October: Mental Health
Week of 21st – 25th

This week in clinic...
We will be discussing anxiety and depression in children and adolescents. Although the prevalence of both, especially in adolescents, approaches some of our other common disorders (such as ADHD), studies show general pediatricians feel unprepared to assess and manage these disorders. Given that patients will likely present to their primary care provider and with the shortage of child and adolescent psychiatrists, we will have to work to improve our knowledge and initial treatment options for these conditions.

Two resources to read in preparation for clinic include Depression and Suicide in Children and Adolescents in 2009 Pediatrics in Review and Anxiety and Separation Disorders in 2011 Pediatrics in Review. Both articles are attached.

If you missed it...
The highlights of the discussion include
1. Symptoms typical for depression including school failure, sleep problems, change in outside interests, irritability, somatic complaints
2. Symptoms to suggest anxiety (Generalized or Specific) including school refusal, phobia of particular events, somatic or physical symptoms
3. Assessment strategies including screening options (Childhood Depression Inventory, Child Behavior Checklist, Pediatric Symptom Checklist, SCARED (Screen for Child Anxiety Related Emotional Disorders))
4. Management options including office management, referrals for Cognitive Behavior Therapy or Interpersonal Therapy, and Medication Options

EXTRA EXTRA...
For those interested in more information and resources, there are several online options. Healthychildren.org has a whole section on Emotional Wellness. The link below is a 10 minute audio recording with pediatrician Dr. Soren on How to Recognize Anxiety and Depression:
http://www.healthychildren.org/English/healthy-living/emotional-wellness/Documents/Soren--Complete.mp3
There are several other audio recordings at the same website.

Child and Adolescent Psychiatry has put together a toolkit specifically for assessment and management of depression. You can assess the toolkit below:

Lastly, in clinic there is the AAP Mental Health Toolkit and the 2010 Pediatric Annals journal dedicated to Mental Health including treatment options you can review.

Up next...
Mental Health Wrap-up including discussion about appropriate referral options