

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2.09 million, with 20% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the U.S. Government

## Screening Effectively & Efficiently Now (SEEN): An Alabama Child Health Improvement Alliance (ACHIA) Teen Mental Wellness Quality Improvement (QI) Collaborative

Twenty percent of teens have a mental health disorder, yet few have access to care due to a scarcity of qualified providers. To close this gap, the American Academy of Pediatrics established pediatric mental health competencies which SEEN participants improved over the course of the collaborative: universally screening for teen depression and suicide, applying evidence-based communication skills to address barriers to engaging in treatment, initiating behavioral and pharmacologic treatments when risks are identified, and maintaining a reliable system for referrals and co-management for more complex conditions.

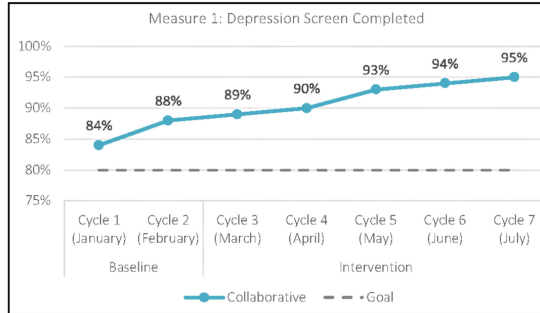
December 2022 – August 2023

### Global Aim

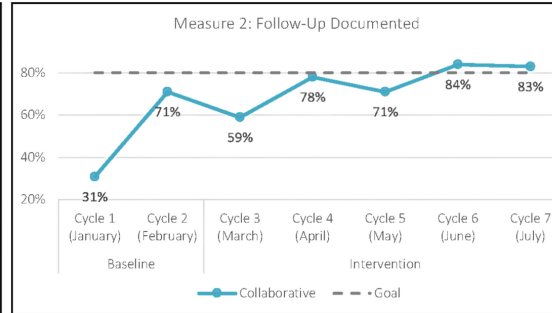
Teens in practice will be SEEN and have mental health needs addressed.

### Specific Aims

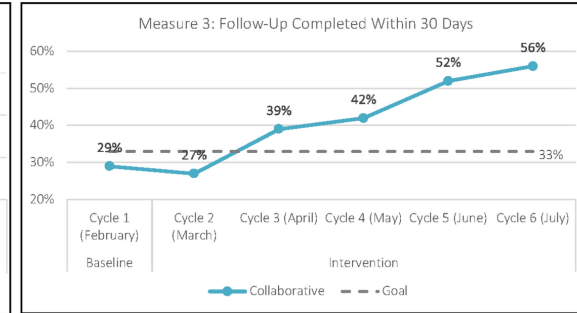
- Between December 2022-August 2023, practices will
- Increase the proportion of adolescents 12 through 18 years of age screened for depression during well child visits to 80 percent.
- Increase the proportion of adolescents 12 through 18 years of age who screen positive for depression that have a documented follow-up plan to 80 percent.
- Increase the proportion of adolescents 12 through 18 years of age who are followed up within 30 days after a positive screen for depression to 5 percent above baseline.



Practices increased appropriately completed screens for depression by more than 10%



Documentation of plans for positive screens more than doubled.



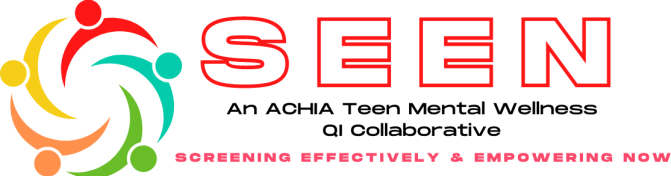
Practices nearly doubled follow up within 30 days for patients with positive screens

Participants	Project Partners	Project Support
<p><b>14 practices from across Alabama enrolled with 83 total staff</b></p> <ul style="list-style-type: none"> <li>• 61 physicians</li> <li>• 3 CRNP/PA</li> <li>• 8 nursing/clinical</li> <li>• 11 administrative/ support</li> </ul>	<ul style="list-style-type: none"> <li>• PATHS (Pediatric Access to Telemental Health)</li> <li>• Alabama Chapter-American Academy of Pediatrics</li> </ul>	<ul style="list-style-type: none"> <li>• Children's of Alabama</li> <li>• University of Alabama at Birmingham, Department of Pediatrics</li> <li>• University of South Alabama</li> <li>• Alabama Medicaid Agency</li> <li>• ALLKids</li> <li>• Blue Cross/Blue Shield of Alabama</li> <li>• Alabama Department of Public Health</li> <li>• American Academy of Pediatrics</li> </ul>
<p><b>Content Expert:</b> Heather Austin, PhD</p>		
<p><b>Annual Patient Visits</b></p>	<p><b>12-18 years old</b></p>	<p><b>60,497</b></p>

**Participating Practices:** Dothan Pediatric Clinic, Dothan Pediatric Subspecialty Clinic, Enterprise Pediatric Clinic, Eufaula Pediatric Clinic, Gadsden Pediatric Clinic, Heritage Pediatrics, Infants and Children's Clinic, Ozark Pediatric Clinic, Partners in Pediatrics, Primary Care Pediatrics and Family Medicine, Selma Pediatrics, Sylacauga Pediatrics, UAB Primary Care Clinic, University Medical Center Pediatric Clinic

### Lessons Learned

- QI helped practices identify and close care gaps when screening, documenting and following up teen depression.
- Participant development of brief intervention skills made clinic visits more effective.
- Peer-to-peer learning inspired change ideas for improvements at other clinics.
- Follow up was highly valued by families and pediatricians but required resources that make sustaining this improvement challenging.
- Participants highly valued the quality of the PATHS ECHO educational series.
- The collaborative structure made it easier for those with less formal QI experience to work on validated improvements for their clinic.



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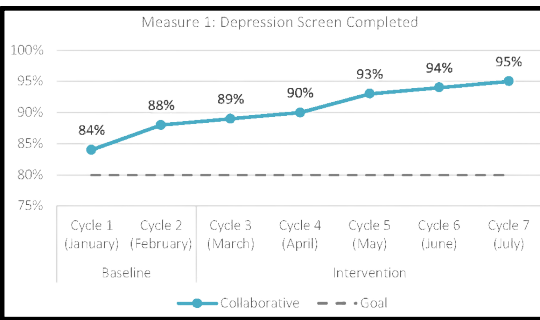
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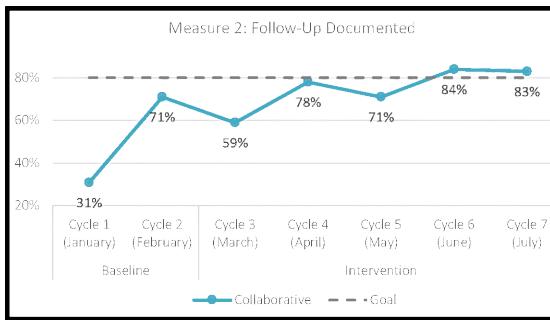
**Specific Aims**

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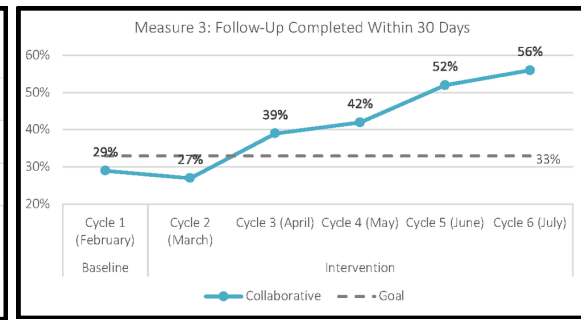
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