Depression Care Pathways



for Pediatric Primary Care

Screen

Screen for behavioral health problems: Pediatric Symptom Checklist-17-Parent (ages 6-18); Youth (ages 11-18): (cut-points: 5 internalizing, individual depression items); OR Patient Health Questionnaire (ages 12-13+) (cut-points: 3 [PHQ-2], 10 [PHQ-9])



Conduct Focused Assessment

Conduct focused assessment (symptom rating scales & clinical interview)

- · If concern for imminent danger, refer to hospital or crisis team for emergency psychiatric assessment
- Consult with child and adolescent psychiatrist (CAP) via the centralized warmline (323)361-9150, as needed

Symptom rating scale cut points:

Mood and Feelings Questionnaire (MFQ) - Long, Parent & Child (ages 8 to12-13); cut-point: 27 parent, 29 child OR PHQ-9 (ages 12-13+); cut-points: 5 (mild), 10 (moderate), 15 (moderately severe), 20 (severe)

Scores ≤ cut-points; mild to no distress/impairment

> Sub-Clinical to Mild Depression

Guided self-management with follow-up

Scores > cut-points; moderate distress/impairment

> Moderate Depression

Refer for therapy, consider medication

Scores >> cut-points;

severe distress/impairment; psychiatric/ psychosocial/medical complexity; safety concerns

Severe Depression

Refer to specialty care for therapy & medication management until stable

Consider Medication

Selected medications for depression: Fluoxetine: age 8+, Escitalopram: age 12+ (Fluoxetine and Escitalopram are FDA-approved)

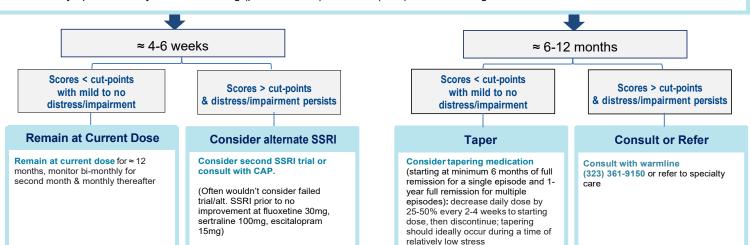
	Fluoxetine	Escitalopram	Sertraline *(not FDA-approved)
Start daily test dose for ≈ 1 week	Age 6-8: 5mg; age 8+: 10mg	5mg	25mg
If test dose tolerated, increase to therapeutic daily dose	Age 6-8: 10mg; age 8+: 20mg	10mg	50mg

Monitor ≈ weekly in the first month for agitation, suicidality, and other side effects: for severe agitation or suicidal intent or plan, refer to hospital or crisis team for emergency evaluation



Follow Up

Re-assess symptom severity with MFQ - Long (parent & child) or PHQ-9 (teen) at the following times:





Depression Medication Dosing Guide

Name	FDA Approval (Pediatric age range in years)	One Week Test Dose	Daily Dose	Available Doses (mg)
Selective Serotor First Line	nin Reuptake Inhibi	tors		
Fluoxetine (Generic and Prozac)	Depression (8+)	Age 6-11: 5mg (10mg capsule qod or liquid) Age 12+: 10mg	Age 6-12: 10mg Age 12+: 20mg	Capsules: 10, 20, 40mg Liquid: 20mg/5mL
Escitalopram (Generic and Lexapro	Depression (12+)	5 mg	10mg	Tablets: 5, 10, 20mg Liquid: 5mg/5mL
			pproval in adults but we	eaker evidence
Sertraline (Generic and Zoloft)	None	Age 6-11: 12.5mg Age 12+: 25mg	Age 6-11: 25mg Age 12+: 50mg Note: for more severe presentations in adolescents, dose can be increased by 25mg every 2 weeks to 100mg	Tablets: 25, 50, 100mg Liquid: 20mg/mL
Citalopram (Generic and Celexa)	None	Age 6-11: 5mg Age 12+: 10mg	Age 6-11: 10mg Age 12+: 20mg Note: Dosage not to exceed 40mg daily	Tablets: 10, 20, 40mg Liquid: 10mg/5mL