

# PEDIATRIC TRACK

## ANTICIPATING FUTURE NEEDS IN MENTAL AND BEHAVIORAL HEALTH



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MAY 21, 2022 | WEBINAR

**E**MPOWERING **P**ATIENTS  
FOR  
**I**NDIVIDUALIZED **C**CARE



**CONFLICTS OF INTEREST:  
NONE**



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# OBJECTIVES

1

Explain current trends in mental health

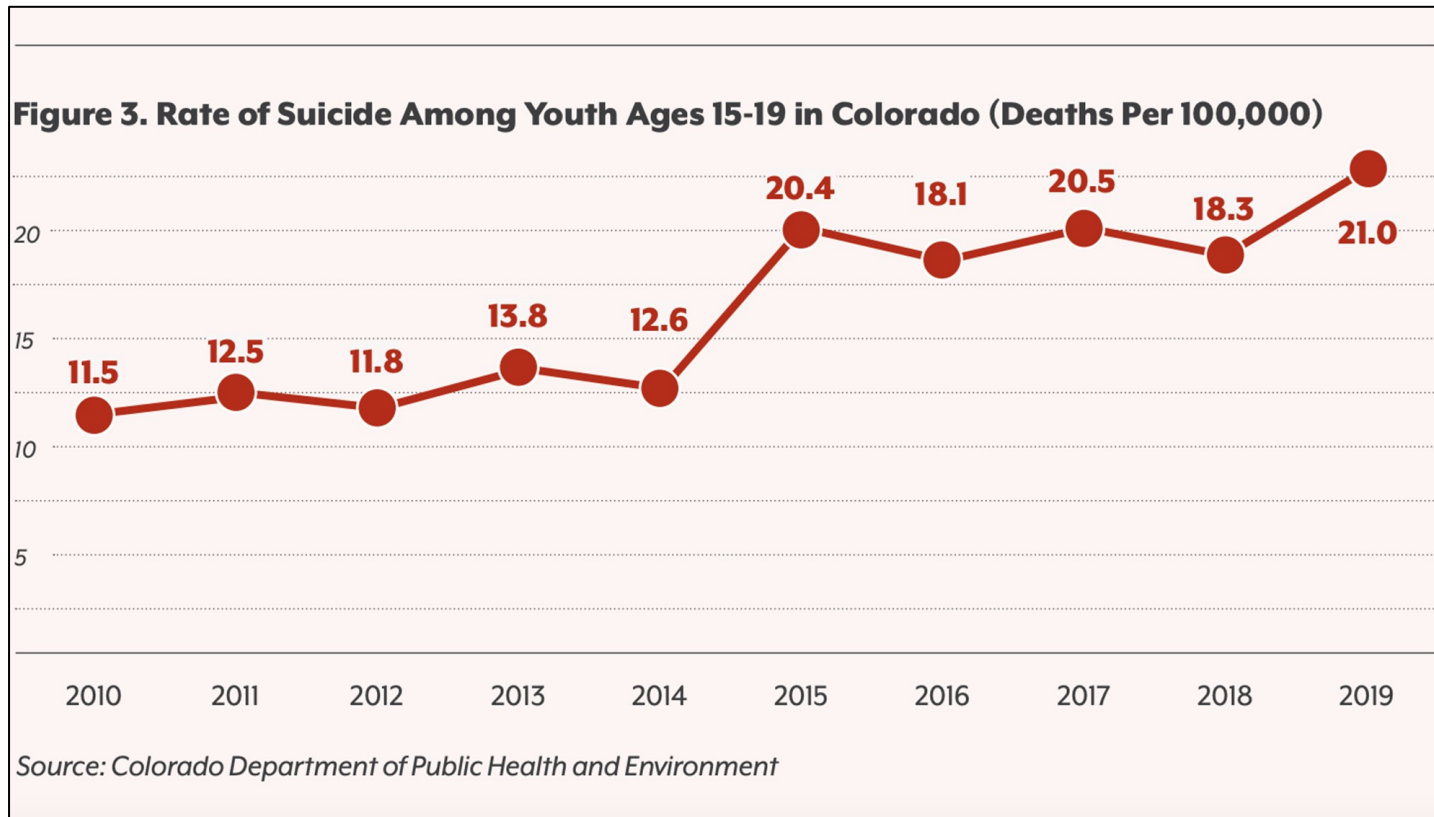
2

Identify supports offered through the Barbara Davis Center

3

Identify barriers and discuss possible changes in mental health system

# CURRENT TRENDS IN ADOLESCENT MENTAL HEALTH



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# CURRENT TRENDS IN PEDIATRIC MENTAL HEALTH

## **Study: Adolescents Accounted for Larger Share of Suicides in 2020**

An analysis of data from 14 states finds another troubling sign for youth mental health amid the COVID-19 pandemic.

By [Steven Ross](#)

Emergency Department Visits for Suspected Suicide Attempts Among Persons Aged 12–25 Years Before and During the COVID-19 Pandemic — United States, January 2019–May 2021

## **Children's Hospital Colorado Declares a 'State of Emergency' for Youth Mental Health**

CHILDREN'S HOSPITAL COLORADO | MAY 25, 2021

**On First Anniversary of Pediatric Mental Health State of Emergency Children's Hospital Colorado Reports Increase of Almost 50% in Emergency Behavioral Health Visits as Compared to 2021**

# MENTAL HEALTH AND T1D

Nonadherence	Anxiety <ul style="list-style-type: none"><li>• Generalized Anxiety, Fear of Hypoglycemia, Needle Phobia, Social Anxiety</li></ul>	Depression
Suicidal Ideation	Diabetes Distress	Eating Disorders
Adjustment & Grief	Behavioral Challenges	Diabetes Burnout
Cognitive Impairment or Executive Functioning Issues	General Child Clinical Psych (e.g., ADHD)	Diabetes Family Conflict

# DEPRESSION

- More common in girls and women
- T1D increases risk for depression (however, there are mixed findings)
- Majority of youth (60%) do not receive treatment
- Depression associated with adherence behaviors, worse glycemic control and complications

(Greenberg et al., 1993; Pennix et al., 1998; Stewart et al., 2005; Calkins-Smith et al., 2018)



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# SUPPORTS AT THE BARBARA DAVIS CENTER

- Social work team see patients at routine diabetes visits
- Depression screenings and suicide risk assessments
- Psychologist sees small caseload of patients for outpatient therapy but unfortunately, demand far exceeds capacity
- Coordination with outpatient therapists and other supports



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# THE FUTURE OF MENTAL HEALTH CARE

Many current barriers to accessing mental health care

- High demand
- Limited supply
- Low reimbursement rates --> providers leave for private, cash-based practice which further reduces supply



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# NEED FOR STRUCTURAL CHANGES

Increase in federal funding for mental health care

Increase implementation of school-based and integrated mental health models

Improve access to technology for telemedicine visits

Expand access to inpatient treatment, **intensive outpatient programs**, and community-based care

American Academy of Pediatrics, 2021

# WHAT WE CAN DO TODAY

- Work with you to find a therapist
- Collaborate with outpatient therapy teams on T1D issues
- Educate more clinicians on T1D
  - ADA Mental Health Provider Directory
  - Workbook for mental health clinicians
  - Possible training program for therapists and other professionals

# FINDING A THERAPIST

- Educate yourself so you know what you're looking for in a therapist!

<https://effectivechildtherapy.org/>

- When you meet with new clinician, ask if he/she has familiarity treating youth with XXX problem (e.g., anxiety, school avoidance, depression).
- Ask your child's pediatrician for recommendations in your area.
- Call your insurance provider for a therapist that takes your particular insurance plan.
- Browse therapists on Psychology Today or American Psychological Association's Psychology Locator.
- Ask your BDC provider to provide you with a list of providers in the community.
- If child has Medicaid, find your local community health center ([www.colorado.gov](http://www.colorado.gov))

# ADDITIONAL RESOURCES

School Age Children: *"What to do When"* series: *What to do when your brain get stuck, What to do when you worry too much, What to do when you dread your bed, and more!*

Teenagers: *Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can* by Ben Sedley; *The Instant Help Book for Teens*; *The Mindfulness & Acceptance Workbook for Teen Anxiety* by Sheri L. Turrell, Christopher McCurry and Mary Bell

Parents: *Breaking Free of Child Anxiety: A Scientifically Proven Program for Parents* by Eli Lebowitz, PhD; *Taking Charge of ADHD—Revised Edition: The Complete Authoritative Guide for Parents* by Russell Barkley; *Smart but Scattered* by Peg Dawson, EdD and Richard Guare, PhD; *How to Talk so Kids Will Listen & Listen so Kids Will Talk* by Adele Faber & Elaine Mazlish

**Thank you!**