

Table 2. Mental Health Treatments Provided at DBP Follow-up Encounters:

Educational, Psychosocial, Behavioral Interventions		N =859 encounters with MHCs
Education of child or parent about mental health condition		534 (62.2%)
Discussed general symptom management strategies		433 (50.4%)
Reviewed IEP 504 or other school plan and discussed with parent		232 (27%)
Refer for outpatient mental health/behavioral counseling		208 (24.2%)
Developed behavioral intervention for specific symptoms/behaviors		160 (18.6%)
Refer to school for IEP or 504 plan or modification of existing plan		88 (10.2%)
Recommended family discuss symptoms with current (non-DBP) mental health clinician		77 (9%)
Refer to school counselor or mental health services		55 (6.4%)
Refer to support group for the mental health condition		35 (4.1%)
Refer for psychiatric evaluation or treatment		32 (3.7%)
Had a discussion with school personnel about patient		26 (3%)
Had discussion with patient's current (non-DBP) mental health clinician		20 (2.3%)
Pharmacologic Interventions		N=859 encounters with MHCs
Discussed medication not prescribed		132 (15.4%)
Prescribed a psychotropic medication		526 (61.2%)
Classes of medications prescribed		N (% of 526)
Stimulants		327 (62.2%)
Alpha-2 Adrenergic Agonists		209 (39.7%)
Selective Serotonin Reuptake Inhibitors		147 (27.95%)
Atypical Antipsychotics		70 (13.3%)
Melatonin		42 (7.98%)
Other Antidepressant		38 (7.2%)

	Norepinephrine Reuptake Inhibitor	16 (3%)
	Other psychotropic medication	37 (7%)
	Number of psychotropic medication classes	
	1 Class	289 (54.4%)
	2 Classes	153 (28.9%)
	3 Classes	63 (12%)
	4 or more Classes	25 (4.7%)

Other medications included: amantadine, mood stabilizing anti-epileptics, benzodiazepines, folic acid, sedating antihistamines for sleep, metformin, appetite stimulants