



Screening and Intervention for Mental Health Issues in a Pediatric Clinic

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Problem

- National call to action
- Results from local middle school and high school surveys
 - 6% to 8% for the last six years compared to the state rate of 6% and the national rate of 2.6%. Over 50% of high school students (2002) and 42% of the middle grade students (2001) worried about depression.
- Initial report recommendations
 - increasing training of all caregivers on mental health, providing annual mental health screening for children in pediatric offices and in the transition to school and at other opportune times in a child's life, connecting families to resources, and improving public awareness of child mental health issues.

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Healthy Tomorrows Program

- Funding from the Maternal and Child Health Bureau
- GOALS
 - To assure that Cambridge children receive Bright Futures Mental Health Screening as part of their annual pediatric visit.
 - Refer children deemed to be at risk to a social worker co-located in pediatrics
 - Provide a social work intervention to children who screen positively for mental health issues
 - To provide children screened at risk with coordinated care between school nurse and primary care provider
 - Improve pediatricians' use and acceptance of BFMH recommendations
 - to assure adequate reimbursement for intervention services to secure sustainability.

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Pediatric Symptom Checklist

- Developed by Drs. Jellineck and Murphy
- Validated instrument
- Easy to complete
- Translated into 6 languages

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Evaluation Guiding Questions

- Did the number of children identified with mental health issues increase with the addition of a mental health screening tool compared to the baseline?
- Did the number of children who were referred to mental health services increase compared to baseline?
- Did children who were enrolled in the social work intervention show improvement in symptoms and school indicators as measured by PSC, absences, tardiness, and grades as compared to those who refuse?
- What was the net cost of the intervention under current billing and funding mechanisms?

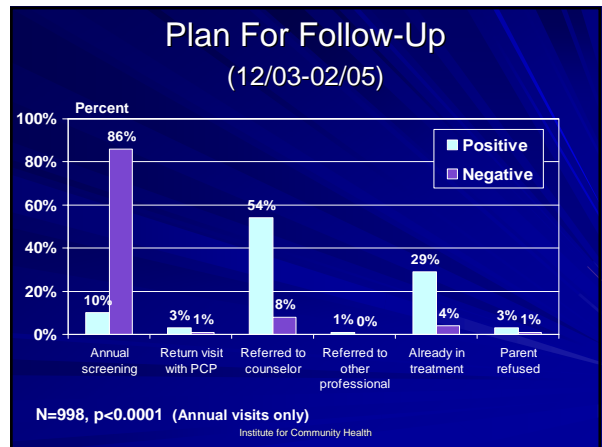
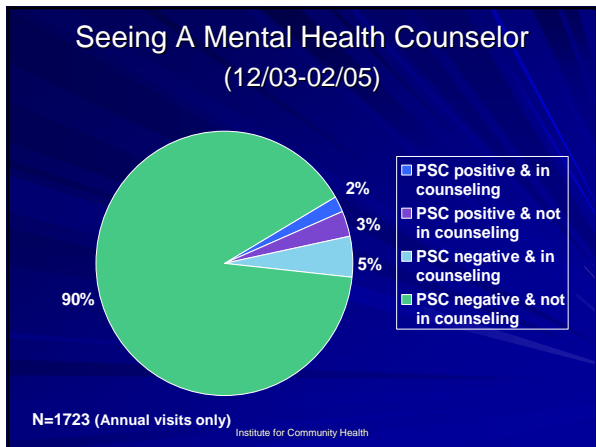
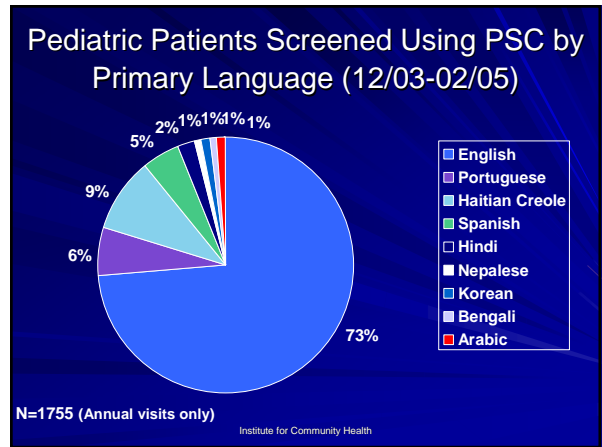
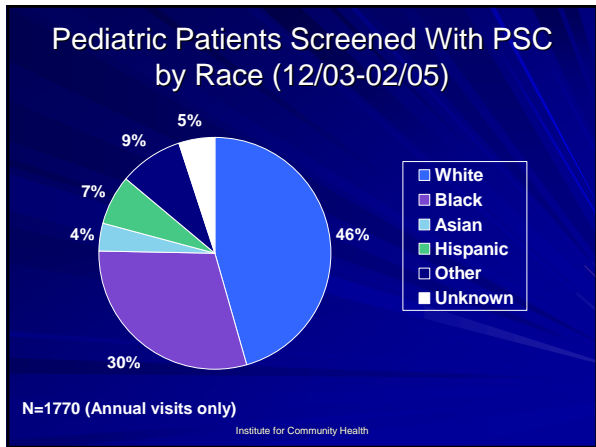
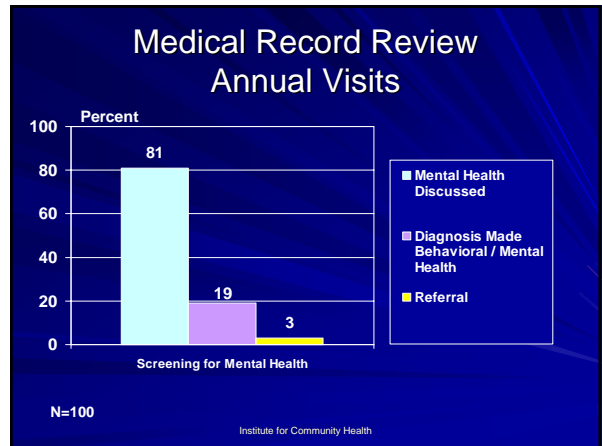
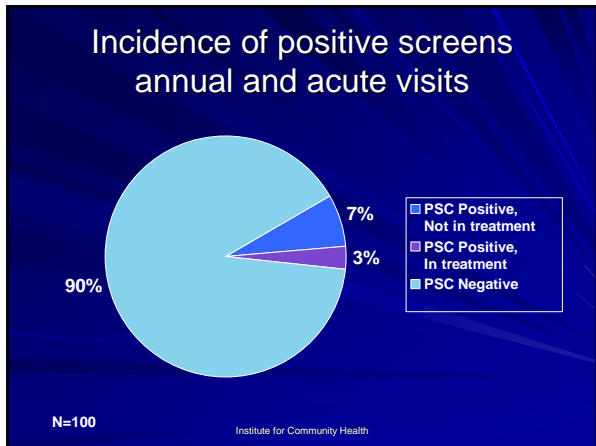
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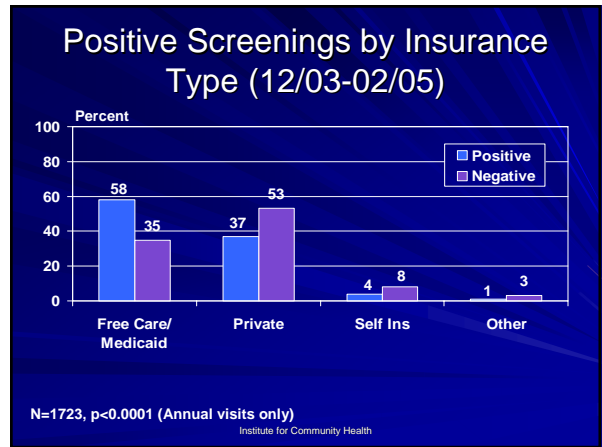
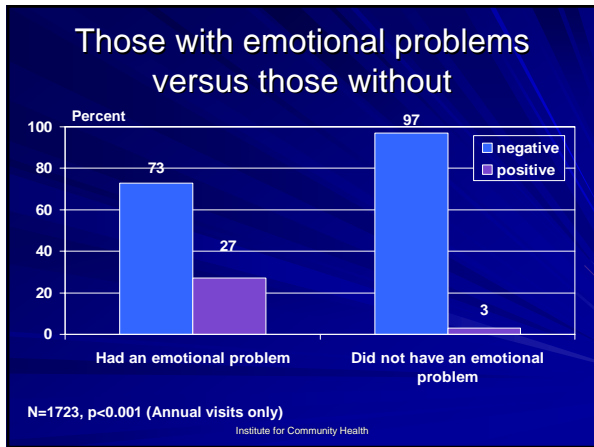
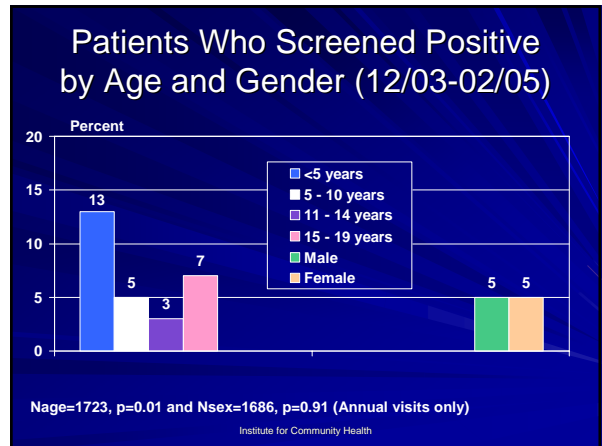
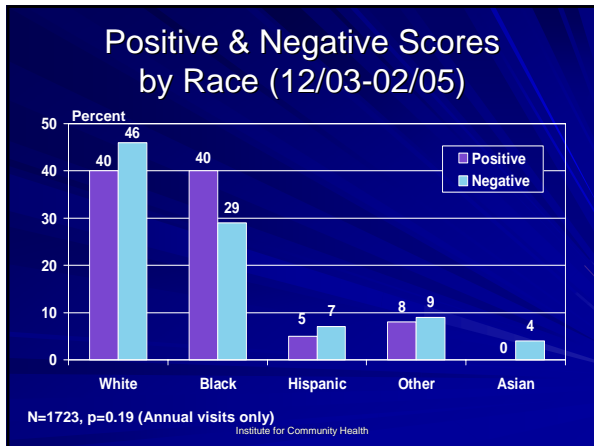
Pediatric perspective

- 43% of Pediatric providers did not feel the current referral system was effective
- 86% did not feel their current mental health screening was effective
- 72% did not feel they had adequate time to discuss these issues with patients
- 100% did not feel they were adequately reimbursed for discussion of mental health issues.

N=7

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Preliminary conclusions

- The use of the PSC and co-location of a social worker has raised the level of awareness about mental health in the pediatric clinic
- Those with free care and Medicaid were significantly more likely to score positively on PSC than those who were privately insured
- Parents awareness about emotional needs of children was significantly associated with positive screen

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