

# PROEM BEHAVIORAL HEALTH:

## Supporting Pediatric Behavioral Health

The first onset of mental health disorders often occurs at a young age, and millions of children and adolescents are struggling with mental illness. The pandemic and associated quarantine, social isolation, and family loss of jobs and income among other issues have severely affected our children and teenagers. The staggering increase in reported cases of pediatric mental health problems exacerbates pre-pandemic problems of accessibility and availability of trained mental healthcare professionals to help our children.

Proem Behavioral Health provides clinically proven, digital behavioral health solutions to help pediatric healthcare professionals quickly and accurately screen, assess, and monitor children and adolescents for a broad range of behavioral health conditions. These solutions can help providers direct young people to appropriate treatment options for their mental health disorders.

### ENABLE EARLY DIAGNOSIS AND TREATMENT

The average time from onset of the first symptom to correct severe mental illness diagnosis is approximately 10 years.<sup>1</sup> Proem solutions help accurately screen children starting at the age of 6 to improve provider diagnosing while minimizing complications.

- ✓ **IDENTIFY SUICIDE RISK IN TEENAGERS**  
Proem assessments use Sheehan Suicidality Tracking Scale (S-ST<sup>S</sup>) to detect suicidal intentions early.
- ✓ **RECOGNIZE CO-OCCURRING DISORDERS**  
Proem solutions include BDD-YBOCS<sup>®</sup> scale for body dysmorphia and other scales to identify co-occurring mental health disorders.
- ✓ **OBTAIN 360° VIEW OF PATIENTS' MENTAL HEALTH**  
Proem helps obtain a wholistic view of children and adolescents by getting kids and their families to quickly and easily complete the online assessments.

### CONDUCT AGE-APPROPRIATE PSYCHIATRIC ASSESSMENTS

Proem solutions are one of the only pediatric-specific tools that use validated, age-appropriate language that kids ages 6-8, 9-12, and 13-17 can understand. Children can take the test with or without the parent at the provider's direction. Proem also offers a version that parents can take to provide their perspective.

### USE ACCURATE AND SECURE SOLUTIONS

Proem solutions are DSM-5 compliant and cover 24 of the most common pediatric mental health disorders. Proem can help reduce the risk of misdiagnosis because our tools are among the most comprehensive on the market.

- ✓ **CLINICALLY VALIDATED**  
Thousands of doctors and researchers have used Proem behavioral assessment solutions for 25-plus years. The tools that have been digitized on Proem's platform have been cited over 239,000 times.
- ✓ **SECURE ELECTRONIC SOLUTION**  
Proem has transformed paper-based mental health assessments into HIPAA-compliant, online solutions that can be easily administered, stored and analyzed.

### PERFORM MEASUREMENT-BASED CARE

Proem Behavioral Health has a wide assortment of solutions that provide actionable behavioral health data. Proem's digital screeners and severity measurement solutions deliver a methodical, closed-loop process that uses patient input to assess and accurately measure patient-reported outcomes. Proem outcome measurement solutions provide a monitoring protocol for gathering patient-reported data consistently and accurately to systematically track the patient's progress and enable treatment adjustments. At each step of the care process, Proem provides documentation of every reported measure.

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1925038/>, accessed 11/18/21.

## EXAMPLES OF PROEM PEDIATRIC USE CASES

## CLINICAL

✓ **Nathan Fite, PhD, owner, and director of the Cincinnati Anxiety Center in Ohio**

Dr. Fite, who specializes in child anxiety, is committed to advancing access to evidence-based behavioral treatment for anxiety and related disorders. He uses Proem's assessment for children and adolescents to help more accurately diagnose and improve the lives of children suffering from psychiatric illness.

✓ **Todd George, PsyD, associate psychologist and part owner of Atlanta Psychological Services in Georgia**

Dr. George uses the Proem assessment for children and adolescents to assess complex cases that are often referred to him from area primary care physicians, therapists, and psychiatrists. Prior to using Proem's electronic assessment, Dr. George used a series of self-developed, pen-and-paper checklists and tools as part of his evaluations. "For many people, the ability to respond to the sensitive questions via electronic means versus sitting face-to-face with a stranger is far more comfortable. In a recent case of a teen with past trauma, drug abuse, and an eating disorder, I was able to rely on the self-reported responses she gave in the digital Proem assessment to understand the situation more fully. If it hadn't been for the Proem assessment, it would have been extremely difficult to properly diagnose her complex condition."

✓ **Chris Morrison, PhD, clinical psychologist at University of the Cumberland in Williamsburg, KY**

Dr. Morrison uses Proem monitors to keep up with his young-adult patients when they return home from school during the holidays. This, he says, can be a particularly challenging period because whatever triggers a patient's particular behavioral health disorder is typically present at home. "The monitors serve as a bridge for me and many of my patients. If I didn't have them, it would be difficult for both my patients and me to track their mood and for them to feel comfortable giving me feedback."

## RESEARCH

✓ **Ann and Robert H. Lurie Children's Hospital of Chicago in partnership with Children's Hospital of Chicago, University of Cincinnati, and UCLA Semel Institute**

**Study:** Partners in Caring for Anxious Youth, funded by Patient Center Outcomes Research Institute. The study is a clinical trial comparing the effectiveness of evidence-based treatments for child and adolescent anxiety. The study compares the use of cognitive behavioral therapy (CBT) alone to CBT plus medication treatment to see which is more effective at achieving anxiety symptom remission and functional improvement at 6 and 12 months. Proem assessments are being used to eliminate bias when selecting patients for the study.

**More information:** [blog.nview.com/pr-childrens-anxiety-study](http://blog.nview.com/pr-childrens-anxiety-study)

✓ **Queensland University of Technology**

**Study:** The Australian Child Maltreatment Study. This study uses data gathered from Proem assessments to study 8,500 Australians who experienced child abuse and neglect in their childhood and adolescence to examine associations with a wide range of physical and mental health outcomes. The study is one of the most comprehensive studies on child maltreatment ever conducted and is intended to inform policy and practice reforms to reduce child abuse and neglect in Australia.

**More information:** [australianchildmaltreatmentstudy.org](http://australianchildmaltreatmentstudy.org)

✓ **Murdoch Children's Research Institute**

**Study:** The Childhood to Adolescence Transition Study. This study uses the Proem child assessment to gather data for a longitudinal study of children as they move into high school and through adolescence to understand the many influences on the health and emotional adjustment of children as they approach their teens. This is the first study in Melbourne to look at a population sample of children with this focus.

**More information:** [www.mcric.edu.au/research/projects/childhood-adolescence-transition-study-cats](http://www.mcric.edu.au/research/projects/childhood-adolescence-transition-study-cats)

## ABOUT PROEM BEHAVIORAL HEALTH

Proem Behavioral Health provides the premier clinical workflow software engine that helps behavioral health providers and research organizations efficiently and accurately screen, test, and measure treatment success for those suffering from mental illness. Proem is the exclusive digital licensee worldwide of gold-standard, evidence-based screening solutions, structured interviews, and post-diagnosis severity measurement scales to monitor patient outcomes. To learn more, visit [www.ProemHealth.com](http://www.ProemHealth.com).