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### Psychological and Behavioral Health

#### OBJECTIVES

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.

#### Readings and Videos

**Readings:**


**Videos:**

1. Anxiety and Depression (video) [http://www.uctv.tv/shows/Adolescent-Depression-and-Anxiety-28888](http://www.uctv.tv/shows/Adolescent-Depression-and-Anxiety-28888)

**Websites and other Resources:**

1. MCPAP (Massachusetts Child Psychiatry Access Project) Available at [http://mcpap.org - section For Providers contains](http://mcpap.org - section For Providers contains)
   - a. Diagnostic Resources
   - b. Screening and Toolkits

#### Interactive Learning Opportunities

  1. 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
### 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.

#### Readings:


2. Suicide Prevention in the Primary Care Setting in section “For Providers”.

#### Websites and Online Resources:

1. MCPAP (Massachusetts Child Psychiatry Access Project) Available at [http://mcpap.org](http://mcpap.org)

2. The Cornell Research Project on Self-Injury and Recovery. Available at [http://www.selfinjury.bcr.cornell.edu/resources.html](http://www.selfinjury.bcr.cornell.edu/resources.html)

3. The Trevor Project. Available at [www.thetrevorproject.org](http://www.thetrevorproject.org)

#### Online Resources:


#### 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