

KSKidsMAP

*Kansas Together for Pediatric Mental Health Care
Access*

**Pediatric Mental Health Toolkit
Topic: Depression
Part 4: Brief interventions**



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



The clinician-patient relationship

- Validation
 - Demonstrate understanding that the person's thoughts, feelings, and actions make sense (you don't have to agree/approve)
 - Eye contact, active listening
 - Nonjudgmental reflection of feelings
- Caring Contacts
- Confidence that things can get better
- Active Monitoring
 - More frequent visits
 - Goal setting
 - Education



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The Cognitive Behavioral Model

- Emotions, Thoughts, and Behaviors all interact in a given situation
 - If you want to change the picture, you can start by changing any one piece of the puzzle and it will influence the rest
- This happens in a context- physical environment, social environment, learning history, genetic loading, etc.
- Sometimes people develop certain thought patterns that get them “stuck”- identifying and changing these patterns can get them “unstuck”



Depression Tool Kit

- Emotions- sad, angry, anxious
 - Tool: Identifying and tracking feelings
- Behaviors- Isolation, Decreased Activity
 - Tool: The Activity Plan
- Thoughts- Negative perception of the self, the world, and the future
 - Tools: Helpful Counter-thoughts (finding the silver lining)
 - What would you tell a friend in this situation?
 - Exploring the Evidence
 - Doing an experiment to test the thought



Resources

- [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\)](https://www.thereachinstitute.org/images/pdfs/glad-pc-toolkit-2018.pdf)
 - <https://www.thereachinstitute.org/images/pdfs/glad-pc-toolkit-2018.pdf>



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Disclosure

Thank you for viewing the Pediatric Mental Health Toolkit. KSKidsMAP intends for this Toolkit to be used in conjunction with the KSKidsMAP program and not as a stand-alone resource. KSKidsMAP provides case-based consultation with experts in pediatric mental health, ongoing education and mentorship through the Virtual TeleECHO clinic, and physician and clinician wellness resources to those providing medical care to youth and adolescents with mental illness. Please connect with KSKidsMAP by emailing KSKidsMAP@kumc.edu or calling 1-800-332-6262.



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