

PENNSYLVANIA

Results from Clinical Arm of
AYA-BH CoIN



2 PRACTICES

- Cardeza Foundation
- Penn State Health

Patients and Visits

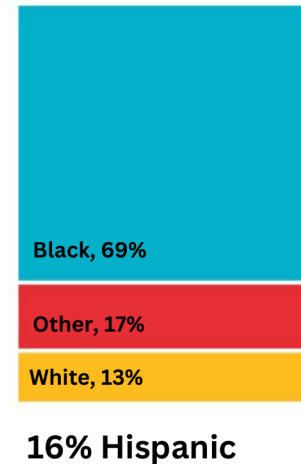
98
PATIENT
VISITS REVIEWED



♀ 49% female
♂ 51% male

Age	% of Visits
12-17	66%
18-25	37%

Racial Distribution



😊 79% well-care visits
☹️ 21% other visits



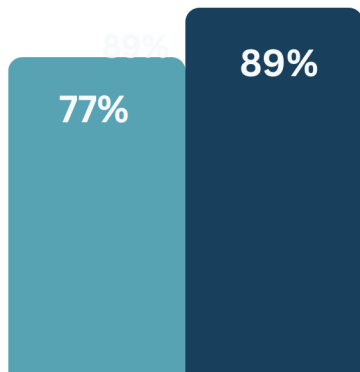
99%
in-person



1%
telehealth

Depression Screening

Screening Increased



Pre Well-care visits
Post Well-care visits

Most common screening tool

PHQ

75% of screens



17%
of youth screened were **positive** for depression

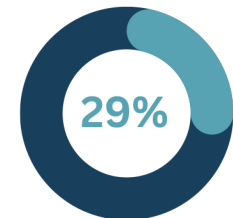
Follow-up Plans

100% of youth who screened **positive** for depression had a follow-up plan



56% of youth with a plan included follow-up within the practice

Depressed patients with in-office follow-up only



33% of youth with a plan were referred out of practice



0% of patients declined services



Collaboration

Mental Health Professionals



Both practices are coordinating care of youth with depression with mental health professionals



Both practices want to collaborate with community mental health centers

Schools



Both practices are collaborating with schools for referrals for youth with mental health concerns

Practice Changes

- Began universal depression screening starting at age 12
- Improved screening workflows
- Designated staff responsible for screening
- Added suicide risk screening to mental health assessments
- Offered resources, education, and referrals to patients who screen positive for depression
- Piloted program to integrate social worker brief counseling for youth with depression

Pennsylvania Practices' Needs



- Posters, handouts, brochures, and social media content that promote 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



- 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 Pennsylvania Title V participants in the Adolescent and Young Adult Behavioral Health CoIN (AYA-BH CoIN).