

IMPROVING BEHAVIORAL HEALTH SCREENING IN PRIMARY CARE THROUGH INTER-DISCIPLINARY COLLABORATION

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Background: Due to a severe shortage of child and adolescent psychiatrists, many children with behavioral health disorders (BHD) are treated by a primary care provider (PCP). Based on National Comorbidity Survey Replication–Adolescent Supplement (NCS-A) Anxiety Disorders are present in 38.0%, adolescents, causing severe impairment in 8.3% of youth.

Aims: Our aim was to improve screening and early detection of the mental health disorder, through the use of appropriate evidence based screening tools at the pediatrician's office, improve collaboration and support pediatricians in treating children with BHD.

Methods: Analysis of our investigator designed survey results hosted by the secure web application REDCap (Research Electronic Data Capture) showed that only 38 % PCPs responded that they routinely screen for the anxiety disorders. Through the collaborative effort, universal anxiety screening procedure was implemented at one large academic pediatric primary care practice. Nine question generalized anxiety disorder subscale of the Screen for Child Anxiety Related Disorders (SCARED) was given to all patients 11-18 years old presenting for well child visits.

Results: Prior to screening implementation anxiety was diagnosed in 9.6% of the 11-18 year old patients After one year of anxiety screen implementation (2017-18), the diagnosis increased to 13.3%. If indicated, patients were referred for counseling, psychiatrist or treated in the PCPs office.

Discussion/Implications: In addition to introducing universal screening procedures, Psychiatry Department provides additional support to PCPs in the form of a Teaching Psychiatric Consultation Clinic embedded in Pediatric clinics since 2014 and Open Educational Resources in a format of web series, addressing management of the most common mental health problems. Collaboration with pediatricians as a developing model of integrated care that can fit busy pediatric practice has a potential to contribute to improved screening, access to services, as well as management of the children with mental illnesses.

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Learning Objectives:

1)Participants will be able to identify strategies to improve treatment of children with Behavioral Health Disorders in primary care

2)Participants will be able to describe challenges and obstacles to implementation of the universal screening at the pediatric clinic

References:

1. Merikangas KR, He JP, Burstein M, Swanson SA, Avenevoli S, et al. (2010) Lifetime prevalence of mental disorders in U.S. adolescents: results from the National Comorbidity Survey Replication--Adolescent Supplement (NCS-A). *Journal of the American Academy of Child and Adolescent Psychiatry* 49: 980-989.

2. Lake J, Turner MS. Urgent Need for Improved Mental Health Care and a More Collaborative Model of Care. *Perm J.* 2017;21:17-024. doi:10.7812/TPP/17-024