Adolescent Medicine Resident Curriculum

PSYCHOLOGICAL AND BEHAVIORAL HEALTH

CREATIVE COMMONS
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### MODULE AND LEARNING OBJECTIVES

#### PSYCHOLOGICAL AND BEHAVIORAL HEALTH

**Screening:**

1. Describe the importance of screening all adolescents about mental health issues including depression, anxiety, non-suicidal self-harm, and suicidal ideation.
2. Describe the importance of asking suicidal patients if there is a plan.
3. Compare the presentation and diagnosis of ADHD between early, middle, and late adolescence and young adults.

#### TEACHING MATERIALS

<table>
<thead>
<tr>
<th>Readings and Videos</th>
<th>Interactive Learning Opportunities</th>
<th>Materials to Develop Educational Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Readings:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Interactive Learning Opportunities

**PediCases:**

- Depression - Too Tired to Sleep

**Online Resources:**


**MedEd Portal:**


#### CLINICAL AND COMMUNITY SETTINGS

- Outpatient (adolescent clinic, primary care clinic, child and adolescent psychiatry)
- Inpatient (wards, PICU)
- Emergency department

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### Psychological and Behavioral Health - continued

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<table>
<thead>
<tr>
<th>Referral/Treatment:</th>
<th>Readings and Videos</th>
<th>Interactive Learning Opportunities</th>
<th>Materials to Develop Educational Sessions</th>
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</tr>
</thead>
<tbody>
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<td></td>
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<td></td>
<td></td>
<td>• Emergency department</td>
</tr>
</tbody>
</table>

#### Referral/Treatment:

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

#### Management of Suicidality:

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

#### Online Resources:

2. It Gets Better Project [https://itgetsbetter.org/](https://itgetsbetter.org/)
3. To Write Love on Her Arms [https://twloha.com/](https://twloha.com/)
4. MCPAP (Massachusetts Child Psychiatry Access Project) [https://www.mcpap.com/Providers/SuicidePrevention.aspx](https://www.mcpap.com/Providers/SuicidePrevention.aspx)
   a. Suicide Prevention in the Primary Care Setting in section "For Providers"
5. The Cornell Research Project on Self-Injury and Recovery [http://www.selfinjury.bctr.cornell.edu/resources.html](http://www.selfinjury.bctr.cornell.edu/resources.html)
6. The Trevor Project [www.thetrevorproject.org](http://www.thetrevorproject.org)

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