

Leveraging Regional Resources through Connections with Pediatric Mental Health Care Access (PMHCA) Programs

August 24, 2023



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Acknowledgments

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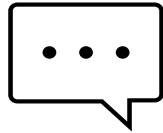
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Key Reminders



Today's Session Will Be Recorded

- Recording Available on the ED STOP Suicide QI Collaborative Webpage



Use Chat Feature to Ask Questions

- Dedicated Time for Q&A at End of Session

Pediatric Mental Health Care Access (PMHCA) EIC Technical Assistance



Jen Donathan, MPH
Project Manager



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QI and Co-Project Manager

Thank You!

A huge thank you to HRSA and our partnering PMHCA teams for the fantastic effort over the past 7+ months

And a very big thank you to the ED STOP Suicide QI Collaborative team for granting us the opportunity to present here today



Meet the Team!



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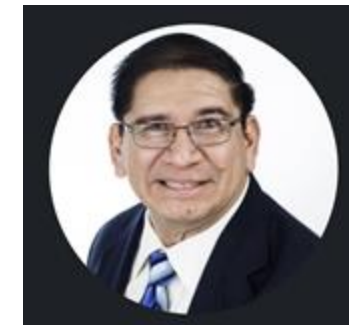
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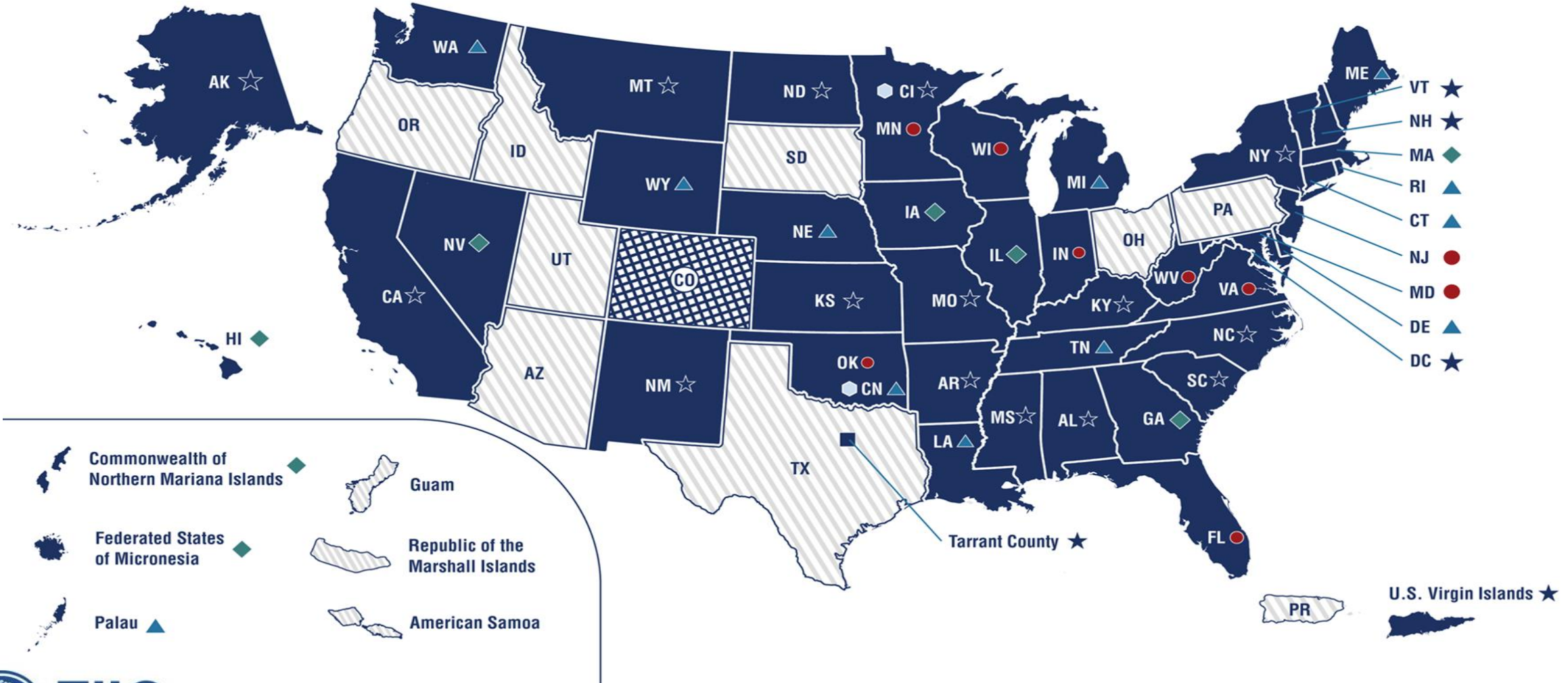


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Pediatric Mental Health Care Access (PMHCA) Programs

- Statewide and regional networks of pediatric mental health hubs
- Linked to department of health to assist health care providers in community settings: schools, pediatrician offices, and others
- Bring behavioral health consultation, training, and support to meet children's mental health needs

TRIBAL NATION KEY	FUNDING KEY	EXPANSION FUNDING USE KEY
Chickasaw Nation (CN)	HRSA-PMHCA Initial and Expansion Funding	Schools
Red Lake Band of Chippewa Indians (CI)	Not HRSA-PMHCA Funded	Emergency Departments
	HRSA-PMHCA Initial Funding Only	Both
		General

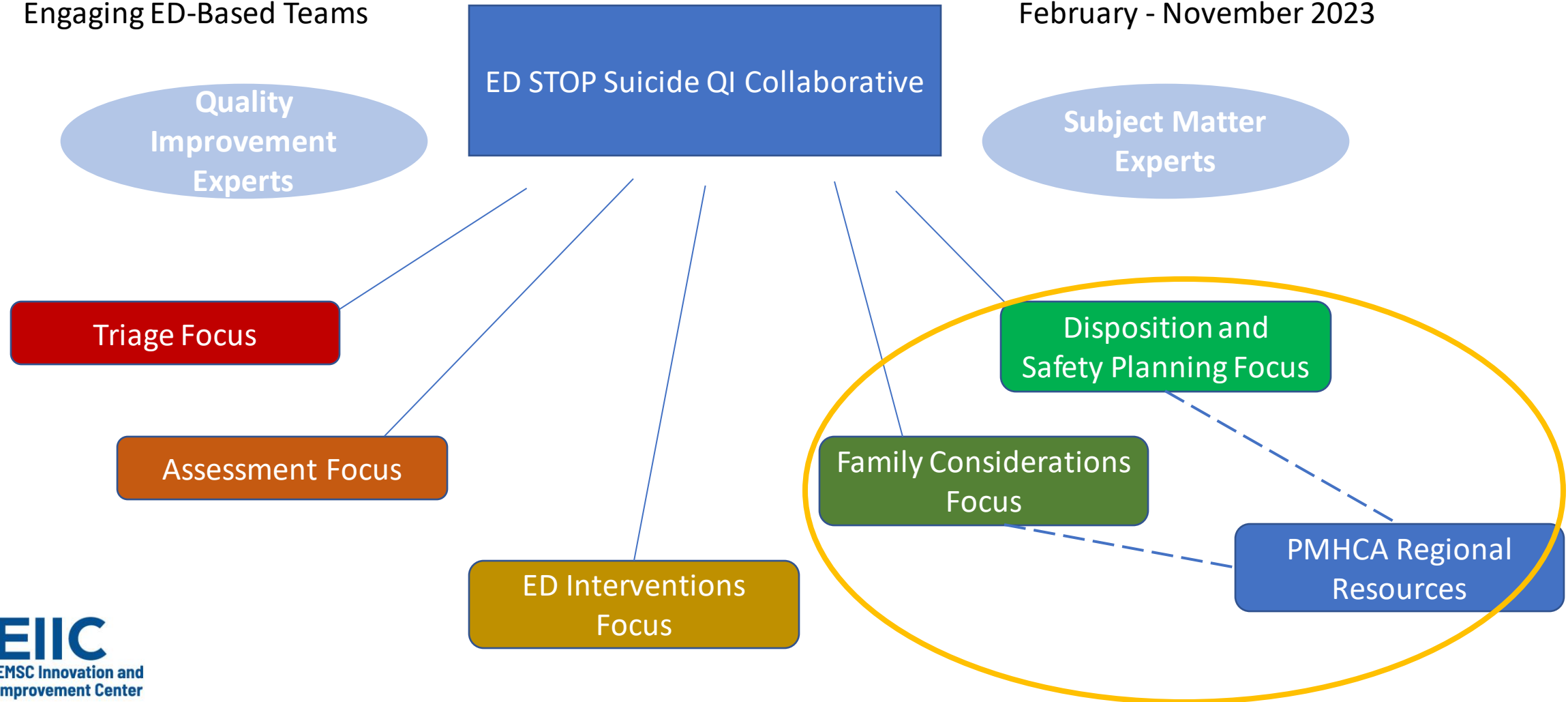


https://mchb.hrsa.gov/programs-impact/programs/pediatric-mental-health-care-access#Reporting_Resources

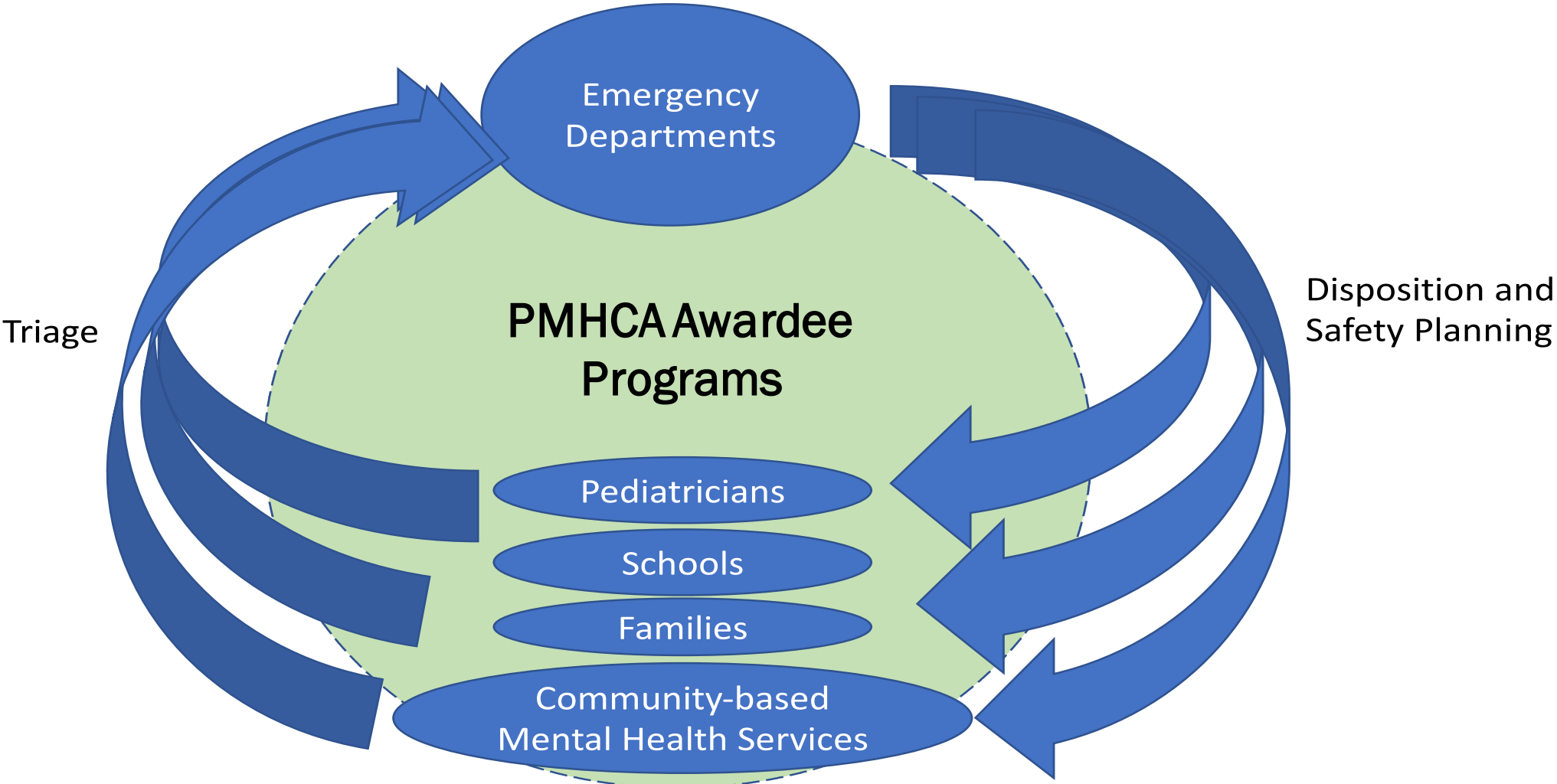
PMHCA Teams – ED Connection

Engaging ED-Based Teams

February - November 2023

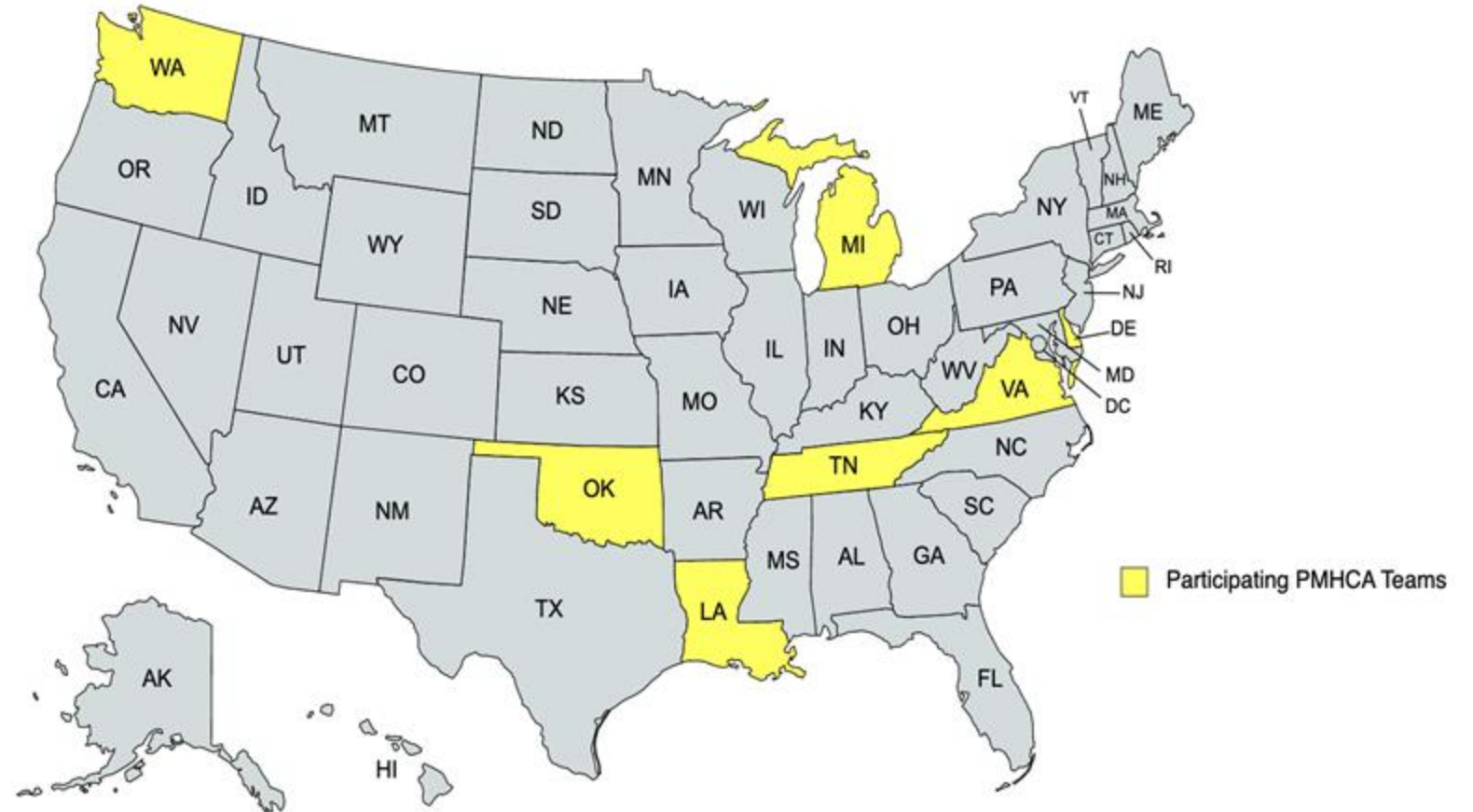


PMHCA and ED Partnership Model



PMHCA Teams Introduction

- Washington
- Virginia
- Delaware
- Oklahoma
- Tennessee
- Louisiana
- Michigan



Pediatric Mental Health Care Access (PMHCA) Program State: Delaware



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D C P A P

**Delaware Child
Psychiatry Access Program**

We believe in helping primary care providers meet the needs of children with behavioral concerns

GOALS OF THE PROJECT

- Expand access to psychiatric care for pediatric patients with mental health concerns
- Improve pediatric primary care provider comfort level in treating mental health conditions within their practice
- Expand pediatric practices access to community mental health resources and services

By Connecting the Docs!



DCPAP SERVICES

DCPAP provides:

- **Pediatricians, Family Physicians, Advanced Nurse Practitioners, and Physician Assistants**

- **With psychiatric consultation to better Diagnose, Treat, and Mitigate mental health conditions for their patients.**
- **Training and Education to expand their capabilities for treating mild to moderate mental health conditions within their practice.**

**Delaware Child
Psychiatry Access Program**

Child Psychiatry Consultation Service

- 10 to 20 minute consultation with a Board Certified Child Psychiatrist
- Discuss Diagnosis, Treatment Planning, Medication Management, Screening, and other mental health concerns
- Options will be discussed for consideration in the treatment of the patient
- A summary of the consultation and considerations offered will be provided for the patient record
- Most requests for consultation are answered within a few hours, all within 24 hours

EDUCATION & TRAINING

- **Live Webinar-Style Training Sessions conducted by a Child Psychiatrist**
- **Learning Management System (LMS) with 39 recorded trainings available 24/7**
- **Practice Level or Individual Training Options (in-person or virtual) *Can even coordinate with Workforce Development***
- **Weekly Office Hours (Wednesday, 12:00 P.M. to 1:00 P.M.)**
- **Upcoming ECHO style training opportunity (Oct. to Dec. 2023)**

COLLABORATIVE CARE PILOT PROJECT

- **Initiated in January 2022**
- **DCPAP working with a Pediatric Practice**
- **Child Registry - management of more than 100 kids**
- **Child Psychiatry Consultant works directly with Behavioral Health professional within the Practice**
- **Funded by direct billing of insurance providers**
- **Initial outcomes look very promising**

EXPANSION SERVICES 2022-2023

- **Schools & School Districts**
 - Assistance and collaboration with District Mental Health Teams
 - Wellness Center Collaboration of Care
 - Recruitment of Prescribers serving the school districts
 - Contribute to the Coordination of Connection for Treatment
- **Emergency Department Personnel**
 - Consultation for ED Prescribers & Medical Teams
 - Training for ED staff
 - Resource and Referral Assistance
- **Urgent Care Center Prescribers and Staff**
 - Consultation for Prescribers and other Treating Medical Staff
 - Training and Resource and Referral Assistance

Dover High School

- **Expect to meet with School Counselors and LCSWs weekly**
- **Engaging Westside Health to service some families as their PCP**
- **Expect to establish a registry to track progress and outcomes**
- **Conducting outreach to other pediatric practices in the area to do the same**

Other Interested Schools

- **Appoquinimink School District – Silver Lake Elementary School**
- **Seaford School District – Frederick Douglas Elementary**
- **Colonial School District – Nemours School Based Wellness Centers**
- **Indian River School District**



OTHER DCPAP SERVICES

DCPAP canvasses community mental health providers and helps identify behavioral health resources that may assist with services to patients.

**Delaware Child
Psychiatry Access Program**

Emergency Department Project: Key Stakeholder Identification

- **What can DCPAP do for you?**
 - **Consultation?**
 - **Training & Education – Workforce Development?**
 - **Resource/Referral Assistance?**

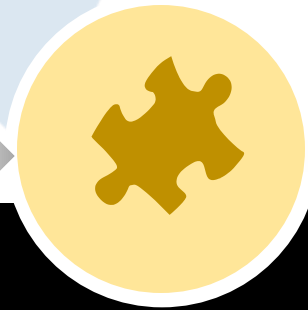
Delaware Child
Psychiatry Access Program



Registered Prescribers Have a Question About a Patient



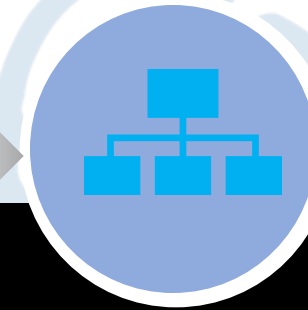
Call or Text 302-513-0929 M-F 8AM - 5PM
Email DSCYF_DCPAP@delaware.gov
Website: <https://kids.delaware.gov/dcpap/dcpap.shtml>



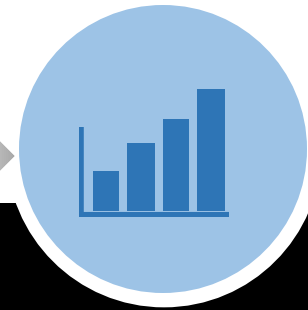
Share a Few Pieces of the Puzzle:
Gender, Year of Birth, Presenting Issue(s) & Screenings Completed



Request Sent to Consulting Psychiatrist who will Respond with Ideas to Treat



Behavioral Health Coordinator can Connect you with Resource Options



DCPAP Keeps Track of Requests to Identify Future Training Needs

STAKEHOLDERS

- Delaware Children's Department
 - American Academy of Pediatrics, Delaware Chapter
 - Delaware Academy of Family Physicians
 - Medical Society of Delaware
-
- Nemours / Al DuPont Children's Hospital
 - Christiana Care Health Services
 - DHSS, Telehealth Planning and Development
 - AmeriHealth Caritas Delaware
-
- Division of Public Health
 - Division of Substance Abuse and Mental Health
 - University of Delaware, Center for Drug and Health Studies

STAKEHOLDERS

- Office of the Lt. Governor
- National Alliance on Mental Illness (NAMI) Delaware
- Mental Health Association (MHA) of Delaware
- Bayhealth Medical Center
- Beebe Medical Center

-
- Westside Family Health
 - Sussex County Health Coalition
 - Delaware Coalition of Nurse Practitioners

-
- ACME Pharmacy Community Outreach
 - Champions for Children's Mental Health
 - U.S. Department of Health and Human Services (HHS),
 - Health Resources Services Administration (HRSA)

HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA)

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a 5-year award totaling \$2,225,000 with 20% financed with non-governmental sources.

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DSCYF
Department of Services for
Children, Youth & Their Families

Delaware Child
Psychiatry Services Program

Pediatric Mental Health Care Access (PMHCA) Program State: Washington



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Seattle Children's
Telemedicine
Extension for
Adolescent & Child
Mental Health
Boards
(TEAM B)



Presented by:

Brooke Rosen, MD

Pauline Wray, LICSW, MSW

New PMHCA Collaboration Project Overview



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

TEAM B is a pilot program that will provide telebehavioral health consultation to emergency departments (EDs) in Washington that care for youth who are "boarding" for behavioral health reasons and have no on-site pediatric mental health specialists.



TEAM B

Primary

Aims

01

To improve timeliness of mental health care and reduce length of stay for youth boarding in community EDs.

02

To support ED staff in providing more developmentally appropriate and evidence-informed mental healthcare for youth while boarding.



Project Timeline



Analyze

- Data collection/analysis
- Disseminate findings, advocacy



Implement

- Hospital outreach
- Begin consultations



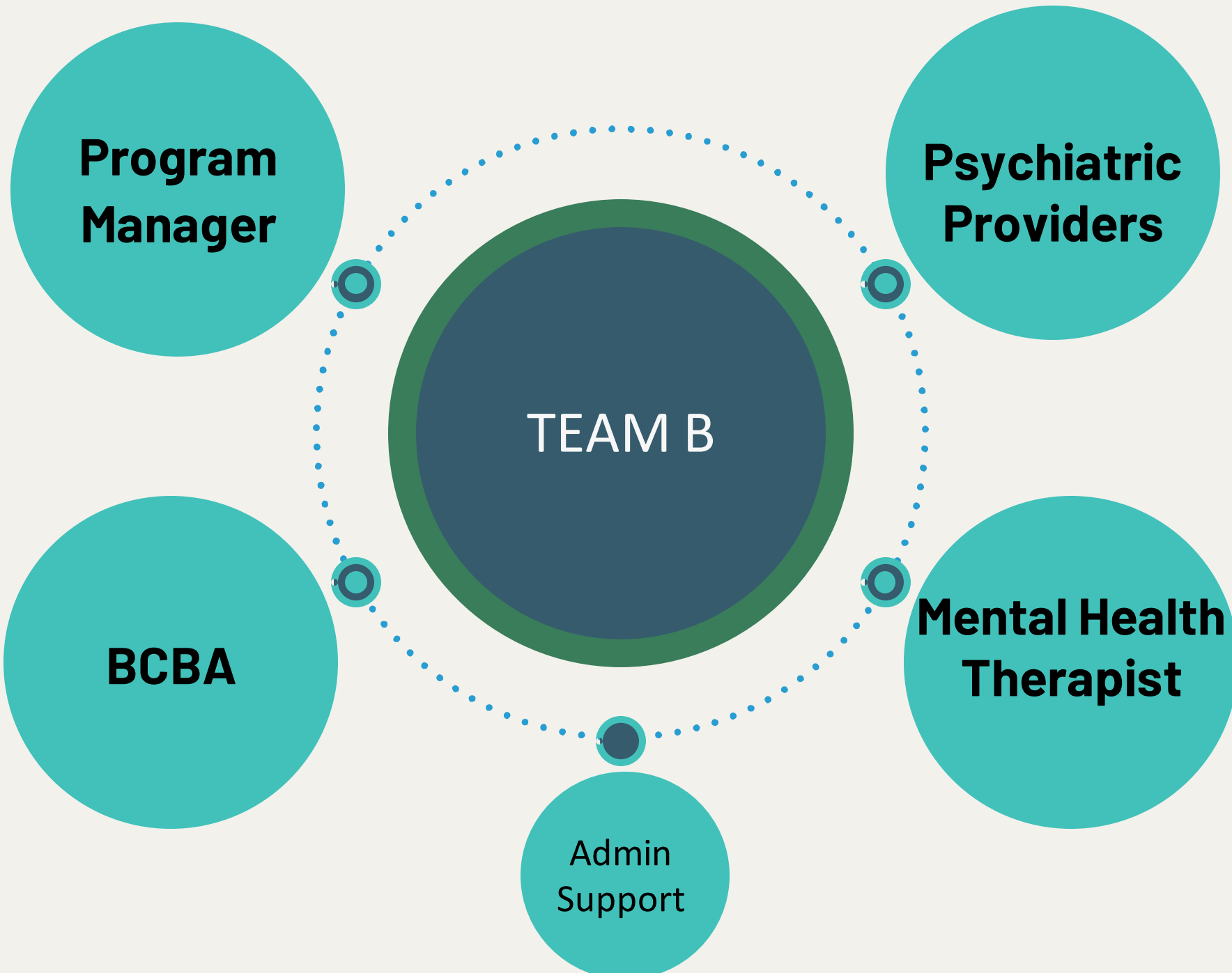
Operationalize

- Develop manuals/workflows
- Consultation materials
- IT infrastructure
- Promotional info



Design

- Finalize clinical team
- Background research
- Hospital needs assessment
- Legal/regulatory



**Program
Manager**

**Psychiatric
Providers**

TEAM B

BCBA

**Mental Health
Therapist**

**Admin
Support**

Our Team at Seattle Children's



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MSW, LICSW
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Mental Health Therapist



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Child Psychiatrist
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Child Psychiatrist



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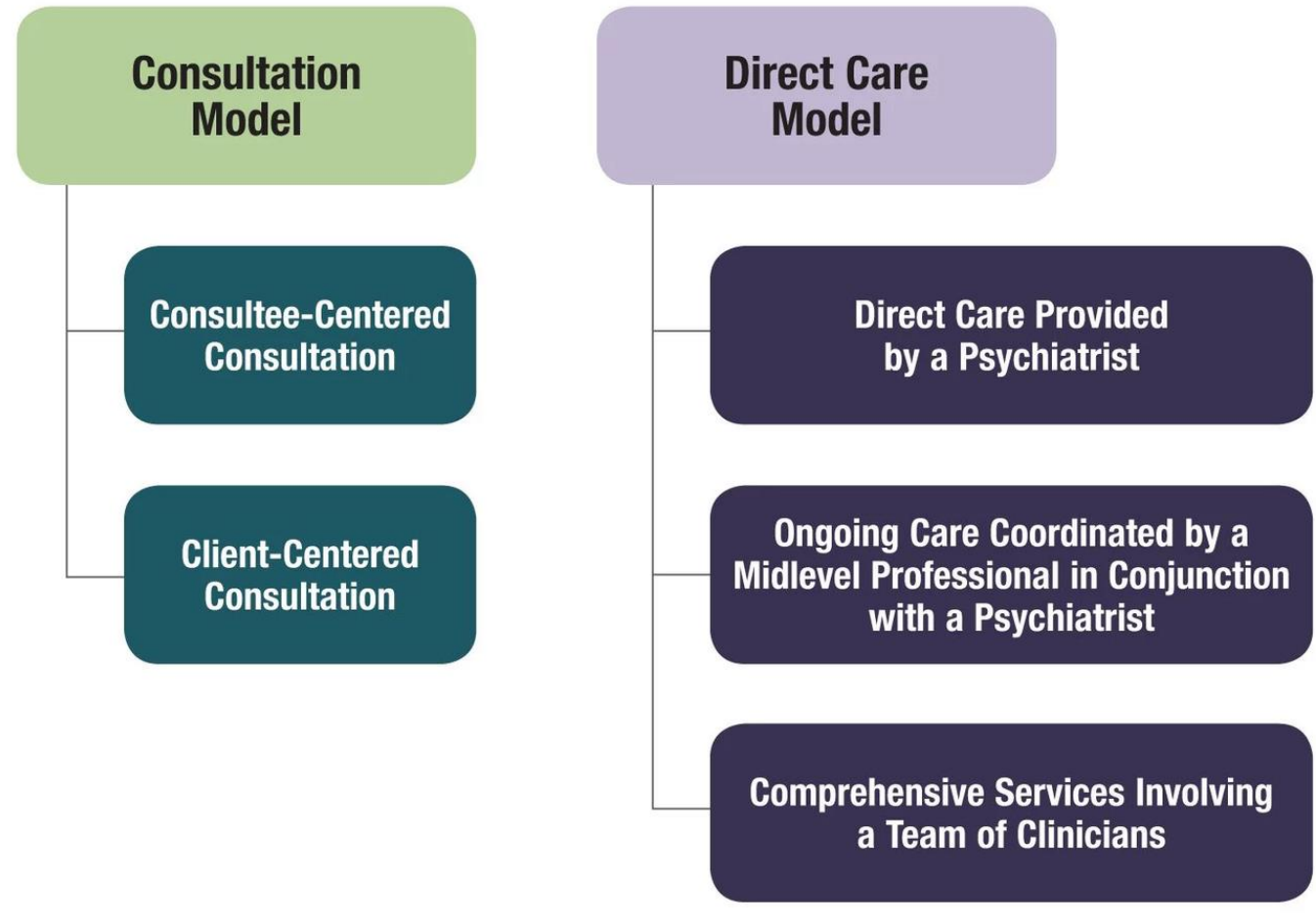
Andy Song-
Schierberl, BCBA
Behavior Analyst
Consultant

Background Research: Literature

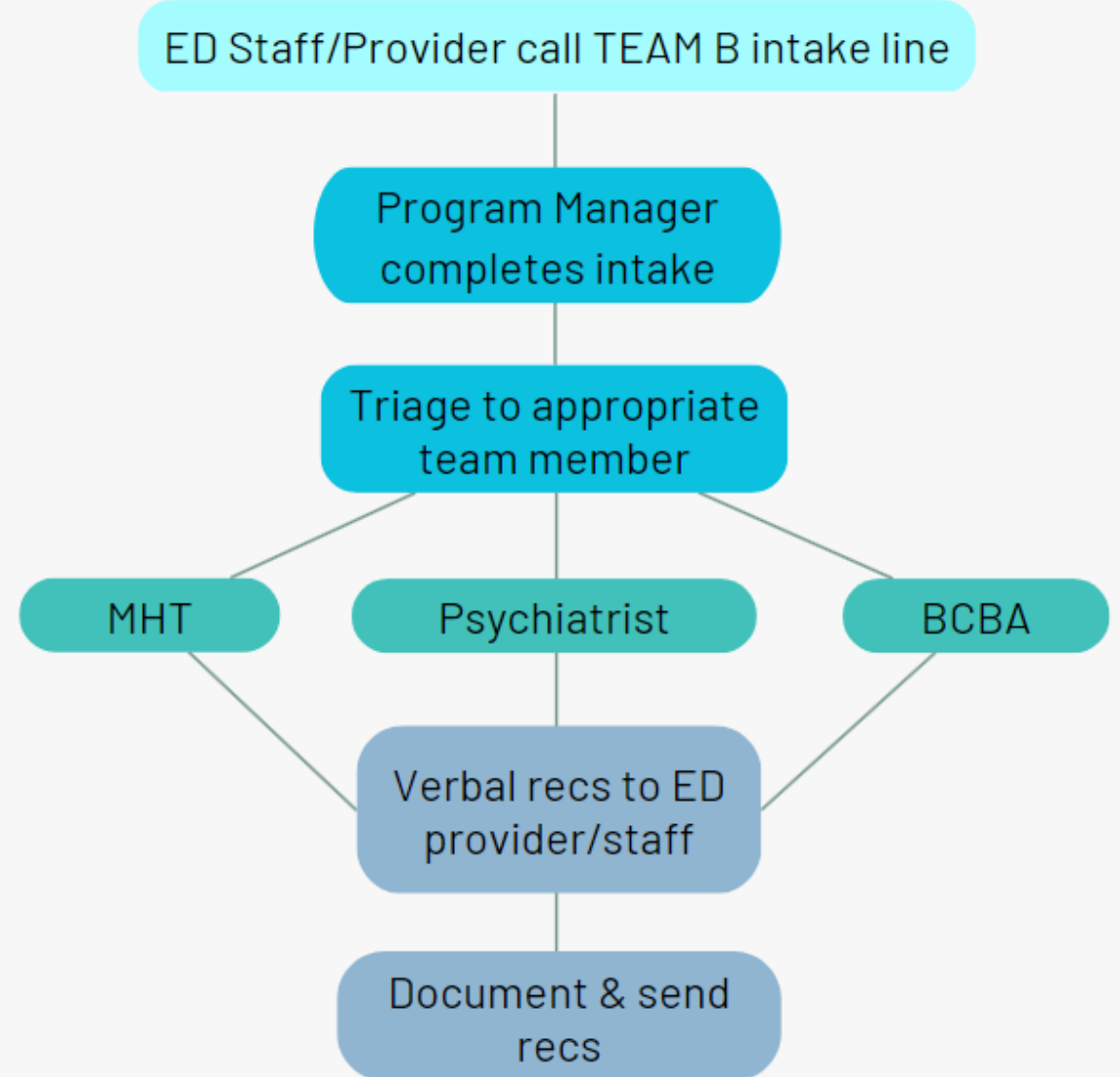
- Scope of problem: **national emergency** in children's mental health
- Specialty mental health services reduce LOS and improve care for boarding youth
- Telepsychiatry consultation for adults in EDs effective at:
 - Decreasing LOS
 - Reducing unnecessary hospitalizations
 - Lowering cost
 - Outpatient care coordination
- Few studies in pediatric ED telepsychiatry

Telepsychiatry Models

Figure. Practice Models for Telepsychiatry



TEAM B Consultation Model



DATA COLLECTION

Qualitative

- Stakeholder interviews
- ED Needs Assessment (disseminated statewide)
- Post-intervention satisfaction survey

Quantitative

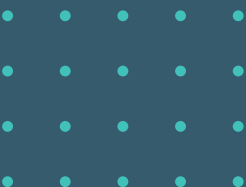
- Boarding data
 - Demographics
 - # consults per site
 - Consult types
- Outcomes: Disposition, LOS

A dimly lit hospital room with medical equipment and two people working at computers. The room is filled with various medical devices, including monitors, keyboards, and specialized equipment. Two individuals are present: one is seated at a desk on the left, wearing a white lab coat and a face mask, looking towards the camera. The other is standing at a desk on the right, also wearing a face mask and a light-colored top, focused on a computer monitor. The overall atmosphere is professional and busy, typical of a clinical setting. The text is overlaid in the center of the image.

CURRENT PHASE:
IMPLEMENTATION

Implementation Barriers

- Legal/liability
 - Credentialing
 - Exchange of medical records and documentation
- Regulatory
 - IRB Review
 - Site of Practice Approvals
- Limited scope of model (provider only)
- Short timeline



Future goals

01

State-level advocacy

02

Direct patient consultations

03

Workforce training



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Thank you!

**We welcome feedback,
inquiries, & collaboration:**

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206-987-0999**



Pediatric Mental Health Care Access (PMHCA) Program State: Louisiana



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About our PMHCA funded program:



PPCL

PROVIDER TO PROVIDER CONSULTATION LINE

Pediatric and Perinatal Mental Health Support



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Key Components of PPCL

- **Statewide, no-cost, provider-to-provider** phone consultation
- Just completed **integration of pediatric and perinatal programs.**
- Operates during **regular business hours**, from 8am-4:30pm
- **Providers register** for the program (not required to access consultation)
- Full-time **resource and referral** support
- **Psychiatrists** are available for consultation (both synchronous and asynchronous)
- **ECHO training series** that offer CME's for physicians, nurses, and social workers
- **Web site:** Clinical tools, handouts, registration form, recorded trainings

PPCL and Expansion to ED's

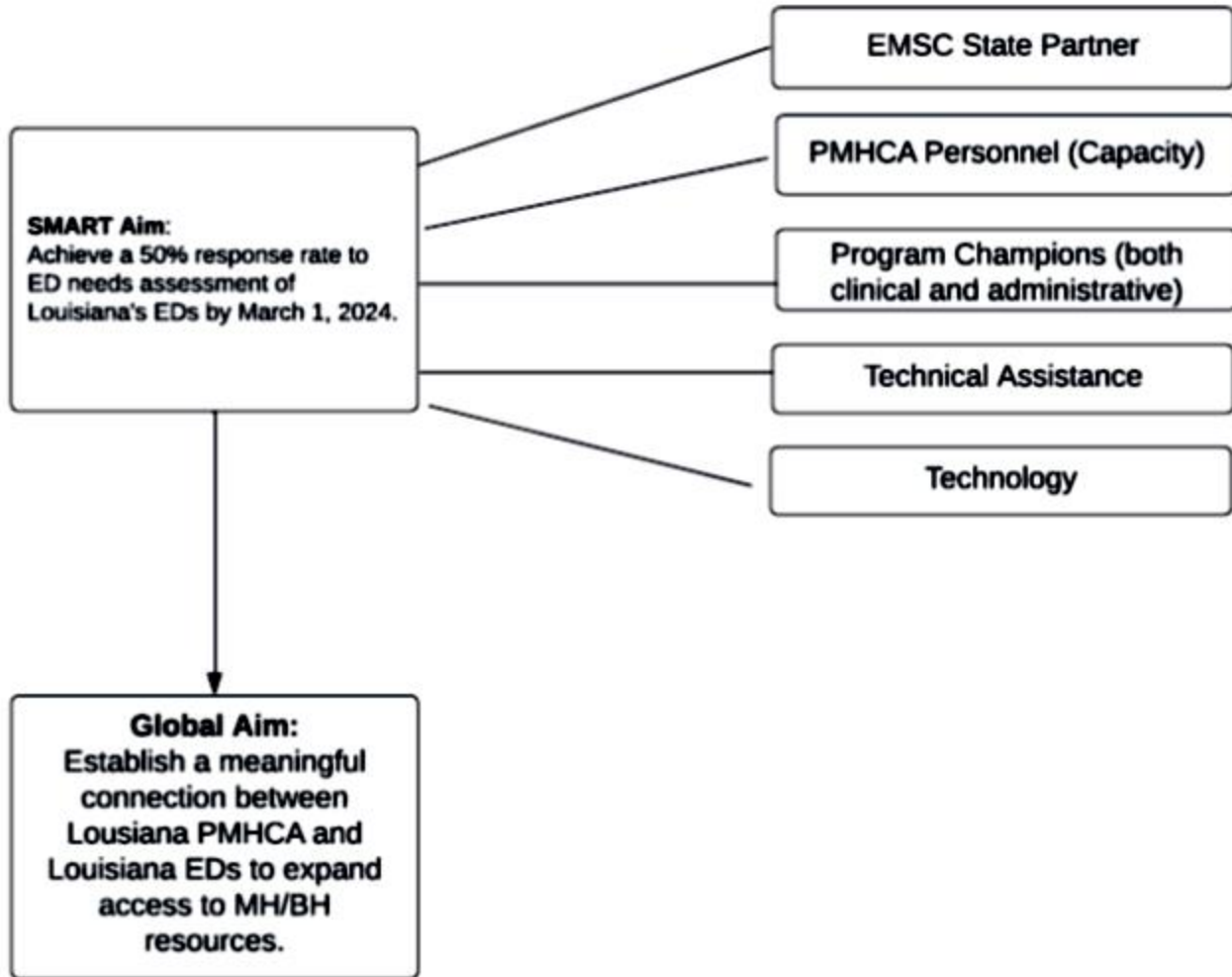


Learnings and Next Steps

- Appreciated the opportunity to learn from other states
- Connected with EMSC Program
 - EMSC is currently implementing initiative on Pediatric Readiness in ED's
 - EMSC has relationship with ED's across the State
 - Align efforts
- We have some work to do in Louisiana
 - Sort through data – what do we have, what do we need
 - Identify key and interested stakeholders and start having conversations
 - Need to build relationships and create momentum
 - Need to know what ED's are wanting and needing – Needs Assessment Survey



ED Expansion Next Steps



Meet with EMSC state partner to develop strategy to connect with EDs. Discuss reporting of results and what this will look like.

Dedicate staff time to project. Define role/scope for personnel.

Engage the following:
Hospital associations
Hospitals
Public health departmental leaders
Physicians

Discuss potential avenues for results and future implementation of other stakeholders.

Meet with key stakeholder groups to develop the needs assessment.

Determine method/platform for assessment dissemination.

Thank you!

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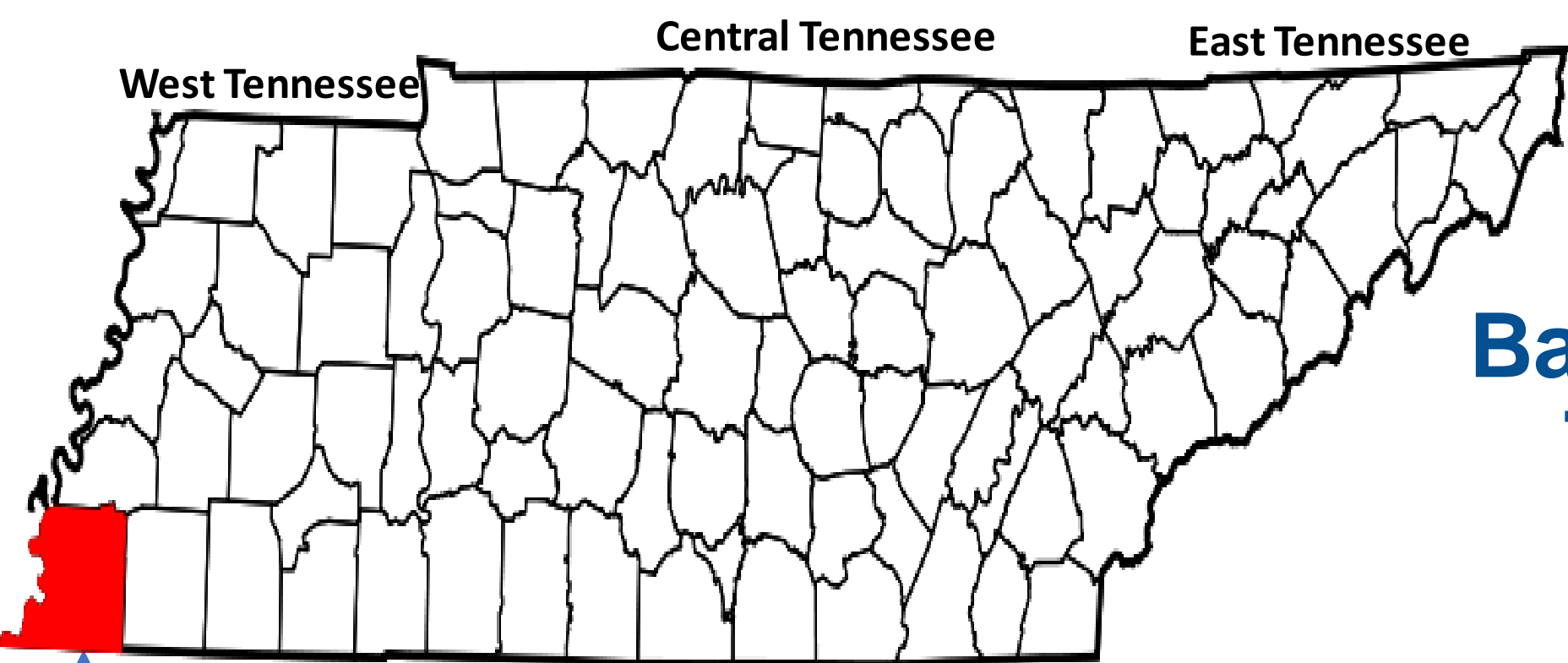
Pediatric Mental Health Care Access (PMHCA) Program State: Tennessee

Child and Adolescent Psychiatry Education and Support (TCAPES)



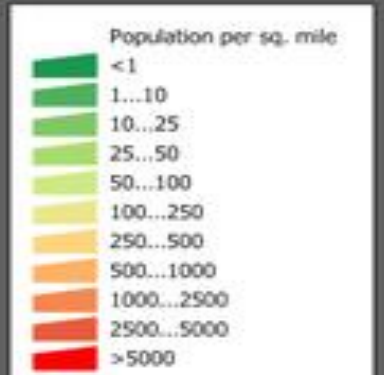
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Background: TCAPES Project

SHELBY
COUNTY



Source: U.S. Census Bureau
Census 2010 Summary File 1
population by census tract

TCAPES-ED Related Project Description

- Received HRSA funding for project in September of 2022
- Leveraged on our existing partnership with the UT-Le Bonheur Psychiatric Specialists from our base-award
- Le Bonheur Children's Hospital ED already received external funds for universal suicide screen but did not have a training component.
- Developed a contract with the Le Bonheur Children's Hospital to provide training for ED staff on suicide screening and improve the follow-up of patients after discharge
- Contract went into effect July 1st 2023

TCAPESED PDSA:



TCAPES- ED PDSA:



PLAN-DO-STUDY-ACT CYCLE



TCAPE- ED PDSA:



PLAN/DESIGN

The design for universal screening at the Le- Bonheur Children's ED is to screen all pediatric patients admitted in the ED irrespective of admitting diagnosis.

TCAPESED PDSA:



DO/IMPLEMENT

This design for universal screening has commenced in the Le Bonheur Children's Hospital ED.



TCAPESED PDSA:

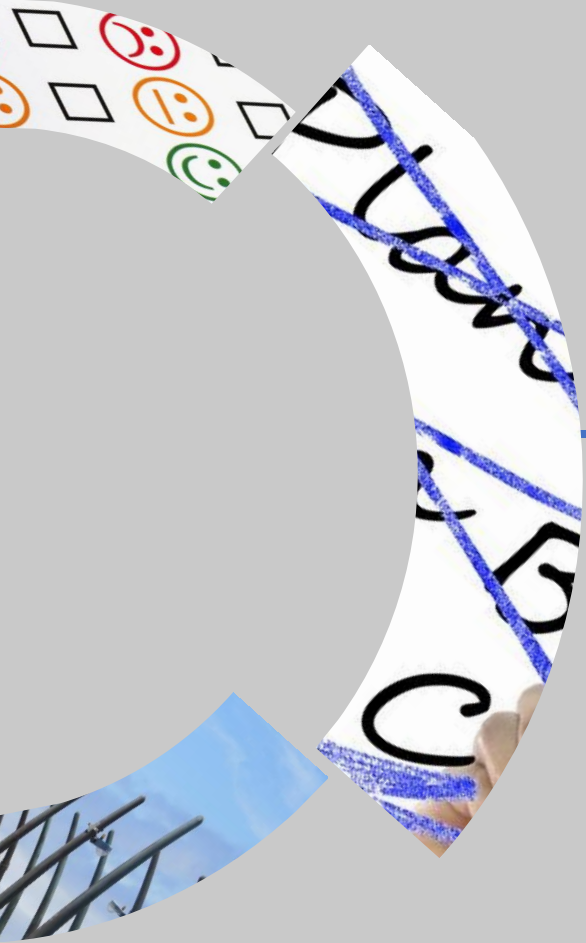


STUDY/EVALUATE

Plan is to enact project evaluation throughout the lifespan of the project to determine what works and what does not work.



TCAPESED PDSA:



ACT/ADJUST

Make changes based off data
obtained from evaluation



TCAPESES- ED PDSA:



TCAPES-Le Bonheur Children's Hospital ED Project

SMART AIM

Increase the percentage of suicide screening at Le Bonheur Children's Hospital ED from 10% to 90% by June 2025

KEY DRIVERS

Train ED staff

Standard screen tool (PHQ-9)

Data Process

Community Resources

INTERVENTIONS

Train physician, LCSW

Record captured data in REDCap for analysis

Follow-up for kids discharged with safety plan

GLOBAL AIM

Decrease the rate of child suicide in Shelby County

Pediatric Mental Health Care Access (PMHCA) Program State: Michigan



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About our PMHCA:

- **Launch:** 2012
- **Funding:** MDHHS, HRSA (in year 5), HRSA expansion funding 2023 expansion to school, **EXPLORE** expansion to emergency settings
- **Same-day psychiatry phone consultation for pediatric and perinatal providers in Michigan who treat:**
 - Children, adolescents and young adults ages 0-26
 - Perinatal women, up to 12 months postpartum
- **Guidance on diagnostic questions, safe medications, and appropriate psychotherapy**



Live and remote trainings offered regionally and statewide



Workflow analysis to better integrate screening, care coordination, and MC3 services



Local and regional behavioral health resource and referral navigation



Scheduled educational group case consultation with MC3 psychiatrist



ED Related Project Description

HRSA Objective: Develop, disseminate, and evaluate MC3 consultation and educational programs to select emergency services (ES) programs and clinicians.

Key Activities

1. MC3 clinical and program team collaborates with stakeholders, and develops model, criteria, and team for consultations with ES personnel.
 2. MC3 clinical team disseminates model and provides consultation to select ES programs
 3. MC3 clinical and program teams develop and implement communication process between ES programs and PCPs.
 4. MC3 clinical and program teams develop and provide culturally responsive trauma-informed and other education and content for ES professionals.
 5. MC3 program team evaluates program, implements continuous quality improvement, disseminates results.
 6. MC3 program team provides technical assistance.
-



ED Related Project Description

Global Aim: Improve access and care for youth and underserved populations with behavioral health concerns.

Goal: To increase access to child psychiatry expertise in emergency services settings.

Activity 1: MC3 clinical and program team collaborates with stakeholders, and develops model, criteria, and team for consultations with ES personnel.

SMART Aim: 100% Development of model, criteria and team for consultation in emergency services setting within 3-6 months of funding.

Key Drivers

- Assemble internal planning team and identify project coordinator, support staff
- Develop relationship with key external stakeholders:
 - ED social work, nursing & physicians; persons with lived exp (parent/youth), suicide prevention leads, pediatric champions, psychiatry consultants, IT experts, legal guidance, IT, DEI consultant
- Meet and collaborate
 - Create agenda for initial planning meeting
 - Meeting cadence for planning team and larger group
 - Identify meeting facilitator
 - Invitations
 - One pager statement of purpose
 - Next steps

Pediatric Mental Health Care Access (PMHCA) Program State: Oklahoma



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About our PMHCA:

- Child and Adolescent Psychiatry and Mental Health Consultation
 - psychiatric medication management
 - mental health diagnosis
 - mental health intervention
- Psychiatry and Mental Health Education
 - lunch and learn with case dissections
 - asynchronous online modules
 - annual conference
- Mental Health Referral Assistance
 - best-fit referral assistance
 - local and statewide resources and services
 - follow up and continuity of care



ED Related Project Description

- Youth substance use and suicide prevention online education modules and lunch and learns
- Substance use, crisis response, and resource information in OKCAPMAP database
- Substance use, suicide prevention, and crisis resources on OKCAPMAP provider and family resources pages
- Warm hand off to 988 or other local crisis response center
- Medical and mental health providers with addiction specialty available for youth substance use consultation
- One-day conference includes specific training relevant to emergency providers





OKCAPMAP

OKLAHOMA CHILD AND ADOLESCENT PSYCHIATRY
AND MENTAL HEALTH ACCESS PROGRAM

Contact us for more
information.

Program Director

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Pediatric Mental Health Care Access (PMHCA) Program State: Virginia--VMAP



EIIC
EMSC Innovation and
Improvement Center



Pediatric Mental Health Care Access (PMHCA)

Program State: Virginia - VMAP

Kimberly Lewis, MDiv/MSW

VMAP Education Manager

About our PMHCA:

Scope of the Problem in Virginia

According to the 2022 Virginia School Survey of Climate and Working Conditions:

- **40% of Virginia high schoolers surveyed felt sad or hopeless** almost every day for ≥ 2 weeks in a row.
- 10% of middle school and 13% of high school students indicated that they had **seriously considered attempting suicide** in the past 12 months.
- Of those, 56% indicated **they made a plan** about how they would attempt suicide.



About our PMHCA: Scope of the problem

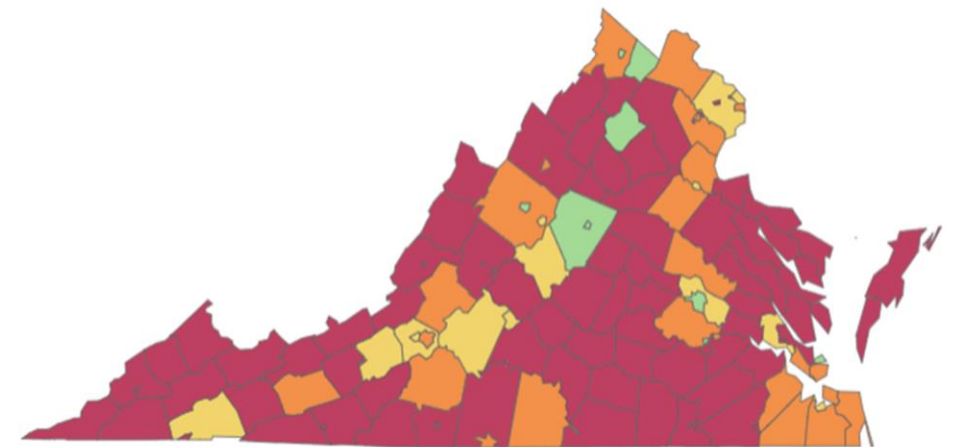
- Virginia ranks **48th lowest in the country** when considering prevalence of mental illness in our youth compared to access to care.
 - *The State of Mental Health in America, 2023*
- Virginia ranks **39th lowest in country** for the number of psychiatrists, psychologists, licensed social workers, counselors, therapists and advanced practice nurses specializing in mental health care per population.
 - *The State of Mental Health in America, 2023*
- Only **four** counties have **sufficient** numbers of child and adolescent psychiatrists which represents only 23,086 of the 1.86 million children in Virginia.
 - *American Academy of Child and Adolescent Psychiatry, 2019*

Mostly Sufficient Supply (≥ 47)

High Shortage (18-46)*

Severe Shortage (1-17)*

No CAPs





Virginia Mental Health Access Program

Provider Education

Several education opportunities for primary care providers on screening, diagnosis, management, and treatment of pediatric mental health conditions.

REACH PPP

QI Projects

Project ECHO

Guidebook

The VMAP Line

Connects primary care providers to regional hubs that offer pediatric mental health consultation and care navigation to support with patients 21 and under.

Child and adolescent psychiatrists

Licensed mental health professionals
(psychologists and/or social workers)

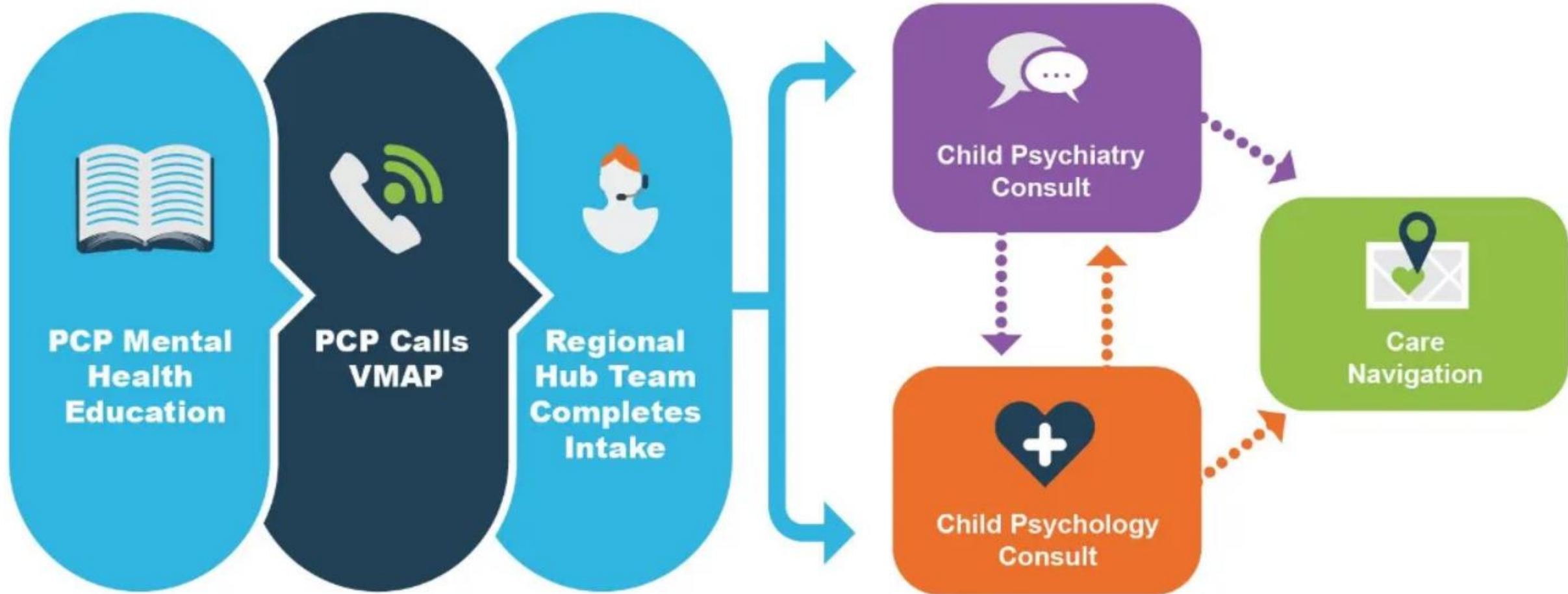
Care navigators



EIIC

EMSC Innovation and Improvement Center

How Does VMAP Work?



Data collected August 1, 2019 – January 31, 2023

1,084
providers
registered
for VMAP



4,109
calls to
VMAP line

22,083
hours of
VMAP
training

VMAP Regional Hubs



North
Launched October 2020

East
Launched January 2021

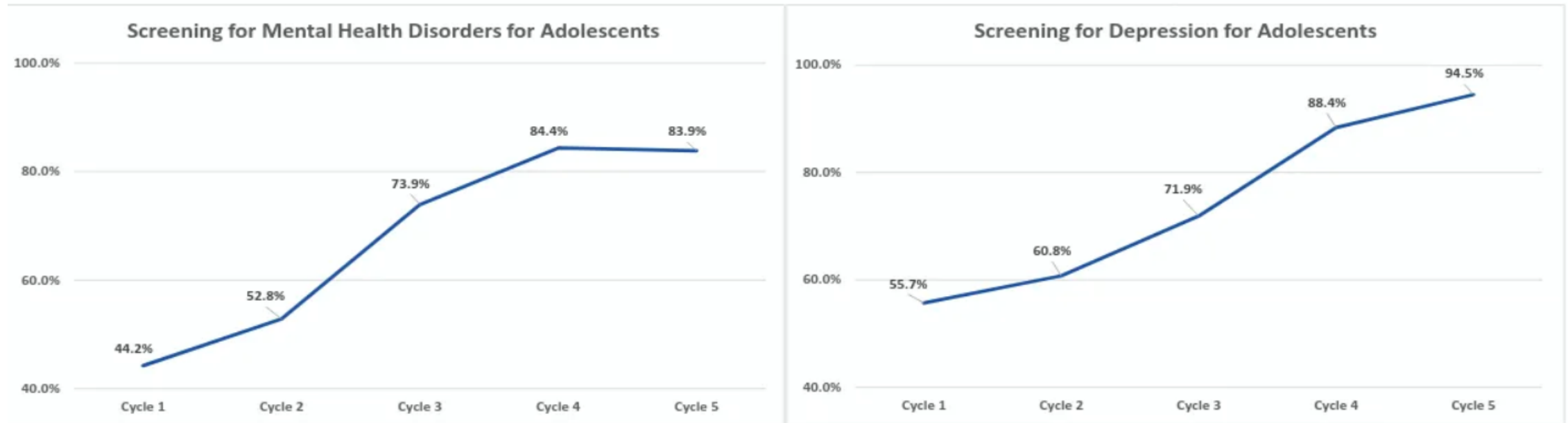
Southwest
Launched July 2021

Central
Launched August 2021

West
Launched February 2022

VMAP QI Project Results:

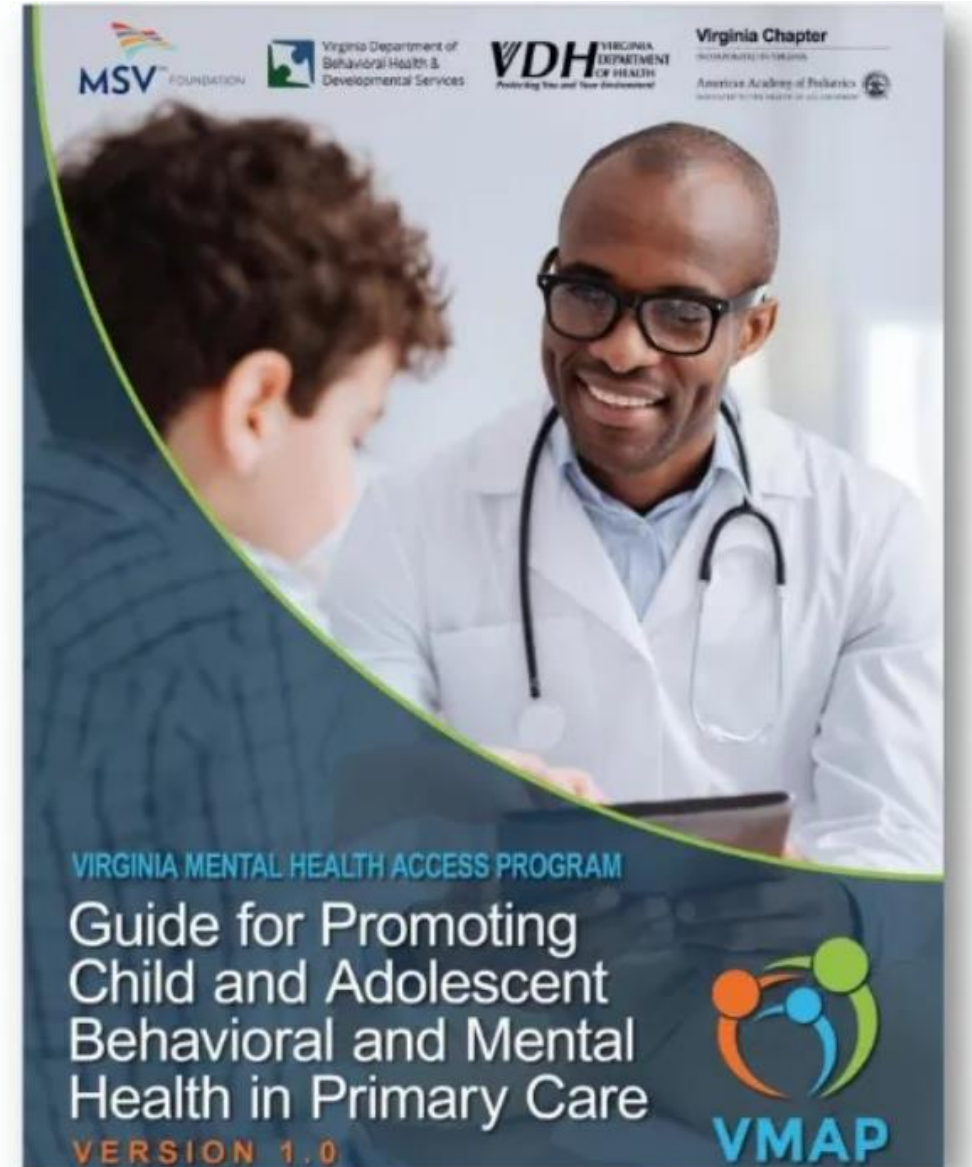
- 5 months of QI work by 41 providers across the state.
- Approximately 1,000 adolescents per month, with a total of 5,042 adolescents.
- Significant improvement in number of adolescents screened by end of project!



VMAP Guidebook

For Promoting Child and Adolescent Behavioral & Mental Health in Primary Care

- Disruptive Behavior & Aggression in Children 2-10
- Psychosis
- Substance Use Disorder
- Eating Disorders
- Sleep Challenges
- Depression
- Suicidality
- Anxiety
- Trauma & PTSD
- ADHD
- Bipolar Disorder



ED Related Project Description

- **EIIC ED Stop Suicide Collaborative Partnership**
 - Emergency Department Pilot training scheduled for Fall 2023. Funding is made possible through
 - U4J47108
 - Statutory Authority 42 U.S.C. § 254C-19 of the Bipartisan Safer Communities Act 9BCSA) (P.L. 117-159)
 - Federal Award Project Title – Pediatric Mental Health Care Access Expansion
- **Educational Opportunities**
 - VMAP offers the REACH Institute, adapted for Virginia providers and Project ECHO trainings throughout the year
 - Additional courses offered based on need expressed by provider population



VMAP

Virginia Mental Health
Access Program

Pediatric Mental Health Care Access (PMHCA) Programs

Thank You!



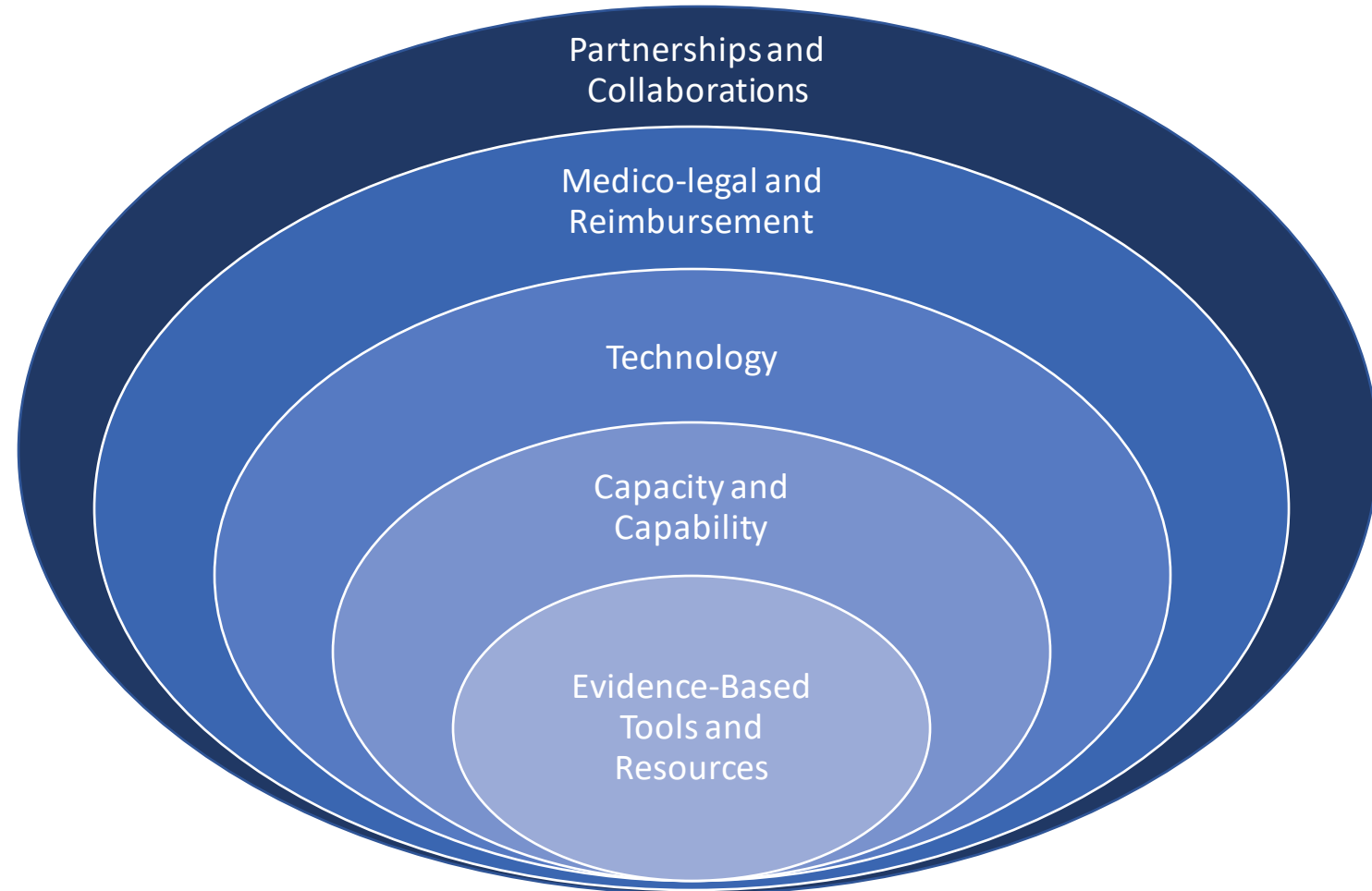
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Quick Poll

PMHCAs Future Work

- **EIIC Website Link:**
<https://emscimprovement.center/partners/pmhca/>
- **Centralized Resources**

Key Areas



Questions?

Thank you!



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