



3 PRACTICES

- Genesis Health Group Davenport Pediatrics
- North Liberty Family Medicine and Pediatrics
- UI Health Care-Scott Blvd

Patients and Visits

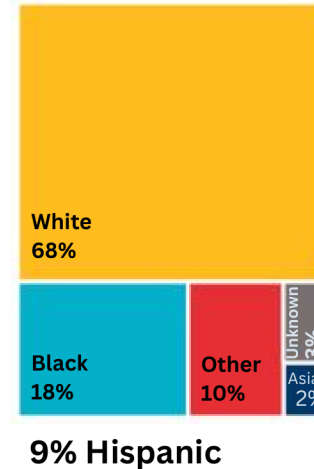
328
PATIENT
VISITS REVIEWED



64% female
36% male

Age	% of Visits
12-17	91%
18-25	8%

Racial Distribution



38% well-care visits

63% other visits



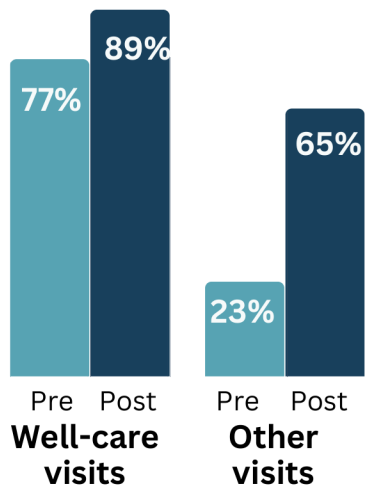
97% in-person



3% telehealth

Depression Screening

Screening Increased



Most common screening tool

PHQ

93% of screens



33% of youth screened were **positive** for depression

Follow-up Plans

95% of youth who screened **positive** for depression had a follow-up plan



65% of youth with a plan included follow-up within the practice

Youth with follow-up within practice increased **43% → 81%**



16% of youth with a plan were referred out of practice

Youth referred decreased **29% → 7%**



6% of patients declined services

Depressed patients with in-office follow-up only

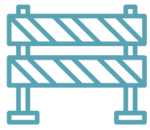




Collaboration

Limited Collaboration with Mental Health Professionals

- 1 practice has no collaboration
- 2 coordinate with off-site mental health



Barriers to Collaborating with MH

- Cost/reimbursement
- Lack of providers, especially for youth

Limited Collaboration with Schools and Community Programs



Practices don't currently have, but want to establish, relationships with schools and mentoring programs to support youth with depression

Practice Changes

- Began universal depression screening starting at age 12
- Screened youth for depression at non-well visits (e.g. acute, chronic care, medication checks)
- Pre-visit planning to identify which patients need a depression screen
- Front desk handed out screen to youth during check-in
- Added suicide screening
- Dedicated team time for reviewing screening processes and identifying improvements

Iowa Practices' Needs



- Posters, handouts, brochures, and social media content that promotes the importance of an annual well visit that includes mental health assessment
- Up-to-date list of mental health providers, family and peer support programs, youth recreation and mentor programs
- Provide tools or templates to support collaboration (e.g. parental consent forms to exchange information with specialists and schools or fax-back forms for specialist feedback)
- Convene primary care, school, and community providers to promote collaboration in caring for youth with depression
- Establish mechanisms for on-going collaboration between public health and primary care to address youth mental health



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

May 2023