

Clinical Treatment Depression Pathway Depending on Severity

Transforming Lives. Building Community Well-Being.

Determine Depression Severity, if child is 12 or Older Utilize PHQ-9 (HEDIS)

Mild depression has the following:

5-7 DSM-5TR Symptoms of Major Depressive Disorder

Minor Functional Impairment in at least one area or mildly distressing symptoms

No Comorbid Psychiatric diagnoses

No Suicidal ideation or behavior

No Psychotic symptoms

Or Criteria Met for Other Specified Depressive Disorder (Same treatment applies as with Mild Major Depression) F/U within 30 days (HEDIS)

Initial Treatment Considerations

- Active Monitoring with +/- Med Management
- Supportive Psychotherapy or
- Family Therapy or
- Evidenced-Based Psychotherapy
- Cognitive Behavioral Therapy
- Interpersonal Psychotherapy for Adolescents
- PHQ-9 Required (HEDIS)

Moderate Depression Tx Pathway

Severe Depression Tx Pathway



Moderate Depression Tx Pathway

Initial Treatment Considerations

- Evidence-Based Psychotherapy
 - o Cognitive Behavioral Therapy
 - o Interpersonal Psychotherapy for Adolescents
- Medication Management
- Adjunctive <u>Family Therapy</u>
- Consider Consultation with Mental Health Specialist
- If child is 12 years or older perform PHQ-9 during visit.

Severe Depression Tx Pathway

Initial Treatment Considerations

- Evidence-Based Psychotherapy
 - o Cognitive Behavioral Therapy
 - o Interpersonal Psychotherapy for Adolescents
- Medication Management
- Adjunctive Family Therapy
- Consult with or Refer to Mental Health Specialist
- Intensive Outpatient Program
- <u>Partial Hospitalization Program</u>

If enhance services is utilized, refer to CCP.

Interventions Common to all Types of Major Depression

<u>Psychoeducational Tools</u>

School Accommodations

Alternative or Complementary Interventions

Monitor Response (PHQ-9) HEDIS Requirement