

# COHORT 2

October 2021-June 2022

## Results from Clinical Arm of AYA-BH CoIN



### 26 PRACTICES

- Arizona - 10
- California - 9
- Iowa - 3
- Ohio - 1
- Pennsylvania - 2
- South Carolina - 1

### Patients and Visits

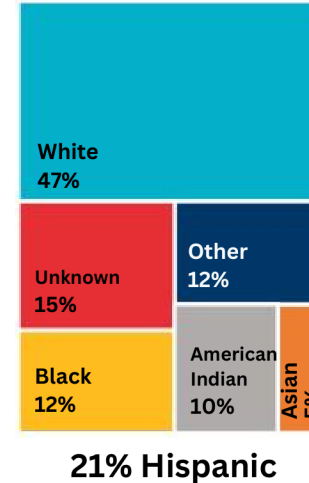
2,292 PATIENT VISITS REVIEWED



47% female  
39% male

Age	% of Visits
12-17	83%
18-25	17%

### Racial Distribution



44% well-care visits

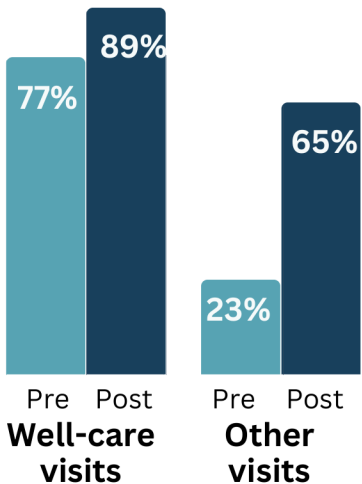
56% other visits

91% in-person

9% telehealth

### Depression Screening

#### Screening Increased



Most common screening tool

PHQ

87% of screens



24% of youth screened were positive for depression

### Follow-up Plans

94% of youth who screened positive for depression had a follow-up plan



71% of youth with a plan included follow-up within the practice

Confirmation of follow-up within practice increased 62% → 84%

Depressed patients with in-office follow-up only



30% of youth with a plan were referred out of practice

Confirmation of referrals increased 31% → 47%

#### Number of Referrals

Psychologist	38
Psychiatrist	26
Behavioral Health	15
Social Worker	11
Other	10



3% of patients declined services

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### Collaboration

#### Collaboration with Mental Health Professionals



**82%** of practices collaborate with mental health professionals

**35%** of practices have co-located or integrated mental health

#### Collaboration with Community



**39%**

have relationships with schools for referring youth with depression



**57%**

would like to develop relationships with mentoring programs

### Practice Changes

- Began universal depression screening starting at age 12
- Screened youth for depression at non-well visits (e.g. acute, chronic care)
- Developed standard screening workflow
- Improved documentation of depression screening results in patient chart
- Incorporated reminders to screen for depression (e.g. EMR prompt, pre-visit planning)
- Defined processes to monitor follow-up for youth with positive depression screens
- Began screening for suicide

### Practices' Needs

#### Community Resources



- Up-to-date list of mental health providers, family and peer support programs, youth recreation and mentor programs
- Relationships with school and community based providers of services for mental health concerns

#### Support for Youth and Families



- Posters, handouts, brochures, and social media content that promotes the importance of mental health
- Tools to gather feedback from youth and families on quality of care

#### Support for Clinicians



- Convene primary care, school, and community providers to promote collaboration in caring for youth with depression
- Establish mechanisms for on-going collaboration with primary care to address youth mental health

Prepared by the National Improvement Partnership Network (NIPN) for the Title V participants in the Adolescent and Young Adult Behavioral Health CoIN (AYA-BH CoIN).

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