



## SEEN: An ACHIA Teen Mental Wellness QI Collaborative

### Collaborative Purpose

Alabama Child Health Improvement Alliance (ACHIA) Collaborative participants improve outcomes in a specific content area – in this case enhancing primary care screening, management, and referrals for teen depression and suicide – as well as develop quality improvement (QI) skills to sustain gains long after the collaborative concludes. ACHIA collaboratives emphasize the “Local” nature of improvement by connecting with local content experts, local community resources – and importantly – by providing a platform for practices to learn from parents and patients as well as Alabama-based practice peers. Additionally, practices will join PATHS (Pediatric Access to Telemental Health Services) ECHO sessions to work closely with mental health experts and each other regarding best approaches to identifying, treating, and working collaboratively to manage adolescent depression.

### The SEEN Teen Mental Wellness Challenge

#### Global Aim:

Teens will be SEEN and have mental health needs addressed.

#### Specific Aims for All Practices:

Between December 2022-September 2023, practices will:

- Increase the percent of 12–18-year-old teens in clinic for a well-child checkup screened with a validated depression screening tool to 80%.
- Increase the percent of teens with a positive screen for major depression documented with a follow-up plan to 80%.
- Increase the percent of teens with a screen positive for depression who complete follow-up with the practice within 30 days by 5% above baseline.