

# Mental Health Screening (6-20 Years)

## CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

### C&TC Requirements

#### General

Mental health *surveillance* is required at all C&TC visits for all ages. This includes obtaining the child and family's mental health history and the child's history of exposure to trauma.

Mental health *screening* using an approved, standardized instrument is recommended for all C&TC visits from ages 6 through 11 and is required for ages 12 through 20.

#### Personnel

A licensed healthcare provider must complete mental health surveillance: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN, PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Screening personnel qualifications are instrument-specific; refer to each instrument's instruction manual for more information.

#### Documentation

Document surveillance in the C&TC visit record. Document screening with the name of the instrument, score, and anticipatory guidance based on the results given to the parent/caregiver or youth. For positive results, document referral and follow-up plan.

For documentation examples, refer to the [C&TC Provider Documentation Forms \(mn.gov/dhs\)](https://mn.gov/dhs).

### Procedure

#### Instruments

Refer to the [detailed comparison table of approved mental health screening instruments \(mn.gov/dhs\)](https://mn.gov/dhs) for mental health and depression screening tools.

#### Referral

It is critical that children with identified concerns receive or be referred for specialized services (Weitzman & Wegner, 2015). Refer to the [map of school-linked behavioral health agencies across Minnesota \(dhs.state.mn.us\)](https://dhs.state.mn.us) or search for statewide mental health or substance use disorder treatment agencies using [Fast Tracker \(fasttrackermn.org\)](https://fasttracker.mn.org).

The [Psychiatric Assistance Line \(PAL\) \(mnpsychconsult.com\)](https://mnpsychconsult.com) or 855-431-6468 is funded by a grant from the MN Department of Human Services (DHS) and provided by PrairieCare Medical Group. Any provider can call for free mental health triage and referral or consultation with a Board-Certified Child and Adolescent Psychiatrist.

#### Follow-Up

After making a referral, ensure the services were obtained and effective. Provide more frequent C&TC or other follow-up visits as needed.

## Importance of Mental Health Screening

In any given year, 9% of school-age children in Minnesota experience severe emotional disturbance (Minnesota Management and Budget, 2019). Identifying mental health problems improve with standardized screening (Substance Abuse and Mental Health Services Administration (SAMHSA), 2019). Half of all lifetime cases of mental illness begin by early adolescence, and early mental health interventions help prevent behavior problems and poor school performance (Weitzman & Wegner, 2015).

## Professional Recommendations

### American Academy of Pediatrics

Standardized depression screening is recommended at all well-child checks beginning at 12 years of age (American Academy of Pediatrics, 2022).

### U.S. Preventive Services Task Force

It is a Grade B recommendation to screen for major depressive disorder at 12-18 years (U.S. Preventive Services Task Force, 2022).

## Resources

### Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards \(dhs.state.mn.us\)](https://dhs.state.mn.us)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(dhs.state.mn.us\)](https://dhs.state.mn.us)

- [Children's Mental Health Programs and Services \(mn.gov/dhs\)](https://mn.gov/dhs)

### Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\) \(health.state.mn.us\)](https://health.state.mn.us)

### Other Resources

- [Adolescent Health \(opa.hhs.gov\)](https://opa.hhs.gov)

## References

American Academy of Pediatrics. (2022). *Recommendations for Preventive Pediatric Health Care*. Retrieved from [www.downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf](https://www.downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)

Minnesota Management and Budget. (2019). *Children's Mental Health Inventory and Benefit-Cost Analysis*. Retrieved from [www.mn.gov/mmb-stat/results-first/cmh-report.pdf](https://www.mn.gov/mmb-stat/results-first/cmh-report.pdf)

Substance Abuse and Mental Health Services Administration (SAMHSA). (2019). *Ready, Set, Go, Review: Screening for Behavioral Health Risk in Schools*. Retrieved from [www.samhsa.gov/sites/default/files/ready\\_set\\_go\\_review\\_mh\\_screening\\_in\\_schools\\_508.pdf](https://www.samhsa.gov/sites/default/files/ready_set_go_review_mh_screening_in_schools_508.pdf)

U.S. Preventive Services Task Force. (2022). *Depression and Suicide Risk in Children and Adolescents: Screening*. Retrieved from [www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-children-adolescents](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-children-adolescents)

Weitzman, C., & Wegner, L. (2015). Promoting Optimal Development: Screening for Behavioral and Emotional Problems. *Pediatrics*, 135(2), 385-395.

## For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 email [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us).

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