References

- Christoff, P. (2018). Running PDSA cycles. *Current problems in pediatric and adolescent health care*, 48(8), 198-201. https://doi.org/10.1016/j.cppeds.2018.08.006
- Child Mind Institute. (2021). 2021 children's Mental Health Report the ... childmind.org.

 The Impact of the COVID-19 Pandemic on Children's Mental Health What We

 Know So Far. Retrieved February 9, 2022, from https://childmind.org/wpcontent/uploads/2021/10/CMHR-2021-FINAL.pdf
- Colizzi, M., Lasalvia, A., & Ruggeri, M. (2020). Prevention and early intervention in youth mental health: Is it time for a multidisciplinary and trans-diagnostic model for care?

 International journal of mental health systems, 14(1), 23-23.

 https://doi.org/10.1186/s13033-020-00356-9
- Dowd, S. (2021). What to do if you think your teenager is depressed. Child Mind Institute.

 Retrieved February 9, 2022, from https://childmind.org/article/how-to-help-your-depressedteenager/utm_medium=email&utm_source=newsletter&utm_campaign=p

 ubl_ed_nl_2022-02-08&utm_content=cta4_how-to-help-your-depressed-teenager
- Ehmke, R. (2022). *Treatment for depression*. Child Mind Institute. Retrieved February 9, 2022, from <a href="https://childmind.org/article/treatment-for-depression/?utm_medium=email&utm_source=newsletter&utm_campaign=publ_ed_nl_2022-02-08&utm_content=cta5_treatment-for-depression

- Erskine, A., Law, E., Fisher, E., Eccleston, C., & Palermo, T. M. (2019). Psychological interventions for parents of children and adolescents with chronic illness. *Cochrane database of systematic reviews*, 2021(6), CD009660-CD009660. https://doi.org/10.1002/14651858.CD009660.pub4
- Gearing, R. E. (2008). Evidence-based family psychoeducational interventions for children and adolescents with psychotic disorders. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 17(1), 2-11.
- Haider, I. I., Tiwana, F., Zohra, N., & ur Rehaman, K. (2018). Development and validation of assessment of psycho-education of carers questionnaire: An early experience.
 Pakistan Journal of Medical Sciences, 34(5), 1237-1241.
 https://doi.org/10.12669/pjms.345.15710
- Haine-Schlagel, R., & Walsh, N. E. (2015). A Review of Parent Participation Engagement in Child and Family Mental Health Treatment. *Clinical child and family psychology review*, *18*(2), 133-150. https://doi.org/10.1007/s10567-015-0182-x
- Howard, J. (2021). *How to know if your child is being bullied*. Child Mind Institute.

 Retrieved February 9, 2022, from https://childmind.org/article/how-to-know-if-your-child-is-being-bullied/
- Katz, B. (2022). How to avoid passing anxiety on to your kids. How to Avoid Passing

 Anxiety on to Your Kids | Early Childhood Central. Retrieved February 9, 2022,

 from https://www.earlychildhoodcentral.org/articles/how-avoid-passing-anxietyyour-kids

- Miller, C. (2022). *Depression and anger*. Child Mind Institute. Retrieved February 9, 2022, from https://childmind.org/article/depression-and-anger/
- Müller, A. D., Gjøde, I. C. T., Eigil, M. S., Busck, H., Bonne, M., Nordentoft, M., & Thorup, A. A. E. (2019). VIA Family A family-based early intervention versus treatment as usual for familial high-risk children: A study protocol for a randomized clinical trial. *Current controlled trials in cardiovascular medicine*, 20(1), 112-112. https://doi.org/10.1186/s13063-019-3191-0
- National Academies of Sciences, Engineering, and Medicine; New report: Social, behavioral, and economic sciences contribute to advancing NSF mission. (2019).

 In National Academies Press (US); 2019 Sep 26. doi: 10.17226/24790
- Psychiatric Patients Boarding at the Emergency Department: Length of Stay and Consequences. (2019). *Medical & Clinical Research*, *4*(4). https://doi.org/10.33140/MCR.04.04.01
- Schleider, J. L., & Weisz, J. R. (2018). Parent Expectancies and Preferences for Mental Health Treatment: The Roles of Emotion Mind-Sets and Views of Failure. *Journal of clinical child and adolescent psychology*, 47(1), S480-S496. https://doi.org/10.1080/15374416.2017.1405353
- Schnyder, N., Lawrence, D., Panczak, R., Sawyer, M. G., Whiteford, H. A., Burgess, P. M., & Harris, M. G. (2019). Perceived need and barriers to adolescent mental health care: Agreement between adolescents and their parents. *Epidemiology and psychiatric sciences*, 29, e60. https://doi.org/10.1017/S2045796019000568

- Steingard, R. J. (2021). What are the symptoms of depression in teenagers? Child Mind

 Institute. Retrieved February 9, 2022, from https://childmind.org/article/what-are-the-symptoms-of-depression-inteenagers/?utm_medium=email&utm_source=newsletter&utm_campaign=publ_ed_n
 1_2022-02-08&utm_content=cta2_what-are-the-symptoms-of-depression-inteenagers
- Tang, S., Reily, N. M., Arena, A. F., Batterham, P. J., Calear, A. L., Carter, G. L., . . . Christensen, H. (2022). People Who Die by Suicide Without Receiving Mental Health Services: A Systematic Review. *Frontiers in public health*, *9*, 736948-736948. https://doi.org/10.3389/fpubh.2021.736948
- Tompkins, M. A., Owen, D. J., Shiloff, N. H., & Tanner, L. R. (2020). Psychoeducation with youth and parents. In (pp. 123-132). American Psychological Association. https://doi.org/10.1037/0000167-007