


Healthy Connections  
SAP 2016, 4-19

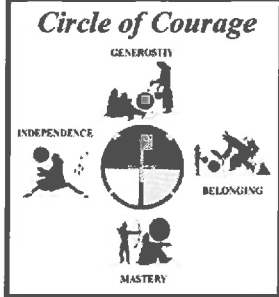
## Adolescent Mental Health "Let the Wild Rumpus Start!"

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Kristine Hobbs, LMSW  
Mental Health Integration, QTIP Program SCDHHS  
With References to *Where the Wild Things Are*,  
story and pictures by Maurice Sendak



### Circle of Courage



The Circle of Courage Philosophy, the Circle of Courage is a model of positive youth development described in the book *Reclaiming Youth at Risk*, co-authored by Larry Brendler, Peggy Kuyken, and Steve Van Dusen. The model integrates Native American philosophies of child-rearing, the heritage of early pioneers in education and youth work, and 20th-century resilience research. The Circle of Courage is based on four universal growth needs of all children: belonging, mastery, independence, and generosity.

## Adolescent Mental Health

- What were you thinking?!?
- Why be normal?
- How many is too many?
- HELP! How do I talk to this kid?

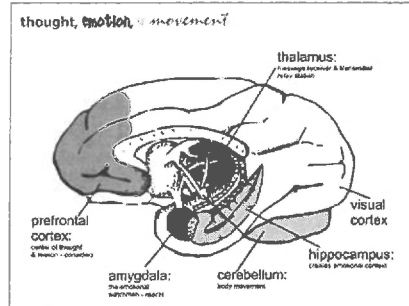
- Friends.
- Sports physical, isn't that all I need?
- Selfies.

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## Where were you thinking?

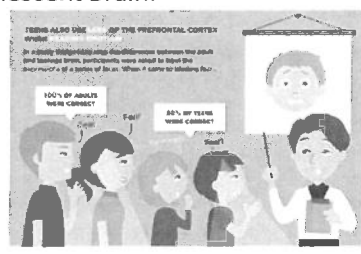
<http://www.helpguide.org/articles/teen-issues/helping-troubled-teens.htm>

thought, emotion, movement



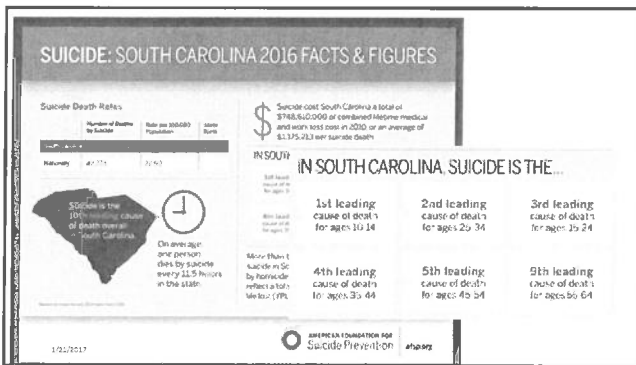
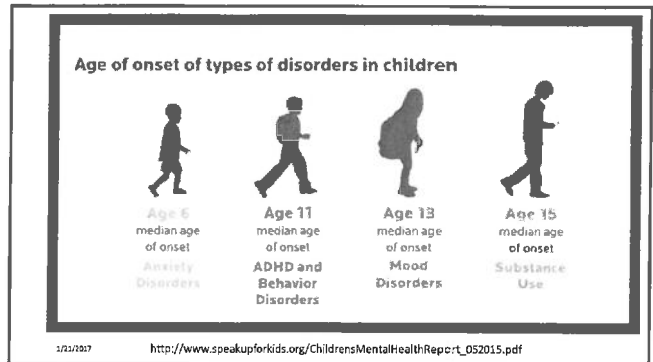
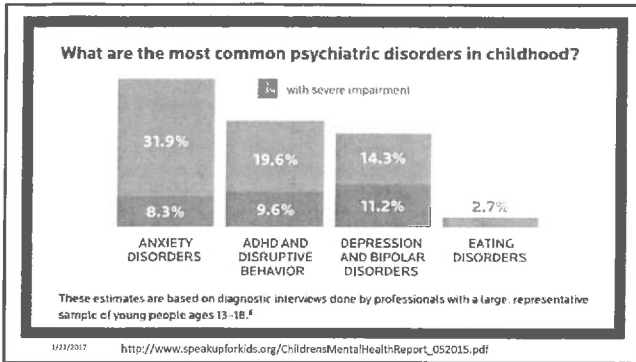
http://brainiac.com/emotional-intelligence/brain-basics/

### Adolescent Brain:



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<http://www.teenSAFE.com/blog/teenage-psyche-statistics/>





50% -- 14 years

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### Mental Health Facts

20% of children and adolescents have a mental health condition.

11% of children and adolescents have a mental health condition that is severe.

10% of children and adolescents have a mental health condition that is chronic.

5% of children and adolescents have a mental health condition that is life-threatening.

50% of children and adolescents with a mental health condition do not receive any treatment.

37% of children and adolescents with a mental health condition do not receive any treatment that is effective.

70% of children and adolescents with a mental health condition do not receive any treatment that is appropriate.

90% of children and adolescents with a mental health condition do not receive any treatment that is timely.


4th leading cause of death for ages 15-24

4 Things Parents Can Do:

- Get your own education
- Get a referral to a mental health specialist
- Work with the school
- Connect with other families

NAMI National Alliance for Mental Illness

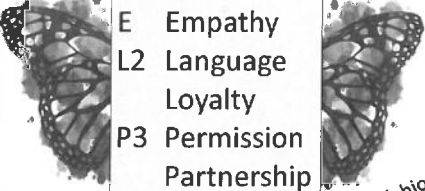
1/23/2017 <http://www.nami.org/About-NAMI/Media-Relations/Media-Factsheet/Childrens-Mental-Health-Factsheet.pdf>



**Mom! Dad!**  
Ask the doctor about my emotional development, too.

When it comes to caring for children and teens, checking their social and emotional development such as how they build relationships and respond to stress -- is just as important as checking their height and weight. Talk with your child's pediatrician about promoting his or her social and emotional health. These conversations can be a source of support and information, and your doctor can work with you to address concerns about your child's emotions, fears, and behaviors. So start to talk about this at your next visit.

American Academy of Pediatrics  
Visit [www.healthychildren.org](http://www.healthychildren.org)



**H Hope**  
**E Empathy**  
**L2 Language**  
**Loyalty**  
**P3 Permission**  
**Partnership**  
**Plan**


<http://ohioaap.org/BMWelLearning>  
Anxiety Treatment in Primary Care  
Lisa Ziemnik, MD, FAAP  
Webinar

AAR@workit

### Adolescent Mental Health Screening

**Bright Futures Recommendations:**  
Youth Ages 11+; Yearly

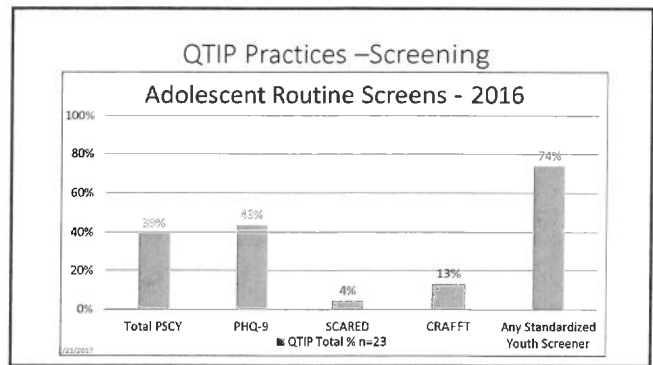
- Psychosocial/Behavioral Assessment
- Alcohol and Drug Use Assessment
- Depression Screening






**QTIP Recommendations in 2013:**  
All:  
• PSC-Y 11+

If indicated or desired:  
• Modified PHQ-9  
• CRAFFT  
• SCARED  
• Vanderbilt

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### Coding

96110	96127	99420
developmental screening	brief emotional/behavioral assessment	health risk assessment
(Walking, talking, potty)	(Happy, mad, silly, sad)	(External to the child)
ASQ PEDS MCHAT	ASQ-SE PSC or PSC-Y Vanderbilt	Edinburgh SEEK
		

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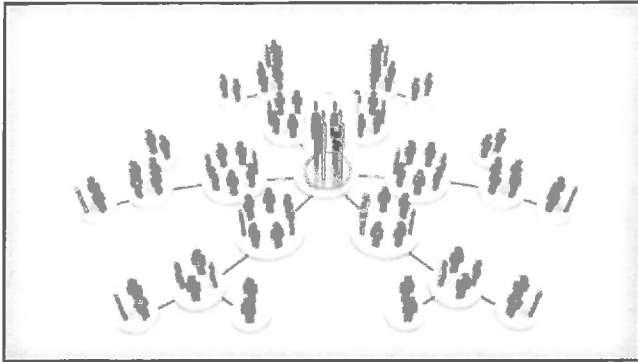
### 99420 Health risk assessment



HEALTH RISK ASSESSMENT	
96160 Patient-focused	96161 Caregiver-focused
Patient-Focused	Caregiver-Focused
	

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'Student Athlete' is **ONE** hat your child wears.  
Schedule a well-child visit to discuss **ALL** the others.

**Dr. Bertrand's Pre-visit Sheet for Adolescents**

	Yes	No
Is your child in general good health?	<input type="radio"/>	<input type="radio"/>
Do you have any concerns to address today?	<input type="radio"/>	<input type="radio"/>
Any recent changes in the family?	<input type="radio"/>	<input type="radio"/>
Drinking 1% or skim milk three times per day?	<input type="radio"/>	<input type="radio"/>
Eating 5 servings of fruits & veggies per day?	<input type="radio"/>	<input type="radio"/>
Exercising 1 hour per day?	<input type="radio"/>	<input type="radio"/>
Parents monitoring cell phone use at bedtime?	<input type="radio"/>	<input type="radio"/>
Doing well in school?	<input type="radio"/>	<input type="radio"/>
Has friends?	<input type="radio"/>	<input type="radio"/>
Does chores?	<input type="radio"/>	<input type="radio"/>
Complies with rules at home and school?	<input type="radio"/>	<input type="radio"/>
Seeing the dentist?	<input type="radio"/>	<input type="radio"/>
Had any vaccine reactions?	<input type="radio"/>	<input type="radio"/>

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**Dr. Bertrand:**  
Patient and Parent Handouts  
Pediatrics Youth Screening: Pediatric Symptom Checklist for Youth CRAFT 5-2-1-0 Healthy Habits Questionnaire

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**It Matters**

**FAMILY MEALS**  
Teens who eat regularly with their families are:

<b>LESS LIKELY TO</b>	<b>MORE LIKELY TO</b>
• Smoke, drink, and use drugs	• Do better in school
• Get into fights	• Delay sexual activity
• Feel depressed	
• Think about suicide	

Learn more: [childtrends.org](http://www.childtrends.org)

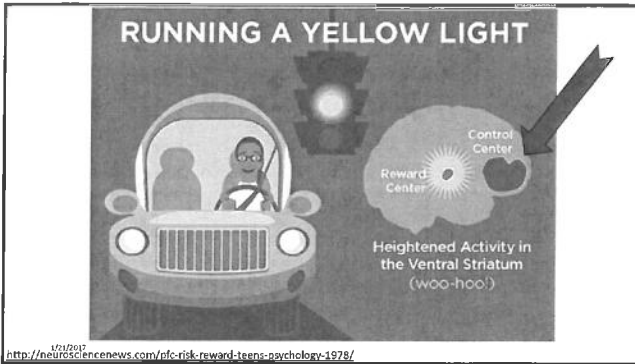
<http://www.childtrends.org/indicators/family-meals/>

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**Sleep Needs: 8-10 Hours**

- Consistent Schedule
- Adjust activities to allow for sleep
- Quiet time before bed
- Wake up to Bright light
- No Caffeinated Drinks after lunch
- Avoid heavy reading, studying, computers one hour before bed
- Avoid all-nighters

[http://bluwest/uploads/3/4/5/5/34557719/behavioral\\_health.pdf](http://bluwest/uploads/3/4/5/5/34557719/behavioral_health.pdf)



### Next Steps

- Brain knowledge
- Sleep
- Family Meals
- Sports physical & WCC
- Resource sheets
- Crisis text
- QI – Immunizations & WCC
- QI – ADHD & WCC
- Handouts for parents & Youth
- Posters, brochures, etc. in common areas
- Social media - pro-health messaging
- Screening at office visits

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### Handouts

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### Circle of Courage

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*"Adolescents are not monsters. They are just people trying to learn how to make it among the adults in the world, who are probably not so sure themselves." ~Virginia Satir*

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### References:

- [http://ahwg.net/uploads/3/4/5/5/34557719/behavioral\\_health.pdf](http://ahwg.net/uploads/3/4/5/5/34557719/behavioral_health.pdf)
- <http://neurosciencenews.com/pfc-risk-reward-teens-psychology-1978/>
- <http://www.childtrends.org/indicators/family-meals/>
- [http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%2010%2011-14%20Year/D\\_Adol.PH.EA.pdf](http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%2010%2011-14%20Year/D_Adol.PH.EA.pdf)
- <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Pages/Flyers-and-Ads.aspx>
- <http://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>
- [http://www.speakupforkids.org/ChildrensMentalHealthReport\\_052015.pdf](http://www.speakupforkids.org/ChildrensMentalHealthReport_052015.pdf)
- <http://www.teensafe.com/blog/teenage-psyche-statistics/>
- [http://www.huffingtonpost.com/2015/06/14/teenage-brain-neuroscience\\_n\\_7597188.html](http://www.huffingtonpost.com/2015/06/14/teenage-brain-neuroscience_n_7597188.html)
- <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>
- Reclaiming Youth at Risk, co-authored by Larry Brendtro, Martin Brokenleg, and Steve Van Bockern.

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<https://www.youtube.com/watch?v=hiduiTq1ei8>

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