Background

- Suicide is the second leading cause of death for people ages 15-19 years old [1].
- Over 1 million high school students are treated annually for suicide attempt [2].
- 66% of patients who die by suicide see a primary physician within 1 month before death [3].
- The USPSTF recommends screening for major depressive disorder in adolescents aged 12 to 18 years (Category B recommendation) [4].
- The youth suicide rate (ages 10-19) in El Paso County from 2005-2014 was 9.3 per 100,000 people, which is higher than Colorado (7.9) and double the U.S. (4.6) [5].

Objective

By October 1, 2018, we will provide families whose child was recommended behavioral health consult with updated information on local psychiatric services. On follow-up phone call, we hope to increase counseling by 25% in our at-risk pediatric patients by February 1, 2019.

Method

- We created an updated referral sheet for various behavioral health services (BH).
- This handout was given to patients with PHQ9 score of ≥9 or patients whom the pediatrician felt would benefit from BH follow-up.
- We then called parents of patients who were referred to BH before (July - October 2018) and after (November 2018 - February 2019) this handout was created.
- We compared our pre-intervention success rate, defined as attending a BH follow-up appointment, with our post-intervention success rate.

Patient Handout

**Psychologists**
Angie Myers
719-249-1096
3210 E Woodmen Road, Suite 110
Colorado Springs, Colorado 80920
Sliding scale cash pay only
Dr. Ashley Williams, Tiffany Nerguizian, and Scott Gregory
The Center for Behavioral Care
719-574-6562
4760 Flintridge Dr Suite 250
Colorado Springs, CO 80918
Most major insurances
Vanessa Graf
Book new patient appointments online:
https://vanessagraff.com
6270 Lehman Drive, Suite 260, Colorado Springs, Colorado, 80918
All insurance except Medicare, TriCare out-of-network deductibles

**Psychiatrists**
Dr. George Alley and Dr. Robin Oden
The Colorado Center for Neuropsychiatry and Behavioral Care
719-266-6992
4760 Flintridge Dr Suite 250
Colorado Springs, CO 80918
Most major insurances
Dr. Deane Berson
719-475-9363
1424 N Hancock Ave
Colorado Springs, CO 80903
Beacon Health, United Health, Sigma
Dr. Rachel Toplis and Dr. Brian Malakofsky
Summit Psychological Assessment and Consultation
719-235-7104
7710 Union Blvd Ste 100A
Colorado Springs, CO 80920
Assessment and consultation only
Psychotherapy
https://www.psychologytoday.com
Search by specialty, location, or insurance

Emergency Services
Colorado Crisis Services
1-844-255-0097
Text “TALK” to 38255
Emergency Hotline
Colorado Crisis Walk-in Center
1-877-Peace4Delphi
Colorado Springs CO 80919
Open 24/7
Aspen Pointe Walk-in Crisis Services
6071 E Woodmen Rd Ste 135
Colorado Springs, CO 80923
Open 7am-11pm, 7 days a week

Results

<table>
<thead>
<tr>
<th></th>
<th>Pre-Intervention (n=11)</th>
<th>Post-Intervention (n=10)</th>
<th>Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender (female %)</td>
<td>100%</td>
<td>70%</td>
<td></td>
</tr>
<tr>
<td>Mean Age</td>
<td>14.45</td>
<td>11.6</td>
<td>-0.22 to 5.93</td>
</tr>
<tr>
<td>Mean PHQ9 Score</td>
<td>9.8</td>
<td>12.5</td>
<td>-8.49 to 3.49</td>
</tr>
</tbody>
</table>

Discussion

Conclusions:
- The primary outcome of seeking BH follow-up was not statistically different between the pre-intervention and post-intervention groups (p= 0.3949).
- We think this may be due to a smaller follow-up timeframe in the post-intervention group, our limited n number, or greater handout distribution to patients with psychiatric concerns other than depression.
- Depression screening was not standardized
- PHQ9 only given to children at well child checks; PHQ9 not performed at follow-up or with psychiatric concerns other than depression.

Limitations:
- Unable to reach some families via follow-up phone call.
- Only able to contact the families who were aware of their child’s psychiatric
- Children who lack family support likely have more severe depression and are less likely to seek care
- Depression screening was not standardized
- PHQ9 only given to children at well child checks; PHQ9 not performed at follow-up or with psychiatric concerns other than depression.

Next Steps

- Intervention for adolescents who do not want their parental guardians involved in their mental healthcare
  - Partner with school counselors
  - Standardize PHQ9 screening
  - Screen all patients who are given BH referral handout

References