

Pediatric Depression

Holistic, Interdisciplinary, Culturally Responsive Care

Depression	Overweight/Obesity	Inflammation	Sleep
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Assessment: Biopsychosocial Model

PHQ-9 Psychiatric Assessment Cultural Formulation Interview ETHNIC Model Framework	BMI calculations Diet history Exercise history Family history Labs	Medical history Review of symptoms Targeted physical exam (if indicated) Labs	Medical history Focused sleep history Collateral informants
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Treatment: Integrative Care

CBT Group Therapy Family Therapy Supportive Psychotherapy Psychoeducation Stress Management Coping Skill Training Sleep hygiene Engagement-Community Resources Interdisciplinary consultation Continuity of care -communication Interprofessional Education Crisis management Flexible scheduling Pharmacological Management: FDA Approved: <ul style="list-style-type: none"> • fluoxetine • escitalopram 	Psychoeducation Stress Management Coping Skill Training CBT Group Therapy Family Therapy Food diary Engagement-Community Resources Targeted pharmacological management: FDA Approved: <ul style="list-style-type: none"> • orlistat (Xenical) • phentermine-topiramate extended-release (Qsymia) • semaglutide (Wegovy) • liraglutide (Saxenda) Non-FDA Approved: <ul style="list-style-type: none"> • topiramate • naltrexone 	Motivational interviewing Group Therapy Supportive Psychotherapy Psychoeducation Stress Management Coping Skill Training Sleep hygiene Psychiatric treatment	CBT-I Motivational Interviewing Supportive Psychotherapy Stress Management Sleep routine/hygiene Sleep diary Airway assessment if indicated Targeted pharmacological management: <ul style="list-style-type: none"> • melatonin • clonidine • trazodone • doxepin • mirtazapine Pharmacological strategies to support medical issues that may alter sleep or sleep architecture (e.g. micro arousals related to allergies, reflux, and itching): <ul style="list-style-type: none"> • hydroxyzine • famotidine • omeprazole
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Referral Thresholds/Referrals

PCP to Psychiatric Services: <ul style="list-style-type: none"> • Moderate or higher positive screening for depression • Risk factors of concern • Suicidality • Psychosis 	Evaluation/treatment of known medical conditions/comorbidities to obesity status Refractory states needing more intervention <ul style="list-style-type: none"> • Pediatric endocrinology • Nutritionist • Dietitian • Psychiatry • Therapy 	Evaluation of comorbid medical conditions, e.g. autoimmune diseases, inflammatory bowel diseases, dermatological diseases such as psoriasis <ul style="list-style-type: none"> • Rheumatology • Gastroenterology • Dermatology 	Comorbid medical conditions Refractory sleeping problems Diagnostic clarification for such things as anatomic problems, seizures, REM phenomenon: <ul style="list-style-type: none"> • Pediatric pulmonology/sleep medicine • Otolaryngology • Neurology • Polysomnography • Allergists
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