



Behavioral Health: Early Intervention for Youth

“...identify health care services for which there are substantial variation in practice patterns or high utilization trends in Washington state, without producing better care outcomes for patients, that are indicators of poor quality and potential waste in the health care system.”

PROBLEM STATEMENT:	
<p>Every day, roughly 20 Washington children and teenagers with psychiatric needs are stuck waiting inside emergency departments and inpatient units.ⁱ Instead of waiting for a crisis to arise and overwhelming the already limited psychiatric crisis support, Washington state youth require support in addressing a short-term mental health condition. However, support is difficult to find, receive, and afford. On average therapy costs \$150 per session, resulting in 21% of youth having trouble affording mental health care for depression.ⁱⁱ ⁱⁱⁱ If the family can afford care for their child or adolescent, only 10% of eligible clients received evidence-based psychotherapy services during quarter two of 2023.^{iv} Youth need to receive high-quality interventions to promote their mental health well-being, learn skills to build resiliency to manage mental health symptoms as they arise and health promotion intervention to support their growth into becoming healthy adults.</p>	
DOES THE TOPIC HAVE (CHECK ALL THAT APPLY):	
<input checked="" type="checkbox"/> VARIATION IN CARE	<input checked="" type="checkbox"/> SAFETY CONCERNS
<input type="checkbox"/> HIGH COST AND POOR OUTCOMES	<input checked="" type="checkbox"/> EQUITY CONCERNS
PROPOSED SCOPE:	
<ul style="list-style-type: none"> • Children and adolescents • Utilization of evidence-informed interventions to promote mental health wellbeing prior to a mental health crisis from occurring. • Increased access to evidence-informed interventions • Community initiatives & engaging with vulnerable populations (e.g., transient youth and LGBTQ) 	
EVIDENCE-BASED IMPACT STRATEGY:	
<ul style="list-style-type: none"> • Interventions: SBIRT, CBT, Psychotherapy, Parent Behavioral Therapy, and Group Therapy • Access: Telehealth and School based interventions • Reporting Guide for Research and Evidence-based Practices in Children’s Mental Health • Value-Based Care Models in Pediatric: Mental / Behavioral Health Care 	
AVAILABLE DATA:	
<ul style="list-style-type: none"> • 52% of Washingtonians aged 12–17 who have depression did not receive any care in the last year.^v • Students are about twice as likely to need mental health care if financially distressed.^{vi} • Non-binary youth experience depression or anxiety in 6 out of 7 cases.^{vii} • Multi-racial respondents have the highest self-reported rates of anxiety/depression symptoms.^{viii} 	
POTENTIAL PARTNERS:	
HCA, Seattle Childrens, UW CoLab	
HOW MAY A BREE REPORT ON THIS TOPIC SUPPORT THE HEALTH OF WASHINGTONIANS:	
<p>Our health ecosystem must work together with partners to address the behavioral health needs of youth before they enter a mental health crisis. This report would be a continuation of the 2016 Bree Pediatric Psychotropic report by expanding the topic to incorporate information on anxiety and depression with a greater focus on short-term interventions of care. Specifically, by including information on how to provide evidence-based care to children and adolescents, support increase in accessing and affording care, and engaging with support systems to intervene when an early sign of a mental health occurs.</p>	

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- ⁱ (2023, April 12). Lawmakers pass bill to change how WA cares for youth stuck in hospitals. *The Seattle Times*. <https://www.seattletimes.com/seattle-news/mental-health/lawmakers-pass-bill-to-change-how-wa-cares-for-youth-stuck-in-hospitals/#:~:text=Right%20now%2C%20no%20single%20state,emergency%20departments%20and%20inpatient%20units>.
- ⁱⁱ Ashley Laurretta, "How Much Does Therapy Cost?", June 2022
- ⁱⁱⁱ KFF, "Health Insurance Coverage of Children 0-18", 2021
- ^{iv} Evidence Based Practice Institute University of Washington, & CoLab (2023). *Evidence-based mental health services for youth and children in Washington State Performance Report*. UNIVERSITY OF WASHINGTON, DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES.
- ^v Kaiser Family Foundation analysis of Substance Abuse and Mental Health Services Administration (SAMHSA)'s restricted online data analysis system (RDAS), National Survey on Drug Use and Health (NSDUH), 2017 and 2018, Substance Abuse and Mental Health Data Archive. <https://www.kff.org/statedata/collection/mental-health-substance-use-disorder/>
- ^{vi} Saaris, R. (2023). *Where can we find hope during the epidemic of hopelessness facing our children?* Children's Alliance. <https://static1.squarespace.com/static/634aded9e7e3f54f95669587/t/649df66aa08caf7479df5fcb/1688073836654/Behavioral+Health+Report++FINAL+62923.pdf>
- ^{vii} Saaris, R. (2023). *Where can we find hope during the epidemic of hopelessness facing our children?* Children's Alliance. <https://static1.squarespace.com/static/634aded9e7e3f54f95669587/t/649df66aa08caf7479df5fcb/1688073836654/Behavioral+Health+Report++FINAL+62923.pdf>
- ^{viii} Saaris, R. (2023). *Where can we find hope during the epidemic of hopelessness facing our children?* Children's Alliance. <https://static1.squarespace.com/static/634aded9e7e3f54f95669587/t/649df66aa08caf7479df5fcb/1688073836654/Behavioral+Health+Report++FINAL+62923.pdf>