

# Child/Youth Mental Health Update for Primary Care Providers

## Compass: Phone support from BC Children's Hospital

Compass—a multi-disciplinary team of child psychiatrists, therapists & resource specialists—aims to provide rapid responses to providers' questions about diagnosis, treatment, and resources for child mental health & substance use (up to age 25).

**Call 1-855-702-7272** (Mon-Fri 9am-5pm)

### What's bright light therapy?

Bright light therapy is a first-line treatment for seasonal depression and has increasing evidence for effectiveness in non-seasonal depression. It's important to use a 10,000 lux (brightness) bulb for 30 mins in the early morning for up to 6 wks. Improvement can be expected in 1-3 weeks.

For further information or requests for future topics, please contact:

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## WINTER 2018

The Child and Youth Health Program has created this newsletter to bring you the best resources and practice tips to support children, youth & families with mental health issues.

### HIGHLIGHTED TREATMENT RESOURCES

[Don't know what to do about child behavior problems?](#)

Try referring to "[Confident Parents: Thriving Kids](#)", a 14-week phone-based coaching program for parents of children ages 4-12 with behavior problems (e.g. "Oppositional Defiant Disorder").

**Q: How can I refer my patient? Physicians submit a 1-page referral form (Google: "Confident Parents BC Referral"). Current waitlist is approx. 4-6 weeks from referral to service.**

[How can I get my patients therapy for depression or anxiety?](#)

Consider [BounceBackBC](#) - phone-based cognitive behavioral therapy for patients **15 & over with depression or anxiety.**

### HIGHLIGHTED PATIENT/FAMILY INFORMATION RESOURCE

**Updated!** [KeltyMentalHealth.ca](#) is a one-stop-shop information site for youth & caregivers about almost any mental health or substance use issue.

### Q&A: MEDICATIONS FOR YOUTH DEPRESSION / ANXIETY

**Q: Which medication(s) should I use first?**

A: **Fluoxetine** is the first-line medication for anxiety (ages 8+) & depression (ages 12+) that is severe or moderate but hasn't improved with therapy. **Start low** (5 mg daily in younger & 10 mg in older) and increase to target of 20 mg if tolerated.

[CANMAT Guidelines for Depression \(2016\)](#)

**Q: What if Fluoxetine doesn't work?**

A: If there is no improvement at target dose (usually 20 mg) after 8 weeks or not tolerated, consider switching to Escitalopram or Sertraline. **Avoid** other meds (SRRIs, tricyclics, antipsychotics) unless discussed with a specialist (consider calling Compass (see box)).

### HIGHLIGHTED RESOURCE FOR DIRECT CARE STAFF

New! [Child & Youth Mental Health & Substance Use Resources](#) now available from Child Health BC