How a Pediatric Hospital Introduced an Adolescent Mental Health Intervention with the Help from a Parent Health Concerns Survey
Sarah Reinhold, MPH; Melody Schaeffer, MPH; Nila Garba, MPH
St. Louis Children’s Hospital

**Background**

- Healthy People 2020 has reported mental health has a profound impact on a young adult’s physical health, academic achievement and well-being
- About 50% of lifetime cases of mental disorders occur in young adults
- In 2013, St. Louis Children’s Hospital's (SLCH) Community Health Needs Assessment (CHNA) identified mental health as the 5th overall need of the community. It was the 6th overall need in 2016
- One method of data collection included an electronic health parent concerns survey
- To address adolescent mental health SLCH implemented the Wyman Teen Outreach Program (TOP) in 2015 to promote community purpose and school success in a classroom-based curriculum

**Methods**

- SLCH conducts a CHNA every three years
- The parent health concerns survey is also conducted every three years as part of the CHNA and was started in 2013
- The parent health concerns survey consists of parents ranking 40-45 health concerns on a scale of 1-4 from big problem to not a problem
- In 2013, the parent health concerns survey was completed by 1,119 at partnering pediatric offices within the St. Louis Metropolitan region
- In 2016, 1,083 parents completed the parent health concerns survey electronically and at Federally Qualified Health Centers
- The Teen Outreach Program measures the sense of purpose, school suspension, course failure and school dropout through pre- and post-surveys

**Results**

- The parent health concerns survey was used as a portion of the final health rankings for the 2013 and 2016 CHNA reports
- In 2013, the following mental health disorders were ranked by the parent health concerns survey:
  - ADHD: ranked 4th
  - Depression: ranked 16th
  - Autism: ranked 18th
  - Suicide: ranked 29th
- In 2013, mental health was ranked 4th as an overall need in SLCH’s CHNA
- In 2016, the following mental health disorders were ranked by the parent health concerns survey:
  - Stress: ranked 2nd
  - ADHD: ranked 3rd
  - Victim of bullying: ranked 5th
  - Internet safety: ranked 6th
  - Illegal drug use: ranked 9th
  - Depression: ranked 10th
  - Autism: ranked 13th
- In 2016, mental health was ranked 6th as an overall need in SLCH’s CHNA
- In 2016-2017 TOP served 317 adolescents in three schools in the St. Louis Metropolitan region

**Conclusion**

- Mental health in adolescents has been identified as a prevalent need in the St. Louis Metropolitan Area
- The Wyman Teen Outreach Program has been introduced to provide classroom curriculum aimed to promote mental health in children