?
- Interfering teen concerns/beliefs?
 - Rejecting dx, minimizing, stigma, refusing to discuss sx with family, wanting to manage sx on their own, linking tx with personal weakness, not willing to confide in therapist, MH is for “crazy” people, fears of hospitalization, prior negative MH experiences
- Interfering parent concerns/beliefs?
 - Rejecting dx, minimizing, parent negative attitudes about teen, low resources/social supports (e.g., can't miss work), parent-parent conflicts, stigma, defensiveness/feeling judged, fears about MH provider judging/evaluating, parent own unmet MH needs, parent unwilling to push teen if reluctant, parent concerns about confidentiality/family secrets, parent is abusive

Practice!

- Role play in groups of 3. (PCP, teen, parent/caregiver)
- Whoever plays PCP chooses age and sex of patient.
- Assume teen shows major depression without imminent safety risks.
- Pick 2-3 barriers and tackle! If you get stuck, swap out for one another or raise hand.

Set an Intention



Resources

- PAL Plus Depression Program Referral Portal
<http://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/pal-plus/referral-form/>
- PAL Depression Care Guide
<http://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/resources/>

References

- Mojtabai, R., Olfson, M., & Han, B. (2016). National trends in the prevalence and treatment of depression in adolescents and young adults. *Pediatrics*, e20161878.
- Cheung, A. H., Zuckerbrot, R. A., Jensen, P. S., Laraque, D., Stein, R. E., & GLAD-PC STEERING GROUP. (2018). Guidelines for adolescent depression in primary care (GLAD-PC): Part II. Treatment and ongoing management. *Pediatrics*, 141(3), e20174082.
- Hacker, K., Arsenault, L., Franco, I., Shaligram, D., Sidor, M., Olfson, M., & Goldstein, J. (2014). Referral and follow-up after mental health screening in commercially insured adolescents. *Journal of Adolescent Health*, 55(1), 17-23.
- Radovic, A., Reynolds, K., McCauley, H. L., Sucato, G. S., Stein, B. D., & Miller, E. (2015). Parents' role in adolescent depression care: primary care provider perspectives. *The Journal of pediatrics*, 167(4), 911-918.



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