

# Enhancing Treatment and Utilization for Depression and Emergent Suicidality (ETUDES) in Pediatric Primary Care

## Statement of Problem

Suicide is one of the leading causes of death for adolescents. Rates of suicide and suicide attempts among adolescents have [risen dramatically](#) in the past decade, particularly among Black and Hispanic youth. Because many adolescents attend annual well-visits, primary care settings are critical for identifying and treating suicidal youth. However, there are challenges to identifying suicide risk and intervening once that risk is identified.

## Description

### Enhancing Treatment and Utilization for Depression and Emergent Suicidality (ETUDES) in Pediatric Primary Care

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Through this project, we will also test novel methods for detecting suicide risk and study interventions designed to target known risk factors for depression and suicidal behavior, namely poor sleep, low activity and online victimization.

The Enhancing Treatment and Utilization for Depression and Emergent Suicidality (ETUDES) Center represents a collaborative effort between investigators at Children's Hospital of Philadelphia (CHOP), the University of Pittsburgh and several other institutions. The Center is focused on augmenting the capacity of pediatric primary care to identify, refer, and manage youth at risk for suicidal behavior, with a particular emphasis on making sure that the tools we develop are effective and acceptable for youth and families of color.

In the ETUDES Center, we will evaluate interventions to improve screening, treatment engagement, and safety planning in primary care for youth at risk for suicide, and we will test novel methods for detecting suicide risk.

We will also study interventions designed to target known risk factors for depression and suicidal behavior, namely poor sleep, low activity and online victimization.

To further address the youth suicide crisis, the Center aims to train and support a national cohort of diverse early career scientists, facilitate provider training in suicide assessment and prevention, and serve as a national resource for youth suicide prevention research. Across all Center activities, we will work in close partnership with patients, caregivers, providers and health care leaders.

## Next Steps

Our ultimate goal is to develop implementation-ready tools for primary care providers that can reduce the rate of adolescent suicide and promote health equity.

For more information about the ETUDES Center, visit <https://www.etudescenter.org/>.

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## Suggested Citation

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## PolicyLab Leads

### Jami Young PhD

#### Faculty Member

Dr. Young has received funding from the National Institute of Mental Health (NIMH) for her research on Interpersonal Psychotherapy–Adolescent Skills Training (IPT-AST), a group preventive intervention for adolescent depression which targets interpersonal vulnerabilities for depression. She has conducted three randomized controlled trials of IPT-AST delivered in schools and has examined the effects of this program on a variety of mental health, interpersonal and school-related outcomes. Currently, Dr. Young has a collaborative R01 to conduct a personalized prevention study to examine whether the effects of depression prevention programs can be maximized by matching youth to programs based on their vulnerabilities for depression.

Dr. Young's research has also included the study of risk factors for later psychopathology. She was the principal investigator of a collaborative R01 longitudinal study of genetic, cognitive and interpersonal risk factors for youth depression. Most recently, Dr. Young has begun to examine the identification and

management of adolescent depression in primary care settings.

In addition to her research, Dr. Young has been involved in national and international efforts to train community clinicians in evidence-based prevention and treatment interventions for adolescent depression. She also serves as an NIH Grant Reviewer for the Psychosocial Development, Risk and Prevention study section. Taken together, Dr. Young's work aims to decrease the incidence of adolescent depression and increase children's access to evidence-based assessment, prevention, and treatment of depression and other behavioral health conditions.

Dr. Young received her PhD in clinical psychology from Fordham University. She completed an NIMH-funded post-doctoral fellowship in the Department of Child Psychiatry at Columbia University. Prior to coming to CHOP, Dr. Young was at Rutgers University where she was an Assistant and Associate Professor of Clinical Psychology.



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## Team

## Molly Davis

PhD

### Faculty Member

Molly Davis is a faculty member at PolicyLab at Children's Hospital of Philadelphia (CHOP) and a licensed clinical psychologist in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at CHOP. Additionally, she is an assistant professor of psychiatry at the Perelman School of Medicine at the University of Pennsylvania.

The overarching aim of Dr. Davis' research is to produce findings that can be used to improve the effectiveness and implementation of identification, prevention, and intervention programs for youth and families from underserved communities, with a particular focus on programs targeting depression and suicide risk. Dr. Davis has engaged in research across the translational research spectrum, allowing her to develop expertise in developmental psychopathology, prevention/intervention and implementation science research. She is particularly passionate about narrowing the research-to-practice gap in primary care and schools by identifying depression and suicide risk via screening and implementing evidence-based prevention programs to address risk. Dr. Davis is also invested in identifying barriers and facilitators to implementing evidence-based behavioral health practices that are common across different settings and clinical practices to accelerate implementation.

Currently, Dr. Davis works primarily on an Institute of Education Sciences (IES)-funded randomized controlled trial testing the efficacy and implementation of a telehealth-delivered group depression prevention program (Interpersonal Psychotherapy-Adolescent Skills Training; IPT-AST) for adolescents in schools. She is also collaborating with researchers at the University of Pittsburgh and CHOP on an National Institute of Mental Health (NIMH)-funded P50 Center, which focuses on testing novel suicide and depression prevention approaches in pediatric primary care, most of which involve digital mental health tools. Dr. Davis has also been studying depression screening, including risk rates and screening administration patterns, in pediatric primary care.

Dr. Davis received her PhD in Clinical Psychology from the University of Georgia (UGA). At UGA, she also earned a Quantitative Methods in Family Science Certificate, which provided her with training in advanced statistics. She completed her predoctoral clinical internship on the integrated behavioral health track at CHOP.



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## **Jasmine Figueroa**

### **MS**

#### **Clinical Research Coordinator**

Jasmine Figueroa (she/her) is a clinical research coordinator at PolicyLab and the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP). In her role, Jasmine is a member of the Adolescent Depression Prevention and Treatment (ADePT) Lab, collaborating with Dr. Jami Young. Her primary focus involves contributing to studies aimed at enhancing and disseminating interventions for adolescent depression and suicidality.

Prior to joining CHOP, Jasmine was a mental health counselor at Jefferson Hospital, where she provided services to children and adolescents within the behavioral health department. Furthermore, she fulfilled the clinical requirements for her master's degree through a therapist internship at Penn Psychiatric Center.

Jasmine is an alumna of Trinity University, where she earned her bachelor's degree in psychology. Subsequently, she pursued a master's degree at the Philadelphia College of Osteopathic Medicine, attaining a degree in mental health counseling. During her undergraduate years at Trinity University, Jasmine contributed to research efforts as a research assistant in Dr. Carolyn Becker's eating disorder lab for four years, focusing on the manifestation of eating disorders in marginalized populations.



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## **Alexander Fiks** **MD, MSCE**

### **Faculty Member**

Alex Fiks is a faculty member at PolicyLab at Children's Hospital of Philadelphia (CHOP), an urban primary care pediatrician at CHOP, director of Clinical Futures at CHOP and an associate professor of pediatrics at the Perelman School of Medicine at the University of Pennsylvania. He is also the director of the American Academy of Pediatrics (AAP) Pediatric Research in Office Settings (PROS), a national research network, medical director for the Pediatric Research Consortium (PeRC), CHOP's practice-based research network and co-director of the Possibilities Project, an initiative to innovate primary care delivery. Additionally, Dr. Fiks is a founding member of the hospital's Department of Biomedical and Health Informatics.

Board certified in clinical informatics, Dr. Fiks' research is aimed at improving outcomes for ambulatory pediatric patients through practice-based research with a focus on improving health and health care decision-making through health information technology. To achieve these goals, much of Dr. Fiks' research is focused on fostering shared decision making between clinicians and families, especially in the setting of behavioral health conditions. He is also especially interested in how electronic health record data may best be used to improve primary care, medication use and child health more broadly. As Director of AAP PROS, Dr. Fiks has been involved in building the Collaborative Electronic Reporting for Comparative Effectiveness Research (CER<sup>2</sup>), an electronic health record database designed to support pharmacoepidemiologic and other comparative effectiveness studies that currently includes >2 million U.S. children from across multiple health systems.

Dr. Fiks received his medical degree from Harvard University, and received a Master's of Science in Clinical Epidemiology (MSCE) degree from the University of Pennsylvania. He has received additional training in clinical informatics.



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## **Jennifer Mautone** **PhD, ABPP**

### **Faculty Member**

Jennifer Mautone (she/her) is a faculty member at PolicyLab at Children's Hospital of Philadelphia (CHOP) and associate director of the Pediatric Research Consortium (PeRC) at CHOP. Dr. Mautone also supports primary care-based research for the Department of Child & Adolescent Psychiatry & Behavioral Sciences.

Dr. Mautone is a school psychologist with particular expertise in psychosocial interventions for treating ADHD and disruptive behavior disorders. She focuses on family-school-health system collaboration and integration of behavioral health services into pediatric primary care practices and schools. She also has a special interest in increasing access to high-quality, culturally responsive care for underserved children and families.

Dr. Mautone has served as co-principal investigator for a clinical trial funded by the Institute of Education Sciences to evaluate the effectiveness of an organizational skills treatment program in schools. She is also dual principal investigator for a comparative effectiveness trial funded by the Patient-Centered Outcomes Research Institute to further evaluate the Partnering to Achieve School Success program, an enhanced behavioral intervention for children with ADHD offered in primary care practices serving publicly insured children in Philadelphia. Additionally, Dr. Mautone serves as the program director for a Health Resources and Services Administration (HRSA) funded Behavioral Health Workforce Education and Training program grant designed to provide interprofessional training in integrated primary care to build the work force of behavioral health clinicians prepared to address the behavioral health needs of children in high need/high demand areas. She is also part of the team working on implementation and evaluation of HealthySteps in primary care at CHOP.

She joined CHOP in 2007 and the faculty at the Perelman School of Medicine in 2014 and has been involved in research, teaching and clinical practice throughout her time at CHOP. Dr. Mautone received her PhD in pediatric school psychology from Lehigh University and completed a post-doctoral fellowship in clinical child psychology at the CHOP Center for Management of ADHD.



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## **Ariel A. Williamson**

### **PhD, DBSM**

#### **Faculty Scholar**

Ariel Williamson is a PolicyLab faculty scholar and assistant professor of psychiatry and pediatrics at the Perelman School of Medicine of the University of Pennsylvania. Dr. Williamson is also an appointed faculty member at Clinical Futures, the Sleep Center in the Division of Pulmonary and Sleep Medicine, and in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP). She is a licensed psychologist and diplomat in behavioral sleep medicine and currently provides clinical services to youth with medical and behavioral sleep problems seen in the CHOP Sleep Center. Dr. Williamson serves as a sleep expert on the [Pediatric Sleep Council](#), an international team with expertise in

sleep and development in young children. She is additionally a member of the Board of Directors for the Philadelphia-area [Beds for Kids program](#), which provides beds, bedding and healthy sleep education to children living without an individual bed and in impoverished homes. Dr. Williamson was nominated and accepted to the Society for Pediatric Research in 2020. She is also currently an Associate Editor for *Sleep Health*, the official journal of the National Sleep Foundation.

Dr. Williamson's research leverages pediatric sleep as a modifiable factor that can promote positive development and prevent child physical and behavioral health problems. Specifically, her research focuses on understanding socio-ecological determinants of pediatric sleep health disparities and behavioral approaches to promote pediatric sleep health and treat sleep problems in primary care and in partnership with community organizations. She also collaborates with the Healthy Minds, Healthy Kids program at CHOP on research related to integrated primary care service delivery, treatment engagement and patient outcomes.

Dr. Williamson earned her doctorate in clinical psychology from the University of Delaware. She completed her predoctoral internship in integrated behavioral health at CHOP, and a T32 postdoctoral fellowship in behavioral sleep medicine at the CHOP Sleep Center and the Center for Sleep and Circadian Neurobiology at the University of Pennsylvania Perelman School of Medicine. She is a two-time NIH loan repayment award recipient and was awarded a Sleep Research Society Foundation Career Development Award in 2018. Dr. Williamson's research is currently funded by the National Institute of Child Health and Human Development, the National Heart, Lung and Blood Institute, and by an American Academy of Sleep Medicine Foundation Community Sleep Health Award.



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## Sara Reagan

### Clinical Research Coordinator

Sara Reagan (she/her) is a clinical research coordinator at PolicyLab and the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP). Ms. Reagan works in the Adolescent Depression Prevention and Treatment (ADePT) Lab with Dr. Jami Young, and she primarily works on studies focused on enhancing and disseminating interventions for adolescent depression and suicidality.

Prior to joining PolicyLab, Ms. Reagan was a clinical research coordinator in the Traumatic Brain Injury Research Initiative at the University of Pennsylvania, where she worked on studies examining longitudinal outcomes of traumatic brain injury and identifying social, cognitive and biological predictors of recovery.

Ms. Reagan graduated from the University of Maryland, Baltimore County (UMBC) with dual bachelor's degrees in psychology and biological sciences. During her time at UMBC, Ms. Reagan worked as an undergraduate research assistant at the Johns Hopkins Center for OCD, Anxiety, and Related Disorders in Children (JH-

COACH). She studied longitudinal outcomes of childhood Tourette syndrome and obsessive-compulsive related disorders.

Ms. Reagan's research interests include: improving interventions for mental health conditions, identifying predictors and mediators of treatment outcomes, and targeting interventions based on childhood predictors as seen through a lifespan approach. She recognizes the need to promote equity in mental health care. She plans to pursue a PhD in clinical psychology.



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## **Gillian Dysart**

### **Clinical Research Assistant**

Gillian Dysart (she/her) is a clinical research assistant at PolicyLab and the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP). Ms. Dysart works with Dr. Jami Young on a study examining the efficacy of a school-based depression prevention program for adolescents.

Ms. Dysart graduated from Temple University with a bachelor's degree in psychology. During her time at Temple, Ms. Dysart worked as an undergraduate research assistant at the Child and Adolescent Anxiety Disorders Clinic (CAADC).

Ms. Dysart's research interests include the dissemination and implementation of evidence based mental health practices, integration of mental health care into community and primary care settings, and treatment equity. She plans to pursue a PhD in clinical psychology.



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## **Emily Alexander** **EdM**

### **Clinical Research Study Lead**

Emily Alexander (she/her) is a clinical research study lead at PolicyLab and the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP). In her role, Emily works in the Adolescent Depression Prevention and Treatment (ADePT) Lab with Dr. Jami Young. She coordinates studies focused on enhancing and disseminating interventions for adolescent depression and suicidality, as well as a project aimed at strengthening school- and district-level capacity to implement, evaluate, and sustain Tier 1 and 2 school mental health services.

Prior to joining CHOP, Emily was a program manager in the Office of Evaluation, Research, and Accountability at the School District of Philadelphia, where she partnered with external and internal stakeholders to evaluate and implement existing initiatives throughout the district. She has also previously worked as a clinical research coordinator at the University of Pennsylvania's Center for Interdisciplinary Research on Nicotine Addiction, where she coordinated a longitudinal cohort study of adolescent tobacco and e-cigarette uptake and an adult smoking cessation clinical trial.

Emily graduated from The George Washington University with a bachelor's degree in psychology. She received a master's degree in education in prevention science and practice from Harvard Graduate School of Education. During her graduate program, Emily conducted qualitative research on the state-by-state policy landscape of the school counseling profession and led a project examining the experiences of school counselors during the COVID-19 pandemic. These analyses were published in *Professional School Counseling* ("[We are the heartbeat of the school": How school counselors supported student mental health during the COVID-19 pandemic](#)").

Emily strives to bring an equity lens to all aspects of the project planning and research processes. Her research interests include improving school-based mental health services; using qualitative, participatory research methodologies to give voice to community members' lived experiences; and promoting research findings to advance social action and policy changes.



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## **Sarah Kelly**

### **MSW**

#### **Clinical Research Coordinator**

Sarah Kelly (she/her) is a clinical research coordinator at PolicyLab and the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia (CHOP). In her role, Sarah is a member of the Adolescent Depression Prevention and Treatment (ADePT) Lab, collaborating with Dr. Jami Young. Her primary focus involves contributing to studies aimed at enhancing and disseminating interventions for adolescent depression and suicidality.

Prior to this role, Sarah worked with the TiPS Team at CHOP, a Telephonic Psychiatric Consultation Program funded by the state of Pennsylvania, which was designed to assist pediatricians in identifying and managing behavioral health concerns in primary care.

Sarah is an alumna of Saint Joseph's University, where she earned her Bachelor of Science with a major in sociology and a minor in business administration. Subsequently, she pursued a Master of Social Work degree at Rutgers University.



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National Institute of Mental Health (NIMH)

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## Related Tools & Publications

- [Risk for Suicide Attempts Assessed Using the Patient Health Questionnaire-9 Modified for Teens Article](#)  
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