



POPULATION HEALTH LEARNING NETWORK YR 2

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AIMS AND MEASURES



PHLN Year 2 AIM

By December 31, 2019, VCC will improve depression screening in children ages 12-18, from 73% to 83% by utilizing the PHQ 9 screening tool.

By using this tool we will be able to identify at-risk adolescents and provide them with the support that they require.

Measures for Success

October for the entire organization

84.20%

TESTED CHANGES



Tested using the PHQ A



Skipped PHQ 2 and directly into the PHQ 9



Paper PHQ 9 was given at the time of check-in. Feedback was that parents were completing



We added an extra link in our E.H.R. system for MA documentation



Created a laminated a tree symbol door hanger to alert clinicians of a patient with a score of 10 or greater



Changed time frame from year to date of first visit to calendar year when giving the PHQ







9



Initially tested this project with three pediatric clinicians before ruling it out to all pediatric clinicians.

IMPLEMENTED CHANGES (



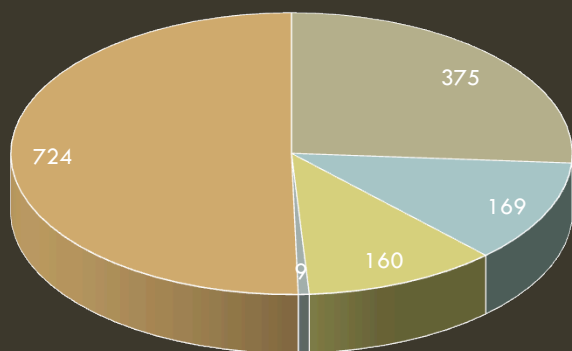
-  Decided that the PHQ 9 was the most appropriate
-  Ma's now provide the laminated PHQ 9 to patients in the exam room so caregivers are not filling out the tool for patients to ensure accuracy.
-  Created a clinician workflow to ensure patients are being treated and that we are capturing treatment data.
-  Stopped health education link we originally used and now our E.H.R. system will automatically date stamp education given for score 5-9
-  Rolled out the use of the Tree symbol to all pediatric and adult clinics to alert clinicians of a PHQ 9 score of 10 or greater.
-  Identified patients/parents with a score of 5 and 9 will receive educational resources on how to cope with depression.

USING DATA FOR IMPROVEMENT



Adolescent Depression Screening

Total patients 1437



- PHQ 9 with a score 5-9
- PHQ 9 with a score 10 or greater
- PHQ 9 with a score 10 or greater and recived/receiving support
- PHQ 9 score of 10 or greater and did not receive suport

“Ever since we started doing PHQ 9s on all 12 yr olds, it is surprising to see how many of our patients have anxiety and depression. Many are just situational but some require therapy and are at risk for self-injury or worse, suicide. Making the PHQ 9 like a vital sign is an important way to uncover this unsettling trend among our teens.”

Sue Ann Park, MD FAAP

STRATEGIES FOR SUCCESS



1

Identifying a strong core team / department team.

3

Held weekly team meetings with core team, and an as needed basis with the department team.

2

Identified proper screening tool

4

To engage staff :
We used the Likert scale
Impactful video of a
adolescent suicide story
Used informative Dash
Boards

PEDS DEPARTMENT WE NEED YOU!



This is anonymous and there are no wrong answers. On a scale of 1 to 5 please rate which is the most important measure to you. If you rate something as a 4 you cannot use 4 again. Use the numbers only one time. Write the number on the paper. Please complete by 10/9 so we can present at the POD meeting. This is for everyone to complete: PSR, MA, NURSE, PFS, CM, CLINICIANS, CARE COORDINATOR....

Here is your number scale:

1	2	3	4	5
Not important	Least important	No Opinion	Important	Most Important

NEXT STEPS



Replicating

Implement to the
entire organization
by 05/01/2020

Continue weekly
Core team meeting
*Still testing the 3
day care touch*

Sustaining

Weekly meetings

Monthly compliance
Dash Board

RESOURCES



Behavioral Health Kids Resources San Diego County

Dear Patient,

Your health is important to us. Your Primary Care Practitioner has referred you to Mental Health. To make sure you get the best care for your condition, we are providing you with a list of agencies that are available to see you. If, at any time, you require immediate assistance, you will need to go to your nearest Emergency Room.

If you would like to speak with someone by phone due to an urgent but not life-threatening situation, you can call: **(888)724-7240 San Diego Access and Crisis Line** 24 hours a day, 7 days a week. Or dial **211** to get free confidential help and receive community, health and disaster resources.

If you need to communicate with someone by text due to an urgent but not life-threatening situation, you can text: **"Brave"** to **741741 Crisis Text Line** 24 hours a day, 7 days a week for free crisis support.

Vista Hill Smart Care provides free Behavioral Health referrals. They are available Monday through Friday, 8:30 AM to 4:30 PM. Call **858-956-5900**. Email: **BHCS.Parent@vistahill.org**. Website: **smartcarebhcs.org**

OCEANSIDE

San Diego County Access and Crisis Line 888-724-7240.

Rady Children's Behavioral Health

3605 Vista Way #258 Oceanside, CA 92056
Phone: 760-758-1480. Waitlist: No Time Frame Available
Psychiatry available with BH Therapy.

Lifeline Oceanside Office

Address: 707 Oceanside Blvd. Oceanside, CA 92054.
Phone: 760-757-0118.

ESCONDIDO

San Diego County Access and Crisis Line 888-724-7240.

North County Crisis Intervention and Response Team.

Walking and same day appointment to children and youth, ages 4-17.
225 W. Valley Parkway, Suite 100, Escondido, CA 92025.
HRS. M-F 12:00pm to 8:00pm.
Phone: 760-233-0133.

VISTA

San Diego County Access and Crisis Line 888-724-7240.

North County Crisis Intervention and Response Team

Walk-in and same day appointments to children and youth, ages 4-17.
1020 S. Santa Fe Ave. Suite B, Vista CA 92084.
Phone: 760-233-0133.
Open 12 N to 8 pm M-F Sat: On Call Clinician

Urgent Assessments, Psychiatry Available 1 day per week, M/C & Uninsured.

North County Lifeline

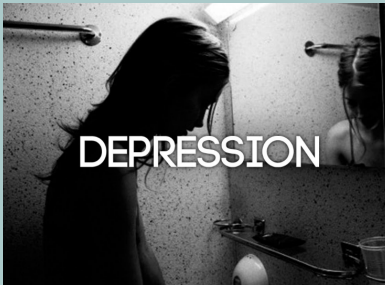
200 Michigan Ave. Vista, CA 92054
Phone: 760-726-4900/Psychiatric & BH Therapy-Ind, ATOD, Youth Ages 12-17 y.o. Accepts VCC Referrals, Youth w/Medi-Cal. Must be enrolled in eligible Vista school.
760-509-3402 Contact: Gabby
Court Ordered DV Pgm, Youth, Adult, Parenting, Anger Mgmt, Youth Alcohol/Drug Education and Prevention.

Palomar Family Counseling Service.

(Individual and family counseling/ Psychiatrist but are contracted only for specific schools)
945 Vale Terrace Dr. Vista, CA 92084. Phone: (760) 630-3505
No Waitlist. Pt may call directly. BH Therapy only. Ind & Family. Court Ordered 52 Week DV Course, Parenting, Sub Abuse - Fees Involved.

Thank you for letting us help you choose health.

Vista Community Clinic



[https://
www.dailymail.co.uk/video/
news/video-1210124/Teen-
documents-depression-
video-suicide.html](https://www.dailymail.co.uk/video/news/video-1210124/Teen-documents-depression-video-suicide.html)

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been
bothered by any of the following problems?
Circle your answer

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, irritable or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite, weight loss, or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as school work, reading, or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Created a resources list in our E. H.R
system



CURRENT CHALLENGES OR BARRIERS

- 1 Data collection to ensure our patients are receiving the support they need after there visits.
- 2 Lori Raney, and Coach Denise where very support when we needed assistance having them available if needed would be helpful.