

Addressing & Managing Pediatric Mental Health in Primary Care

A Maryland BHIPP CME/CEU Mini-Conference

Presented by Sarah Edwards, DO & Carisa Parrish, PhD

Co-hosted by Mid Shore Behavioral Health and Talbot County Health Department

Resource Handout

Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP)

- <https://mdbhipp.org/>

Maryland Mid Shore Resources

Mid Shore Behavioral Health

- <https://www.midshorebehavioralhealth.org/>

Eastern Shore Crisis Response / Mobile Crisis

1.888.407.8018

Serves as the behavioral health emergent, urgent and information and referral call center for all nine counties of the Eastern Shore: Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot, Wicomico and Worcester Counties. The ESCR is available 24 hours a day, 7 days a week to assess and respond to calls from consumers, family members, community members, businesses and human services agencies. ESCR staff provide linkage to community resources through referral to all appropriate and existing behavioral health and human services.

- <https://www.thesantegroup.org/eastern-shore-crisis#:~:text=Eastern%20Shore%20Crisis%20Response%20Hotline%3A%20888-407-8018%20-%20Call,this%20number%20for%20immediate%20crisis%20support.%20Administrative%3A%20888-407-8018>

For All Seasons, Inc. Hotline

1.800.310.7273

Counseling, advocacy, and education to victims of rape, sexual assault and abuse.

- <https://www.nomatterwhatyoumatter.org/>

Anxiety

American Academy of Pediatrics: *Pediatric Anxiety: Tools and Resources for Primary Care*

- <https://www.aappublications.org/news/2018/12/14/anxietyresources121418>

Contemporary Pediatrics: *Anxiety Disorders in Primary Care*

- <https://www.contemporarypediatrics.com/view/anxiety-disorders-primary-care>

American Academy of Child and Adolescent Psychiatry: *Anxiety Disorders Resource Center*

- https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx

Anxiety Screening Tools

Screen for Child Anxiety Related Emotional Disorders (SCARED)

- <https://www.pediatricbipolar.pitt.edu/resources/instruments>

Preschool Anxiety Scale

- <https://www.scaswebsite.com/portfolio/scas-pre-school-download-scale/>

Generalized Anxiety Disorder-7 (GAD-7)

- https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf

Pediatric Symptom Checklist

- https://www.brightfutures.org/mentalhealth/pdf/professionals/ped_sympton_chklst.pdf

Depression

AAP Policy Statement (2018) Guidelines for Adolescent Depression in Primary Care (GLAD-PC)

- <https://pediatrics.aappublications.org/content/141/3/e20174081>

NYU Langone Health: *Checking in on Your Teenager's Mood During the COVID-19 Pandemic*

- <https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>

Child Mind Institute: *Child and Teen Depression*

- <https://childmind.org/topics/concerns/depression/>

Anxiety and Depression Association of America: *Childhood Depression*

- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/childhood-depression>

Maryland BHIPP: *Quick Tips for Providers: Assessing and Responding to Youth Suicidal Ideation*

- <https://mdbhipp.org/assets/quick-tips-for-providers-suicide-7.7.21.pdf>

Suicide Prevention Lifeline: *Patient Safety Plan Template*

- https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_StanleySafetyPlanTemplate.pdf

Depression Screening Tools

American Academy of Pediatrics: *Patient Health Questionnaire 9 (PHQ-9) Modified for Teens*

- [http://www.pedpsychiatry.org/pdf/depression/PHQ-9 Modified for Teens.pdf](http://www.pedpsychiatry.org/pdf/depression/PHQ-9%20Modified%20for%20Teens.pdf)

National Institute of Mental Health: *Ask Suicide-Screening Questions Tool*

- https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkitmaterials/asq-tool/screening_tool_asq_nimh_toolkit_155867.pdf

*Additional versions and languages available at the link below

- <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/>

Tulane University School of Medicine: *Preschool Feelings Checklist (ages 3-6)*

- <https://medicine.tulane.edu/sites/g/files/rdw761/f/pictures/Preschool%20feelings%20checklist.pdf>

ADHD

American Academy of Pediatrics: *Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents*

- <https://pediatrics.aappublications.org/content/144/4/e20192528>

American Academy of Pediatrics: *Expert shares advice on providing ADHD care in busy practice*

- <https://www.aappublications.org/news/2021/01/01/nce2020-adhd010121>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

- <https://chadd.org/>

Dr. Russell A. Barkley: *Dedicated to Education and Research on ADHD*

- <http://www.russellbarkley.org/>

American Academy of Child and Adolescent Psychiatry: *Attention Deficit/Hyperactivity Disorder (ADHD) Resource Center*

- https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx

HealthyChildren.org: *Diagnosing ADHD in Children: Guidelines & Information for Parents*

- <https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Diagnosing-ADHD-in-Children-Guidelines-Information-for-Parents.aspx>

FamilyDoctor.org: Attention-Deficit Hyperactivity Disorder (ADHD)

- <https://familydoctor.org/condition/attention-deficit-hyperactivity-disorder-adhd/>

ADHD Screening Tools

NICHQ Vanderbilt Assessment Scales

- <https://www.nichq.org/sites/default/files/resource-file/NICHQ-Vanderbilt-Assessment-Scales.pdf>

Pediatric Symptom Checklist PSC-17

- <https://www.seattlechildrens.org/globalassets/documents/healthcare-professionals/pal/ratings/psc-17-rating-scale.pdf>

ADHD Research Articles and Books

The Preschool Attention-deficit/hyperactivity disorder Treatment study (PATS) 6-year follow-up

(Riddle, Yershova, Lazzaretto, Paykina, Yenokyan, Greenhill, Abikoff, Vitiello, Wigal, McCracken, Kollins, Murray, Wigal, Kastelic, McGough, dosReis, Bauzó-Rosario, Stehli, & Posner, 2013)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3660093/>

Comparison of the PSC-17 and Alternative Mental Health Screens in an At-Risk Primary Care Sample

(Gardner, Lucas, Kolko, & Campo, 2007)

- [https://www.jaacap.org/article/S0890-8567\(09\)61720-2/pdf](https://www.jaacap.org/article/S0890-8567(09)61720-2/pdf)

A 14-month randomized clinical trial of treatment strategies for attention-deficit/hyperactivity disorder (The MTA Cooperative Group, 1999)

- <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/205525>

Taking Charge of ADHD, Fourth Edition: The Complete, Authoritative Guide for Parents Fourth Edition

(Barkley, 2000)

- <https://www.guilford.com/books/Taking-Charge-of-ADHD/Russell-Barkley/9781462542673>

Parent Management

Parenting for Lifelong Health: *Positive Parenting Tip Sheets*

- <https://www.covid19parenting.com/>

ZERO TO THREE: *Nine Elements That Power Positive Parenting*

- <https://www.zerotothree.org/resources/2198-nine-elements-that-power-positive-parenting>

ZERO TO THREE: *Positive Parenting Key Elements Infographic*

- <https://www.zerotothree.org/resources/2240-positive-parenting-infographic>

Center for Youth Wellness and ZERO TO THREE: *The Benefit of Supportive Relationships*

- <https://www.acesaware.org/wp-content/uploads/2019/12/8-The-Benefit-of-Supportive-Relationships-English.pdf>

Center for Youth Wellness and ZERO TO THREE: *Parenting with ACEs*

- <https://www.acesaware.org/wp-content/uploads/2019/12/10-Parenting-with-ACEs-English.pdf>

National Council for Behavioral Health: *Everything Primary Care Providers should know about parent training in behavior therapy while working with families with young children with ADHD*

- https://www.thenationalcouncil.org/wp-content/uploads/2016/06/BPT-Provider-Webinar_FINAL_handout.pdf?daf=375ateTbd56

Child Mind Institute: *Choosing a Parent Training Program*

- <https://childmind.org/article/choosing-a-parent-training-program/>

The Triple P: *Positive Parenting Program*

- www.triplep.net

Parent Management Research Articles and Books

Parenting Interventions in Pediatric Primary Care: A Systematic Review (Smith, Cruden, Rojas, Van Ryzin, Fu, Davis, Landsverk, Brown, 2020)

- <https://pediatrics.aappublications.org/content/146/1/e20193548>

Psychosocial interventions for child disruptive behaviors: A meta-analysis. (Epstein, Fonnesebeck, Potter, Rizzone and McPheeters, 2015)

- <https://pediatrics.aappublications.org/content/136/5/947.long>

Behavioural and cognitive-behavioural group-based parenting programmes for early-onset conduct problems in children aged 3 to 12 years (Furlong, McGilloway, Bywater, Hutchings, Smith, Donnelly, 2012)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3660093/>

A meta-analytic review of components associated with parent training program effectiveness (Kaminski, Valle, Filene, Boyle, 2008)

- <https://link.springer.com/article/10.1007/s10802-007-9201-9>



Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds, Third Edition (Forehand and Long, 2010)

- <https://www.amazon.com/Parenting-Strong-Willed-Child-Clinically-Six-Year-Olds/dp/0071667822>

The Incredible Years (R): Trouble Shooting Guide for Parents of Children Aged 3-8 Years, Third Edition (Webster-Stratton, 2019)

- <https://www.amazon.com/Incredible-Years-Trouble-Shooting-Children/dp/0578434512>