

# A Few of My Favorite Things: For Mental Health Integration

Kristine Hobbs, LMSW

QTIP Mental Health Integration Coordinator

Director of Community Initiatives

QTIP Summer Learning Collaborative - 2022

**“We [through QTIP] are not trying to make pediatricians mental health specialists; we are trying to help pediatricians identify a mental health need and then treat or refer as easily as they would a physical health need.”**

**~ Kristine**

# AAP Mental Health Toolkit

- Community Resources
- Support for Children and Families
- Clinical Information/Delivery Systems Redesign
  - Decision Support for Clinicians
  - Health Care Financing



# Support for Children and Families

*“You will only be perceived as ‘family friendly’ as your **LEAST** family friendly staff person.”*

*~Kristine*

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged. The sky is blue with light clouds, and the water is a deep blue. The text 'What we see:' is on the left, and 'Frustrated Parent' is written in red on the visible tip. Below the water line, the text 'What we don't see:' is on the left, and a list of hidden issues is on the right.

What we see:

**Frustrated Parent**

What we don't see:

Anxiety  
Worry  
Domestic violence  
Fear  
Poverty

Lack of social support  
Withdrawal symptoms  
Transportation problems  
Homelessness...



H Hope  
E Empathy  
L2 Language  
Loyalty  
P3 Permission  
Partnership  
Plan



# Clinical Information/Delivery Systems Redesign



*“Adding wings to caterpillars does not create butterflies, it creates awkward and dysfunctional caterpillars. Butterflies are created through transformation.”* ~Stephanie Marshall



# Clinical Information/Delivery Systems Redesign

- Process not people focused.
- Top-down AND bottom-up – everyone has a piece of the work.
- Data Driven –
  - *“In God we trust, all others must bring data.” ~Edward Deming*




*“When you take care of the process, the outcomes take care of themselves.”  
~Donna Strong*

# Clinical Decision Making

**Seattle Children's**  
**Primary Care Principles**  
**for Child Mental Health**

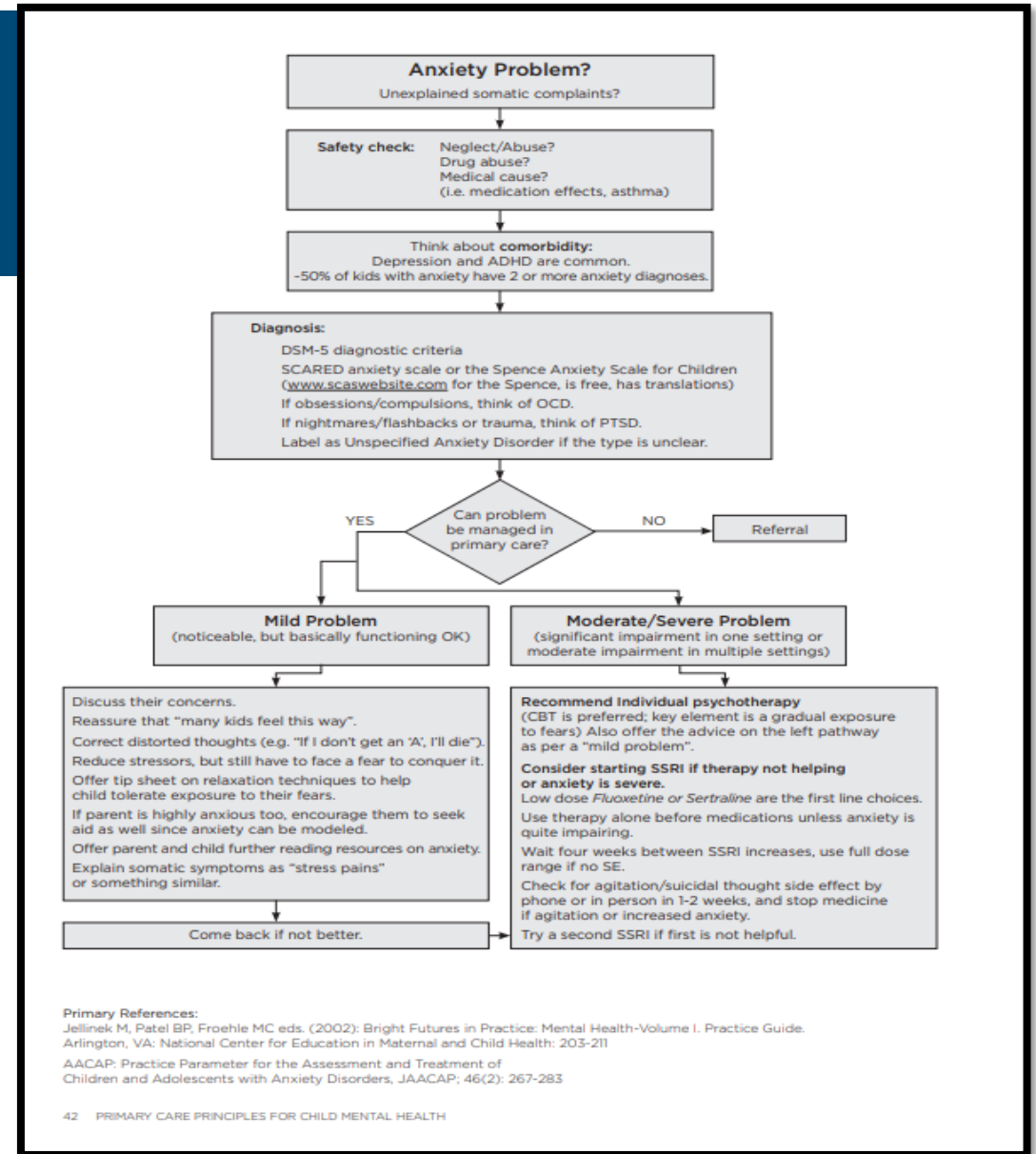
By Robert Hill, MD, program director, Partnership Access Line and Rebecca Barclay, MD, associate clinical program director, Partnership Access Line Seattle Children's Hospital

Version 10.0 — 2022

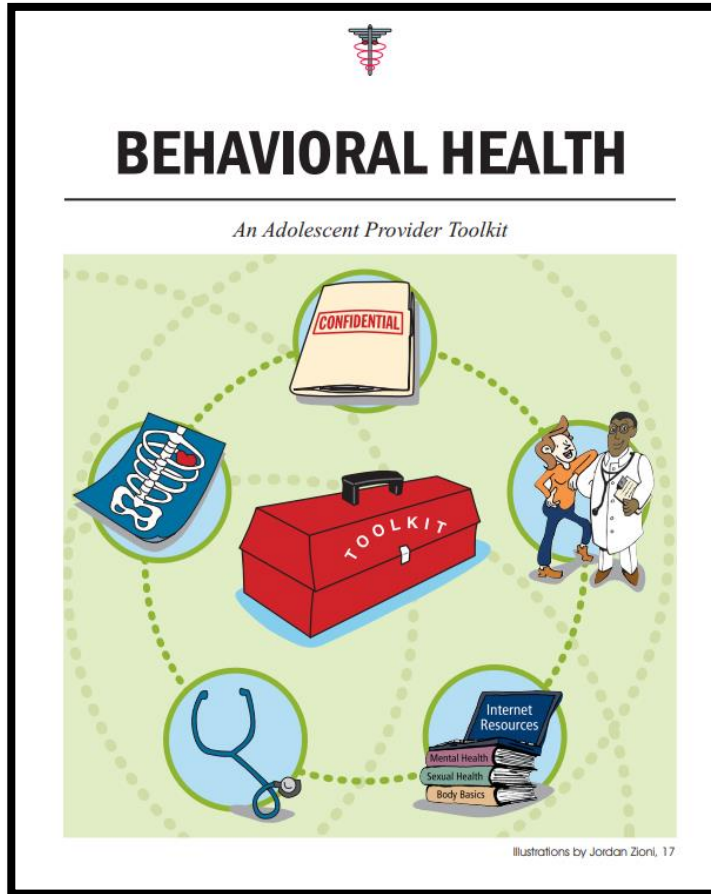




**Seattle Children's**  
 HOSPITAL • RESEARCH • FOUNDATION

**PARTNERSHIP ACCESS LINE**  
 Child Psychiatric Consultation  
 for Primary Care Providers



# Clinical Decision Making











Name: \_\_\_\_\_  
Date: \_\_\_\_\_

## ADHD MONITORING SHEET

### SYMPTOMS

For each symptom, circle the number that describes how much of a problem it was this week.  
1= Not a Problem                      3= Somewhat a Problem                      5= Severe Problem









 1 2 3 4 5 Trouble paying attention	 1 2 3 4 5 Hard to stay still	 1 2 3 4 5 Trouble finishing school work	 1 2 3 4 5 Hard not to blurt out things or interrupt
 1 2 3 4 5 Trouble finding or keeping track of things	 1 2 3 4 5 Trouble finishing chores or tasks at home	 1 2 3 4 5 Got into arguments or fights with others	 1 2 3 4 5 Got into trouble for not listening

### Medications

Name of Medication:	Take When?	How Much?
_____	Morning    During School    After School	_____
_____	Morning    During School    After School	_____

### Side Effects

For each side effect, circle the number that describes how much of a problem it was this week.  
1= Not a Problem                      3= Somewhat a Problem                      5= Severe Problem

 1 2 3 4 5 Trouble falling asleep	 1 2 3 4 5 Too sleepy	 1 2 3 4 5 Not feeling hungry	 1 2 3 4 5 Trouble with eyes
 1 2 3 4 5 Feeling grouchy or irritable	 1 2 3 4 5 Stomach aches	 1 2 3 4 5 Feeling restless or fidgety	 1 2 3 4 5 Feeling thirsty a lot

Source: 1) Children's Medication Algorithm Project, Texas Dept. of State Health Services. ADHD Monitoring Sheet. 2004. www.dshs.state.tx.us/inrprograms/CMA/Ped/dtm. Adapted with permission.  
Adolescent Provider Toolkit                      D-23                      ©Adolescent Health Working Group, www.ahwg.net, 2007



MENTAL HEALTH

SPRING 2023

# WebEx Wednesdays Continue

## 1<sup>st</sup> Wednesday of the Month, 12:30-1:30

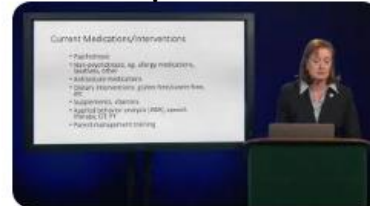
Dr. Khetpal to facilitate discussions of autism assessment and treatment using videos below.

August 3<sup>rd</sup>



Phenomenology and  
Assessment of Autism and  
Intellectual Disabilities

September 7<sup>th</sup>



Clinical Practice Psychiatric  
Assessment and Work-Up in  
Developmental Disabilities

October 5<sup>th</sup>



Co-Occurring Mental Health  
Conditions in Autism  
Spectrum Disorder

November 2<sup>nd</sup>



Behavioral Treatment of  
Autism Spectrum Disorder: A  
Review of the Evidence

December 7<sup>th</sup>



Pharmacologic Treatment of  
Autism Spectrum Disorders

January 4<sup>th</sup>



The Autism Spectrum  
Disorder/Intellectual  
Developmental Disorder  
School Intervention Process  
and Professional Team

February 1<sup>st</sup>



Transition Planning and the  
IEP Process



# Healthcare Financing



