

Risk Screening with ADAM



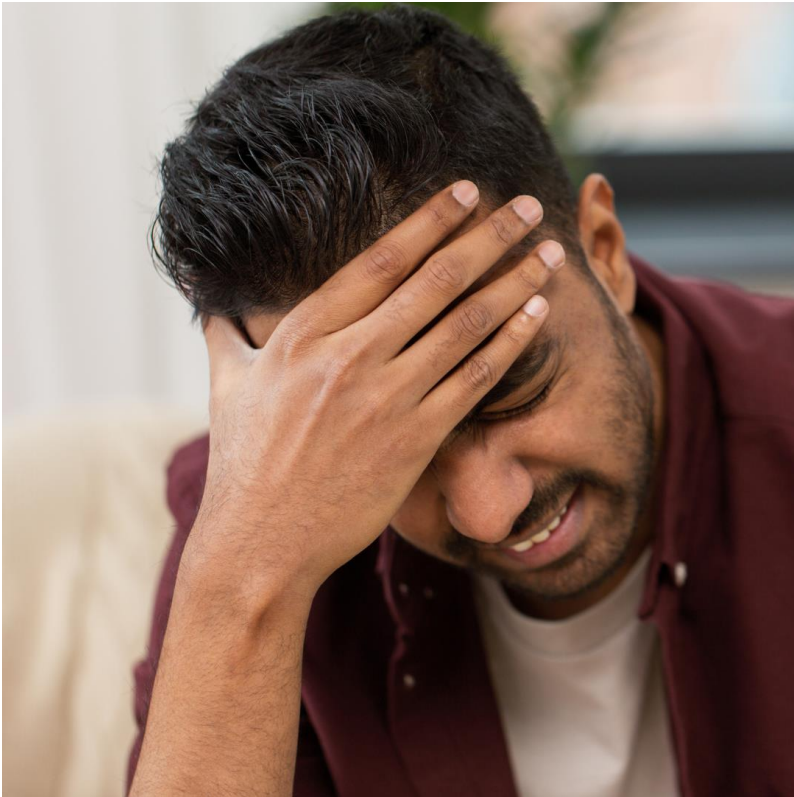
Objectives

- Identify best practices for youth screening.
- Understand the role of technology in improving quality services.



Quality Risk Screening & Intervention

Feels overwhelming



Many professionals have questions like:

- *Where do I start?*
- *How do I know which risk screening tool will be most effective?*
- *Then, once a tool is identified, How do I put it into practice and how can technology help address identified risks?*



Delivering Quality Services

- Identify needs in comprehensive risk areas
- Identify youth in greatest need
- Reduce professional burden – time and skill in addressing risks identified
- Overcome discomfort addressing risks
- Ensure an evidence-based, effective approach tailored to youth needs



THE CDC FRAMEWORK CRITERIA



- ☑ **Balance** comprehensiveness of screening with provider and patient burden
- ☑ Build upon **high priority** questions
- ☑ Use person-centered and **culturally appropriate** processes
- ☑ Use a **shared decision-making** process
- ☑ Offer **training** to health providers
- ☑ Offer **action-oriented information**
- ☑ Use principles of **quality improvement**
- ☑ **Incorporate information** into secure electronic health records



Creating Workflows

INTEGRATING
INTO PRACTICE



Youth Screening Workflow

1



Screening

Completed school-wide, program wide or individually

2



Discussion

- Review key messages/risks
- Risk reduction strategies
- Referrals /next steps

3



Results

- Documentation
- Reporting
- Follow-up

Screening repeated annually (or as needed) outcomes tracked over time



CREATING WORKFLOWS

- ☑ Build risk screening into the visit workflow (technology: text, email or to device)
- ☑ Youth should complete the risk screening form privately
- ☑ Risk screenings should NOT be completed while sitting with a parent or other peers in the waiting room
- ☑ Explain confidentiality

CREATING A PRIVATE SPACE

- ☑ Partition a separate area in the waiting room
- ☑ Bring the youth to the exam room alone so they may complete the screening in the room while waiting for the provider to come in
- ☑ Complete the tool in the triage area (when obtaining vital signs) without the parent

**How do you know
what tool is right
for you?**





Is the screening tool validated & recommended?

- A validated screening tool has been scientifically proven to be effective. Typically required to qualify for billing and insurance reimbursement
- Recommended by government or national healthcare organizations



How long is the screening and what risks are identified?

- Identify the risks most likely to impact youth health and well-being
- Prioritizing these risks reduces the length of the screening



How is the screening delivered?

- Youth are **less likely** to be honest about their risk behaviors when using a face-to-face interview or paper-based survey
- Technology-based screening has been proven to **increase** engagement, honesty, and validity of risks identified

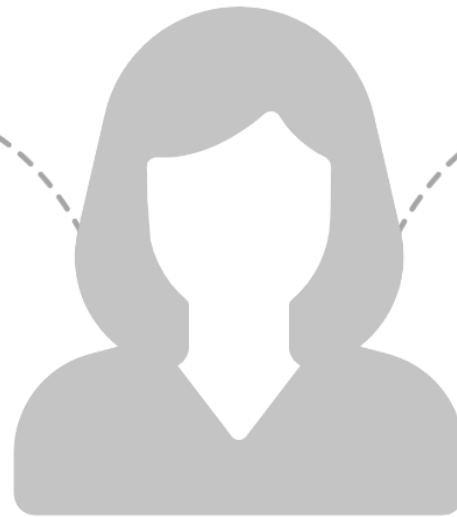


Technology Removes Variability

HOW we look when we're asking...

HOW we ask a question...

"You use condoms, right?"



HOW we talk about risky behaviors...

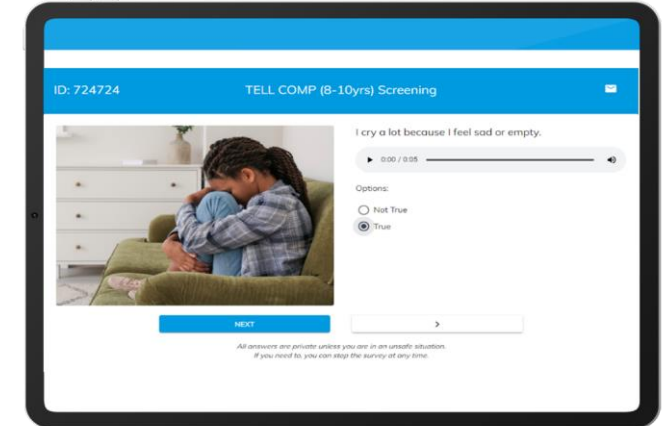
"Just say 'no' to sex"





A Personalized User Experience

- Designed to engage
- Technology based
- Audio & multilingual options
- Remote screening
- Brief interventions geared toward youth



“I have seen multiple students actually reading the information at the end of the survey, which is wonderful! It has truly guided many of my discussions with patients and prompted me to ask questions that I do not always ask in every clinical visit.” - MD, Mobile Health Unit





Post-Screening Risk Coaching

CRITERIA TO
CONSIDER





Is there standardized, evidence-based information provided?

- Each youth should receive brief interventions tailored to their risks
- Key messages are risk-specific and provided in a prioritized manner to ensure the most critical risks are discussed first



Are risk-specific, community resources provided?

- Enables the youth to explore and gather additional information from a trusted source
- Accessible after the youth leaves – ideally in an electronic format

OVERCOMING CHALLENGES



FIRST STEP: Ask
and ensure you
are including the
right questions



THEN: Listen
and use effective
communication
strategies

“ I had been seeing a patient for quite some time. When we implemented comprehensive screening, the patient flagged for suicidal ideation. When I asked why she hadn't shared that before she answered, **'No one ever asked me the question'**.”



A first-in-nation system designed by clinical experts and software engineers with a *trauma responsive* framework





ADAM allows you to:

- ✓ Administer youth screening from any device, using ADAM
 - Tablet, computer, smartphone
- ✓ *Decrease youth risk* by supporting professionals in providing and tracking brief interventions and follow-up
- ✓ Track youth population *risk over time* and better understand trends and improvements
- ✓ *Integrate* multiple data systems and report on youth health and wellness as aggregate data within the analytics suite





Trauma Responsive Technology-ADAM

Design of Screening

- Reduce load with one question at a time
- Images
- Audio
- Unstacking questions with Bolding, capitalization, bullets

End of Screening

- Check-in on how feeling
- Provide feedback
- Resources


Consent


- Describe the screening process and what specific question content is included
- Ensure understand they may skip answering any question
- Empathy



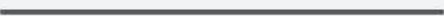



Youth Interface: Questions

ID: 724724 TELL COMP (8-10yrs) Screening 



I cry a lot because I feel sad or empty.

▶ 0:00 / 0:05  

Options:

Not True

True

[NEXT](#) [>](#)

*All answers are private unless you are in an unsafe situation.
If you need to, you can stop the survey at any time.*





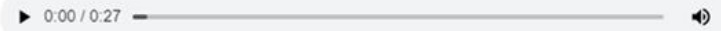
Youth Interface: Questions



It can be difficult sometimes when answering questions about tough topics. We want to understand how you are feeling now. Did **completing the survey** cause you to feel **ANY** of the following?

- Worried, mind racing, or on edge
- Sad
- Faster heartbeat, change in breathing, muscle tension, headache, or really tired
- Unsafe or afraid

*Select Yes if any of the above are true



Options:

- No
 Yes

NEXT



*All answers are private unless you are in an unsafe situation.
If you need to, you can stop the survey at any time.*

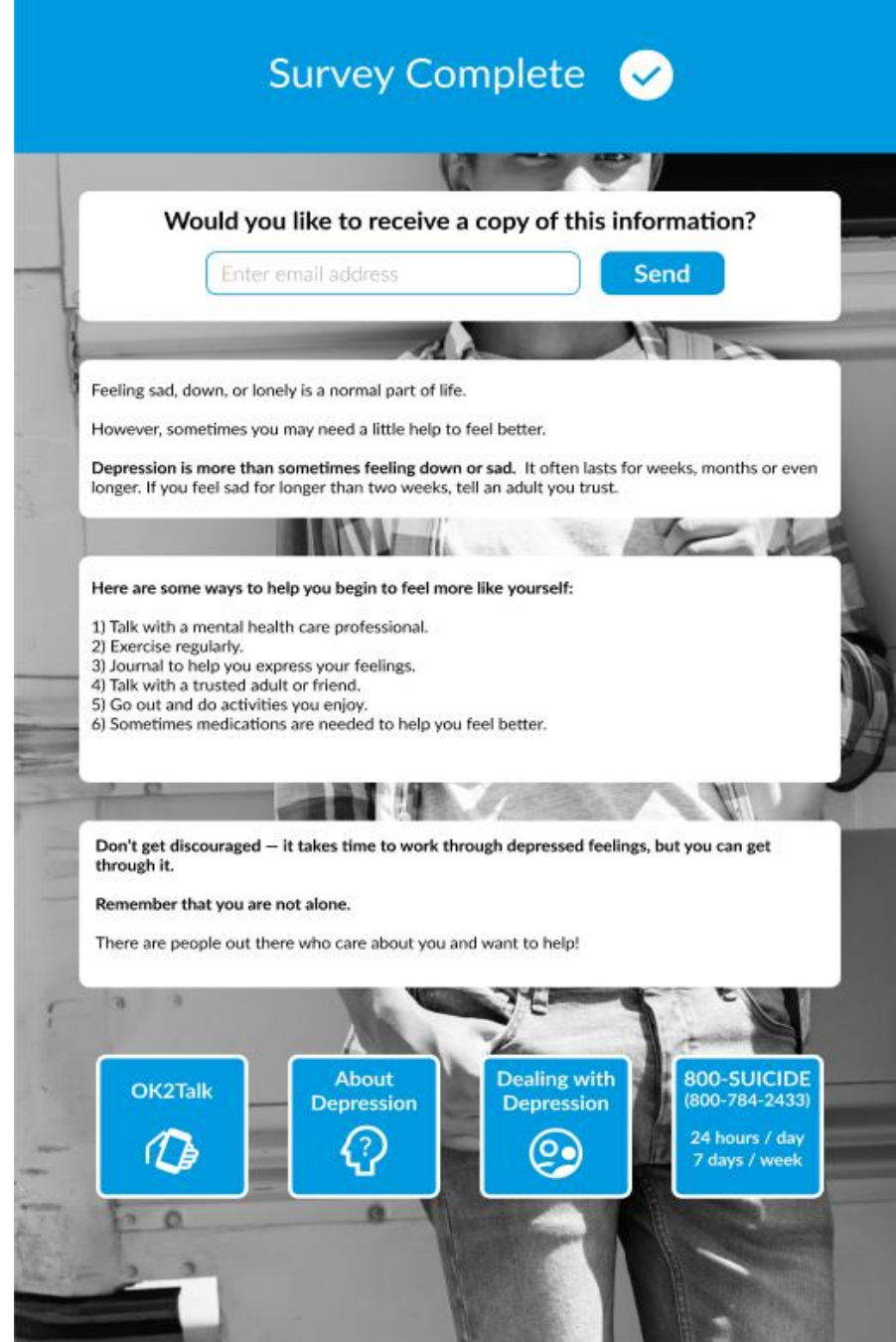




Youth Interface

Technology Delivered Brief Interventions:

- ✓ Reflection
- ✓ Menu of Options
- ✓ Affirmation
- ✓ Resources





Professional Interface

Eastern Standard Time Jennifer Salerno

Provider Actions

Jordan Jones from Patient Details

Response Result

User ID: 18304929 Name (Last, First): Jones, Jordan Date of Birth: 05/10/1986
Survey: PHQ-9 Date: 08/19/2022 Risk Score: 10 Results: Moderate Depression

ACTION Brief Intervention Guidance Enter email address Send

Number of questions: 5 4 1 Site:

Alert	Category	Tally
	No Risk	5/18
	Severe Risk	1/18
	Moderate Risk	4/18

Name: Jones, Jordan
Survey Name: PHQ-9
Completed on: 08/19/2022

Status *
Risks identified; technolo...

Visit Actions *
Risks discussed

Referral *
No referral needed

Plan *
Follow-up scheduled wit...

Notes *
Discussed depression risk and treatment options. Scheduled follow-up in 1 week.

Submit





Professional Interface - Guidance

ACTions:

- ✓ Protocols
- ✓ Tools
- ✓ Resources

My Safety Plan

Warning Signs: Write 3 signs you notice when a crisis may be starting

- _____
- _____
- _____

Coping Skills: Write 3 strategies that help to take your mind off your problems or help calm you down

- _____
- _____
- _____

Support: Who are 3 people you can call, text, or message when you need help?

Name	Contact by text/messaging app/call/other
1. _____	_____
2. _____	_____
3. _____	_____

Things that make my life worth living are:

- _____
- _____
- _____

Professionals or agencies I can contact during a crisis:

1. Call or text g88
2. Chat g88@life.org
3. _____

Modified from Stanley & Brown (2021)

Survey: PHQ-9 Date: 09/12/2022 Risk Score: 22 Results: Severe Depression

ACTion Guidance

Consider immediate initiation of pharmacotherapy and expedited referral to mental health. Assess for suicidality/immediate risk and complete [Crisis Safety Plan](#).

BI Brief Intervention Guidance

Enter email address

Feeling sad, down, or lonely is a normal part of life. We all feel this way from time to time. However, there may be times when you need a little help to feel better. **Depression is more than sometimes feeling blue or sad.** It often lasts for weeks, months or even longer.

Here are some ways to help you begin to feel more like yourself:

- 1) Talk with a mental health care professional.
- 2) Exercise regularly.



What You Need to Know: Utilizing Data Effectively



What are the
greatest risks in
my youth
population?

What disparities
exist?



Who is at risk?

What
subpopulations
are at highest risk?



Am I making a
difference in youth
risk over time
...substance use
...sexual health
...depression?





Live Demo



THANK YOU!

Chris Jurasek
cjurasek@pos4chg.org



HNC VideoDoc® Portal

https://costaging.videodocweb.com/#/patients/patients-list

VideoDoc Portal [Training Portal] MT - Mountain Time Chris Jurasek

MAIN

Home

Youth (47) To Do Status - Active

Search for a youth

Paper Screening Entry

SITE TOOLS

Manage Alerts

Protocols & ACTIONS

Screening Tools

Help

DATA ANALYTICS

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Privacy Policy & Copyright

ID	First Name	Last Name	Site	Results ↓	Submitted	Screening Status	To Do
AGN2-23456	Harry	Potter	Site A	✗	3/27/24 6:00 AM	🔔	⌵ ⋮
AGN2-134567	Talk	Patient	Site A	✗	8/23/23 10:14 AM	🔔	⌵ ⋮
AGN2-111	L	Smith	Site A	✗	4/8/24 11:40 AM	✅	⌵ ⋮
AGN2-12345689	Chris	Jones	Site B	✗	12/13/23 9:33 AM	✅	⌵ ⋮
AGN2-555553	Bonnie	Clyde2	Site A	✗	11/15/23 8:58 AM	✅	⌵ ⋮
AGN2-186789	Vent	Patient	Site A	✗	8/23/23 10:30 AM	✅	⌵ ⋮
AGN2-123467	Sarah	Jo	Site A	✗	8/4/23 11:50 AM	✅	⌵ ⋮
AGN2-3096	Nataly	Meraz	Site A	!	7/12/23 11:41 AM	🔔	⌵ ⋮
AGN2-agn2-9999	Tester	chester	Site A	!	5/23/23 10:27 AM	🔔	⌵ ⋮
AGN2-0322	Gladys	Smith	Site A	!	3/22/24 11:31 AM	✅	⌵ ⋮
AGN2-agn2-1119	Chip	Test	Site A	!	1/10/24 4:44 PM	✅	⌵ ⋮

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HNC VideoDoc® Portal
+
https://costaging.videodocweb.com/#/patients/patient-details
MT - Mountain Time
Chris Jurasek

VideoDoc Portal

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SITE TOOLS

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- Protocols & ACTIONS
- Screening Tools
- Help

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- Reports

NOTICES

- Privacy Policy & Copyright

←
Chris Jurasek [36 years]

← Youth Details
Screenings
Account
Visit Data

Screening History (155)
▶
☰
↻

Title	Assigned	Submitted ↓	Results	Score	Flag Group	Screening Status	Actions
VENT COMP (VENT+PHQ...	5/31/24 7:53 AM	5/31/24 7:58 AM	✔	---	1 14 8 2	🔔	⋮
VENT (13+ yrs)	5/31/24 7:52 AM	5/31/24 7:53 AM	---	---	1 12 6	🔔	⋮
PHQ-9 (11+yrs)	5/24/24 7:32 AM	5/24/24 7:40 AM	!	12	2 8 2	✔	⋮
PHQ-9 (11+yrs)	5/24/24 4:00 AM	5/24/24 4:00 AM	✘	17	5 1 4 1	🔔	⋮
PHQ-A (11-17 yrs)	5/9/24 9:23 AM	5/9/24 9:24 AM	✘	21	1 6 4	🔔	⋮
PHQ-A (11-17 yrs)	5/8/24 9:47 AM	5/8/24 9:48 AM	✘	---	1 9 2 4	✔	⋮
PHQ-9 (11+yrs)	5/3/24 4:00 AM	5/3/24 4:00 AM	✘	17	8 1 1	🔔	⋮
VENT COMP (VENT+PHQ...	4/15/24 10:17 AM	4/15/24 10:30 AM	!	---	6 9 19 6 1	🔔	⋮
PHQ-9 (11+yrs)	4/12/24 8:59 AM	4/12/24 9:08 AM	✘	18	2 1 6 3	🔔	⋮
VENT COMP (VENT+PHQ...	4/11/24 9:02 AM	4/11/24 9:04 AM	✔	---	1 14 8 2	🔔	⋮

Items per page: 100 | 1 - 100 of 155 | < >



Send Screening



Selected Youth

Chris Jurasek

Select Provider *

Search

Select Screening Type (9) *



Select Screening (0) *



Assign Demographics to Screening



Select Site (0) *



- Text Message - ** Mobile phone number required in user account details*
- Email - ** Email address required in user account details*
- Device

SEND

CANCEL





Please choose your language
Por favor, elija su idioma.

Language / Idioma * 

SUBMIT / ENTREGAR



Agency ID * - ID *

Date of Birth * 


Remember Agency ID

VERIFY



ID: 724724

TELL COMP (8-10yrs) Screening



I cry a lot because I feel sad or empty.

0:00 / 0:05

Options:

Not True

True

NEXT

>

*All answers are private unless you are in an unsafe situation.
If you need to, you can stop the survey at any time.*



Survey Complete

Would you like to receive a copy of this information?

Send

Feeling sad, down, or lonely is a normal part of life.

However, sometimes you may need a little help to feel better.

Depression is more than sometimes feeling down or sad. It often lasts for weeks, months or even longer. If you feel sad for longer than two weeks, tell an adult you trust.

Here are some ways to help you begin to feel more like yourself:

- 1) Talk with a mental health care professional.
- 2) Exercise regularly.
- 3) Journal to help you express your feelings.
- 4) Talk with a trusted adult or friend.
- 5) Go out and do activities you enjoy.
- 6) Sometimes medications are needed to help you feel better.

Don't get discouraged — it takes time to work through depressed feelings, but you can get through it.

Remember that you are not alone.

There are people out there who care about you and want to help!

OK2Talk



About
Depression



Dealing with
Depression



800-SUICIDE
(800-784-2433)

24 hours / day
7 days / week



VideoDoc Portal [Training Portal] MT - Mountain Time Chris Jurasek

Home Youth Paper Screening Entry

MAIN

Jurasek, Chris from Youth Details

Response Result

Screening	Result	Score	Code Guidance
PHQ-9 (11+yrs)	Moderate Depression	12	---

Send All Brief Intervention Guidance

Language * [v] Enter email address * [input] [Send]

Provider Action History	Approved
Screening(s) Reviewed	PHQ-9 (11+yrs)
Status	Risks identified; technology based brief intervention provided
Visit Action	Risks discussed, brief intervention to enhance motivation
Referral	Already in treatment or receiving services
Plan	Follow-up scheduled with same provider
Notes	
Log	Chris Jurasek at 5/24/2024 7:52 AM

PHQ-9 (11+yrs)

User ID: AGN2-2468 Name (Last, First): Jurasek, Chris Date of Birth: N/A

The screenshot shows a web browser window with two tabs for 'HNC VideoDoc Portal'. The address bar shows the URL 'https://costaging.videodocweb.com/#/view-response'. The page title is '[Training Portal]'. The user is identified as 'Chris Jurasek' and the time zone is 'MT - Mountain Time'. The main content area is titled 'Response Result' and shows a 'PHQ-9 (11+yrs)' assessment for 'Jurasek, Chris from Youth Details'. The assessment details include: User ID: AGN2-2468, Name (Last, First): Jurasek, Chris, Date of Birth: N/A, Date: 05/24/2024, Risk Score: 12, and Results: Moderate Depression. The page also features sections for 'ACTION Protocol Guidance' and 'Brief Intervention Guidance'.

VideoDoc Portal [Training Portal] MT - Mountain Time Chris Jurasek

MAIN

- Home
- Youth
- Paper Screening Entry

SITE TOOLS

- Manage Alerts
- Protocols & ACTIONS
- Screening Tools
- Help

DATA ANALYTICS

- Reports

NOTICES

- Privacy Policy & Copyright

Response Result

PHQ-9 (11+yrs)

User ID: AGN2-2468 Name (Last, First): Jurasek, Chris Date of Birth: N/A

Date: 05/24/2024 Risk Score: 12 Results: Moderate Depression

Code Guidance: N/A

ACTion Protocol Guidance

Create treatment plan for [improving symptoms](#) or [enhancing motivation](#), consider psychotherapy and/or pharmacotherapy or another follow-up visit.

BI Brief Intervention Guidance

Depression can be treated with **talk therapy, medication, or a combination of both**. Work with your health care provider to see what's right for you and consider scheduling a follow-up visit to check in on how things are going.

Additionally, you may find support in self-help resources:

- **Find an in-person or online support group:** There are lots of free and inexpensive options available.
- **Read books, online materials, or apps:** You can find great resources to guide you and many of them are free or inexpensive. Building stress management and self-care behaviors into your daily routine may also help. Here's a few things you can try:
- **Meditate or do deep breathing exercises:** Both are shown to reduce stress and depression.
- **Get outside:** Time in nature is shown to benefit you in a lot of different ways.

[Training Portal]
MT - Mountain Time | Chris Jurasek

← Response Result
✎
⬇
↺
↻
⬆

Number of questions: 2 8 2 Site: Site B

Alert	Category	Tally
✔	No Risk	2/12
!	Moderate Risk	8/12
●	Neutral	2

Screening Questions By Category

* - This answer has been edited

	Code	Guidance	Answer	
! Moderate Risk				
Over the last 2 weeks, how often have you had little interest or pleasure in doing things?	---		2 !	More than half the days Edit
Over the last 2 weeks, how often have you felt down, depressed, or hopeless?	---		2 !	More than half the days Edit
Over the last 2 weeks, how often have you felt tired or had little energy?	---		1 !	Several days Edit
Over the last 2 weeks, how often have you felt bad about yourself - or that you are a failure or have let yourself or your family down?	---		2 !	More than half the days Edit

Action Panel ×

< 🔄

Provider Actions

Name: Jurasek, Chris
Completed on: 05/24/2024

Screening(s) ▾

Status ▾

Visit Actions ▾

Referral ▾

Plan ▾

Notes

Save Edits Save Final



Possibilities for Change

VideoDoc Portal [Training Portal] MT - Mountain Time Chris Jurasek

Screenings Overview

Status - Submitted

Total Number of Screenings and Youth Served

Total Submitted Screenings 331	Total Youth Served with Submitted Screening 25
-----------------------------------	---

Total Number of Individual Screenings

Total Submitted Screenings By Agency

Total Number of Screenings By Site

Total Number of Screenings By Provider Specialty

Total Number of Screenings By Assigned Provider



HNC VideoDoc® Portal x HNC VideoDoc® Portal x +

https://costaging.videodocweb.com/#/reports/statewide

VideoDoc Portal [Training Portal] MT - Mountain Time Chris Jurasek

Aggregate Report

Youth Visit Data [EHR Import]	▼
Youth Demographics [EHR Import]	▼
Youth Demographics [ADAM Screening Responses]	▼
Youth Service Details [EHR Import]	▼
Dental Visit Details [EHR Import]	▼
Youth Dental Service Details [EHR Import]	▼
SBIRT [ADAM Screening Responses]	▼
SBIRT [EHR Import]	▼
SDOH Report [EHR Import]	▼
SDOH Report [ADAM Screening Responses]	▼

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DATA ANALYTICS

- Reports
 - Screenings Overview
 - Screenings Detail
 - Population Risk
 - Demographics
 - Aggregate**

NOTICES

- Privacy Policy & Copyright

