Mental Health or Depression Screening for Child and Teen Checkups

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December 14, 2017
Objectives

1. Clarify updated C&TC requirements and recommendations for mental health screening, with a focus on adolescents and young adults

2. Identify the most currently recommended, standardized screening instruments

3. Identify local and statewide response and referral options for positive mental health screens
Child and Teen Checkups (C&TC)
Minnesota’s version of the federal EPSDT program

- **Minnesota Department of Human Services (DHS):** Policy, billing and coding questions
- **MHCP Provider Manual C&TC Section** ([www.dhs.state.mn.us](http://www.dhs.state.mn.us)) website has full policy information for Child and Teen Checkups
- E-mail: [dhs.childteencheckups@state.mn.us](mailto:dhs.childteencheckups@state.mn.us)
- Phone 651-431-2633

- **Minnesota Department of Health (MDH):** Clinical questions related to screening and referral
- **Child and Teen Checkups** ([www.health.state.mn.us](http://www.health.state.mn.us)) website has fact sheets & resources for each screening component
- E-mail: [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us)
- Phone 651-201-3760
### Minnesota Child and Teen Checkups (C&TC) Schedule of Age-Related Screening Standards

#### C&TC Screening Components by Age

<table>
<thead>
<tr>
<th>Component</th>
<th>Infancy</th>
<th>Early Childhood</th>
<th>Middle Childhood</th>
<th>Adolescence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anticipatory guidance &amp; health education</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Maternal depression screening</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tobacco, alcohol or drug use risk assessment</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Physical exam: head to toe, including dental and sexual development</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Immunizations/review</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Newborn screening: follow-up; blood spot and critical congenital heart defect</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Laboratory tests/risk assessment:</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Hemoglobin/haematocrit</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sexually transmitted infection (STI) risk assessment, with lab testing for sexually active youth</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>HIV testing for all youth at least once</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Dyslipidemia*</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Vision screening: distance (3+ years) and near (5+ years) acuity*</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Hearing screening: high-frequency screening at 11 years*</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Oral Health: Dental Checkups:</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Dental Checkups: Verbal referral to dental provider at eruption of first tooth or no later than 12 months of age</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fluoride varnish application (FVA) starting at eruption of first tooth*</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

#### Key:
- ✓: Required component for the visit
- H: If no Newborn Screening results on file, or if not passed, follow up appropriately
- R: Recommended screening for visit
- X: Risk assessment followed by appropriate action
- Indicates range to provide component at least one time
- *: Refer to back side for more information on new requirements

#### C&TC Periodicity Schedule 2017
Mental Health or Depression Screening

• American Academy of Pediatrics Bright Futures guidelines
  • 12 through 21 years

• US Preventive Services Task Force
  • Grade B recommendation: Depression screening for 12-18 years

• Minnesota Community Measurement
  • Required clinical quality reporting measure: Mental health or depression screening for 12-17 years
### Progress in Minnesota:

**www.mnhealthscores.org/**

<table>
<thead>
<tr>
<th>Year</th>
<th>Measure process</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011-2012</td>
<td>Develop and define</td>
</tr>
<tr>
<td>2013</td>
<td>Pilot test</td>
</tr>
<tr>
<td>2014</td>
<td>Finalize specifications</td>
</tr>
<tr>
<td>2015</td>
<td>Begin statewide measurement</td>
</tr>
</tbody>
</table>

- 570 clinics and 113,630 patients by 2016
- Of those screened, 9.7% had positive screen

![Bar Chart](chart.png)

- Statewide: 45% (2015), 70% (2016)
- Commercial: 47% (2015), 73% (2016)
- Medicaid: 40% (2015), 64% (2016)
- Medicare: 35% (2015), 68% (2016)
- Self-pay: 31% (2015), 61% (2016)
Recommended, standardized instruments

**Depression-only screeners**

- Kutcher Adolescent Depression Scale (KADS): 12-17 years
- Patient Health Questionnaire 9 items (PHQ-9) or PHQ-9 modified for teens
- Beck Depression Inventory (BDI-II)*
- Children’s Depression Inventory (CDI-2)*

*proprietary/licensed tool

**Broader mental health screeners**

- Pediatric Symptom Checklist 35 items (youth and/or parent version) or 17 items (only parent version is validated)
- Global Appraisal of Individual Needs (GAIN-SS) – mental health & substance use
Recommended instruments for 6-20 years

- **List** of recommended instruments
  
  Mental Health Screening Instruments for Children 6-21 Years of Age

  The following mental health screening instruments have been reviewed and recommended for Child and Teen Checkups (CTC) by the Minnesota Departments of Health and Human Services (DHHS) and Health (MnH). These instruments align with Minnesota Community Measurements.

  General mental health screening instruments

  - **Public domain (or licensed for use in Minnesota)**
    - Pediatric Symptom Checklist (PSC): 7-19 years
    - Youth Self-Report (YSR): 7-19 years
    - Parent Report (PSR): 7-19 years
    - Parent Report (PSR): 7-18 years
    - Generic Symptom Checklist-30 (GSC-30): 8-18 years
    - **Global Appraisal of Individual Needs (GAIN):** 12 years to adult; screen for mental health and substance abuse
  
  Depression screening instruments

  - **Public domain**
    - K-16 Depressive Inventory (K-16): 12 to 17 years
    - Patient Health Questionnaire-9 (PHQ-9): 15 years to adult
    - **PHQ-9 Mod (for Teens/Adolescents)** 12 to 18 years
    - **Proprietary**
      - Beck Depression Inventory (BDI-1): 13 years to adult
      - Beck Depression Inventory II (BDI-II): 13 years to adult
      - **Children's Depression Inventory (CDI):** 7-13 years to adult
  
  More detailed information

  Refer to the **Detailed Comparison Table of Recommended Mental Health Screening Instruments** (www.dhs.state.mn.us) for more information on each instrument, including:

  - Rating criteria (sensitivity, specificity, reliability)
  - Time and qualifications for administration and scoring
  - Language in which instrument is available
  - Where to find more information and obtain the instrument

  For younger children

  For a list of social-emotional/mental health screening tools for children ages 0 through 5 years, refer to the Developmental and Social-Emotional Assessment of Young Children (5-5 years) in Minnesota (www.health.state.mn.us). For more information, contact health.mnhscreening@mnhs.state.mn.us

- **Detailed comparison table of recommended instruments**

  Detailed comparison table of approved mental health screening instruments

  The following instruments have been reviewed and approved by the Minnesota Departments of Health and Human Services for Child and Teen Checkups (CTC), and meet Minnesota Community Measurement guidelines for the adolescent depression and/or mental health screening measure.

  The table below provides a detailed comparison of the recommended mental health screening instruments.

<table>
<thead>
<tr>
<th>Tool</th>
<th>Purpose</th>
<th>Age Range</th>
<th>Description</th>
<th>Validity/Reliability</th>
<th>Pragmatism</th>
<th>Cost</th>
<th>Meets Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDI-S</td>
<td>Screen for depression in adolescents &amp; adults</td>
<td>12-18 years</td>
<td>Self-report</td>
<td>Internal consistency</td>
<td>80%</td>
<td>Moderate</td>
<td>Yes</td>
</tr>
<tr>
<td>PHQ-9</td>
<td>Screen for depression in adolescents &amp; adults</td>
<td>12-18 years</td>
<td>Self-report</td>
<td>Internal consistency</td>
<td>80%</td>
<td>Moderate</td>
<td>Yes</td>
</tr>
<tr>
<td>BDI-II</td>
<td>Screen for depression in adolescents &amp; adults</td>
<td>13-18 years</td>
<td>Self-report</td>
<td>Internal consistency</td>
<td>80%</td>
<td>Moderate</td>
<td>Yes</td>
</tr>
</tbody>
</table>

For more information, contact health.mnhscreening@mnhs.state.mn.us
What about the PHQ-2?

- First 2 questions of PHQ-9
- Validation studies limited in adolescents
- Recommended by various national bodies as 1st-line screener; follow with more robust screening if positive
- Not strongly recommended, but acceptable as 1st-line screener for C&TC

→ For score ≥2, complete the full PHQ-9 (or other strongly validated tool)
Addressing positive screening results

- Tracking of referrals and follow-up happens at clinic level

- Resources:
  - Primary care providers
  - Integrated mental health services
  - Referral within health systems or to community agencies
  - School-linked mental health services (https://mn.gov/dhs)
    - 278 school districts
    - 15,000 unduplicated served in 2015
What about screening at younger ages?

• Early childhood: 6 months through 5 years
  • Ages and Stages Questionnaires: Social-Emotional, 2\textsuperscript{nd} edition (ASQ:SE-2)
  • Brief Infant Toddler Social Emotional Assessment (BITSEA)– 12 to 36 months

• School age: 6 through 11 years
  • Pediatric Symptom Checklist (PSC)
    • 35 items: both parent and youth (11 years and older) versions are validated
    • 17 items: only parent version is validated
Early Childhood Mental Health services

- Evidence-based assessment (DC 0-5)
- Evidence-based, family-based treatments & support
- Covered by Medicaid, insurers; available for un- or under-insured
Developmental and mental health screening instruments for C&TC Visits in Minnesota (PDF): table of recommended, standardized tools most commonly used in primary care for all ages (birth through 20 years, including postpartum depression)

• Birth through 5 years
  • Social-Emotional Screening (0-5 Years) C&TC Fact Sheet (PDF)
  • Developmental and social-emotional screening of young children in MN (website)

• 6 through 20 years
  • Mental Health Screening (6-20 Years) C&TC Fact Sheet (PDF)
Thank you!

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651-201-3760