Adolescent & Young Adult Health National Resource Center

AIM

By December 2022, achieve an 80% screening rate of patients ages 12-25 for a major depressive episode using an age-appropriate standardized tool with documentation of a follow-up plan if the screen is positive.

PRIMARY DRIVERS

- Education
- Collaboration with behavioral health
- Screening
- Referral and care management

SECONDARY DRIVERS

Education

- Training for primary care team on behavioral health assessment and treatment
- Training on confidentiality and consent laws and policies and application to AYA care
- Knowledge of mental health resources
- Mental health literacy and stigma reduction education

Collaboration with behavioral health

- Multi-disciplinary team approach
- Shared care plan
- Shared patient record
- Co-location of behavioral health providers in primary care

Screening

- Identify validated tool for practice to screen for depression
- Standardized process for depression screening with a validated tool at all preventive care visits.
- Defined intervals for follow-up screening for patients with depression
- Defined processes for handling positive screens, including processes for stepped care and mechanism of escalation to higher intensity mental health for high severity services

Referral and care management

- Apply stepped care treatment protocols
- Initiate first-line treatment (antidepressants)
- Case management of AYA with depression; e.g. depression care manager or task shifting
- Defined referral and medication tracking systems
- Create partnerships and linkages with mental health agencies and schools