The 15-Minute Relationship

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The Need for Change

• In 2014, 18% of adults had a mental disorder in the prior year
• 13% of kids 8-15 had a mental disorder in the prior year
• Only 59% of adults with SMI and 51% of kids got treatment
• 2/3 of PCPs indicated they cannot access MH services, double any other specialty (Cunningham, 2009)
• **Put lots more money** into mental health

• **Are MH practices are optimally cost-effective?**
  
  • **Stepped care;** minimally disruptive medicine (Leppin, et al., 2015; McGrath & O’Donohue, 2015)
  
  • National Institute for Health and Clinical Excellence (UK) Depression: The Treatment and Management of Depression in Adults (2010)
  
  • Cuijpers et al. (2010): MA of 21 studies found no difference between guided self-help and F2F tx
  
  • Many patients are incapable of committing to 12 sessions
# Mental vs Medical Health Care

<table>
<thead>
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The Relationship Still Matters!
Questions Raised by 15-Minute Interventions

• Is psychotherapy for self-exploration health care?
• What if the person can improve enough in 15 minutes?
• What if life circumstances don’t allow normal treatment?
• What if this helps people who would never come for treatment otherwise?
• What if seeing people earlier means we can use brief interventions?
• What if our long-term model teaches us to move more slowly than the patient can bear?
• What if it encourages delay rather than agency in the patient?
• What if even transformation can happen in 15 minutes?
Consultations in Pediatrics

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General Issues

- Trauma
- Obesity
- Child abuse/neglect
- Somatic expression of anxiety
- School/social adjustment
Post-Natal Visits

- Depression/anxiety (Edinburgh)
- Educational
- Stress
- Maternal attachment
- Family relationships/support
Preschool

- Modified Checklist for Autism in Toddlers (M-CHAT): 16-30 months
- Ages and Stages: 6-60 months
- Developmental milestones
- Developmental anxieties
- Typical behavioral issues:
  - Tantrums
  - Sleeping
  - Eating
  - Aggression
Early School-Age

- Learning issues: consider environmental factors
- ADD: Vanderbilt Assessment Scales
- Family stress
- Bullying
Adolescents

- Eating disorders
- Depression/Suicidality: CES-D modified
- Bullying
- Risk behaviors: sex, SA, impulsivity
Screening Instruments

- American Academy of Pediatrics
  
General tools

• **Pediatric Symptom Checklist**
  • 17 items (short form)
  • Ages 4-16

• **Strengths and Difficulties**
  • 25 items
  • Ages 3-17
Key Interventions

• Younger kids
  • Reducing parent anxiety
  • Watching and waiting
  • Anticipatory guidance
  • Targeted play therapy

• All ages
  • Parent training
  • Family intervention
  • School interventions