

## Word Association

Child or Adult?

## Child vs. Adult

- ADHD
- Anxiety
- Depression
- Bipolar Disorder
- Schizophrenia
- Anorexia Nervosa

Make Believe!



Or Reality!



The Silence Must Be Broken



Steps Must Be Taken To Untie Children/Adolescents From Mental Health Stigmas!



## Presenter

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## Bridging the Divide: Utilizing Mental Health Screening Tools to Promote Well-Being in Pediatric/Adolescent Populations



## Disclosures

The presenter has no disclosures to report.

## Objectives

Upon completion of the presentation, the participant will be able to:

- Examine the relationship between mental health screening and well-being in the pediatric/adolescent populations.
- Define well-being and discuss its importance.
- Understand the significance of mental health screening in the pediatric/adolescent population.

## Objectives Continued

Upon completion of the presentation, the participant will be able to:

- Identify two mental health screening tools that can be used in the pediatric/adolescent population.
- Complete one mental health screening tool.
- Interpret results of one mental health screening tool.

## What Is Well-Being And Why Is It Important?

Well-Being:

- a. According to Centers for Disease Control and Prevention (2013) there is no universally agreed upon definition of well-being.

### What Is Well-Being And Why Is It Important?

- b. There is a general agreement that well-being encompasses:
  - 1. existence of positive mood and emotions
  - 2. nonexistent negative mood and emotions
  - 3. satisfaction with life
  - 4. gratifying and satisfied functioning

### What Is Well-Being And Why Is It Important?

- c. Healthy People 2020 recognizes the importance of well-being in children/adolescents:
  - 1. early and middle childhood goal
    - a. "Document and track population-based measures of health and well-being for early and middle childhood populations over time in the United States" (HealthyPeople.gov, para. 1).

### What Is Well-Being And Why Is It Important?

- c. Healthy People 2020 recognizes the importance of well-being in children/adolescents:
  - 2. adolescent health goal
    - a. "Improve the healthy development, health safety, and well-being, of adolescents and young adults" (HealthyPeople.gov, para. 1).

### What Is Well-Being And Why Is It Important?

The presence of well-being can lead to:



### What Is Well-Being And Why Is It Important?

The absence of well-being may lead to:



### What Is Well-Being And Why Is It Important?

- c. Overall benefits associated with well-being can be observed in the following areas:
  - 1. health
  - 2. employment
  - 3. family
  - 4. society

## What Is Well-Being And Why Is It Important?

As far as the well-being of children and adolescents is concerned, our goal as providers should be:

## What Is Well-Being And Why Is It Important?



Could It Be?

Case Study

## Child and Adolescent Mental Health Facts

What you should know:

- a. According to Child Mind Institute's 2016 Children's Mental Health Report:
  - 1. 1 in 5 U.S. children meets the criteria associated with a major mental health disorder
  - 2. half of the mental health illnesses present prior to the age of 14 years

## Child and Adolescent Mental Health Facts

What you should know:

- a. According to Child Mind Institute's 2016 Children's Mental Health Report:
  - 3. three-quarters of the mental health illnesses present prior to 24 years of age

## Child and Adolescent Mental Health Facts

What you should know:

- b. According to Mental Health America's 2017 State of Mental Health in America – Youth Data:
  - 1. youth between 12 -17 years of age self reported data revealed
    - a. 11.01% experienced at least one major depressive episode in the last year

### Child and Adolescent Mental Health Facts

What you should know:

- b. According to Mental Health America's 2017 State of Mental Health in America – Youth Data:
  - 1. youth between 12 -17 years of age self reported data revealed
    - b. 7.4% experienced a bout of severe depression

### Child and Adolescent Mental Health Facts

What you should know:

- b. According to Mental Health America's 2017 State of Mental Health in America – Youth Data:
  - 1. youth between 12 -17 years of age self reported data revealed
    - c. 64.1% with major depression receive no mental health intervention

### Child and Adolescent Mental Health Facts

What you should know:

- b. According to Mental Health America's 2017 State of Mental Health in America – Youth Data:
  - 1. youth between 12 -17 years of age self reported data revealed
    - c. 62.6% with severe major depression receive no mental health intervention

### Child and Adolescent Mental Health Facts

What you should know:

- c. According to the Centers for Disease Control and Prevention Children's Mental Health Data and Statistics:
  - 1. parent reported data from 2011-12 National Survey of Children's Health revealed
    - a. 1 in 7 U. S. children between 2-8 years of age had a mental, behavioral, or developmental disorder diagnosis

### How Can We Help Foster Well-Being In The Pediatric/Adolescent Population?

Three things we as providers can do to help foster well-being in the pediatric/adolescent population are to:

- 1. acknowledge
- 2. recognize
- 3. screen

### Making The Connection

Acknowledgment + Recognition + Screening  
=  
Promotion of Well-Being in Children/Adolescents

### Making The Connection

Mental health screening tools (in conjunction with obtaining in-depth patient/family histories and patient physical exams) play a vital role in helping to identify children/adolescents who are at risk for/who have mental health diagnoses.

### Making The Connection

There are numerous mental health screening tools that can be used in the pediatric/adolescent population. Select a tool that is:

1. valid and reliable
2. appropriate
3. easy to administer

### Making The Connection

Examples of mental health questionnaires/screening tools include:

1. Keep Your Children/Yourself Safe and Secure (KySS) Mental Health Assessment Questionnaire
2. Pediatric Symptom Checklist (PSC)
3. The Center for Epidemiologic Studies Depression Scale for Children (CES-DC)

### Making The Connection

Examples of mental health questionnaires/screening tools include:

4. Screen for Child Anxiety Related Disorders (SCARED)
5. Patient Health Questionnaire – 9 (PHQ - 9)
6. Vanderbilt ADHD Diagnostic Rating Scale (VADRS)

### Making The Connection

A closer look:

1. PSC - 35

### Making The Connection

A closer look:

2. CES-DC

Making The Connection

Case Study

Making The Connection

Case Study

Conclusion

As health care professionals who have been entrusted with the future of our nation's children, so we must begin:

Conclusion

**Bridging the Divide: Utilizing Mental Health Screening Tools to Promote Well-Being in Pediatric/Adolescent Populations**



What's Next?

Positive screening should lead to intervening....

The Nation's Children Are Depending On Us!

THANK-YOU!

## The Nation's Children Are Depending On Us!

QUESTIONS???

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