

GETTING STARTED

A good place to start with implementing universal screening in your office is The Pediatric Symptom Checklist (PSC). This is a validated tool that can be completed by parents of children 4 years of age and older to screen for multiple mental health concerns including ADHD, anxiety, depression, and oppositional defiant/conduct disorder. There is also a youth form which can be completed by children 11 years of age and older.



Scan to download your copy!



National Association of
Pediatric Nurse PractitionersSM
SOUTH CAROLINA



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For more information, including pediatric-focused NP continuing education and YAP-P, visit:

community.napnap.org/southcarolinachapter

Thanks to our partners in pediatric health care for disseminating this resource.

South Carolina Chapter

INCORPORATED IN SOUTH CAROLINA

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN[®]

PEDIATRIC MENTAL HEALTH RESOURCES

In response to the growing pediatric mental health crisis impacting our patients in South Carolina, the South Carolina chapter of the National Association of Pediatric Nurse Practitioners has developed and curated resources to enhance your knowledge and assist in your daily practice.



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ADHD

Around 10% of youth are diagnosed with ADHD.

Symptoms of ADHD include:

- Making frequent careless errors or overlooking details
- Difficulty sustaining attention in tasks/activities
- Failing to complete tasks/work
- Difficulty organizing tasks
- Becoming easily distracted

Screening tool: Vanderbilt - Assessment and follow up versions for parents and teachers

Scan to download your copy
of the ADHD med guide!



ANXIETY

Around 9.5% of youth are diagnosed with anxiety.

Symptoms of anxiety include:

- Avoidance of activities or settings that are anxiety provoking
- Frequent or excessive seeking of reassurance
- Difficulty falling asleep or staying asleep
- Decline in grades or academic performance, which may include inattention or trouble concentrating
- Physical symptoms, including headaches, stomach aches, pain, or changes in appetite

Screening tools: GAD-7, SCARED (parent and child versions)

AUTISM

Around 1% of youth are diagnosed with autism spectrum disorders. Symptoms of autism spectrum disorders include:

- Avoids or does not keep eye contact
- Does not respond to name by 9 months of age
- Does not show facial expressions like happy, sad, angry, and surprised by 9 months of age
- Does not play simple interactive games like pat-a-cake by 12 months of age
- Uses few or no gestures by 12 months of age (for example, does not wave goodbye)

Screening tool: MCHAT-R

DEPRESSION

Around 4% of youth are diagnosed with depression.

Symptoms of depression include:

- Frequent sadness, tearfulness, or crying
- Feelings of hopelessness
- Withdrawal from friends and activities
- Lack of enthusiasm or motivation
- Decreased energy level

Screening tool: PHQ-9

OCD

Obsessive compulsive disorder affects around 1-2% of youth. Symptoms of OCD include:

- Excessive hand washing due to a fear of germs
- Counting
- Repeating words silently
- Rechecking completed tasks

ODD

Oppositional defiant disorder affects around 2% of youth. Symptoms of ODD include:

- Often loses temper
- Often argues with adults
- Often actively defies or refuses to comply with adults' requests or rules
- Often deliberately annoys people
- Often blames others for his or her mistakes or misbehavior

Screening tool: Vanderbilt - Assessment form for parents and teachers

PTSD

Anywhere between 14% and 43% of youth and adolescents are affected by PTSD. Symptoms of PTSD include:

- Reliving the event over and over in thought or in play
- Nightmares and sleep problems
- Becoming very upset when something causes memories of the event
- Lack of positive emotions
- Intense ongoing fear or sadness



SUBSTANCE USE

Among adolescents (aged 12-17 years), depression, suicide, and substance use are common concerns. Around 4% of adolescents are diagnosed with a substance use disorder. Around 2% of adolescents are diagnosed with alcohol use disorder. Around 3% of adolescents are diagnosed with illicit drug use disorder.

- Substance use disorders are not always easily identifiable.
- Teens with early substance use disorders may have minimal symptoms and may not be identified until they are "caught" using substances, found to be in possession of drugs or paraphernalia, or have gotten into trouble at school or with the police.
- Other times, substance use disorders present with non-specific symptoms, such as dramatic change in school performance or family functioning, loss of interest in sports or other hobbies, moodiness, irritability, or difficulty with anxiety.

Screening tools: CRAFFT and CAGE (alcohol abuse only)

