



JMA Pediatrics

Jeffers, Mann & Artman

Dear Parent,

Anxiety and depression are commonly diagnosed behavioral health conditions that often present in children and adolescents. Both conditions may interfere with a child's ability to function well at school and at home.

Anxiety may present with the following behaviors:

- Constant worries or fears
- Refusing to go to school
- Difficulty concentrating
- Frequent stomach aches or other physical complaints
- Changes in appetite often resulting in weight changes
- Trouble sleeping or nightmares
- Avoidance of social situations
- Fears causing significant distress and interfering with usual activities

Depression may present with the following behaviors:

- Irritability or cranky mood, boredom, loss of interest in favorite activities
- Appetite increase or decrease
- Changes in sleep pattern
- Difficulty sitting still or being very quiet
- Self-Criticism, blaming self, "feeling stupid"
- Decline in school performance
- Frequent thinking or talking about death.
- Isolation

As a parent, you may be the first to notice symptoms of anxiety or depression.

Treating anxiety and depression is a partnership between the health care provider and parents/caregivers. As a parent, you play an important role in providing treatment, which will enable your child's improvement.

To make this evaluation more efficient, we are requesting our patients to fill out a SCARED form and a PHQ 9 form when they arrive in the office. We ask that you arrive 10-15 minutes prior to your scheduled appointment time to give your child enough time to fill out these important questionnaires.

Please understand that the first anxiety/depression visit is an initial assessment and may not always result in medication initiation.

Our providers may refer your child to a psychiatrist/psychologist. In that case, our Behavioral Health Nurse will follow up with you 1-2 weeks after the referral has been placed to check on progress and to see if scheduling assistance is needed.

If your child is started on a medication, you will need to bring your child in for frequent follow up appointments for close monitoring. These appointments depend on the patient's progress but will generally be at least 1 month after medication has started and every 3 months thereafter. Our Behavioral Health Nurse will follow up with you per provider request, to check on your child's progress.

Please note: We suggest you call your insurance carrier to inquire about whether psychological services are covered, and which pediatric psychologists are covered by your insurance plan. You can also check www.psychologytoday.com for mental health providers that match your preferences and take your insurance.

If you have any questions or concerns about any of the above information, please do not hesitate to contact any of our offices to speak with one of our Behavioral Health Nurses to better assist you.

Sincerely,

Providers of JMA Pediatrics