MANAGEMENT OF ANXIETY

Childhood & Adolescent Population
INTENDED AUDIENCE

- Primary Care Providers (PCPs)
- Regional Behavioral Health Authority (RBHA) Provider Agencies
- Behavioral Health Medical Professionals (BHMP) - Prescribers
OBJECTIVES

- Review the clinical tool kit for the management of Childhood & Adolescent Anxiety.
- Understand the decision making algorithm.
- Review the Anxiety Disorders Self-Test for Adolescents and Parents.
- Identify medications available through AHCCCS and Cenpatico.
- Identify when to refer the child to a Cenpatico behavioral health provider.
AHCCCS Clinical Tool Kit

The clinical tool kit is intended to assist the PCP in assessing the needs of youth, ranging in age from 8 to 18 years old regarding anxiety.

Clinical resources and adaptations of clinical sources are referenced within the tool kit.
Completing the Assessment

Assessment of the child should include:

- Standard history and physical examination
- Basic neurological examination
- Family assessment
- Comprehensive clinical assessment

Completion of the adolescent and parent self-tests.

Use of the decision making algorithm for anxiety.
Evaluation and Monitoring

Medications available through the AHCCCS Health Plans and RBHA include:

- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Tricyclic Antidepressants
- Benzodiazepines
- Serotonin Partial Agonist (Buspar)

Children-Adolescents receiving these medications should be carefully monitored.

Monitoring should include (but is not limited to):

- Mental status for depression, suicidal ideation
- Panic attacks
- Increased anxiety
- Sleep status
- Lab results
Referring Child To The RBHA

- A RBHA consultation is available at any time.
- Strongly consider referring children under 8 years old to the RBHA for treatment.
- The Tool Kit includes a list of universally available medications through AHCCCS Health Plans and RBHA Providers.
- Refer to the Cenpatico IC Behavioral Health Drug List for a complete list of medications available to treat Anxiety.
The AHCCCS Tool Kit For the Management of Childhood & Adolescent Anxiety can be found at the following location: