

# Designing Behavioral Health Tools for Pediatric Primary Care Clinicians

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## Introduction

- We are simultaneously experiencing a child mental health and parenting stress crisis.
- Parents turn to primary care first when they have questions about their child's behavioral health.
- One out of four primary care clinicians (PCCs) feel they have sufficient training to manage behavioral health needs and thus many rely on referring to specialists.
- **Only 18%** of families attend a behavioral health appointment after being referred by their PCCs.

**Objective:** We aimed to create mental health tools to help PCCs start working with families to develop new skills, set goals, and start treatment.

## Methods

This is multiphasic project:

**Phase 1:** Create content for PCCs.

**Step 1:** Identified topics based on PCC feedback.

**Step 2:** Developed a working team of integrated primary care psychologists and experts in marketing, communication and distribution to create the guides.

**Phase 2:** Conduct focus groups.

Ten focus groups (6 caregiver and 4 PCC) were conducted to elicit feedback about the tools' design, utility and factors that would help inform future adoption.

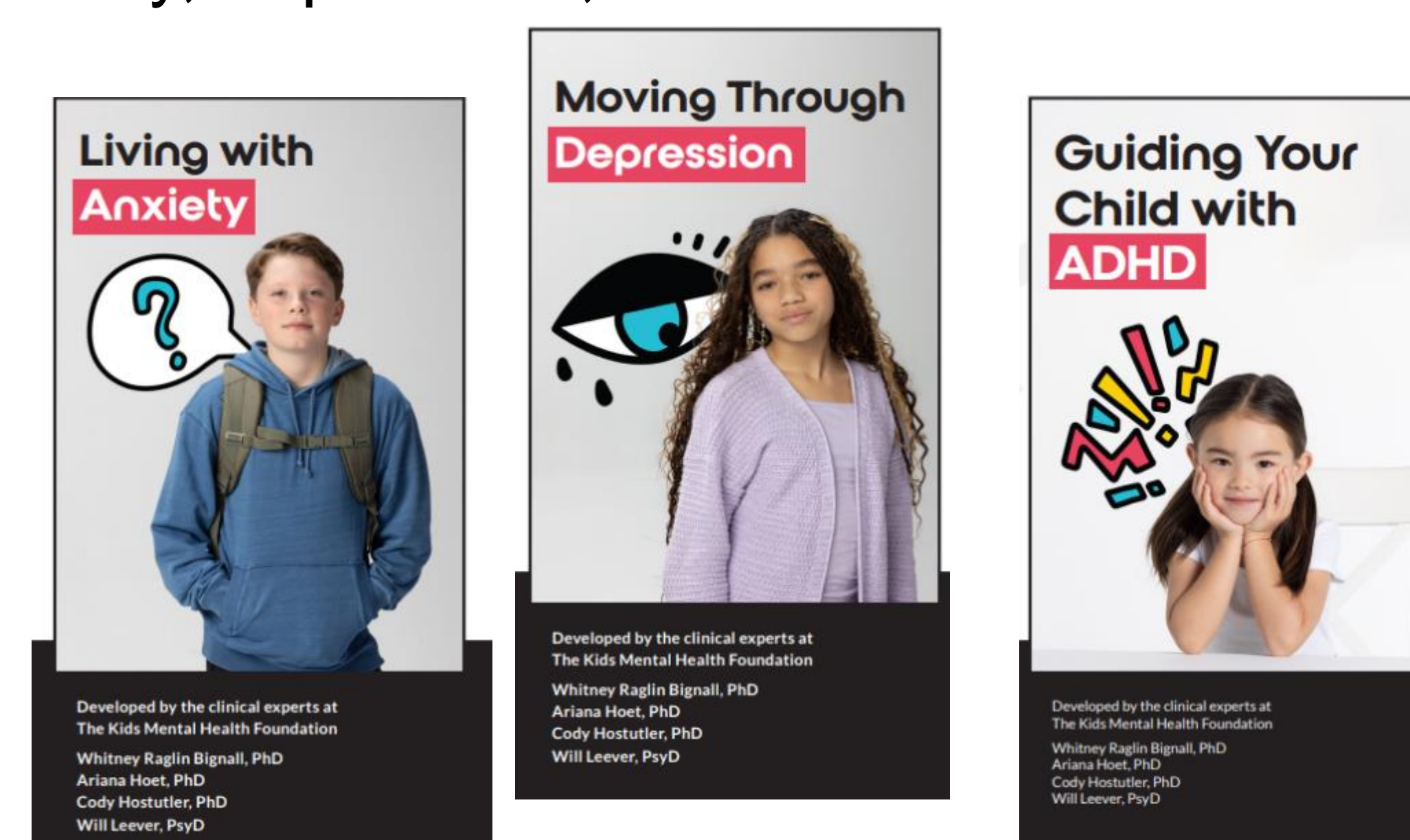
**Phase 3:** Code and analyze data.

**Step 1:** Focus group discussions were transcribed and coded into themes.

**Step 2:** Information from the focus groups was used to revise the guides.

## Results

**Phase 1:** Three guides were created focused on anxiety, depression, and ADHD.



**Phase 2:**

- Overall, participants liked the format and found the information to be helpful in all 3 guides. **Positive feedback included:**
  - Having a tangible resource
  - Depth of information provided
  - Interactive sections

• **Recommendation included:**

- Changes to the covers
  - More kids on the covers
  - Removing the icons
  - Change the titles

• **Significant changes to the depression guide:**

- Changes to the flow of content
- Rethink use of the visuals
- Reduction in words and activities
- Format like the anxiety guide

• Reduction in words in the ADHD guide

- Caregivers and providers had different opinions regarding how much information on medication should be included.

**Phase 3:** The guides were revised based on phase 2.



## Discussion

- Both caregiver and PCC feedback suggest the tools could be useful in helping PCCs provide families with actionable steps.
- Our next step is field testing to inform the creation of advanced tools such as videos to help PCCs feel more comfortable treating behavioral health concerns.

## References

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