

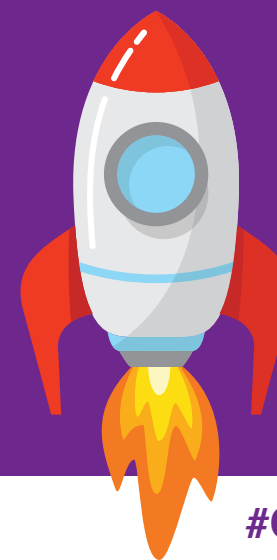
# Cundill Centre Online Tool for the Treatment of Youth Depression

## LAUNCH

November 9, 2021

**Dr. Peter Szatmari, Dr. Stephanie Ameis, Renira Narrandes**  
Cundill Centre for Child and Youth Depression, CAMH, Toronto

**Panel: Melanie Asselin, Dr. Karin Euler**



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# Outline

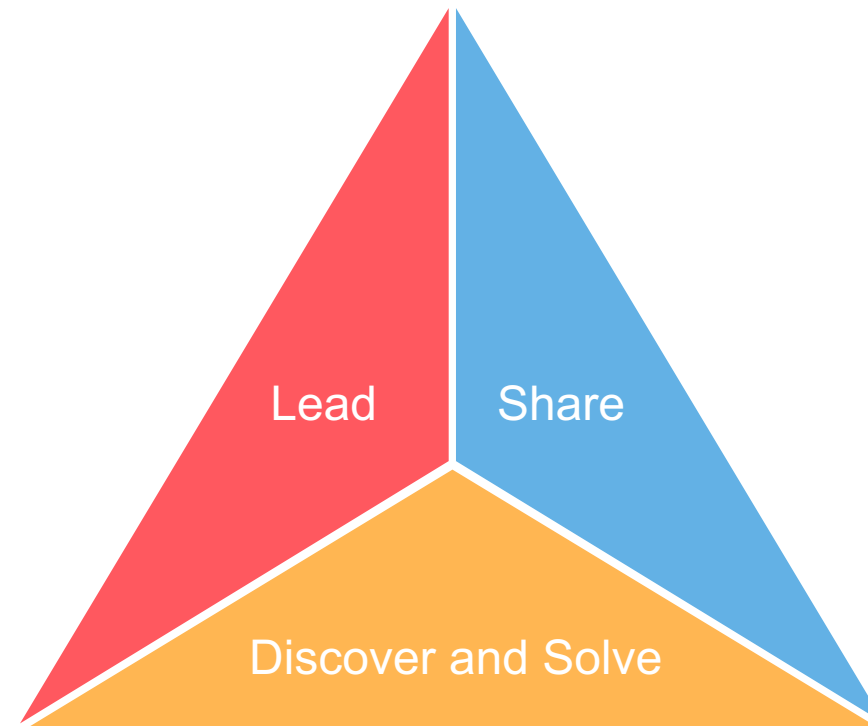
1. Introduction
2. The project in a poem
3. Live demo
4. Youth engagement in this project
5. Panel

# Child and Youth Depression; a Public Health Challenge

- A common disorder of children and youth; roughly 10% of the population
- Many barriers to care
- Response to treatment is around 40%
- Many drop out of treatment before treatment completed
- Roughly 50% go on to another, more severe, episode
- Long term impact on education, occupation, and adult mental health
- No new significant advances in treatments in over 40 years

# The Cundill Centre for Child and Youth Depression at the Centre for Addiction and Mental Health (CAMH), Toronto, Canada

The Cundill Centre for Child and Youth Depression focuses on developing best practices for the screening, prevention and treatment of child and youth depression. We aspire to have a global impact on research, care and knowledge exchange in this field.



# Knowledge Translation (KT)

Awareness?  
Comprehension?  
Relevance?



“...a dynamic and iterative process that includes **synthesis, dissemination, exchange and ethically-sound application of knowledge** to improve the health of Canadians, provide more effective health services and products and strengthen the health care system.”

-CIHR, 2016

# Online Tool Contributors

## Cundill Centre for Child and Youth Depression, CAMH

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Dr. Branka Agic, Director, Knowledge Exchange

## Design

Chase, Shuyang Liu, Web Developer/Designer

Youth Engagement Initiative, supported by the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health and the Child, Youth and Emerging Adult Program at CAMH.

Melanie Asselin  
Zara Uddin  
Em Hayes  
Karleigh Darnay

# A Spoken Word Poem

## Online Tool for Treating Youth Depression

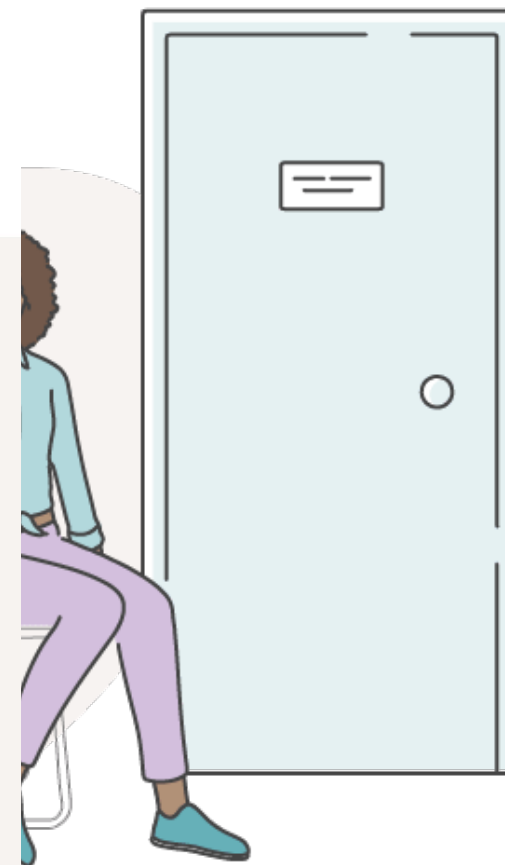
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# Long wait times

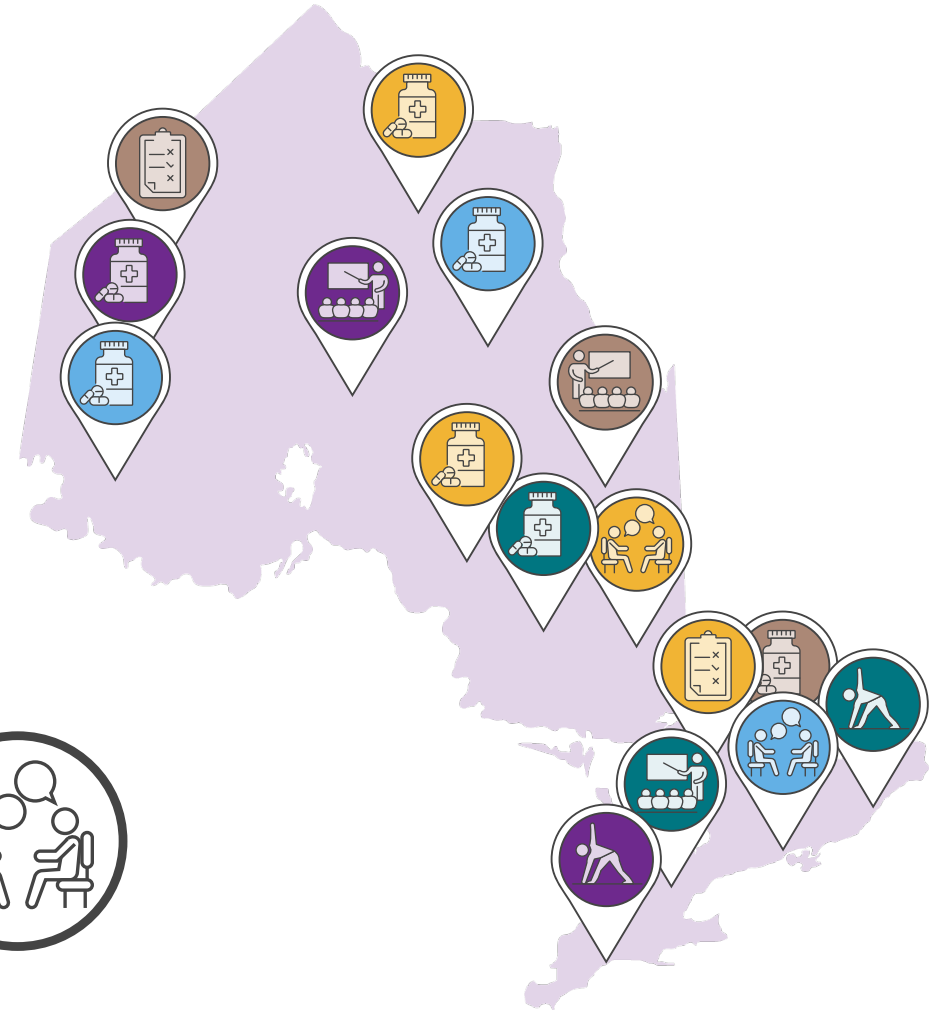
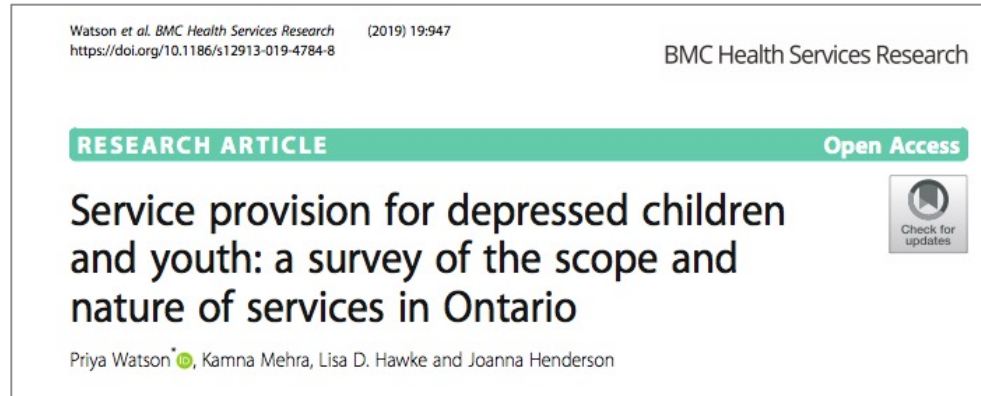




## Refer to higher levels of care



# Ontario: Services for kids differ by location



Find evidence-based practices to treat and assess

Build primary care capacity to do their best

# Online tool for primary care providers from east to west

Outline evidence-based practices for youth depression



# STEP ONE: Systemic review

[Review](#) > [Depress Anxiety](#). 2018 Jun;35(6):530-540. doi: 10.1002/da.22752.

Epub 2018 Apr 26.

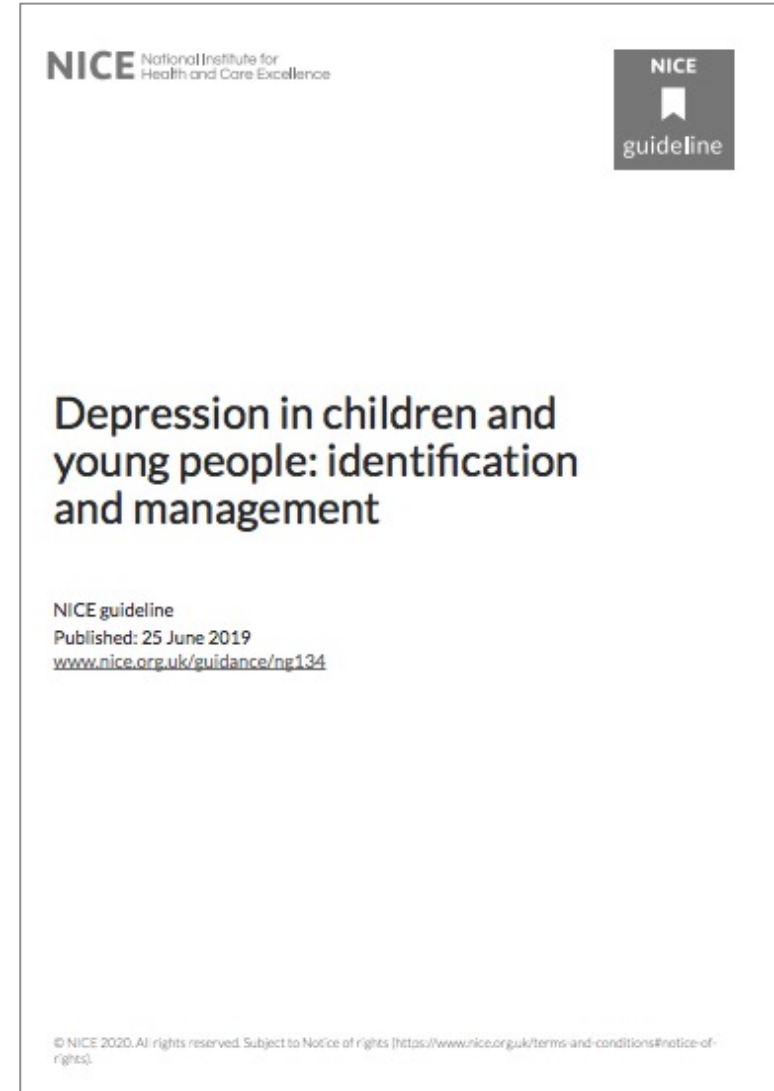
## **An appraisal of the trustworthiness of practice guidelines for depression and anxiety in children and youth**

Kathryn Bennett <sup>1</sup>, Darren Courtney <sup>2 3</sup>, Stephanie Duda <sup>1</sup>, Joanna Henderson <sup>3 4</sup>,  
Peter Szatmari <sup>2 5</sup>

Affiliations + expand

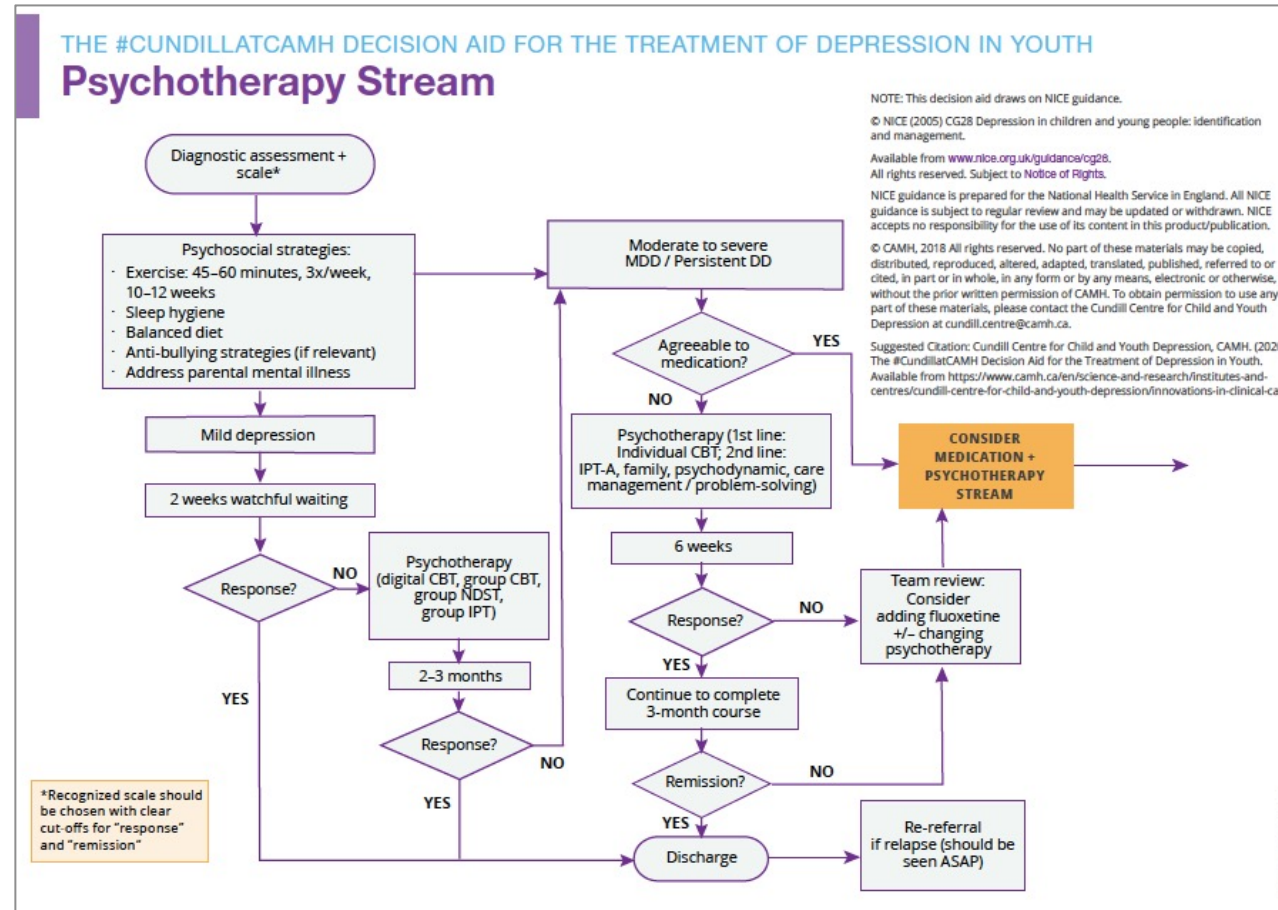
PMID: 29697887 DOI: [10.1002/da.22752](https://doi.org/10.1002/da.22752)

The best one ➡





# STEP TWO: Develop a decision aid



# STEP THREE: Make the tool

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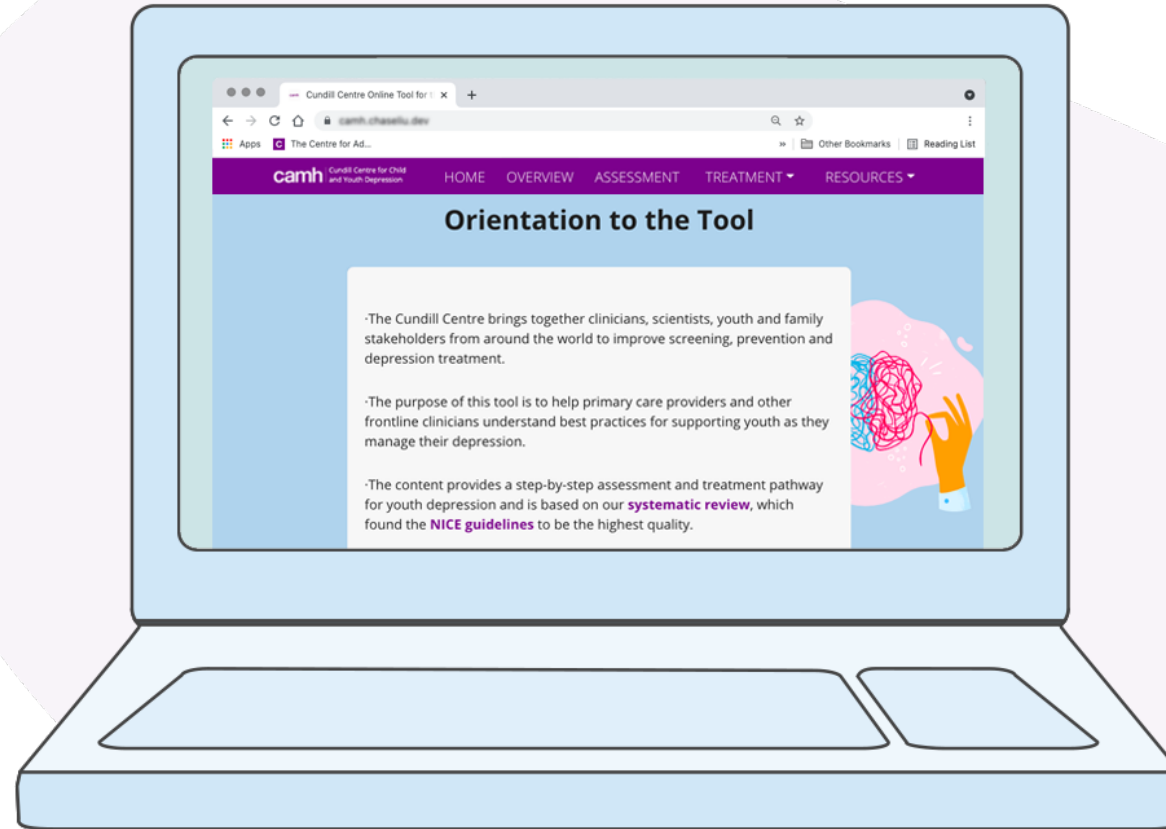
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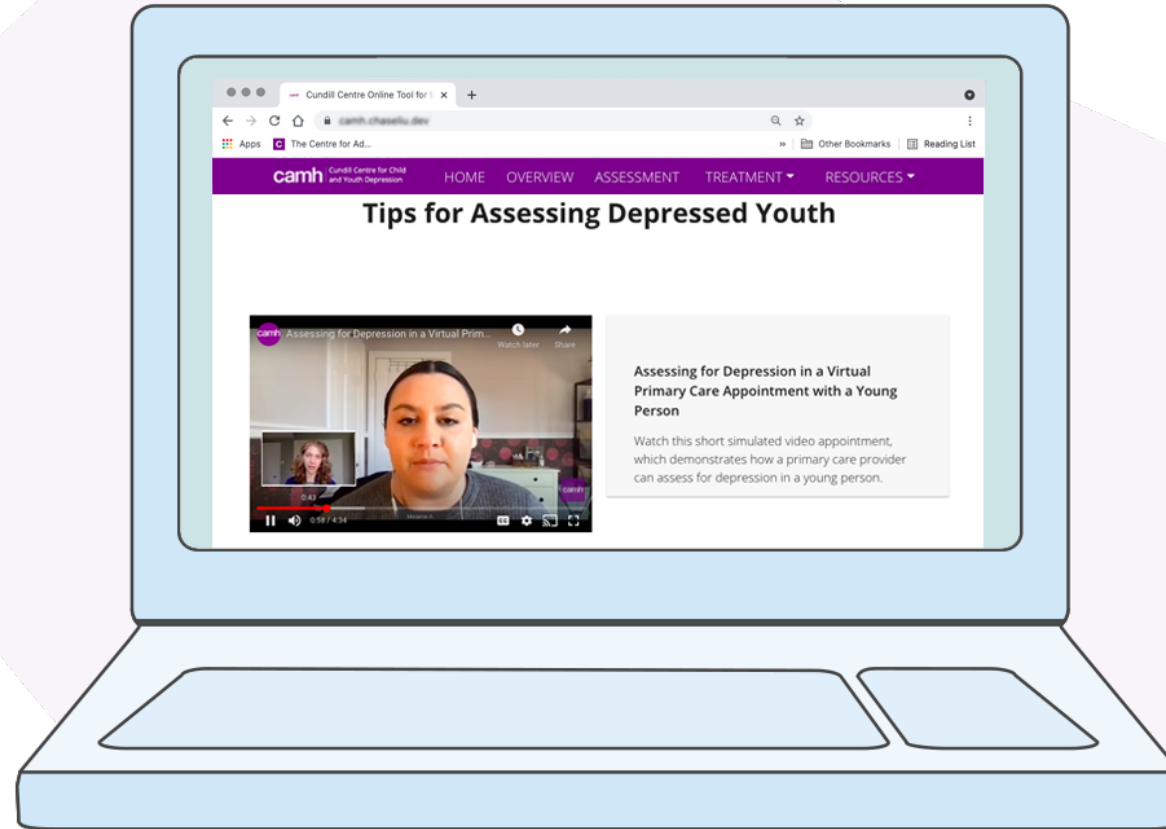
## STEP THREE: Make the tool



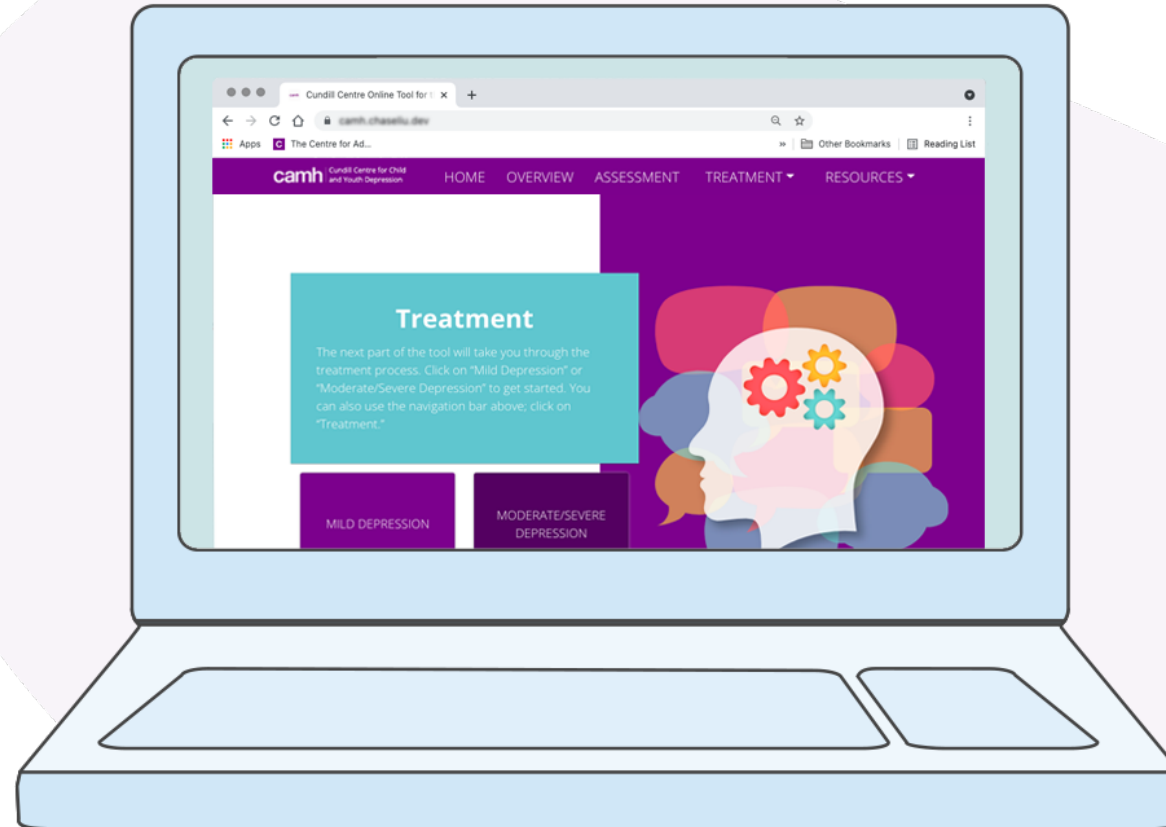
# 1. Overview



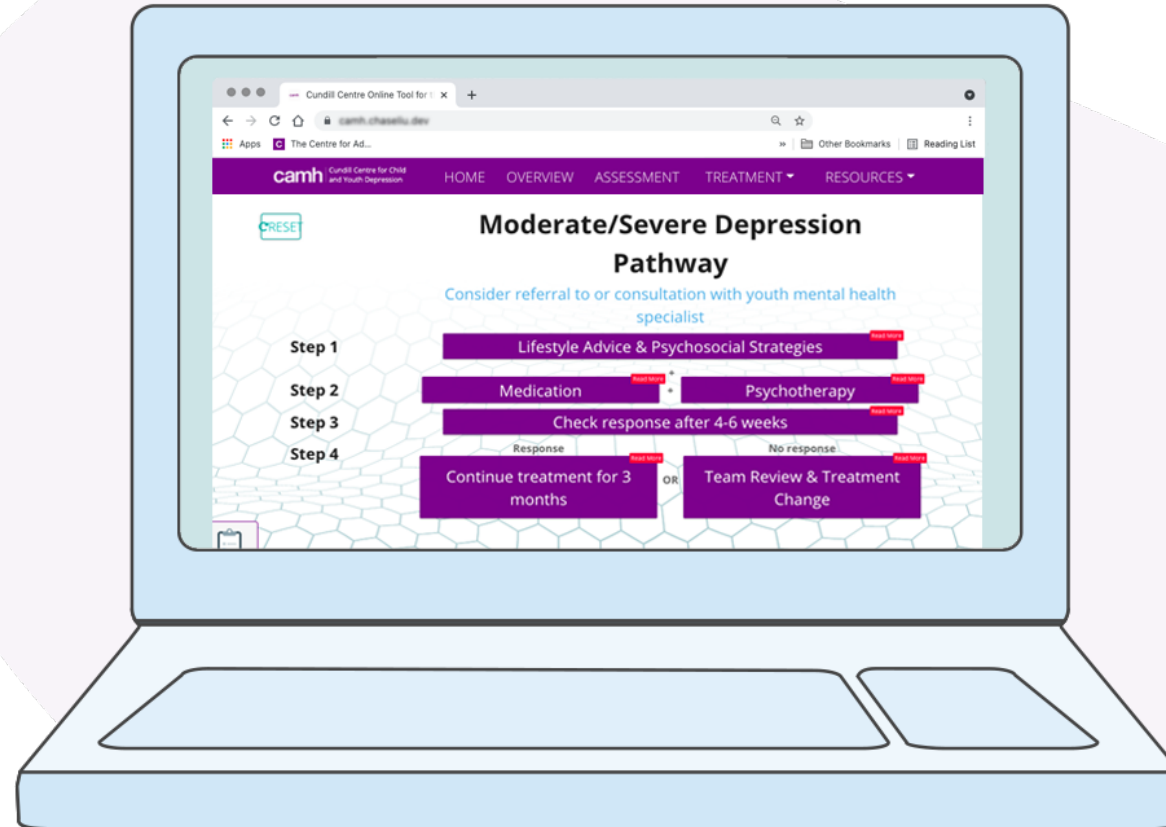
## 2. Assessment



### 3. Treatment

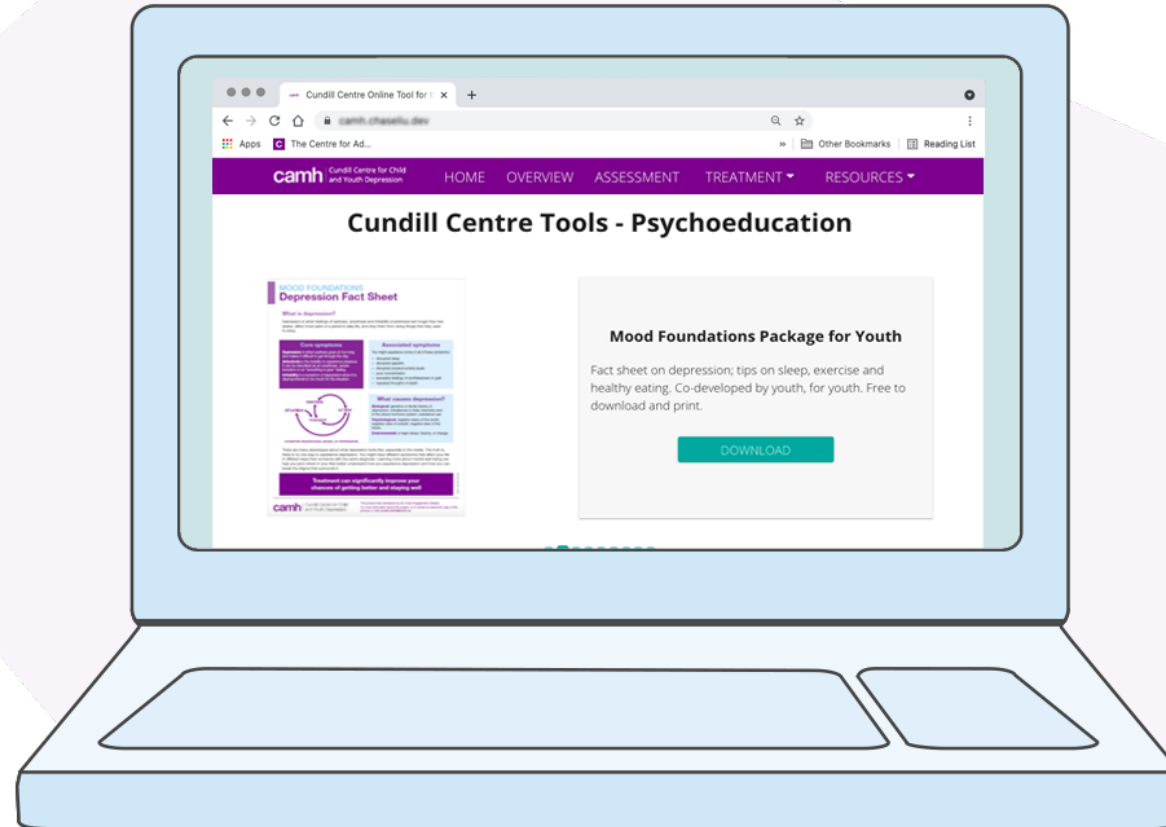


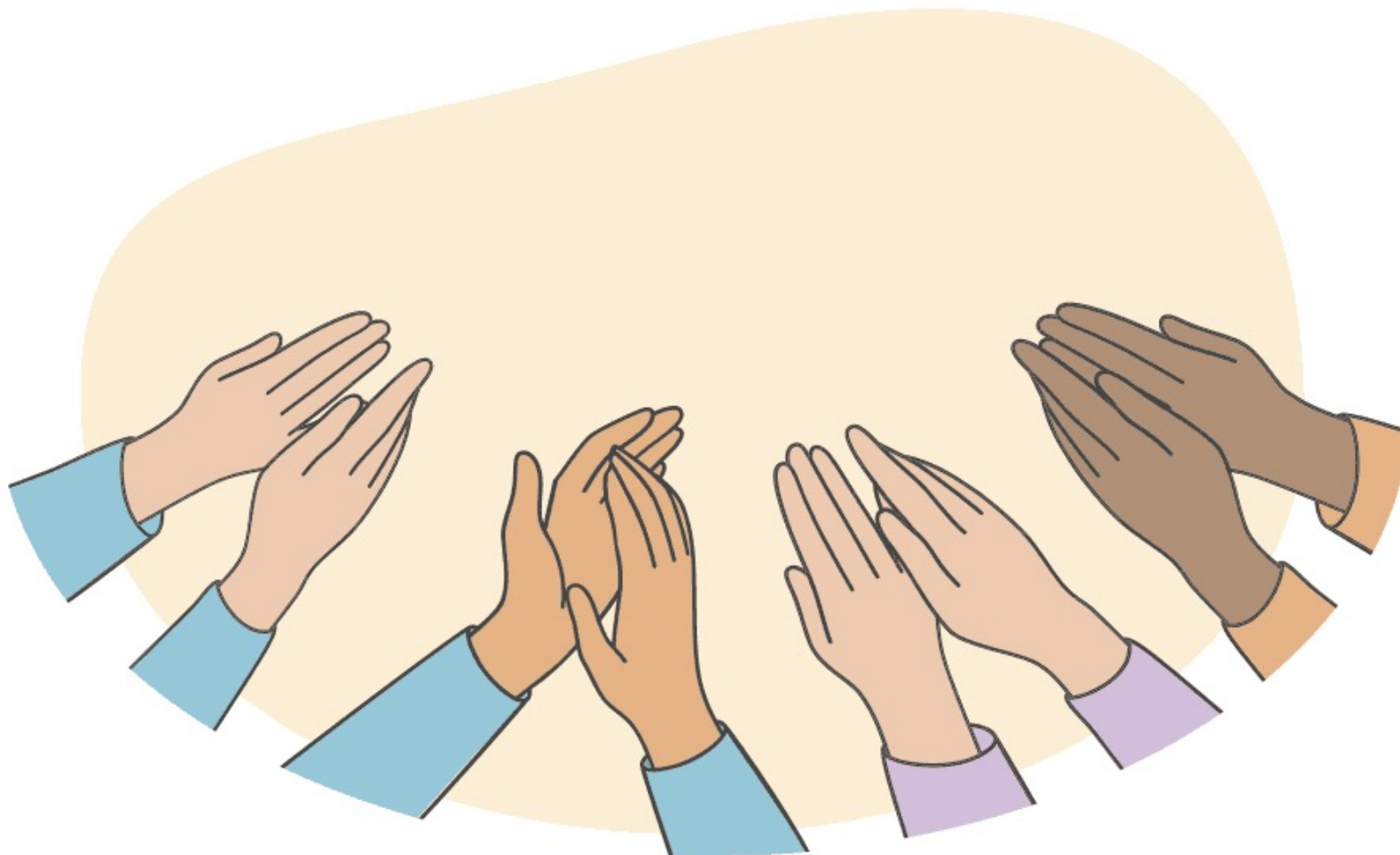
### 3. Treatment





## 4. Resources

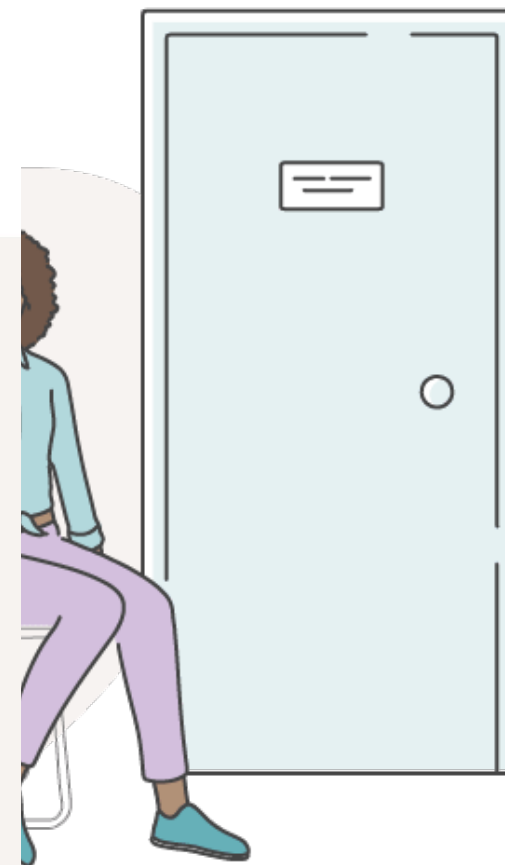






**cundilldepressioncaretool.camh.ca**

Cundill.Centre@camh.ca



# Live Demo

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**Direct link to online tool:**

→ [cundilldepressioncaretool.camh.ca](http://cundilldepressioncaretool.camh.ca)

**Link to all Cundill Centre tools:**

→ [cundillcentre.ca](http://cundillcentre.ca) > Innovations in Clinical Care

**Ask questions, leave comments, sign up to hear about the latest tools & events:**

→ [Cundill.Centre@camh.ca](mailto:Cundill.Centre@camh.ca)

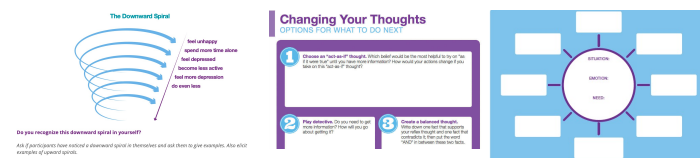
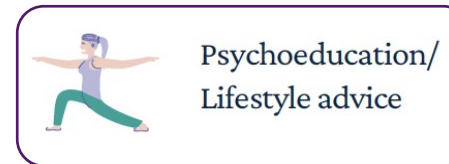
# Youth Engagement in this Project

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# Tools Co-Developed by Youth

**Available for free in 3 ways:**

- ➔ [cundillcentre.ca](http://cundillcentre.ca) > Innovations in Clinical Care
- ➔ or e-mail [Cundill.Centre@camh.ca](mailto:Cundill.Centre@camh.ca)
- ➔ or SCAN the QR code





## Why engage young people?

- Youth voices are imperative to inform decision making and programming that directly impact youth.
- Collaborating with youth results in project and program goals, activities and outcomes that are more relevant and better reflect the needs of youth.

## What we did

- Team of 3 young people + a Youth Engagement Coordinator
- Reviewed the whole tool
- Provided feedback on using youth-friendly terms throughout the tool
- Planned and co-facilitated a Youth Advisory Group meeting with 15 other young people to discuss tips for conducting a good assessment

# The original assessment video

## Tips for Assessing Depressed Youth



This short video features Tony, a youth who was referred to a social worker by his medical provider, due to concerns about depression and anxiety.

While you watch, think about what was helpful, and perhaps unhelpful, about the assessment approach. We will review afterwards.

SIMULATION REVIEW

# The new assessment video

## Tips for Assessing Depressed Youth



### Assessing for Depression in a Virtual Primary Care Appointment with a Young Person

Watch this short simulated video appointment, which demonstrates how a primary care provider can assess for depression in a young person.

PREVIOUS

NEXT

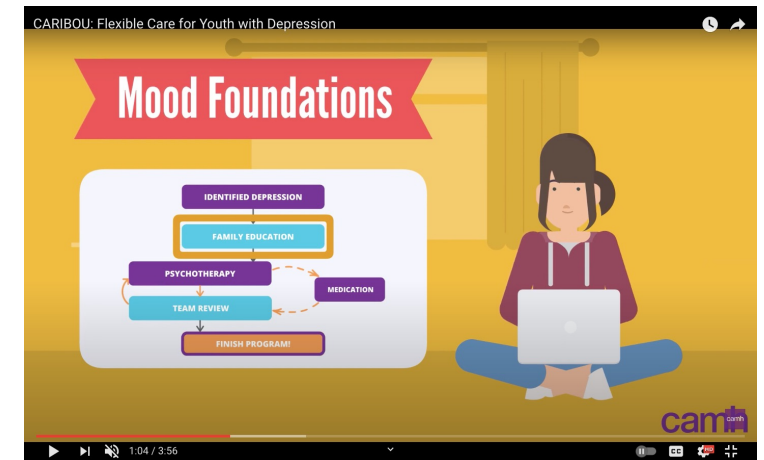
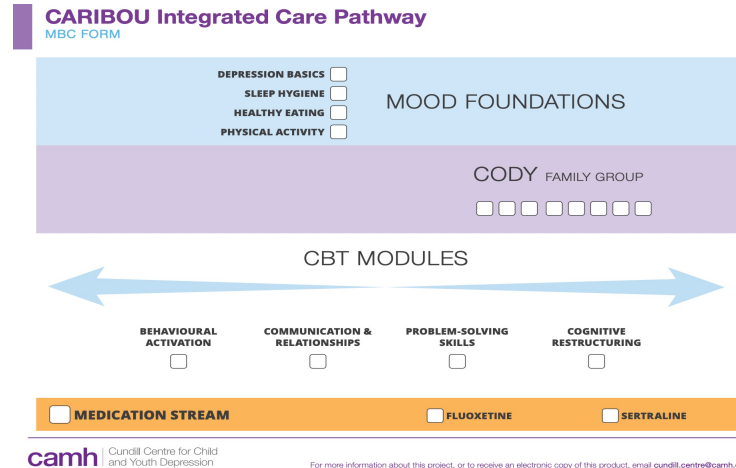
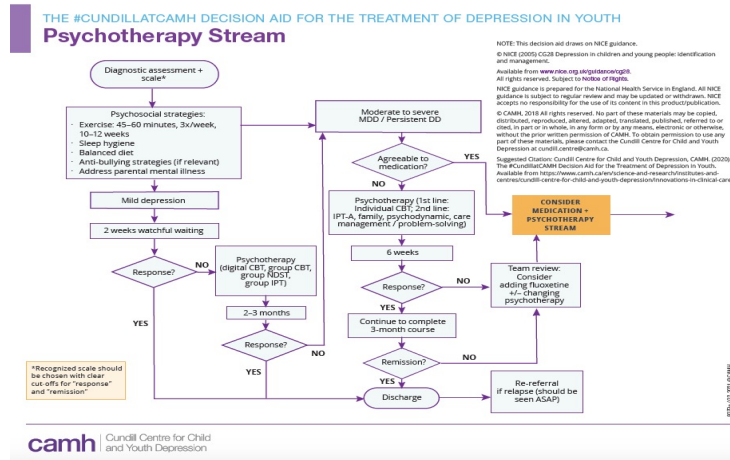
# Panel

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# Cundill Centre Tools: Integrated Care Pathways

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## The #CundillatCAMH Decision Aid for the Treatment of Depression in Youth

This 2-page flowchart helps guide health care providers in making treatment decisions for youth who have depression. Based on evidence-based clinical practice guidelines.

## CARIBOU Integrated Care Pathway Manual

This manual outlines the seven steps of the evidence-based CARIBOU Integrated Care Pathway for Adolescents with Depression. Includes materials required to implement the pathway.

## CARIBOU: Flexible Care for Youth with Depression

This video (3:56) was developed for youth, by youth to explain the CARIBOU Integrated Care Pathway for Adolescents with Depression.

# Cundill Centre Tools: Screening, Assessment & Measurement

## Available for free in 3 ways:

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## Partner Tool



### ICHOM Standard Set for Children and Young People with Depression & Anxiety

The International Consortium for Health Outcomes Measurement (ICHOM) has developed a standard set of outcome measures that matter most to children and young people with depression and anxiety. ICHOM is made up of leading global experts, including members of the Cundill Centre.



### Assessing for Depression in a Virtual Primary Care Appointment with a Young Person

Meant for primary care providers, this simulation video (4:33) demonstrates how to assess for depression in a young person and highlights important questions to ask, including ones about self-harm.

## Partner Tool



### Aaniish Naa Gegii: the Children's Health and Well-being Measure (ACHWM)

The ACHWM provides Indigenous communities and organizations with an overview of the health and well-being status of the children and youth in their communities. Developed by Laurentian University and the Naandwechige-Gamig Health Centre in Wiikwemkoong Unceded Territory, partners of the Cundill Centre.



# Cundill Centre Tools: Screening, Assessment & Measurement

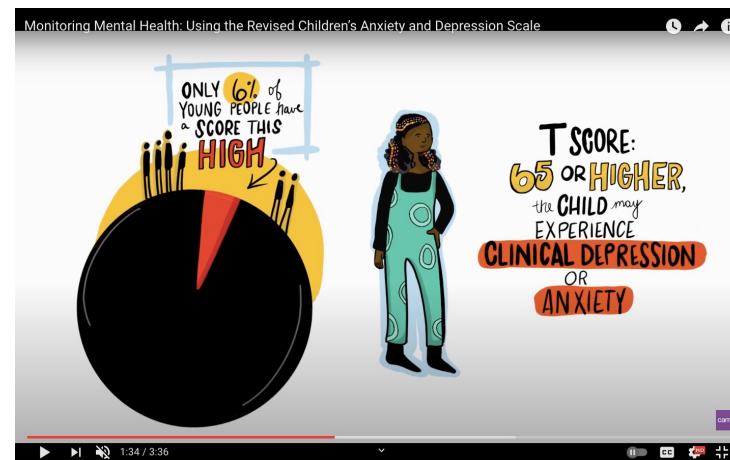
## Available for free in 3 ways:

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### Monitoring Mental Health: Using measurement tools to inform care for youth

In this video (2:56), learn how structured measurement tools can be used to monitor symptom change and help care providers make informed treatment changes (a concept called measurement-based care).



### Monitoring Mental Health: Using the Revised Children's Anxiety and Depression Scale (RCADS)

In this video (3:36), learn how to use the RCADS—a free, validated tool that assesses for both anxiety and depression in 8-18 year-olds and is recommended by an international group of experts.



Outcome	Score change on the RCADS	Definition	Time frame
Response	Meaningful improvement; for example, at least a 50% reduction in the raw score (or at least a 25% reduction in youth with treatment resistant depression)		Following the start of treatment and lasting for at least 2 weeks
Remission	T-score below 65		Lasting for a period of at least 3 weeks up to 4 months
Recovery	T-score below 65		Lasting for at least 4 months after the onset of remission
Relapse	T-score rises to 70 or above		During the remission period
Recurrence	T-score rises to 70 or above		During the recovery period

### Quick Guide to the Revised Children's Anxiety and Depression Scale (RCADS)

Learn more about the RCADS in this Quick Guide, which outlines how the questionnaire is administered and scored. The guide also proposes a way of using RCADS scores to calculate indicators of change, such as response, remission, and recovery.



# Cundill Centre Tools: Psychoeducation

## Available for free in 3 ways:

- ➔ [cundillcentre.ca](http://cundillcentre.ca) > Innovations in Clinical Care
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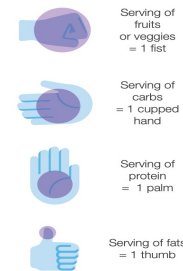


### Mood Matters: Describing Depression

Meant for young people, this video (3:19) describes what depression is, what the causes might be, what challenges might come up, and what youth can do to support themselves or others. Created by youth in collaboration with mental health professionals.

### MOOD FOUNDATIONS Healthy eating

Here are some tips that might help with healthy eating. Not all of these ideas will work for everybody, so it's up to you to decide which of these you want to try! Remember, it takes two weeks for something to become a habit, so give yourself time to figure out what helps you the most.



Serving of  
fruits  
or veggies  
= 1 fist

Serving of  
carbs  
= 1 cupped  
hand

Serving of  
protein  
= 1 palm

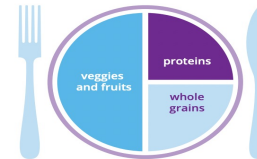
Serving of fats  
= 1 thumb

**Fill out the table below using the following numbers:**  
1 things you already do  
2 things you think you could easily change  
3 things that are not changeable for you  
Work on continuing the habits you marked as 1, then start on the 2s, eventually working toward the 3s over time.

#### MEDITERRANEAN DIET

**Whole grains** (5–8 servings a day)  
**Vegetables** (6 servings a day)  
**Fresh fruits** (3 servings a day)  
**Legumes** (4 servings a week)  
**Low-fat and unsweetened dairy** (2–3 servings a day)  
**Raw and unsalted nuts** (1 serving a day)  
**Fish** (at least 2 servings a week)  
**Lean red meats** (3–4 servings a week)  
**Chicken** (2–3 servings a week)  
**Eggs** (up to 6 servings a week)  
**Olive oil** (3 tablespoons a day)

**The Mediterranean diet has been shown to significantly reduce symptoms of depression**



**Sometimes it can be helpful to think about how to balance your plate to make sure you get enough of the right foods**

### Mood Foundations Package for Youth

Four-page package, including a fact sheet on depression and tips on sleep, exercise and healthy eating. Co-developed by youth, for youth.



### Mood Matters: How Food, Movement & Sleep Can Have an Impact on You

Meant for young people, this video (4:20) provides tips on healthy eating, movement and sleep habits. Created by youth in collaboration with mental health professionals.

# Cundill Centre Tools: Treatment

## Available for free in 3 ways:

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## Medication and YOUTH

A RESOURCE FOR YOUTH BY YOUTH

Research has shown that a type of antidepressants, called selective serotonin reuptake inhibitors (SSRIs), can help to reduce the symptoms of depression in young people. This resource will tell you more about SSRIs.

### What are SSRIs?

They are a group of medications that can help with symptoms of depression and are also commonly used to relieve symptoms of anxiety. SSRIs include fluoxetine (Prozac), citalopram (Celexa), escitalopram (Cipralex) and sertraline (Zoloft).

While medication has been shown to be effective, other options can help too, like therapy and doing activities that you enjoy or find relaxing.



### When will I know if this medication is working for me?

It can take at least three to six weeks, and occasionally as long as eight weeks, to feel the benefits of the medication.

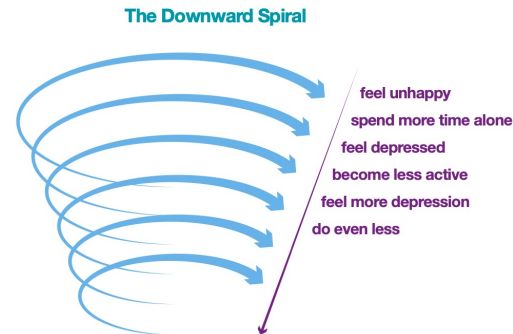
Between half and two-thirds of youth find it helpful. You'll need to take them every day to see a benefit.

### What are some of the side-effects?

Many young people don't notice any side-effects, but they are possible. Some common side-effects are listed below. If you do experience side-effects, they may lessen over time. If you do not notice a benefit from your medication or experience many side-effects, talk to your doctor.

## Medication Handout for Youth

Explains, in simple language, what SSRIs are, when youth might see benefits and what side effects, if any, can occur. Developed by youth in partnership with a psychiatrist and pharmacist.



### Do you recognize this downward spiral in yourself?

Ask if participants have noticed a downward spiral in themselves and ask them to give examples. Also elicit examples of upward spirals.

## CARIBOU CBT Manual

Facilitator and youth manuals for a cognitive behavioural therapy intervention for adolescents with depression. Modified from with Adolescent Coping with Depression Course, with permission, and updated for today's youth.

## Changing Your Thoughts

OPTIONS FOR WHAT TO DO NEXT

**1**

**Choose an "act-as-if" thought.** Which belief would be the most helpful to try on "as if it were true" until you have more information? How would your actions change if you take on this "act-as-if" thought?

**2**

**Play detective.** Do you need to get more information? How will you go about getting it?

**3**

**Create a balanced thought.** Write down one fact that supports your reflex thought and one fact that contradicts it; then put the word "AND" in between these two facts.

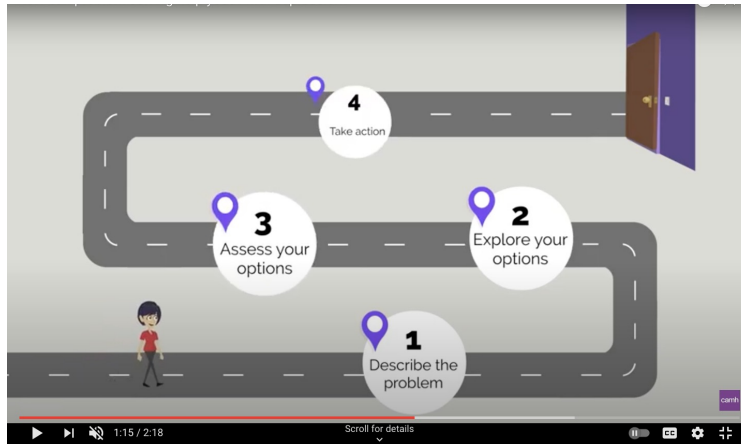
## Cognitive Restructuring Worksheets

This three-page package helps youth examine thoughts that may not be helpful to them. It teaches youth how to change their thoughts by considering alternative ways of interpreting situations. Developed by youth and mental health professionals.

# Cundill Centre Tools: Treatment—Problem Solving

## Available for free in 3 ways:

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- or e-mail [Cundill.Centre@camh.ca](mailto:Cundill.Centre@camh.ca)
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## How can problem solving help youth with depression?

Meant for young people, this video (2:18) describes how problem solving can be one important ingredient in tackling depression. Developed by youth and mental health professionals, with funding from the Wellcome Trust.

## Is problem-solving training a key ingredient in reducing youth depression?

**1 in 10**

About one adolescent in 10 experiences depression. Those who find it hard to solve problems with peers and family, or around school issues, have a higher risk of depression than other youth. Strong problem-solving skills can protect youth against stress and help safeguard their well-being.

Several evidence-based therapies for youth depression include training in problem solving as a component. Problem-solving training can also be a free-standing intervention.

THE AIMS OF PROBLEM-SOLVING TRAINING	THE PRACTICAL SKILLS OF PROBLEM SOLVING
 <ul style="list-style-type: none"><li>• Improve youth's confidence in their ability to solve problems</li><li>• Improve the <b>practical skills</b> they need to solve problems</li></ul>	 <ol style="list-style-type: none"><li>1. Define the problem</li><li>2. Brainstorm possible solutions</li><li>3. Decide which is the most promising solution</li><li>4. Implement the solution and evaluate its success</li></ol>

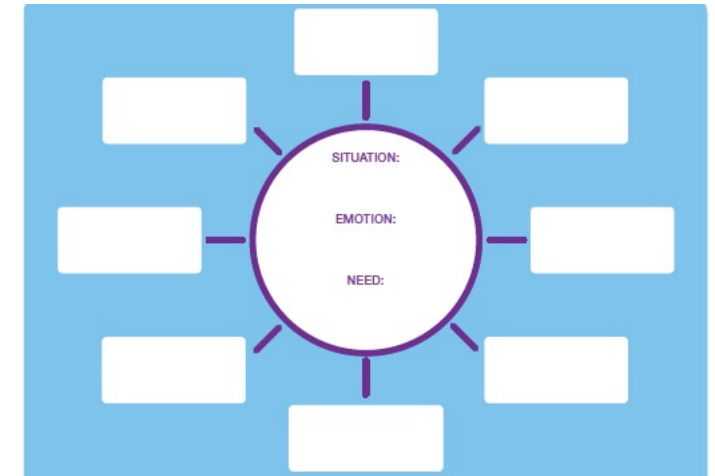
## What does evidence tell us about the effectiveness of problem-solving training for youth depression?

We considered a broad range of literature from around the world:

- Clinical guidelines from **four countries** recommend problem solving in combination with other support for youth depression. No guideline recommends problem solving on its own.

## Is problem-solving training a key ingredient in reducing youth depression?

Meant for health care providers and policy decision-makers, this info sheet gives an overview of problem-solving training and summarizes key findings and implications based on a review of the evidence for problem-solving as an effective treatment ingredient for youth depression.



## Problem Solving Worksheets

This three-page package helps youth think through their problems by prompting them to describe the situation, as well as their emotions and needs. It takes youth through steps that help them explore and evaluate solutions and make an action plan. Developed by youth and mental health professionals.

# THANK YOU!



**Direct link to online tool:**

→ [cundilldepressioncaretool.camh.ca](http://cundilldepressioncaretool.camh.ca)

**Link to all Cundill Centre tools:**

→ [cundillcentre.ca](http://cundillcentre.ca) > Innovations in Clinical Care

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