

Pediatric IBD Depression Screening Toolkit

2023 Update

CONTENTS

Module 1: Screening approach and rationale

Module 2: Depression screening measures

- How to choose a screening measure
- How to administer screening measure and next steps
- PHQ-9 pdf

Module 3: Managing suicidal ideation and safety planning

- C-SSRS and ASQ resources
- Quick Safety Planning Guide
- Safety plan template
- Issues to consider (and tips for handling them)
- Review paper “Does asking about suicide and related behaviors induce suicidal ideation? What is the evidence?”

Module 4: Educational and referral resources

- Educational materials on stress management, depression and suicide
- Finding a Mental Health Provider resource
- Suggestions for developing a community behavioral health referral network
- Information for community behavioral health therapists (letter for therapist, information on IBD in general, IBD and emotional factors, and school absence)

Module 5: Scripts

- Basic templates to be incorporated into the usual language you use with patients

Module 6: Implementing Screening in clinic

- Screening readiness checklist
- Sample introductory letters
- Recommendations for documenting and billing
- Suggestions for implementation
- Suggestions for tracking
- Sample workflows

Module 7: Screening via telehealth

- Note: This information is included in Module 6 but is also placed in its own module for easy access

Module 8: Staff training

Psychosocial Screening Task Force

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