



CCHAP

Colorado Children's Healthcare Access Program

Depression in Different Age Groups

October 29, 2020

Colorado Children's Healthcare Access Program

<https://cchap.org>

About CCHAP

- We are a non-profit working with more than 250 pediatric and family medicine practices across the state of Colorado supporting
 - Behavioral Health Integration
 - Practice Transformation
 - Payment Reform
 - Team culture and optimization

About Dr. Burnett

Dr. Burnett joined CCHAP in 2016. Dr. Burnett is a licensed psychologist who specializes in pediatric integrated behavioral health. Dr. Burnett has expertise in early childhood mental health including perinatal mental health, substance use disorders, practice transformation and health prevention and promotion. Dr. Burnett is passionate about supporting children, families, pediatric settings and communities across Colorado.



Depression at Different Ages



Perinatal/infancy



Early Childhood



School Age



Adolescence

What's a Mental Illness?

A mental health condition that has a negative effect on the way an individual...



thinks



feels



and behaves

verywell

Perinatal Mood and Anxiety Disorders in the Postpartum Period

Postpartum Women

1 in 7

One third still symptomatic at 12 mo.

Fathers

8-10%

Symptomatic within 3-6 mo.

Low Income Mothers / Teens

40-60%

The Impact of Perinatal Mood and Anxiety Disorders

Conceptual model of how untreated PMADs influence maternal, child, and societal outcomes

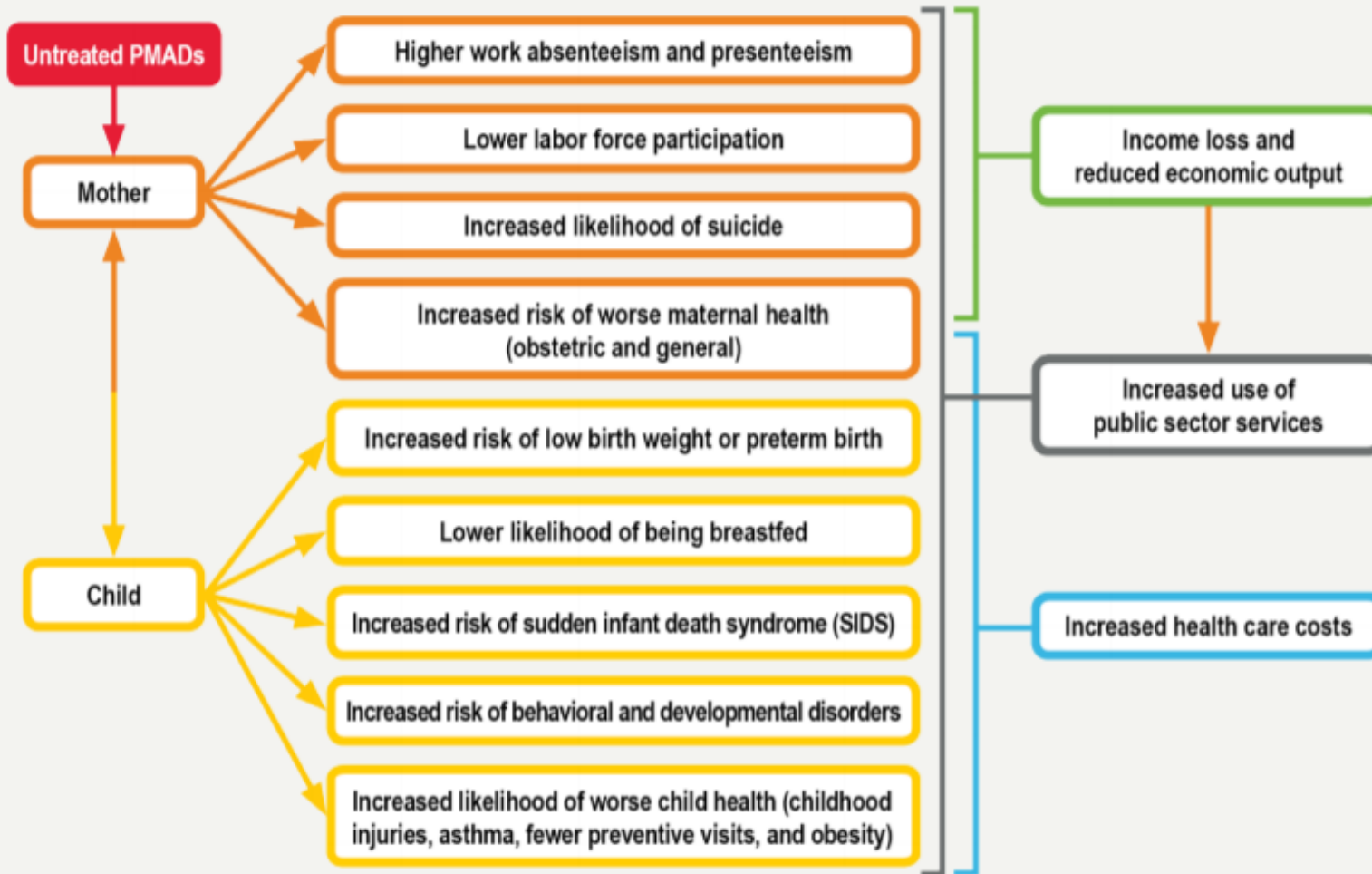


Figure 2.

Untreated PMADs **are costly** and have multigenerational consequences



An estimated
\$199 million
for all births in 2017

COLORADO

Depression Signs in the Perinatal Period



<http://cdn.financialsamurai.com/wp-content/uploads/2017/05/sign-and-symptoms-ppd.png>

The Impact of Untreated PMAD Over Time

Children in this period of development are vulnerable



Newborn



1 year



2 year



3 year

4 year



Vulnerable children may experience issues with:

School performance

ADHD

Mental health issues

Parenting partner discord

Substance use



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Universal Screening Reduces Stigma

Universal Screening



PERINATAL MOOD &
ANXIETY DISORDERS



Reduce
Stigma

Motivate
Treatment

Illuminate
Specific Life
Stressors

Reduce Impact of
Stress and Mood
on Family



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Supporting Families Through Screening

Supporting
Families

Medical Team

Develop a plan to address
increased stress related
caregiving

Clearly link their
documentation for this
session to the child's
wellness and development.

Well Baby Visits

Take time for yourself
Use stress management skills
Address social isolation
Manage relationship expectations
Improve effective communication
Develop problem-solving skills

Healthy, Thriving Child
and Family

Screening Tools – Edinburgh Postnatal Depression Scale



Edinburgh Postnatal
Depression Scale
(EPDS)

SCORING CONSIDERATIONS

- Positive items receive a score of 1-3
- 10+ Indicates risk for Depression
- 14+ Considered a Positive Screen
- Item 10 Self Harm is a critical item
- Clinical Judgement always supersedes scoring
- A Score of Zero can be just as concerning as 14+



Patient Health Questionnaire-9 (PHQ-9)

SCORING AND DIAGNOSTICS

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

RECOMMENDATIONS

- Assess symptoms within the past two weeks
- Review with the patient and assess for risk
- Share screening results with caregiver
- Ask any questions that help clarify

Respond to All Screeners with Lifestyle Encouragement



Prevention & Treatment

Stress / Anxiety / Depression

Community Resources

Community resources are available for: *pediatric clinics* working to help *caregivers* experiencing a PMAD



For crisis situations, always start with:
Colorado Crisis Services

Phone: 1.844.493.8255
Text: Text TALK to 38255

coloradocrisiservices.org



The Postpartum Support International

Warmline:
1.800.944.4773

postpartum.net/colorado



211 Colorado

Phone: Dial 211

211colorado.communityos.org



Colorado Maternal Mental Health

coloradomaternalmentalhealth.org

Community Mental Health Centers

Community Behavioral Health Providers

Parent Support Line, Parent Support Groups

NFP, Baby & Me, WIC



PSI Colorado Offers Support Services

Colorado | Postpartum Support

postpartum.net/colorado/

Colorado Chapter of Postpartum Support

psichapters.com/co/

COLORADO

Get HelpGet InvolvedFor ProfessionalsAbout

Get Help

If you, or a loved one, is suffering with perinatal mood disorders, you've come to the right place. Contact one of our Support Coordinators, who will help guide you through the process of finding a professional near you with expertise and experience in treating perinatal mood disorders. Whether you are searching for a therapist within your insurance network, a medication prescriber knowledgeable in prescribing during pregnancy and lactation, or looking for a local peer support group, we are here to help.

Find a PSI Coordinator:

+ COORDINATORS

Find a Support Group:

+ BOULDER/LONGMONT/BROOMFIELD AREA

+ CHAFFEE/FREMONT COUNTIES

+ DENVER METRO AREA (INCLUDING ADAMS, ARAPAHOE, DOUGLAS)


+ JEFFERSON COUNTY

+ NORTHEASTERN COLORADO


+ WESTERN SLOPES

> PROVIDER DIRECTORY

+ OTHER RESOURCES



We do not offer crisis management services. If you or someone you know is in immediate danger, please call 911. For additional safety information, contact the National Suicide Prevention Hotline at 1-800-273-8255 or the Colorado Crisis Service: 1-844-493-8255.



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How to Enroll

- <https://cchap.thinkific.com/>
- Create Login



CCHAP | Training & Resources Platform
Colorado Children's Healthcare Access Program

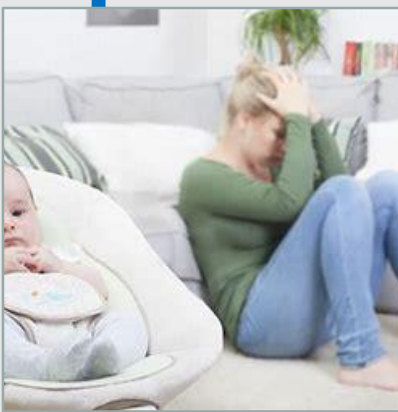
ALL COURSES SIGN IN

Foundations of Perinatal Mood and Anxiety Disorders (PMAD) Screening in Pediatric Primary Care

A 4 Module Training and Resource Toolkit

Implementing a standardized and effective screening for Perinatal Mood and Anxiety Disorders in pediatric primary care to help caregivers be their best selves and ensure the health and well-being of your patients.

Depression at Different Ages



Infancy



Early
Childhood



School
Age



Adolescence

Depression signs in children

AN EVERYDAY HEALTH INFOGRAM

7 SIGNS YOUR CHILD MIGHT BE DEPRESSED

If you notice any of these behaviors in your child persisting for two weeks or more, take them to a doctor for evaluation.

Check off the signs that apply to your child

- ☐ Sadness that lasts most of the day
- ☐ More crankiness and irritability than usual
- ☐ An inability to have fun doing things that used to be fun
- ☐ Regressing in behavior — acting younger than their age
- ☐ Feeling tired all the time for no medical reason
- ☐ Trouble sleeping through the night
- ☐ Changes in appetite

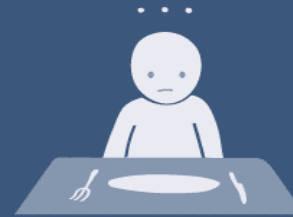
Source: Ben Vitiello, MD, Chair of the Child and Adolescent Treatment and Preventive Intervention Research Branch, National Institute of Mental Health

- Feeling sad, hopeless, or irritable
- Not wanting to do fun things
- Changes in eating patterns – eating a lot more or a lot less than usual
- Changes in sleep patterns – sleeping a lot more or a lot less than normal
- Changes in energy – being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior

Depression Symptoms



low mood



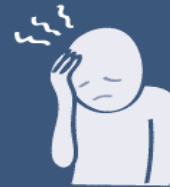
**changes in
appetite**



sleep disturbance



agitation



fatigue



**difficulty
concentrating**

WHAT YOU CAN DO IF YOU THINK YOUR CHILD IS DEPRESSED



Spend time,
talk to your
child



Protect your child from
stress, maltreatment,
violence



Seek help from a
trained
professional

MAKE SURE THE CHILD IS



Getting enough
sleep



Eating
regularly



Is physically
active



Does things
he or she enjoys

Source: WHO



Support for School Age Children

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Submit an Anonymous Report

safe²tell Colorado
Make a Report. Make a Difference.

 **1-877-542-7233** 

Anonymously report anything that concerns or threatens you, your friends, your family or your community.
We are open 24/7, 365 to take reports.

Students **Parents** **Schools** **Law Enforcement** **Community**

<https://safe2tell.org/submit-tip>

<https://safe2tell.org/>

Encourage Support for Teens



<https://www.youtube.com/watch?v=2V1HSmRGMAc&feature=youtu.be>

QUESTIONS?



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