

# **You Dove into Anxiety: Your Lessons Upon Ascent**

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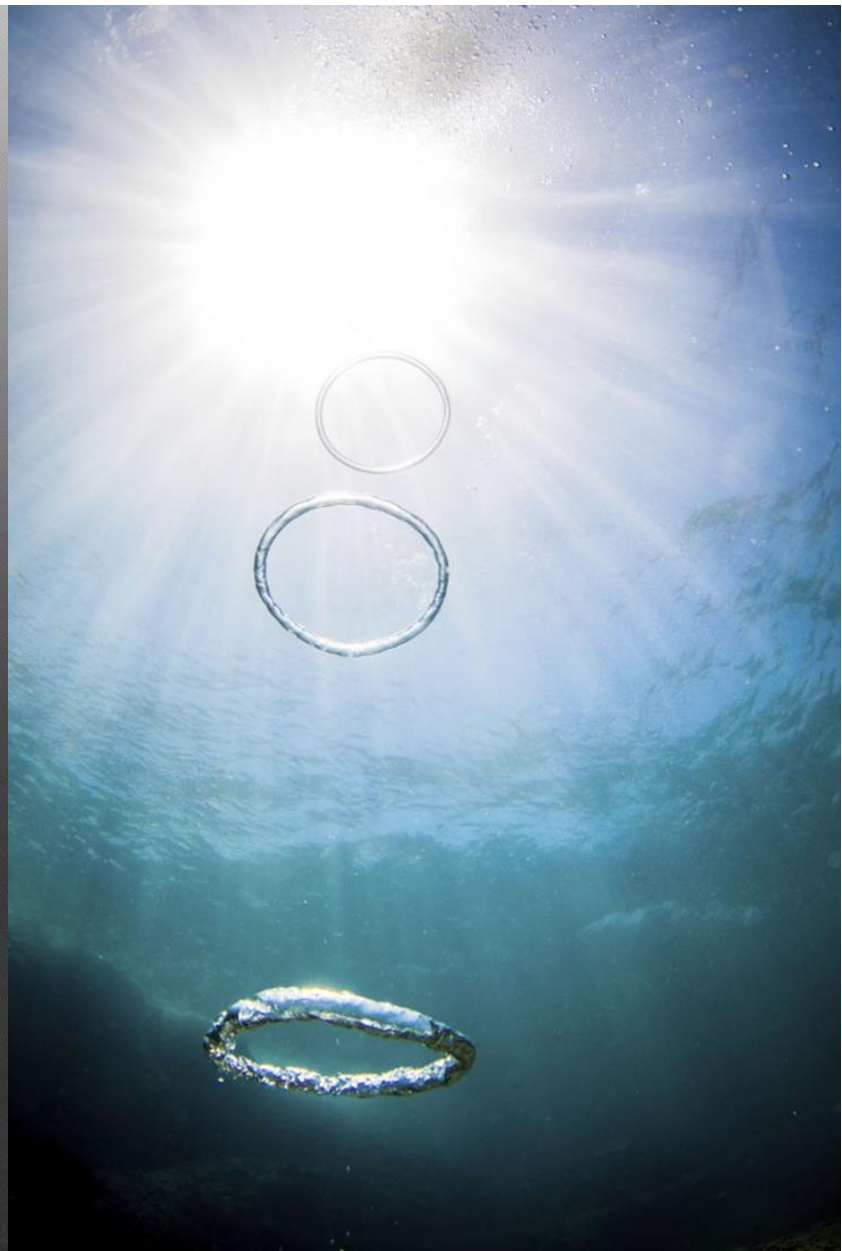
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# Self- Contained Underwater Breathing Apparatus



# Challenges for Divers

“...0.5 million to four million people in the US participate in recreational diving...Divers face a variety of medical challenges, but because dive injuries generally are rare, few clinicians are trained to prevent, diagnose or treat them.”

- Centers for Disease Control and Prevention (CDC),  
2024

# Challenges for Divers *(cont.)*

*Scuba Diving: Decompression Illness & Other Dive-related Injuries*

CDC Yellow Book 2024

Authors: Daniel Nord, Gregory Raczniak and James Chimiak

<https://wwwnc.cdc.gov/travel/yellowbook/2024/environmental-hazards-risks/diving>

# Taking a Deeper Dive Into Anxiety

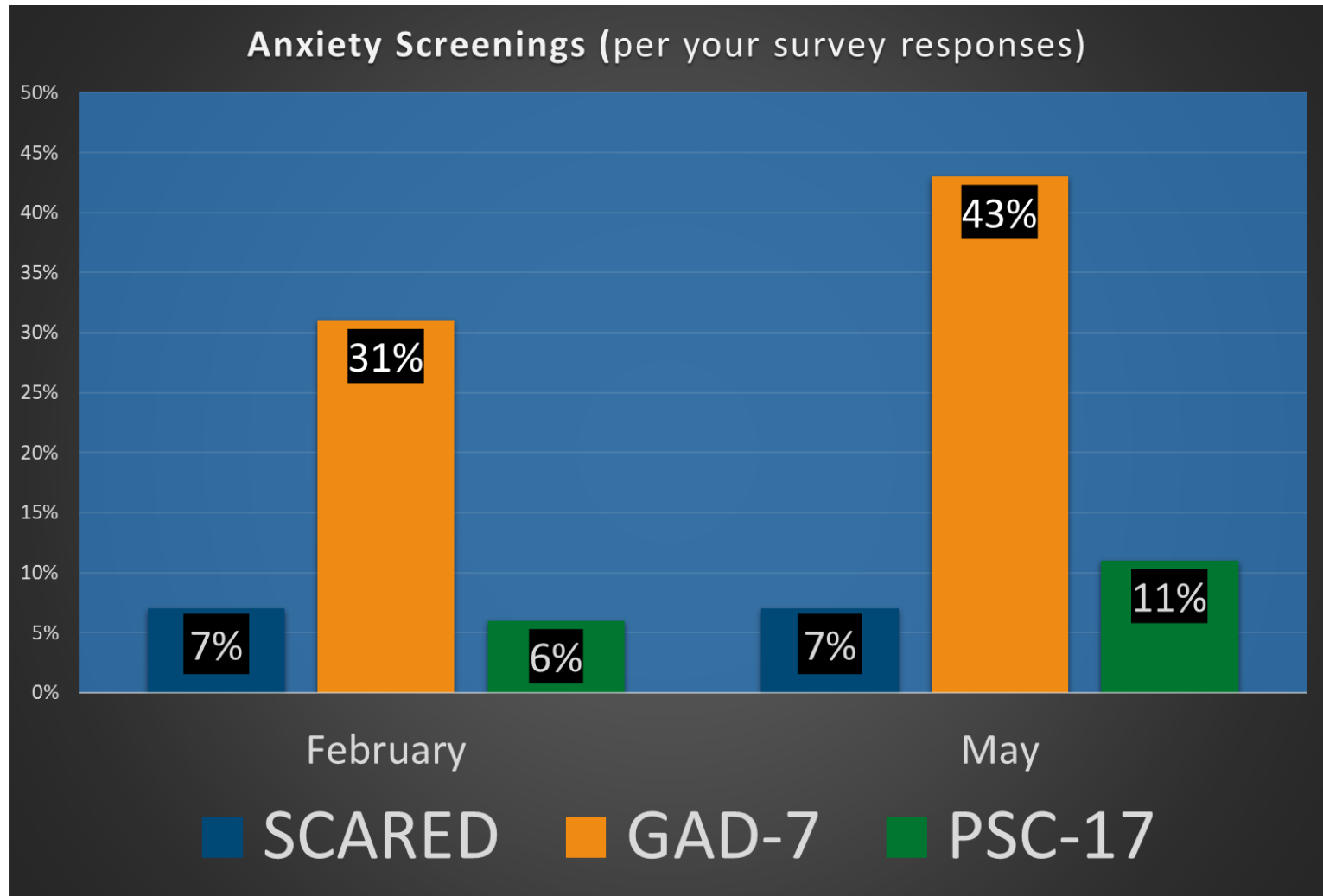
Because their anxiety shouldn't make you anxious too!

- Community resources
- Screening tools
- Medications/medications' management



What could you focus on **today**  
to help more kids reporting anxiety  
to you in 2025?

# Anxiety Screenings Survey Responses





# Questions and Answers



# Identify Your Practice

- Hospital-affiliated
- Private
- Federally Qualified Health Center

# Anxiety

1. The scale of the problem in ONE word
2. Primary practice barrier(s)
3. Personal hesitation/apprehension

# Did you participate in the workshop?

# Changes Made

- Administration of screenings
- Scoring process
- Documentation
- Other changes

# Changes Made *(cont.)*

Did you involve staff members  
who were not previously involved  
in the process?

# Changes Made *(cont.)*

Dr. Khetpal  
YAP-P

# Question

What were the greatest barrier(s) during implementation?



# Question

Please insert what is the question here on sustainability.

# Question

What were your greatest success(es)?

What is the story that will stay with  
you?

# Self- Contained Underwater Breathing Apparatus



# Saving Children Undergoing a Battle with Anxiety





# Taking a Deeper Dive Into Anxiety

Because their anxiety shouldn't make you anxious too!



