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.
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.
Adolescent Depression Screening

- PHQ 9 with a score 5-9: 724
- PHQ 9 with a score 10 or greater: 375
- PHQ 9 with a score 10 or greater and received/receiving support: 69
- PHQ 9 score of 10 or greater and did not receive support: 160

Total patients 1437

“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
1. Identifying a strong core team / department team.

2. Identified proper screening tool

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

To engage staff:

We used the Likert scale

Impactful video of a adolescent suicide story

Used informative Dash Boards
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
**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:

<table>
<thead>
<tr>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

1. Little interest or pleasure in doing things
2. Feeling down, depressed, irritable or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite, weight loss, or overeating
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as school work, reading, or watching television
8. Moving or speaking so slowly that other people could notice? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual
9. Thoughts that you would be better off dead or of hurting yourself in some way

**RESOURCES**

**Behavioral Health Kids Resources San Diego County**

Dear Parent,

Your health is important to us. Your Primary Care Provider has ordered you to see a Mental Health provider. Our team will be sending you an appointment that will be available to see you. If at any time, you require immediate assistance, you need to go to your nearest Emergency Room.

If you need help, talk with someone you trust or use an urgent hot line or a threatening situation. You can call the suicide prevention hotlines and receive community, health and/or other resources.

If you need to talk with someone by text use an urgent hot line or a threatening situation, you can text "Hope" to 741741. TextsLifeLine is 24 hours a day. They are free to reach out to.

The resources below provide free Behavioral Health services. They are available Monday through Thursday. 3:30 PM to 4:30 PM.

**Vista HealthSmart Care provides free Behavioral Health services. They are available Monday through Thursday, 3:30 PM to 4:30 PM.**

**HOTLINE**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego County Access and Crisis Line</td>
<td>858-758-3180</td>
</tr>
<tr>
<td>atty Children’s Behavioral Health</td>
<td>858-764-5420, 858-575-3636, 858-575-3636 underground to Children’s Behavioral Health Services</td>
</tr>
<tr>
<td>North County Crisis Intervention and Response Team</td>
<td>760-390-5250, 760-390-5250 — no appointment needed, 24 hours a day, 7 days a week.</td>
</tr>
<tr>
<td>North County Suicide Prevention Center</td>
<td>760-694-9200, 760-694-9200 — free service, 24 hours a day, 7 days a week.</td>
</tr>
</tbody>
</table>

**CENTER FOR CARE INNOVATIONS**

**Depression**


Created a resources list in our E. H.R system
1. Data collection to ensure our patients are receiving the support they need after their visits.

2. Lori Raney, and Coach Denise were very supportive when we needed assistance. Having them available if needed would be helpful.