

Initial Management of Depression Recommendations from Seattle Children's Partnership Access Line (PAL) Primary Care Principles for Child Mental Health^{iv}

Mild Depression (noticeable, but basically functioning OK)	
Educate patient and family: <ul style="list-style-type: none"> Support increased peer interactions Behavior activation, exercise Encourage good sleep hygiene Reduce stressors, if possible Remove any guns from home Offer parent/child further reading resources 	Follow up: <ul style="list-style-type: none"> Follow up appointment in 2-4 weeks to check if situation is getting worse Repeating rating scales helps comparisons Those not improving on their own are referral candidates for counseling
Moderate/Severe Depression (significant impairment in one setting, or moderate impairment in multiple settings)	
Recommend individual psychotherapy: <ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT) are preferred, where available Psychoeducation, coping skills, and problem solving focus are all helpful therapy strategies Educate patient and family (as per mild problem list on left) Consider family therapy referral 	Consider starting SSRI, especially if severe: <ul style="list-style-type: none"> Fluoxetine is the first line choice Escitalopram/Sertraline second line Third line agents are other SSRIs, bupropion, mirtazapine Wait four weeks between dose increases to see changes Check for side effects every 1-2 weeks in first month of use to ensure no new irritability or suicidality (phone or in person) Stop SSRI if get agitation, anxiety or suicidal thoughts Consult MH specialist if monotherapy is not helping Monitor progress with repeat use of rating scale

References

ⁱ Zuckerbrot, R. A., Cheung, A., Jensen, P. S., Stein, R. K., & Laraque, D. (2018). Guidelines for Adolescent Depression in Primary Care (GLAD-PC): Part I. Practice Preparation, Identification, Assessment, and Initial Management. *Pediatrics*, 141(3), 1-21. doi:10.1542/peds.2017-4081

ⁱⁱ Cheung, A. a., Zuckerbrot, R. A., Jensen, P. S., Laraque, D., & Stein, R. K. (2018). Guidelines for Adolescent Depression in Primary Care (GLAD-PC): Part II. Treatment and Ongoing Management. *Pediatrics*, 141(3), 1-16. doi:10.1542/peds.2017-4082

ⁱⁱⁱ National Institute of Mental Health website. Major Depression. <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>

^{iv} Hilt, R. (2017). Seattle Children's [Primary Care Principles for Child Mental Health](#). Version 7.1. 2017-2018.

SPECIAL NEEDS INFORMATION AND RESOURCES

In Whatcom County, call:	<div style="border: 2px solid orange; padding: 5px; display: inline-block;"> <p style="margin: 0;">SEAS Single Entry Access to Services phone: 360.715.7485 fax: 360.676.6729</p> </div>	<p style="text-align: center;">Visit Whatcom Taking Action for Children and Youth with Special Health Care Needs at: www.whatcomtakingaction.org</p> <div style="text-align: right;"> <p style="margin: 0;">WHATCOM takingaction for Children and Youth with Special Health Care Needs (CYSHCN)</p> </div>
Regional	<p>Partnership Access Line (PAL) Care Guides and Resources</p> <p>WCAAP Adolescent & Maternal Depression Screening (CME)</p> <p>State Mental Health Crisis Lines DSHS</p>	<p>http://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/resources/</p> <p>https://wcaap.org/webinar-adolescent-and-maternal-depression-screening/</p> <p>https://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines</p>
National	<p>Guidelines for Adolescent Depression in Primary Care Toolkit</p> <p>Teen Self-Help Cognitive Behavior Therapy (CBT) guidance</p> <p>National Crisis Hotline</p> <p>National Suicide Prevention Lifeline</p> <p>START text</p> <p>Mayo Clinic: Diagnosis and Treatment of Depression</p> <p>American Family Physician Treatment Resource</p>	<p>http://gladpc.org/</p> <p>www.dartmouthcoopproject.org/teen-mental-health-2/</p> <p>1-800-784-2433</p> <p>1-800-273-8255</p> <p>741741 www.crisistextline.org/</p> <p>https://www.mayoclinic.org/diseases-conditions/teen-depression/diagnosis-treatment/drc-20350991</p> <p>https://www.aafp.orghttps://www.aafp.org/afp/2012/0901/p442.html</p>