

Free Implementation Materials for Screening in Medical Settings

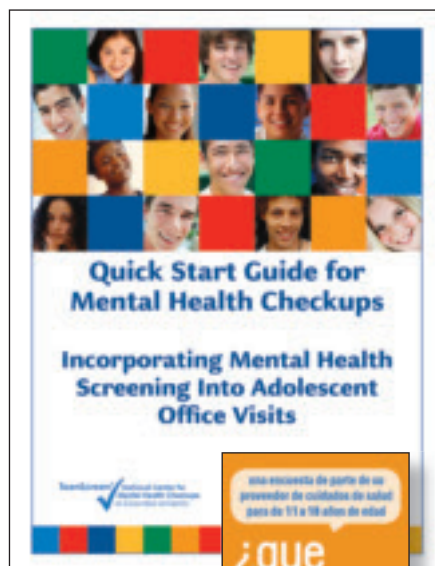
TeenScreen Primary Care offers medical providers free access to evidence-based resources to help them offer annual mental health checkups to adolescent patients as part of routine health care. The materials offered include:

TeenScreen Primary Care Quick Start Guide

— This guide contains a free evidence-based screening questionnaire with administration and scoring instructions, information on how to interpret screening results, tips on making referrals to mental health providers, information on coding and reimbursement, and resources to prepare office staff to implement mental health checkups.

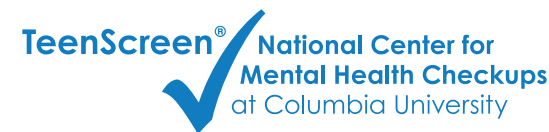
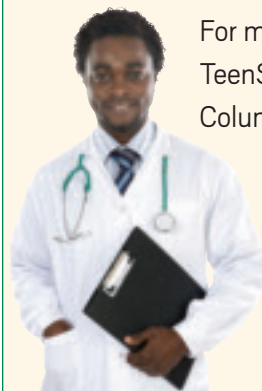
Teen Brochure — The “What’s On Your Mind” brochure contains a copy of the screening questionnaire and can be distributed to patients in the exam or waiting rooms.

Supplemental Materials — These materials, which are available upon request, include a PowerPoint presentation, the Mental Health Checkups Resource Guide, information about talking to patients and their parents about screening results, and additional information about coding and reimbursement.



TeenScreen[®] Primary Care

The TeenScreen National Center for Mental Health Checkups at Columbia University is a non-profit, privately funded mental health initiative. The mission of the National Center is to expand and improve early detection of mental illness by mainstreaming mental health checkups as a routine procedure in adolescent health care, schools, and other youth-serving settings. The National Center offers youth mental health checkups through two major national efforts, TeenScreen Primary Care and TeenScreen Schools and Communities. Voluntary screening is provided in more than 550 sites in 43 states through the National Center’s efforts. The National Center is an affiliate of the Columbia University Division of Child and Adolescent Psychiatry.

For more information about TeenScreen Primary Care and the TeenScreen National Center for Mental Health Checkups at Columbia University:

- Visit www.teenscreen.org
- Call **1-866-TEENSCREEN** (1-866-833-6727)
- Email MentalHealthCheckups@childpsych.columbia.edu.

TeenScreen[®] Primary Care



Become a Checkup Champion.

Checkup Champions are medical professionals, health care specialists, school professionals, and advocates who believe that mental health care should be part of whole health care. Champions advocate for adolescent mental health checkups to be part of the regular primary care visit.

References

1. Frankenfield D, et al. Adolescent patients—Healthy or hurting? Missed opportunities to screen for suicide risk in the primary care setting. *Arch. Ped. Adol. Med.* 2000;154:162-8.
2. Cooper, J., et al. (2007). Child and Youth Emergency Mental Health Care: A National Problem. New York, NY: National Center for Children in Poverty, Columbia University Mailman School of Public Health.
3. The National Research Council and the Institute of Medicine. (2009). Preventing mental, emotional and behavioral disorders among young people: Progress and possibilities.
4. Stancin, T., et al. (1997). A review of the behavioral screening practices in pediatric settings: Do they pass the test? *Developmental and Behavioral Pediatrics*, 18, 183-193.
5. Gould, M., et al., (2005). Evaluating Iatrogenic Risk of Youth Suicide Screening Programs: A Randomized Controlled Trial. *JAMA*, 293, 1635-1643.
6. Cooper, S., et al. (2006). Running out of time: Physician management of behavioral health concerns in rural pediatric primary care. *Pediatrics*, 118, 132-138.
7. Simonian, S. (2006). Screening and identification in pediatric primary care. *Behavior Modification*, 30, 114-131.
8. Navon, M., et al. (2001). Use of the Pediatric Symptom Checklist in strategies to improve preventative behavioral healthcare. *Psychiatric Services*, 52, 800-804.
9. Wren FJ, et al. Pediatric mood and anxiety syndromes in primary care: who gets identified? *Int J Psychiatr Med.* 2003;33 (1):1-16.
10. U.S. Department of Health and Human Services. (1999). Mental Health: A Report of the Surgeon General. Rockville, MD.
11. CDC, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2005) [June 9, 2008]. www.cdc.gov/ncipc/wisqars
12. Eaton, D., et al. (2008). Youth Risk Behavior Surveillance – United States, 2007. *Morbidity and Mortality Weekly Report, CDC*, 57, 1-131.
13. Office of Applied Studies. (2008). *Results from the 2007 National Survey on Drug Use and Health: National findings* (DHHS Publication No. SMA 08-4343, NSDUH Series H-34). Rockville, MD: SAMHSA.

TeenScreen[®] is a registered trademark of Columbia University. © 2003

PC/PCB/8.4.09/2000

TeenScreen[®] Primary Care

Making Mental Health Checkups a Primary Care



TeenScreen Primary Care

TeenScreen Primary Care is an initiative of the National Center for Mental Health Checkups at Columbia University designed to assist health care professionals with integrating mental health checkups into routine health care for adolescent patients.

TeenScreen Primary Care provides free evidence-based screening tools to medical providers to help them determine if their adolescent patients are suffering from depression, anxiety or other conditions and also ascertain if they are at risk for suicide.

TeenScreen's mental health checkup is designed for 11-to-18 year olds and involves a simple screening procedure in the form of a brief, evidence-based screening questionnaire that can be administered by a nurse or medical technician in the exam room or waiting room. The primary care provider (PCP) then discusses the screening results with the patient and further assesses any problem areas the patient endorsed on the questionnaire.

This evaluation is typically incorporated into well-child exams, Early and Periodic Screening, Diagnostic and Treatment (EPSDT) exams, sports physicals or other routine office visits.

Parents of adolescents found to be at risk are informed of the screening results and, when indicated, are provided assistance with obtaining further evaluation and/or treatment for their children. It is recommended that mental health checkups be conducted annually.

"We need an evidence-based process to do our job the right way. It's a breeze. It takes little time, the cost is nil, and it's not invasive. These teenage mental health screens can be standard operating procedure in every office."

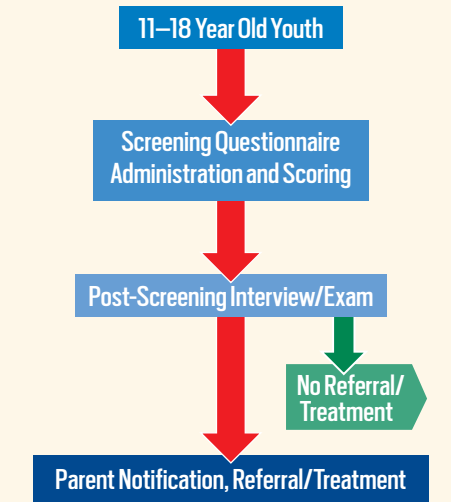


John H. Genrich, MD
Pediatrician
Colorado Springs, Colorado

TeenScreen's mental health checkup model was developed by Columbia University's Division of Child and Adolescent Psychiatry and has been at the forefront of early identification efforts for more than a decade.

TeenScreen has been recognized as a national model that has been implemented and evaluated in a variety of settings with diverse youth populations.

Steps in a Mental Health Checkup



Primary Care: Whole Health Assessment

Medical professionals, including pediatricians, family physicians and pediatric nurse practitioners, are in a unique position to screen their adolescent patients for depression and other mental illnesses as part of routine medical care. Because more than 70 percent of adolescents see their physician at least once each year, PCPs have an annual opportunity to screen their adolescent patients for mental illnesses as part of their regular whole health checkup.¹ Practice trends show PCPs are a growing source of care for mentally ill youth and their families.

"Teenagers have a hard time asking for help... I actually thought about hurting myself, not wanting to be here at all... Without the screening, I'm not sure how I would have gotten the help I needed."



Teen Mental Health Screening Participant

Child mental health-related visits to hospital emergency departments have also increased over the past decade, suggesting that emergency departments have become substitute sources of care for routine mental health problems.² PCP involvement in the mental health screening process and in referral for further evaluation and treatment could help offset this rise in emergency care.

Prevention: Screening in Primary Care Works

According to a 2009 report published by the Institute of Medicine and the National Research Council, 14 to 20 percent of adolescents experience mental, emotional or behavioral disorders at any given time, with the first symptoms of these disorders occurring two to four years before the onset of a full-blown disorder. Despite the lengthy window of opportunity for prevention, only one out of five adolescents between the ages of 12-17 who have a mental disorder receives treatment.³

Research shows that mental health checkups in the doctor's office can effectively find at-risk adolescents and identify depression and other mental disorders.⁴ In addition, research published in the *Journal of the American Medical Association* shows that screening is safe and does not cause youth to become depressed, suicidal or distressed.⁵

When identified early and treated appropriately, adolescents with depression and other mental illnesses can succeed in school and work, develop rewarding relationships, and avoid the years of suffering experienced by those unidentified and untreated.

"For 90 percent of my patients, it takes one minute to do this evaluation. The use of a screening tool... will make this evaluation easy and efficient, if made part of the regular adolescent exam."



James McGhee, MD, MPH, FAAP
Pediatrician
Henderson, Nevada

Mental Health in Pediatric Primary Care

Approximately **24%** of pediatric primary care visits involve behavioral, emotional or developmental concerns.⁶



At present, as many as two in three depressed youth are not identified by their primary care provider and do not receive any kind of care.⁷

Youth experiencing mental illness are likely to be more frequent visitors to their primary care providers.^{8,9}

Mental Illness and Suicide in Teens

11% of our nation's adolescents suffer from a serious mental illness that causes significant impairment.¹⁰



80% of mentally ill youth are not identified and do not receive mental health services.¹⁰

Suicide is the third leading cause of death for adolescents.¹¹

Every year, **15%** of U.S. high school (3 million) students think seriously about killing themselves.¹²



In 2007, **8%** of adolescents (2 million youth aged 12 to 17) experienced at least one major depressive episode (MDE) in the past year; only two fifths (38.9%) received treatment.¹³

Support for Mental Health Checkups



A 2009 U.S. Preventive Services Task Force report recommends annual depression screening by primary care providers for all 12-18 year olds.

A separate report published in 2009 by the Institute of Medicine and National Research Council also calls for evidence-based screening of adolescents and highlights primary care settings as a key location for screening. The early identification of mental illness through screening also has been endorsed by the U.S. Surgeon General and a Presidential Commission on Mental Health.



Professional groups in the medical community also support screening for mental illness. The American Academy of Pediatrics (AAP) recommends annual screening and referral for mental health problems for adolescent patients, and the Society for Adolescent Medicine supports the early identification of mental illness as a critical standard of care. In addition, the American Academy of Family Physicians stresses the importance of screening patients for suicide risk.



TeenScreen is included in the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices as a scientifically verified intervention in the areas of suicide prevention and early identification of mental illness, and the Suicide Prevention Resource Center included TeenScreen in its Best Practices Registry for Suicide Prevention. More than 35 national health, mental health and education organizations are on record as supporting voluntary mental health screening for youth.