



Adolescent Medicine Resident Curriculum

PSYCHOLOGICAL AND BEHAVIORAL HEALTH

CREATIVE COMMONS

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Society for Adolescent Health and Medicine
Adolescent Medicine Resident Curriculum – Psychological and Behavioral Health

MODULE AND LEARNING OBJECTIVES	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
PSYCHOLOGICAL AND BEHAVIORAL HEALTH	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<p>Screening:</p> <ol style="list-style-type: none"> Describe the importance of screening all adolescents about mental health issues including depression, anxiety, non-suicidal self-harm, and suicidal ideation Describe the importance of asking suicidal patients if there is a plan Compare the presentation and diagnosis of ADHD between early, middle, and late adolescence and young adults 	<p>Readings:</p> <ol style="list-style-type: none"> Pew Research Center, February 2019, “Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers” https://www.pewsocialtrends.org/wp-content/uploads/sites/3/2019/02/Pew-Research-Center_Teens-report_full-2.pdf Practice parameter for the assessment and treatment of children and adolescents with suicidal behavior. American Academy of Child and Adolescent Psychiatry. J Am Acad Child Adolesc Psychiatry 2001;40(7 Suppl):24S-51S. Maslow GR, Dunlap K, Chung RJ. Depression and Suicide in Children and Adolescents. Pediatr Rev 2015;36(7):299-308; quiz 309-10. Kelly P. Posttraumatic stress disorder. Pediatr Rev 2012;33(8):382-3. <p>Websites and other Resources:</p> <ol style="list-style-type: none"> MCPAP (Massachusetts Child Psychiatry Access Project) http://mcpap.org - section for providers contains: <ol style="list-style-type: none"> Diagnostic Resources Screening and Toolkits The REACH Institute: Specific sections on Screening, Assessment & Referral; Issue Briefs http://www.glad-pc.org/ 		<p>PediCases: http://pedicases.org/archives/index.html</p> <ol style="list-style-type: none"> Depression - Too Tired to Sleep <p>Online Resources:</p> <ol style="list-style-type: none"> Office of Adolescent Health - Adolescent Health Topics - Mental Health. https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html <p>MedEd Portal:</p> <ol style="list-style-type: none"> Pitts S, Borus J, Harris S, Siegel J, Gooding H, Goncalves A, Levy S, Weitzman E, Burke P. Benefitting Brad: An Interprofessional Case of Adolescent Substance Use and ADHD. MedEdPORTAL Publications; 2015. https://www.mededportal.org/publication/10224/ 	<ul style="list-style-type: none"> Outpatient (adolescent clinic, primary care clinic, child and adolescent psychiatry) Inpatient (wards, PICU) Emergency department



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PSYCHOLOGICAL AND BEHAVIORAL HEALTH - continued	TEACHING MATERIALS			CLINICAL AND COMMUNITY SETTINGS
	Readings and Videos	Interactive Learning Opportunities	Materials to Develop Educational Sessions	
<p>Referral/Treatment:</p> <ol style="list-style-type: none"> 1. Assess patient readiness for change/intervention 2. Discuss outpatient treatment of depression/anxiety in adolescents including pharmacologic treatment and mental health utilization. 3. Know behavioral and pharmacologic treatments for ADHD 	<p>Readings:</p> <ol style="list-style-type: none"> 1. Zuckerbrot RA, Cheung AH, Jensen PS, Stein RE, Laraque D, Group G-PS. Guidelines for Adolescent Depression in Primary Care (GLAD-PC): I. Identification, assessment, and initial management. <i>Pediatrics</i> 2007;120(5):e1299-312. https://pediatrics.aappublications.org/content/141/3/e20174081 2. Cheung AH, Zuckerbrot RA, Jensen PS, Ghalib K, Laraque D, Stein RE, et al. Guidelines for Adolescent Depression in Primary Care (GLAD-PC): II. Treatment and ongoing management. <i>Pediatrics</i> 2007;120(5):e1313-26. https://pediatrics.aappublications.org/content/141/3/e20174082?utm_source=TrendMD&utm_medium=TrendMD&utm_campaign=Pediatrics_TrendMD_0 3. Wolraich M, Brown L, Brown RT, et al. ADHD: clinical practice guideline for the diagnosis, evaluation, and treatment of attention-deficit/hyperactivity disorder in children and adolescents. <i>Pediatrics</i> 2011;128(5):1007-22. https://pediatrics.aappublications.org/content/144/4/e20192528 <p>Websites and Online Resources:</p> <ol style="list-style-type: none"> 1. Guidelines for Adolescent Depression in Primary Care (GLAD-PC) Toolkit http://www.glad-pc.org/ 		<p>Online Resources:</p> <ol style="list-style-type: none"> 1. Office of Adolescent Health - Adolescent Health Topics - Mental Health. https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html <p>Books:</p> <ol style="list-style-type: none"> 1. Ginsburg, K Ed. <i>Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition</i>. AAP, 2020 https://services.aap.org/en/publications/reaching-teens-2E/sahm/ 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, child and adolescent psychiatry; work with outpatient social work) • Inpatient (wards, PICU, psychiatry) • Partial hospitalization - child and adolescent psychiatry • Emergency department
<p>Management of suicidality:</p> <ol style="list-style-type: none"> 1. Describe the importance of asking all adolescents about suicidal ideation and, if present, if there is a plan 2. Know the resources in your area for referral of an actively suicidal adolescent (crisis team, psychiatric or medical ED, psychiatric hospital) 3. Examine the basis of safety planning and how to counsel parents/guardians of safety plan 	<p>Websites and Online Resources:</p> <ol style="list-style-type: none"> 1. It Gets Better Project https://itgetsbetter.org/ 2. To Write Love on Her Arms https://twloha.com/ 3. MCPAP (Massachusetts Child Psychiatry Access Project) https://www.mcpap.com/Provider/SuicidePrevention.aspx <ol style="list-style-type: none"> a. Suicide Prevention in the Primary Care Setting in section “For Providers” 4. The Cornell Research Project on Self-Injury and Recovery http://www.selfinjury.bctr.cornell.edu/resources.html 5. The Trevor Project www.thetrevorproject.org 		<p>Online Resources:</p> <ol style="list-style-type: none"> 1. Office of Adolescent Health - Adolescent Health Topics - Mental Health. https://www.hhs.gov/ash/oah/adolescent-development/mental-health/index.html 	<ul style="list-style-type: none"> • Outpatient (adolescent clinic, primary care clinic, child and adolescent psychiatry; work with outpatient social work) • Inpatient (wards, PICU, psychiatry) • Partial hospitalization - child and adolescent psychiatry

