

**Warm Line (302) 513-0929 M-F 8AM – 5PM**  
**Connecting the Docs!**



**Delaware  
Child Psychiatry  
Access Program**



**DCPAP SWAG  
Coming Soon!**

**DCPAP | AUGUST | 2020**

## **Youth Depression Series**

Join Mark Borer, MD, DLFAPA, DFAACAP Board Certified Child and Adolescent Psychiatrist for the next training series for DCPAP on **August 27th and September 3rd** with a focus on **Youth Depression With an Eye on COVID-19**. We will cover screening, diagnosis, medication management and treatment planning. Each 1 hour session includes didactic presentation. **Case query for sample consultation wanted from registered prescribers. CME credits available.** Register for sessions by e-mail [DSCYF\\_DCPAP@delaware.gov](mailto:DSCYF_DCPAP@delaware.gov).



## **DCPAP Training Calendar**

**Save the dates for next training series sessions for 2020:**

**Youth Suicide Parts 1 & 2 Tuesday 10/6 & Tuesday 10/13**

**Bipolar Disorder Parts 1 & 2 Tuesday 11/10 & Tuesday 11/17**

**Trauma & PTSD Parts 1 & 2 Friday 12/4 & Tuesday 12/8**

**Look for the Autism Spectrum Disorder series to start 2021!**

**All sessions will occur from 12:30 – 1:30 PM on Zoom.**

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### **Survey Feedback Needed!**

Help us help you! Completing the brief DCPAP Provider Satisfaction Survey shapes our program. Request your unique survey link today at [cdhs-research@udel.edu](mailto:cdhs-research@udel.edu)!

Registered Prescribers Have Question About a Patient <21

Connect with DCPAP Text/Call (302) 513-0929 M-F 8AM – 5PM

Share a Few Pieces of the Puzzle: Gender, Year of Birth, Presenting Issue(s) & Screenings Completed

Request Sent to Consulting Psychiatrist who Responds with Ideas to Treat

Behavioral Health Coordinator can Connect you with Resource Options

DCPAP Tracks Requests to Identify Future Training Needs



**Call for Psychiatry Consultation, Resources & Referral Information!  
Program #302-513-0929 into your phone for quick access.**



# Youth Depression Overview from MCPAP

Excerpt from <https://www.mcpap.com/Provider/Depression.aspx>

Depression is common among children and adolescents. 3-4% of preteens experience depression and 8-12% of adolescents experience depression. Depression can be significant causing functional problems including school failure, social isolation, family conflict and developmental stagnation. As depression persists, co-morbid problems can develop including substance-abuse, self-harming, eating disorders, school failure and dropout, marked changes in peer group, and most seriously, and most seriously suicidal behavior.

The most important issue in responding to depression in children and adolescents is early identification, referral and engagement in effective treatment. Treatment often includes Cognitive Behavioral Therapy (CBT) and medication, usually SSRI's. For mild depression, CBT is often sufficient. Parents should be active participants in treatment, since often in association with depression, teens may not be motivated with treatment. Treatment should include assistance to restore academic success, expectations of social activity and participation in school and community activities, and family sessions to improve family support and family relationships.

Acute suicidal ideation and behaviors are emergencies which warrant emergency mental health evaluation. Patients with Depression may turn out to have Bipolar Disorder with Depression as the first phase of the disorder. Thus patients with Depression will need monitoring and follow up. In general, mild to moderate Depression has quite a good prognosis in adolescence as long as co-morbid difficulties are prevented. More severe Depression requires intensive treatment and intensive follow up.

## Diagnosis

The list below are possible signs of Depression. If a child is struggling with any combination of the symptoms below for a period of more than two weeks, a mental health professional should be contacted.

- Frequent sadness, tearfulness or crying
- Feelings of hopelessness
- Withdrawal from friends and activities
- Lack of enthusiasm or motivation
- Decreased energy level
- Major changes in eating or sleeping habits
- Increased irritability, agitation, anger and hostility
- Indecision or inability to concentrate
- Frequent physical complaints such as headaches stomach aches
- Feelings of worthlessness or excessive guilt
- Extreme sensitivity to rejection or failure
- Pattern of dark images in drawings or paintings
- Play that involves excessive aggression directed toward oneself or others, or involves persistently sad themes
- Recurring thoughts or talk of death, suicide or self-destructive behavior

## Screenings & Rating Scales – Links below are not the singular resource for each screening or scale.

- Pediatric Symptom Checklist and Pediatric Checklist Youth Report (PSC & Y-PSC) <https://www.massgeneral.org/psychiatry/treatments-and-services/pediatric-symptom-checklist>
- Strengths and Difficulties Questionnaire (SDQ) <http://www.sdqinfo.com/>
- Patient Health Questionnaire-9 (PHQ-9) <https://patient.info/doctor/patient-health-questionnaire-phq-9>
- Columbia DISC Depression Scale (Teen & Parent Version) [https://www.thereachinstitute.org/images/columbia\\_depression\\_scale\\_teen\\_parent.pdf](https://www.thereachinstitute.org/images/columbia_depression_scale_teen_parent.pdf)
- Kutcher Adolescent Depression Scale (KADS) <https://psychology-tools.com/test/kutcher-adolescent-depression-scale>



## Resources for Parents

AACAP Facts for Families: The Depressed Child <http://www.aacap.org>

Anxiety and Depression Association of America <http://www.adaa.org>

Families for Depression Awareness offers family guides <http://www.familyaware.org>

The Depression and Bipolar Alliance <https://www.dbsalliance.org/>

The AAP Depression & Suicide Web Page <https://www.healthychildren.org/>



# Youth Depression / COVID Resource Spotlight

[www.namidelaware.org](http://www.namidelaware.org)

NAMI 24 Hour National Helpline 1-800-950-6264

[mentalhealthde.com](http://mentalhealthde.com)

Child Priority Response 1-800-969-4357

Text DE to 741741 for the Crisis Text Line for an anonymous conversation – Free 24 Hours a Day

Call Police or Medical Emergency at 911

Delaware Helpline – 211

[www.SAMHSA.gov](http://www.SAMHSA.gov)

DHSS is offering a new help line through DSAMH called the Delaware HOPE Line for people needing help with anxiety, depression or behavioral health needs because of COVID-19 at (833) 946-7333. It is open 24 hours a day, seven days a week to connect callers to a variety of resources and information, including support from clinicians and peer specialists plus crisis assistance.

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

<https://coronavirus.delaware.gov/>



## Resource Spotlight On Champions for Children's Mental Health – Families Supporting Families

Champions for Children's Mental Health is affiliated with the National Federation of Families. Family Support Providers (FSP) are parents with lived experience of parenting a child with emotional challenges trained to support others in navigating systems. FSP's offer structured and strength-based relationships between themselves and caregivers while identifying resources, connecting with services and building natural supports. Families learn skills to be advocates for their children with their own advocate at their side; ready to listen, to overcome the challenges and celebrate the triumphs. It can mean increased: initiation of mental health services, unification and family well-being plus decreased hospitalizations. Families with children receiving mental health services seeking an FSP or to become an FSP, contact [info@championsde.org](mailto:info@championsde.org) #302-503-7198.



## Provider Spotlight – Dr. Cathy Zorc of Nemours

Cathy Zorc, MD is a board certified primary care physician with Nemours Children's Health System. As a former teacher, she works with families to get the best education possible for every child. She is also an advocate for foster children, working to make sure they get the medical care they need. Dr. Zorc is a registered prescriber utilizing DCPAP consultation services and a valued member of our Advisory Council.

**We are seeking more providers like you to register with DCPAP. Tell a colleague!**

**Richard Margolis, MD, Project Director** [richard.margolis@delaware.gov](mailto:richard.margolis@delaware.gov)

**Joseph Hughes, MBA, Project Manager** [joseph.a.hughes@delaware.gov](mailto:joseph.a.hughes@delaware.gov)

**Mindy Webb, LCSW, Behavioral Health Care Coordinator** [mindy.webb@delaware.gov](mailto:mindy.webb@delaware.gov)

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**302-513-0929 M-F 8-5**



**Email the DCPAP Team:**  
**DSCYF\_DCPAP@delaware.gov**

