

Mental Health Conditions Among Hospitalized Children

Statement of Problem

Over the past decade, the prevalence of mental health diagnoses has been rising among children seeking short-term medical care for a serious condition. Mental health conditions, such as anxiety, ADHD and depression, affect at least one in 10 U.S. children hospitalized for a medical condition or surgical procedure.

Despite increasing recognition that mental health conditions are common among hospitalized children, hospitals report challenges ensuring adequate mental health resources for their patients. In addition, families and clinical teams aren't always on the same page about caring for mental health conditions, which can lead to further complications in diagnosing and treating these conditions. Understanding the need for mental health resources and ensuring those resources are available for hospitalized children is critical to improving physical and mental health outcomes and the value of pediatric hospital care.

Description

Dr. Stephanie Douplik is working to better understand the relationship between hospitalization and mental health conditions in children. Over the past few years, she has built a research portfolio that provides a comprehensive picture of the many ways in which mental health conditions affect health care delivery, utilization, costs and outcomes for children, including by putting children at higher risk of the following:

- **Medical Complications During Hospitalization:** One study examined the influence of mental health conditions on hospital outcomes among children hospitalized for pneumonia and found that mood or anxiety disorders were associated with more medical complications and longer hospital stays.
- **Readmissions:** Children with mental health conditions were more likely to be readmitted to the hospital within 30 days of discharge after a medical hospitalization or surgical procedure compared to children without mental health conditions.
- **Health Care Utilization and Costs:** Another study showed that hospitalized children with comorbid mental health conditions had much longer hospital stays, which resulted in higher costs for the hospitals and health systems.
- **Clinical Team and Family Communication:** One study found that hospital staff and families may not be on the same page regarding mental health concerns and diagnoses in children. This may lead to missed opportunities to identify and provide treatments for children with mental illness.

Hospitals are testing innovative models for ensuring that children with mental health conditions and their families receive the evidence-based treatments and psychosocial support. Efforts include changes to physician training, integrating medical and psychosocial care, and programs designed to support parents. Ensuring the long-term success of care models that integrate behavioral health care into acute hospital care will require systems to monitor whether behavioral health services improve patient outcomes, for example by reducing the length of their hospital stay or the need for subsequent repeat hospitalizations, or by improving their functioning after they leave the hospital. Future work to investigate cost-effective payment models will also enhance the uptake of behavioral health integration within inpatient settings.

Next Steps

We will continue to build evidence for policies, programs and practices to improve patients' outcomes by making mental health services available to children and adolescents in hospital settings.

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PolicyLab Leads

Stephanie Doupnik MD, MSHP

Faculty Scholar

Stephanie Doupnik is a faculty scholar at PolicyLab at Children's Hospital of Philadelphia (CHOP) and serves as the director of the Division of Pediatric Hospital Medicine at Monroe Carell Jr. Children's Hospital at Vanderbilt University Medical Center.

Dr. Doupnik's research focuses on organizing health systems to best meet the needs of children and adolescents, with a particular focus on mental health. Her portfolio includes projects focused on addressing acute suicide risk in children and teens; improving the integration of mental health services into general medical care; reimbursement for child and adolescent mental health care; and population health. She loves training health services researchers with diverse backgrounds and identities, and she especially enjoys supporting research trainees to launch their own independent careers.

Prior to working at Vanderbilt, Dr. Doupnik was a member of CHOP's Division of General Pediatrics from 2014 to 2024, first as a fellow and then as an assistant professor of pediatrics. She was also a faculty member at PolicyLab. Dr. Doupnik completed an undergraduate degree in comparative literature at the University of Virginia, medical school at Drexel University, pediatrics residency at Boston Children's Hospital and Boston Medical Center, and a master's degree in health policy research at the University of Pennsylvania. Her research has been funded by the National Institute of Mental Health, the Cardinal Health Foundation the Arnold Gold Foundation, and the Academic Pediatric Association. Her research publications are visible [here](#).



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Related Tools & Publications

- [The Influence of Comorbid Mood and Anxiety Disorders on Outcomes of Pediatric Patients Hospitalized for Pneumonia](#)
[Article](#)
Mar 2016
- [Mental Health Conditions and Medical and Surgical Hospital Utilization](#)
[Article](#)
Nov 2016
- [Mental Health Conditions and Symptoms in Pediatric Hospitalizations: A Single-Center Point Prevalence Study](#)
[Article](#)
Mar 2017
- [Postacute Care after Pediatric Hospitalizations for a Primary Mental Health Condition](#)
[Article](#)
Dec 2017

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[Beyond Mental Health Crisis Stabilization in Emergency Departments and Acute Care Hospitals](#)
[Article](#)

Apr 2018

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[Mental Health Conditions and Unplanned Hospital Readmissions in Children](#)
[Article](#)

Jul 2018

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[Readmissions after Pediatric Hospitalization for Suicide Ideation and Suicide Attempt](#)
[Article](#)

Nov 2018

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[Catching up to the Crisis: Opportunities for Pediatric Hospitals to Improve Children's Access to Mental Health Services](#)
[Article](#)

Feb 2019

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[Behavioral Health Webinar Series](#)

[Webinars](#)

Apr 2019

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[Trends in Pediatric Emergency Department Visits for Mental Health Conditions and Disposition by Presence of a Psychiatric Unit](#)
[Article](#)

Jun 2019

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[Behavioral Health: A Snapshot of a PolicyLab Research Portfolio](#)
[Tools and Memos](#)

Aug 2025

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[Adolescents' Experiences During "Boarding" Hospitalization While Awaiting Inpatient Psychiatric Treatment Following Suicidal Ideation or Suicide Attempt](#)
[Article](#)

Oct 2019

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[ED Visits and Readmissions After Follow-up for Mental Health Hospitalization](#)
[Article](#)

May 2020

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[Hospitalization Outcomes for Rural Children with Mental Health Conditions](#)
[Article](#)

Sep 2020

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[Caregiver Experiences During their Child's Acute Medical Hospitalization for a Mental Health Crisis Article](#)

Mar 2022

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[Characteristics, Disposition, and Outcomes of Children Hospitalized for Mental Health Boarding at a Children's Hospital Article](#)

Dec 2023

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[Exploring the Effects of Pediatric Mental Health Boarding on Adolescents, Their Families and Health Care Providers](#)

[Research at a Glance](#)

May 2024