

ADDRESSING ADOLESCENT & YOUNG ADULT DEPRESSION IN PRIMARY CARE



Whiteriver Indian Hospital

Between October 2021 and May 2022, our practice participated in an Adolescent and Young Adult (AYA) Behavioral Health Collaborative Innovation and Improvement Network project coordinated by the National Improvement Partnership Network and the Association of Maternal and Child Health Programs.

Collaborative Innovation & Improvement Network



As we worked on our clinical systems, a team from Arizona's public health department also worked with programs to prevent AYA depression and improve care for youth experiencing depression.

Project Goals



Increase depression screening in our office.



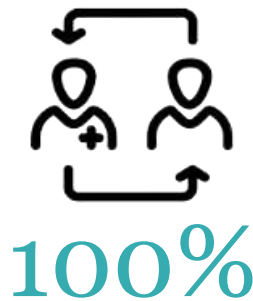
Ensure follow-up planning for AYA patients with depression.



Improve office systems and workflows related to managing depression.

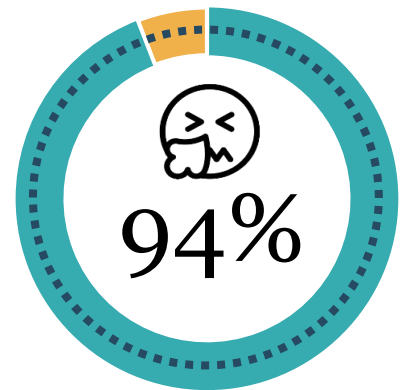
Outcomes

Screened for depression at **well care visits**



of AYA with depression had **follow-up care plans**

Screened for depression at **non-well visits**



What we changed

- ✓ Screen all patients ages 12 to 25 using the nine-item Patient Health Questionnaire at both well and acute visits.
- ✓ Create a registry of patient referrals after positive depression screens to track follow-up care.
- ✓ Have our Mental Health Nurse Practitioner connect twice a month with our offsite mental health services and coordinating care for our high risk patients.

