

# Mental health considerations

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## MENTAL HEALTH CONSIDERATIONS FOR RESEARCHERS

DECEMBER 2023

### EXPLANATION OF RISKS:

- Be clear in application and ICD about risks associated with mental health assessments (cognitive status assessments, IQ screens, mental health assessments, exploitation/abuse/violence assessments, and drug testing).
- Describe how and by who mental health assessments and outcomes are reviewed and reported.
- Remember to report psychiatric adverse events, including serious adverse events, appropriately.

### SELF-REPORT MEASURES:

- Protocols using **subject self-reports** that ask about depression, worthlessness/guilt, and quality of life, should include a process of review by personnel with plan to notify investigator of pertinent positives.
- Protocols using **subject self-report** reports with items specifically addressing **self-harm or suicidal ideation, or related items indicating a subject may be at risk**, should have a mechanism for responses to be reviewed in **REAL TIME** so action can be taken as appropriate.
- Protocols using remote self-reports (Ipad, EMA device, web-based, etc.) should include a mechanism for notification of the investigator or designated member of the study team when threshold responses are received so that **REAL TIME** management can occur.

### INVESTIGATOR-ADMINISTERED MEASURES:

- Investigator-administered measures of psychiatric symptoms should be completed by those with appropriate training.

- If the study team does not have the specific expertise, consider consultation with psychiatry or psychology colleagues.

## PHQ-9:

- PHQ-9: Suggestion to align with Suicide Risk BPA's used by NM PCMH clinics rooming staff starting 8/8/2022:
  - if >14 and + response to question 9 = refer for emergency eval
  - if >14 and – response to question 9 = refer for mental health consult
  - if <14 and + response to question 9 = further assessment needed; refer as appropriate
  - if <14 and – response to question 9 = no further specific intervention

## The Columbia Suicide Severity Rating Scale-Revised (CSSRS-R):

- Baseline (“lifetime”) and “since last visit” versions available on-line.
- Validated and available in Spanish.
- Use of this scale should include training for non-mental health providers as it explores suicidality in a very thorough manner:
  - To complete the C-SSRS Training for Clinical Practice, visit <http://c-ssrs.trainingcampus.net/>
  - General information, go to <http://cssrs.columbia.edu/>

## RESOURCES:

- CURRENT – include **988** for the suicide hotline, don't give numbers to agencies now closed (**911 is still ok to use**).
- ACCURATE—know the policy for referral to the Department of Psychiatry, procedures for accessing ER, the Psychiatric Emergency Service (PES). Consider age- and/or diagnosis-appropriate services (e.g. Nebraska Family Help Line [1-888-866-8660]; Professional Partners-Region specific).
- LOCAL—while resources are limited in some areas of the state, please make sure you list the ones close to the subject's home.

## UNMC/NE MEDICINE PSYCHIATRY SERVICES:

- Psychiatry (ADULT) accepts referrals from PCP's within the system.
- C/A psychiatry not limited to UNMC/NE Med providers.
- Behavioral Health Connections team (402-552-6007) facilitates referrals to community agencies.
- When referring to the “PES” (Psychiatric Emergency Service), understand that patients still must go through the regular NE Med ER or Bellevue Medical Center ER first.

## PSYCHIATRY SERVICES FOR CHILDREN

- Immanuel (CHI) ER is primary location for inpatient triage for children/teens; other ER's may transfer there if hospitalization is needed.
- Bryan LGH (Lincoln) has inpatient care for children/teens as well as emergency shelter placement.
- Boys Town (Grand Island) has emergency shelter placement.
- Mercy (Council Bluffs) will accept NE youth (even Medicaid if no NE beds available).
- Boys Town has an inpatient unit—triage through Methodist ER's.

## PSYCHIATRY SERVICES FOR STUDENTS:

- **For UNMC students:** call UNO Health Center, 402-554-2374 (select option 2 to leave message for the nurse for scheduling).
- **For UNO students:** Call CAPS 402-559-7276 (initial appointments are covered by student fees).
- **Gender and Sexuality Resource Center (GSRC):** Confidential and free, Student Life Center 2031. Call 402-559-7276.

## KEARNEY COMMUNITY RESOURCES

- S.A.F.E. Center: 24/7 hotline 1-877-237-2513

## LINCOLN COMMUNITY RESOURCES

- Voices of Hope: Crisis hotline 402-475-7273 (non-emergencies, 402-476-2110)

## NORFOLK COMMUNITY RESOURCES

- Bright Horizons: call 877-379-3798 or text 402-370-8817

## SCOTTSBLUFF COMMUNITY RESOURCES

- Doves Program: call 308-436-4357 or 866-953-6837; text 515-599-6620

## NATIONAL RESOURCES

- National Domestic Violence Hotline: 1-800-799-7233, TTY 1-800-787-3224
- National Suicide Prevention Lifeline: Text or Call 988
- Trans Lifeline: 1-877-565-8860