Cundill Centre Online Tool for the Treatment of Youth Depression

LAUNCH

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Cundill Centre for Child and Youth Depression, CAMH, Toronto

Panel: Melanie Asselin, Dr. Karin Euler
Outline

1. Introduction
2. The project in a poem
3. Live demo
4. Youth engagement in this project
5. Panel
Child and Youth Depression; a Public Health Challenge

- A common disorder of children and youth; roughly 10% of the population
- Many barriers to care
- Response to treatment is around 40%
- Many drop out of treatment before treatment completed
- Roughly 50% go on to another, more severe, episode
- Long term impact on education, occupation, and adult mental health
- No new significant advances in treatments in over 40 years
The Cundill Centre for Child and Youth Depression focuses on developing best practices for the screening, prevention and treatment of child and youth depression. We aspire to have a global impact on research, care and knowledge exchange in this field.
Knowledge Translation (KT)

“…a dynamic and iterative process that includes synthesis, dissemination, exchange and ethically-sound application of knowledge to improve the health of Canadians, provide more effective health services and products and strengthen the health care system.”
-CIHR, 2016
Online Tool Contributors

Cundill Centre for Child and Youth Depression, CAMH

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Design

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Youth Engagement Initiative, supported by the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health and the Child, Youth and Emerging Adult Program at CAMH.

Melanie Asselin
Zara Uddin
Em Hayes
Karleigh Darnay
A Spoken Word Poem

Online Tool for Treating Youth Depression
Long wait times
Refer to higher levels of care
Ontario: Services for kids differ by location

Service provision for depressed children and youth: a survey of the scope and nature of services in Ontario

Priya Watson, Kanha Mehra, Lisa D. Hawke and Joanna Henderson
Find evidence-based practices to treat and assess
Build primary care capacity to do their best
Online tool for primary care providers from east to west
Outline evidence-based practices for youth depression
STEP ONE: Systemic review

An appraisal of the trustworthiness of practice guidelines for depression and anxiety in children and youth

Kathryn Bennett 1, Darren Courtney 2, 3, Stephanie Duda 1, Joanna Henderson 3, 4, Peter Szatmari 2, 5

Affiliations + expand
PMID: 29697887 DOI: 10.1002/da.22752

The best one
STEP TWO: Develop a decision aid
STEP THREE: Make the tool

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STEP THREE: Make the tool
1. Overview

Orientation to the Tool

The Cundill Centre brings together clinicians, scientists, youth and family stakeholders from around the world to improve screening, prevention and depression treatment.

The purpose of this tool is to help primary care providers and other frontline clinicians understand best practices for supporting youth as they manage their depression.

The content provides a step-by-step assessment and treatment pathway for youth depression and is based on our systematic review, which found the NICE guidelines to be the highest quality.
2. Assessment

Tips for Assessing Depressed Youth

Assessing for Depression in a Virtual Primary Care Appointment with a Young Person

Watch this short simulated video appointment, which demonstrates how a primary care provider can assess for depression in a young person.
3. Treatment
3. Treatment

Moderate/Severe Depression Pathway

Consider referral to or consultation with youth mental health specialist.

**Step 1**
- Lifestyle Advice & Psychosocial Strategies

**Step 2**
- Medication
- Psychotherapy

**Step 3**
- Check response after 4-6 weeks

**Step 4**
- Continue treatment for 3 months
- Team Review & Treatment Change

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4. Resources
Live Demo
Direct link to online tool:
→ cundilldepressioncaretool.camh.ca

Link to all Cundill Centre tools:
→ cundillcentre.ca > Innovations in Clinical Care

Ask questions, leave comments, sign up to hear about the latest tools & events:
→ Cundill.Centre@camh.ca
Youth Engagement in this Project
Tools Co-Developed by Youth

Available for free in 3 ways:

- cundillcentre.ca > Innovations in Clinical Care
- or e-mail Cundill.Centre@camh.ca
- or SCAN the QR code

Assessment

Psychoeducation/
Lifestyle advice

Psychotherapy

Medication
Why engage young people?

• Youth voices are imperative to inform decision making and programming that directly impact youth.

• Collaborating with youth results in project and program goals, activities and outcomes that are more relevant and better reflect the needs of youth.
What we did

• Team of 3 young people + a Youth Engagement Coordinator
• Reviewed the whole tool
• Provided feedback on using youth-friendly terms throughout the tool
• Planned and co-facilitated a Youth Advisory Group meeting with 15 other young people to discuss tips for conducting a good assessment
The original assessment video

Tips for Assessing Depressed Youth

This short video features Tony, a youth who was referred to a social worker by his medical provider, due to concerns about depression and anxiety.

While you watch, think about what was helpful, and perhaps unhelpful, about the assessment approach. We will review afterwards.
The new assessment video

Tips for Assessing Depressed Youth

Assessing for Depression in a Virtual Primary Care Appointment with a Young Person

Watch this short simulated video appointment, which demonstrates how a primary care provider can assess for depression in a young person.
Panel
Cundill Centre Tools: Integrated Care Pathways

The #CundillCAMH Decision Aid for the Treatment of Depression in Youth
This 2-page flowchart helps guide health care providers in making treatment decisions for youth who have depression. Based on evidence-based clinical practice guidelines.

CARIBOU Integrated Care Pathway Manual
This manual outlines the seven steps of the evidence-based CARIBOU Integrated Care Pathway for Adolescents with Depression. Includes materials required to implement the pathway.

CARIBOU: Flexible Care for Youth with Depression
This video (3:56) was developed for youth, by youth to explain the CARIBOU Integrated Care Pathway for Adolescents with Depression.
ICHOM Standard Set for Children and Young People with Depression & Anxiety
The International Consortium for Health Outcomes Measurement (ICHOM) has developed a standard set of outcome measures that matter most to children and young people with depression and anxiety. ICHOM is made up of leading global experts, including members of the Cundill Centre.

Assessing for Depression in a Virtual Primary Care Appointment with a Young Person
Meant for primary care providers, this simulation video (4:33) demonstrates how to assess for depression in a young person and highlights important questions to ask, including ones about self-harm.

Aaniish Naa Gegii: the Children’s Health and Well-being Measure (ACHWM)
The ACHWM provides Indigenous communities and organizations with an overview of the health and well-being status of the children and youth in their communities. Developed by Laurentian University and the Naandwechige-Gamig Health Centre in Wiikwemkoong Unceded Territory, partners of the Cundill Centre.

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Cundill Centre Tools: Screening, Assessment & Measurement

Monitoring Mental Health: Using measurement tools to inform care for youth
In this video (2:56), learn how structured measurement tools can be used to monitor symptom change and help care providers make informed treatment changes (a concept called measurement-based care).

Monitoring Mental Health: Using the Revised Children’s Anxiety and Depression Scale (RCADS)
In this video (3:36), learn how to use the RCADS—a free, validated tool that assesses for both anxiety and depression in 8-18 year-olds and is recommended by an international group of experts.

Quick Guide to the Revised Children’s Anxiety and Depression Scale (RCADS)
Learn more about the RCADS in this Quick Guide, which outlines how the questionnaire is administered and scored. The guide also proposes a way of using RCADS scores to calculate indicators of change, such as response, remission, and recovery.

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Cundill Centre Tools: Psychoeducation

Mood Matters: Describing Depression
Meant for young people, this video (3:19) describes what depression is, what the causes might be, what challenges might come up, and what youth can do to support themselves or others. Created by youth in collaboration with mental health professionals.

Mood Foundations Package for Youth
Four-page package, including a fact sheet on depression and tips on sleep, exercise and healthy eating. Co-developed by youth, for youth.

Mood Matters: How Food, Movement & Sleep Can Have an Impact on You
Meant for young people, this video (4:20) provides tips on healthy eating, movement and sleep habits. Created by youth in collaboration with mental health professionals.

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Cundill Centre Tools: Treatment

Medication and YOUth
A RESOURCE FOR YOUTH BY YOUTH

Research has shown that in some people, called antidepressants, certain selective serotonin reuptake inhibitors (SSRIs), can help to reduce the symptoms of depression in young people. This resource will tell you more about SSRIs.

What are SSRIs?
They are a group of medications that can help with symptoms of depression and anxiety. Commonly used antidepresants (SSRs) are fluoxetine, paroxetine, sertraline, citalopram, escitalopram, and venlafaxine.

When will I know if this medication is working for me?
It can take at least three to six weeks, and occasionally as long as eight weeks, to feel the benefits of the medication. Between half and two-thirds of youth find that helpful. You will need to take them every day to see a benefit.

What are some of the side-effects?
Many people don’t notice any side-effects, but they do exist. Common side-effects are listed below. If you do experience side-effects, they may lessen over time. If you do not notice a benefit from your medication or experience any side-effects, talk to your doctor.

Medication Handout for Youth
Explains, in simple language, what SSRIs are, when youth might see benefits and what side effects, if any, can occur. Developed by youth in partnership with a psychiatrist and pharmacist.

CARIBOU CBT Manual
Facilitator and youth manuals for a cognitive behavioural therapy intervention for adolescents with depression. Modified from with Adolescent Coping with Depression Course, with permission, and updated for today’s youth.

Cognitive Restructuring Worksheets
This three-page package helps youth examine thoughts that may not be helpful to them. It teaches youth how to change their thoughts by considering alternative ways of interpreting situations. Developed by youth and mental health professionals.

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-changing your thoughts:

Options for what to do next:

1. Choose an “not-as-I” thought. Which belief would be the most helpful to try on “as I see it” until you have more information? How would your actions change if you take on this “not-as-I” thought?

2. Play detective. Do you need to get more information? How will you go about getting it?

3. Create a balanced thought. Write down one fact that supports your belief and one fact that contradicts it. Then put the word “AND” in between these two facts.
How can problem solving help youth with depression?

Meant for young people, this video (2:18) describes how problem solving can be one important ingredient in tacking depression. Developed by youth and mental health professionals, with funding from the Wellcome Trust.

Is problem-solving training a key ingredient in reducing youth depression?

Meant for health care providers and policy decision-makers, this info sheet gives an overview of problem-solving training and summarizes key findings and implications based on a review of the evidence for problem-solving as an effective treatment ingredient for youth depression.

Problem Solving Worksheets

This three-page package helps youth think through their problems by prompting them to describe the situation, as well as their emotions and needs. It takes youth through steps that help them explore and evaluate solutions and make an action plan. Developed by youth and mental health professionals.
THANK YOU!

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