

# How a Pediatric Hospital Introduced an Adolescent Mental Health Intervention with the Help from a Parent Health Concerns Survey

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## 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 5<sup>th</sup> overall need of the community. It was the 6<sup>th</sup> 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



## Community Health Needs Assessment Rankings

### 2013

| Rank | Health Topic                   | Indicators Included  |
|------|--------------------------------|--|
| 1    | Public Safety                  | Burns (scalds, hot objects, fire and flames), falls, fumes from asphalt transfer station, motor vehicle collisions/accidents, neighborhood recovery and restoration, poisoning, trauma, unintentional injury, and violent crimes (assaults, homicide, gun violence).                             |
| 2    | Fitness, Nutrition, and Weight | Access to healthy, affordable food, childhood obesity, diabetes, fruit and vegetable consumption, recreation and fitness facilities sedentary behavior, and understanding healthy eating.  |
| 3    | Asthma                         | Allergies, asthma, food allergies, and pollution.  |
| 4    | Maternal, Child Health         | Babies with low birth weight, infant mortality, infant health problems, mothers who received early prenatal care, mothers who smoke during pregnancy, preterm births, pregnancy complications, and teen pregnancy.   |
| 5    | Mental Health                  | ADHD, autism, affective disorder, anxiety-related mental disorders, childhood-related mental disorders, depression, emotional stability, inadequate social support, misdiagnosis of mental health issue due to cultural literacy, schizophrenia, psychosis, and suicide (self-inflicted injury). |
| 6    | Social Determinants of Health  | Bullying, child abuse and neglect, children and families below the poverty level, food security, housing, internet safety, poverty, primary care provider rate, single-parent households, students with free and reduced lunch, and utilities.   |
| 7    | Behavioral Health              | Eating disorders, lifestyle choices, substance abuse (alcohol, drugs, and smoking), and second hand smoke (adults who smoke).  |
| 8    | Dental Health                  | Children with medical needs who also need dental care, dental exams for 3-5 year olds, follow up dental care, kids who need root canals under the age of 8, kids who need sedation to receive dental care, and preventive oral health.   |
| 9    | Infectious Diseases            | Influenza (including Swine Flu), overuse of antibiotics, pneumonia, and vaccine preventable diseases.  |
| 10   | Health Literacy                | Cooperation for the chronically ill, cultural barriers, cultural competence, knowing when to go to the ER/managing minor ill, reading proficiency, and understanding the need for treatment.   |
| 11   | Blood Diseases                 | Anemia, Elevated lead, and Sickle Cell.  |
| 12   | Access to Healthcare           | Children without insurance, hearing and vision screenings, maintaining a primary care provider, and medical/surgical complications.  |
| 13   | STDs                           | Cervical Cancer, Chlamydia, Gonorrhea, HIV/AIDS, and Syphilis.   |
| 14   | Cancer                         | All cancers excluding Cervical Cancer  |

### 2016

| Rank | Health Topic           | Indicators Included   |
|------|------------------------|---|
| 1    | Obesity                | Childhood Obesity and Obesity.  |
| 1    | Dental Health          | Children with medical needs who also need dental care, dental exams for 3-5 year olds, follow up dental care, kids who need root canals under the age of eight, kids who need sedation to receive dental care, and preventative oral health.  |
| 2    | Allergy (Food)         | Food allergies.   |
| 3    | Healthy Lifestyle      | Access to fruits and vegetables, adolescents who smoke, adults who smoke, children living below poverty level, families living below poverty level, fruit and vegetable consumption, lack of exercise, poverty, recreation and fitness facilities, sedentary behavior, single-parent households, smoking and tobacco use, social determinants of health, students eligible for the free lunch program.  |
| 4    | Respiratory: Asthma    | Allergies, asthma and pollution.  |
| 4    | Maternal, Child Health | Babies with low birth weight, infant mortality, infant health problems, mothers who receive early prenatal care, mothers who smoke during pregnancy, preterm births, pregnancy complications, and teen pregnancy.   |
| 5    | Diabetes               | Diabetes.   |
| 6    | Mental/Behavior Health | Abuse and neglect, affective disorders, alcohol- and substance-related, anxiety-related mental disorders, Attention Deficit Hyperactivity Disorder (ADHD/ADD), Autism, bullying, childhood-related mental disorders, depression, eating disorders, like anorexia and bulimia, heavy drinking of alcohol, internet safety (cyberbullying and stranger encounters), marijuana use, mental health, overuse of antibiotics, racial/ethnic issues, schizophrenia and psychosis, stress, suicide and self-inflicted injury. |
| 7    | Health Literacy        | Cooperation for the chronically ill, cultural barriers, cultural competence, knowing when to go to the ER/managing minor ill, reading proficiency, and understanding the need for treatment.  |
| 8    | Blood Diseases         | Anemia, elevated lead, and Sickle Cell.   |
| 9    | Public Safety          | Burns (scalds, hot objects, fire and flames from asphalt transfer stations, motor vehicle collisions/accidents, neighborhood recovery and restoration, poisoning, trauma, unintentional injury), community unrest, and violent crimes (assaults, homicide, gun violence).   |
| 10   | Cancer                 | All cancers excluding cervical cancer.  |
| 11   | Access: Services       | Children without insurance, hearing and vision screenings, maintaining a primary care provider, and medical/surgical complications.   |
| 12   | Infectious Diseases    | Influenza, overuse of antibiotics, Ebola, pneumonia, and vaccine preventable diseases.  |
| 13   | STD/Health Education   | Cervical cancer, chlamydia, gonorrhea, HIV/AIDS and syphilis.   |

## 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 4<sup>th</sup>
  - Depression: ranked 16<sup>th</sup>
  - Autism: ranked 18<sup>th</sup>
  - Suicide: ranked 29<sup>th</sup>
- In 2013, mental health was ranked 4<sup>th</sup> as an overall need in SLCH's CHNA
- In 2016, the following mental health disorders were ranked the by the parent health concerns survey:
  - Stress: ranked 2<sup>nd</sup>
  - ADHD: ranked 3<sup>rd</sup>
  - Victim of bullying: ranked 5<sup>th</sup>
  - Internet safety: ranked 6<sup>th</sup>
  - Illegal drug use: ranked 9<sup>th</sup>
  - Depression: ranked 10<sup>th</sup>
  - Autism: ranked 13<sup>th</sup>
- In 2016, mental health was ranked 6<sup>th</sup> 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

