

## Purpose/PICOT

**PICOT question:** In pediatric patients aged 5-18 years old currently enrolled in the public school system, does the use of quarterly depression screening tools compared to no intervention decrease the rates of suicide?

**Purpose:** To determine if the implementation of screening in schools is beneficial in identifying depression and suicide risks sooner

## Background

- Suicide completion rates have increased by 56% from 2007 through 2017
- From 2005 to 2017 there are increasing rates of major depression, reported suicidal thoughts & attempts
- Depression symptoms are higher in younger adults and adolescents
- Most children do not have access to primary health care
- Depression and suicide are leading causes of death in adolescents
- **Current Practice:**
  - Screenings are done in the ED or PCP office if already exhibiting s/s of depression
  - Kenton County Schools perform semi annual screenings (Terrace Metrics tool)

## Methods of Data Collection

- **Databases:** Google Scholar, PsycInfo, PubMed, and CINAHL
- **Keywords:** pediatric patients, depression and suicide screening, depression signs and symptoms, adolescent suicide, pediatric mental health, public school mental health screenings, pediatric suicide rates, current mental health practice

Level of Evidence	Number of Sources	Evidence Types
I	6	Systematic Review of RCTs
II	1	Systematic Review with Meta Analyses
V	5	Literature Review

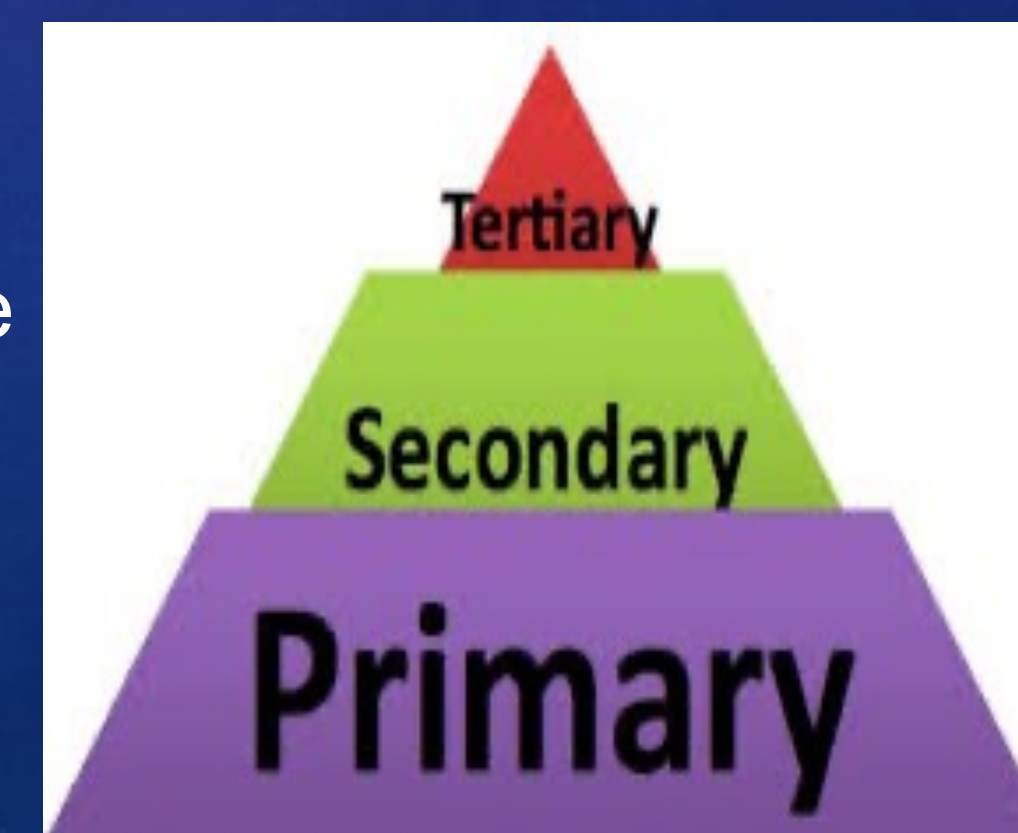
## Theoretical Framework

### Betty Neuman's Systems Model

**Primary:** education on mental illness, screening all individuals

**Secondary:** screening those showing signs

**Tertiary:** early diagnosis to start treatment



## Results/Key Findings

- Schools represent a primary service delivery setting for children who do receive treatment, with estimates indicating that up to 80% who receive mental health services do so at school
- Mental health screening for young people at risk for mental health difficulties in schools is an effective method to facilitate monitoring and early intervention with detection of a mental illness
- Screening in schools can result in outreach and help to youth in need
- Reaching children while at school can help to mobilize school and community efforts to promote student mental health while reducing barriers to their learning
- Screening in schools increases children's access to mental health care

## Conclusion

- Current evidence supports that suicide rates are increasing in the pediatric population; therefore, implementing mental health screenings in schools will aid in reducing the incidence of suicide among this population through more frequent screening and earlier mental health diagnoses. Schools are the most accessible setting for earlier mental health screenings to take place.

## Recommendations/Future Research

- Future research should be conducted to explore interventions to help students manage stress and anxiety to help reduce the number of students experiencing depression and/or suicidal thoughts
- It is recommended to conduct quarterly screenings in schools to identify mental illness sooner and provide the best outcome for children and adolescents

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