

Study: More Children Than Ever Before Need Urgent Mental Health Care, But Many Emergency Departments are Unprepared to Treat Them

Experts urge mental health screening, physician training and telehealth options

Nationwide Children's Hospital

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NEWS PACKAGE

SUGGESTED TEASE	A NEW STUDY FINDS AN INCREASE IN CHILDREN WITH URGENT MENTAL HEALTH NEEDS. WHAT'S BEING DONE TO ENSURE THAT EVERY HOSPITAL IS PREPARED TO HELP, COMING UP IN HEALTH NEWS.
ANCHOR LEAD	<p>WHEN A PARENT BELIEVES THEIR CHILD IS IN CRISIS, THEY ARE LIKELY TO TAKE THEM TO THE NEAREST EMERGENCY DEPARTMENT.</p> <p>IT'S A RESOURCE THAT IS BECOMING INCREASINGLY CRITICAL TO ENSURE CHILDREN QUICKLY GET THE CARE THEY NEED, EVEN IF THAT HOSPITAL DOES NOT SPECIALIZE IN PEDIATRIC BEHAVIORAL HEALTH.</p> <p>BARB CONSIGLIO HAS THE DETAILS ON WHAT'S BEING DONE TO ENSURE EVERY HOSPITAL IS PREPARED TO HELP.</p>
(PACKAGE START) -----	
CG: Courtesy: Nationwide Children's Hospital	(Nats - Sound) :02
Shots of Meaghan and Gina in park	<p>WITH HER MOM BY HER SIDE, MEAGHAN SAUNDERS RECEIVES THE PROFESSIONAL CARE SHE NEEDS IN HER BATTLE WITH DEPRESSION. :06</p> <p><i>"It means the difference between life and death for any child or adult to know that they can go into an emergency room and get the help that they need." :10</i></p>
CG: Gina Saunders Meaghan's mom	
Shots of emergency department	<p>BUT MOST SMALL OR RURAL HOSPITALS DON'T HAVE A PLAN WHEN A CHILD IN CRISIS WALKS THROUGH THEIR DOORS. :05</p> <p><i>"In rural areas, only 30% of emergency departments are prepared to take care of the children." :05</i></p>
CG: Rachel Stanley, MD Nationwide Children's Hospital	

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<p>Shot of researchers</p> <p>Shot of gurney in hallway</p> <p>Graphic with survey results</p>	<p>IT IS CRITICAL, LIFE-SAVING CARE KIDS NEED. A NEW STUDY BY NATIONWIDE CHILDREN'S HOSPITAL FINDS THAT DURING A TEN-YEAR PERIOD THERE WAS A SIXTY PERCENT INCREASE IN CHILDREN VISITING U-S EMERGENCY DEPARTMENTS FOR URGENT MENTAL HEALTH CONCERNS, INCLUDING A ONE-HUNDRED SIXTY PERCENT JUMP IN SUBSTANCE ABUSE AND A THREE-HUNDRED-THIRTY PERCENT SPIKE IN CASES OF SELF-HARM. :21</p>
<p>Dr. Stanley (CG'd earlier)</p>	<p><i>"These children didn't just come to children's hospital ED's. In fact, most of them came to general emergency departments that see less than 15 or 20 children in a day."</i> :09</p>
<p>Shots of Dr. Stanley entering ED, speaking with nurse</p>	<p>NOW, EXPERTS ARE URGING ALL EMERGENCY PHYSICIANS TO SCREEN CHILDREN FOR MENTAL HEALTH DISORDERS – GETTING THEM THE SPECIALIZED CARE THEY NEED. :07</p>
<p>Dr. Stanley (CG'd earlier)</p>	<p><i>"They don't have to be psychiatrists. They can have a short training course to learn how to triage and manage these children, but also they can't do everything. So they need some help from their local or their regional specialized centers."</i> :14</p>
<p>Exterior shot of Behavioral Health Pavilion</p> <p>Shots of staff at crisis center</p> <p>Shots of telehealth session</p>	<p>EXPERTS AT THE BIG LOTS BEHAVIORAL HEALTH PAVILION AT NATIONWIDE CHILDREN'S ARE STEPPING IN AS A RESOURCE, RECENTLY OPENING A PSYCHIATRIC CRISIS DEPARTMENT DEDICATED TO TREATING YOUTH IN CRISIS WITH PLANS TO PARTNER WITH RURAL PROVIDERS AND HOSPITALS FOR TELEHEALTH SESSIONS. :05</p>
<p>Dr. Stanley (CG'd earlier)</p>	<p><i>"Specialized centers really should be thinking about telepsychiatry programs where they can help and have shared decision making with ED physicians who are the boots on the ground managing these children."</i> :13</p>
<p>Shots of Meaghan writing in journal</p> <p>Meaghan Saunders Former patient</p>	<p>MEAGHAN SAYS IT WILL GIVE KIDS LIKE HER A BRIGHTER FUTURE. :05</p> <p><i>"I have so much more hope with where my life is to go and I feel proud of where I am now."</i> :08</p>
<p>Shot of Meaghan and Gina walking in park (PACKAGE END) -----</p>	<p>AT NATIONWIDE CHILDREN'S HOSPITAL, THIS IS BARB CONSIGLIO REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>THE HEALTH RESOURCES AND SERVICES</p>

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	<p>ADMINISTRATION RECENTLY PUBLISHED A TOOLKIT FOR EMERGENCY DEPARTMENTS AND HEALTH CARE PROVIDERS TO IMPROVE COORDINATION AND CONTINUITY OF CARE FOR CHILDREN WITH MENTAL HEALTH DISORDERS.</p> <p>FOR CHILDREN AND PARENTS WHO NEED HELP ACCESSING BEHAVIORAL HEALTH CARE FOR THEIR CHILDREN, RESOURCES CAN BE FOUND AT ON OUR SLEEVES DOT ORG.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>A new study by @NationwideKids finds an increasing number of children are coming to U.S. emergency departments for urgent mental health needs, highlighting the need for hospitals to have in plan in place to get them the care they need. https://bit.ly/3fscyfr</p> <hr/> <p>A new study by Nationwide Children’s Hospital reveals an increase in children coming to U.S. emergency departments for urgent mental health needs. Behavioral health experts are helping to ensure kids receive the care they need by partnering with small hospitals that often don’t have protocols in place for when kids in crisis walk through their doors. https://bit.ly/3fscyfr</p>
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EXTRA BITES

<p>CG: Rachel Stanley, MD Nationwide Children’s Hospital</p>	<p>Stanley states the study results for mental health and self-harm ED visits:</p> <p><i>“We found that there was a 60% increase overall in children presenting with mental health disorders to US ED’s between 2007 and 2016. But then when we broke down what these children were presenting for, we found that there was a 330% increase in children presenting with deliberate self harm.” :20</i></p> <p>Stanley says ED physicians should be trained to handle children in crisis:</p> <p><i>“Traditionally psychiatrists are not in emergency departments and so there needs to be more training of emergency physicians, and emergency physicians can be family practitioners, emergency trained physicians, pediatricians, internal medicine or pediatric emergency physicians.” :19</i></p>
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<p>CG: Rachel Stanley, MD Nationwide Children’s Hospital</p>	<p>Stanley says children often aren’t screened for mental health disorders in EDs: <i>“There are good screening tools for suicide and substance use and they’re validated and they’re available nationally. But a lot of emergency departments don’t use them.” :15</i></p> <p>Stanley describes mental health emergency visits at Nationwide Children’s Hospital: <i>“When we have a child who presents with a mental health disorder, they get triaged very quickly. They get seen in the emergency department within a very short period of time and they see a specialized mental health provider, not necessarily a psychiatrist, but somebody who is able to triage them to an appropriate place.” :15</i></p>
<p>CG: Meaghan Saunders Former patient</p>	<p>Meaghan says it’s important for doctors to make kids feel heard and cared for: <i>“I think it’s important for ER doctors and nurses to be able to adequately handle what their patients are going through and to be able to make the patient feel heard and taken care of appropriately.” :16</i></p> <p>Meaghan says her care helped her realize there were trusted adults in her life: <i>“The first big step was making me feel like I had trusted adults around me and helping me set up a strong and healthy relationship with my mom.” :14</i></p> <p>Meaghan describes her care at Nationwide Children’s Hospital: <i>“The counselors at Children’s, they helped me set up my support foundation and create a safety plan about how to distract myself when I was getting bad and how to deal with my bad thoughts and feelings, how to challenge what I’m thinking.” :18</i></p>
<p>CG: Gina Saunders Meaghan’s mom</p>	<p>Gina says every hospital should have the resources to help kids in crisis: <i>“I think it’s important that every local hospital, no matter the area, that the staff and the physicians there have quickly at their fingertips, the resources of who they should call and who they should give referral to.” :16</i></p> <p>Gina describes the resources made available to her daughter: <i>“We got referred to the behavioral health area of the hospital and was set up with kind of counseling services, a psychiatrist and medication to handle the chemical side of depression as well as the counseling side of depression.” :18</i></p>

References

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¹*Children's Mental Health Emergency Department Visits: 2007–2016. Pediatrics, Volume 145, Issue 5, May 11, 2020.* Online:

<https://pediatrics.aappublications.org/content/early/2020/05/08/peds.2019-1536>

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