

Focus on Mental Health

QTIP Behavioral Health - 101
Kristine Hobbs, LMSW

1 in 5 Children In South Carolina Experiences a Mental Health Disorder

Pediatric Visits
Pediatrics, 2006...24% of pediatric primary care visits involve behavioral, emotional or developmental concerns

Suicide
Nationally:
3rd leading cause of death - 10-14 yr olds
SC: 1st leading cause of death - 10-14 yr olds

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20/20

Barbara Ward-Zimmerman, Ph.D.
Child Health and Development Institute of Connecticut, Inc.
Society for Research in Child Development, 2009

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50%--by 14yrs

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Integration - a balancing act...

AAP Mental Health Toolkit

Framework for MH Activities

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

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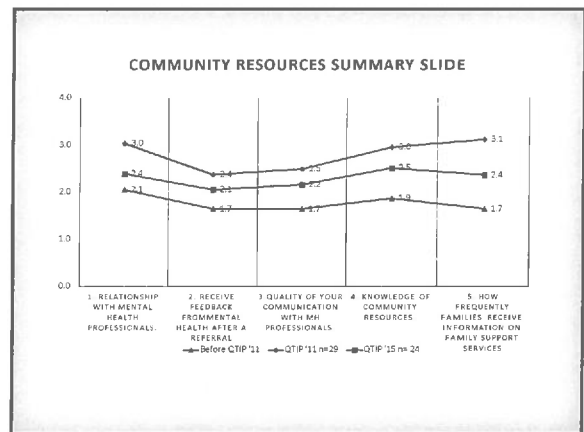
Community Resources Actions:

- Visits
- Referral Loops
- Liaison

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Referral and Feedback Forms...

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Healthcare Financing Actions:

- Medicaid Bulletins
- Advocate
- Office Flow

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NAMI – “What Families want from Primary Care”

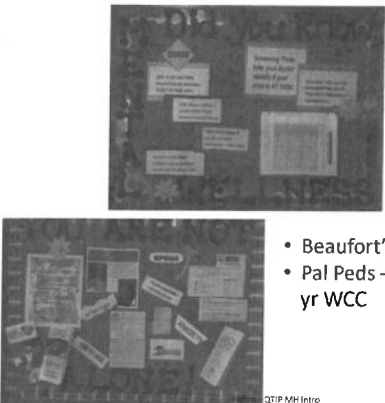
- Resources
- Office Set-Up
- Supportive, non-judgmental atmosphere
- Routine Screenings, questionnaires, and or checklists

Taken from NAMI brochure, “What Families Want from Primary Care”
<http://www.nami.org/template.cfm?template=/contentmanagement/contentdisplay.cfm&contentid=120672>
 Full document: <http://www.nami.org/template.cfm?template=/contentmanagement/contentdisplay.cfm&contentid=120671>

Support for Children and Families Actions:

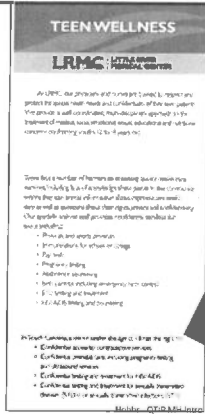
- Bulletin boards
- Group Visits
- Handouts
- Family Advocacy Groups

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- Beaufort’s Bulletin Boards
- Pal Peds –handouts at 6-10 yr WCC

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to South Carolina's teen center design of 11 for the right:

- Confidential access to contraceptive services
- Confidential access to pregnancy testing and prenatal services
- Confidential testing and treatment for HIV/AIDS
- Confidential testing and treatment for sexually transmitted disease (STD) or sexually transmitted infection (STI)


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CHOC and Families...



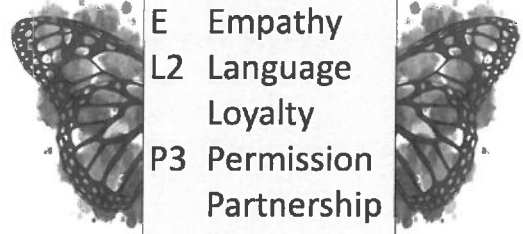
- Hispanic Families Health Fair...
- Asking families when they leave the office about their experiences that day...

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- Routed ED handout to families for comment before distribution
- Instructions posted in Spanish and English
- Binder of community resources in waiting room
- Created a lending library for families

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H Hope
E Empathy
L2 Language
Loyalty
P3 Permission
Partnership
Plan

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System Redesign Actions:

- Quality Improvement Techniques
- Screening Protocols
- EMRs
- Clinical Guidelines for Care
- Referral and Feedback Loops

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Barnwell handout....

Medication Guide
About Using Antidepressants in Children and Teenagers

What is the most important information I should know if my child is being prescribed an antidepressant?

Parents or guardians need to think about 4 important things when their child is prescribed an antidepressant:

1. There is a risk of suicidal thoughts or actions
2. How to try to prevent suicidal thoughts or actions in your child
3. You should watch for certain signs if your child is taking an antidepressant
4. There are benefits and risks when using antidepressants

...handout goes on to explain each of these four statements...

<http://www.fda.gov/downloads/oc/ohrt/ohrt/medicationguides/UCM116164.pdf>

Barnwell handout....

Antidepressant Contract Between Parents/Tutors/Providers

A handout has been given to me and explained on the risks and benefits of using an antidepressant. I am fully aware there have been instances of increased suicidal thoughts and attempts of patients who are taking antidepressants. I am also aware that I'll be not adhere to the conditions, I will not be by my provider, antidepressants will no longer be prescribed for me.

Parent Signature: _____ Date: _____

A handout has been given to me and explained on the risks and benefits of using an antidepressant. I am fully aware there have been instances of increased suicidal thoughts and attempts by patients who are taking antidepressants. I am also aware that if my child does not adhere to the conditions, I will not be by my provider, antidepressants will no longer be prescribed. I agree to monitor the administration and side effects of my child while he/she is taking the antidepressant and will report any questionable behavior to their provider immediately.

Parent Signature: _____ Date: _____

Provider Signature: _____ Date: _____

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Beaufort Peds Edinburgh Consent...

HEALTHY ANIMALES make HEALTHY BABIES and WE want to ensure the BEST possible care for your family. I, _____ (mother's name) give permission to share this information with my OB or general practitioner if my pediatrician/healthcare provider at Beaufort Pediatrics feels it is in the best interest for me or my infant/child.

EDINBURGH POSTNATAL DEPRESSION SCALE

Today's Date: ____/____/____ Weeks pregnant: ____ or weeks postpartum: ____

Baby Name: _____ Given Name(s): _____ TOTAL SCORE: []

INSTRUCTIONS:
 Please color in one circle for each question that is the closest to how you have felt in the PAST SEVEN DAYS.

1. I have been able to laugh and see the funny side of things:	6. Things have been getting on top of me:
<input type="radio"/> As much as I always could	<input type="radio"/> Yes, most of the time I haven't been able to cope at all
<input type="radio"/> Not quite as much now	<input type="radio"/> Yes, sometimes I haven't been coping as well as usual
<input type="radio"/> Definitely not so much now	<input type="radio"/> No, most of the time I have coped quite well
<input type="radio"/> Not at all	<input type="radio"/> No, I have been coping as well as ever
2. I have looked forward with enjoyment at things:	7. I have been able to get going in the morning:
<input type="radio"/> As much as I always could	<input type="radio"/> Yes, most of the time I haven't been able to get going in the morning
<input type="radio"/> Not quite as much now	<input type="radio"/> Yes, sometimes I haven't been coping as well as usual
<input type="radio"/> Definitely not so much now	<input type="radio"/> No, most of the time I have coped quite well
<input type="radio"/> Not at all	<input type="radio"/> No, I have been coping as well as ever

Other ideas...

- Recall and reminder systems for your children on ADHD medications
- Labeled folders containing handouts
- Created staff orientation notebook for new staff
- Three Midlands practices worked with their DMH centers on feedback loops
- Assign nurses specialty areas for patient care

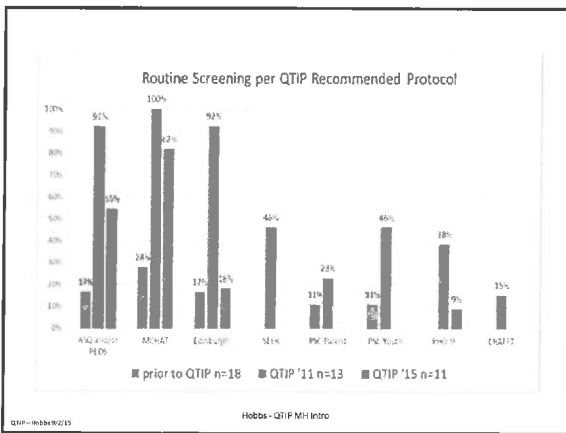
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SC QTIP Recommended Routine Screening Protocol

Babies and Preschoolers	Elementary School	Adolescents
Developmental Screening All: ASQ-3 or PEDS MCHAT	All: PSC – parent report	All: PSC-Y 11+
Psychosocial/ Environmental Risk Factors - Edinburgh Post-Partum depression screen for moms SEEK-PSQ	If indicated: SCARED – 8+ Vanderbilt	If indicated or desired: Modified PHQ-9 CRAFT SCARED Vanderbilt

(see website for links)

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Carolina Peds Protocol

Screenings:	Age:	Given:	Yearly Office Forms
CRAFT	11-18 years of age	At Well Checks or if Parent/Child expresses a concern (mental, social, etc)	Yearly Well Exams
PSC-Y	11-18 years of age	At Well Check or if Parent/Child expresses a concern (mental, social, etc)	Yearly Well Exams
PHQ-9		Only if above screenings "flag" for PHQ-9	
SCARED		Only if above screening "flag" for SCARED	
Postpartum	At 2 weeks and 2 months	Given to mother at 2 week well exam for newborn and 2 month well exam	HEAA for consent to share with OB/GYN
PEDS	9, 18, 34 Months (unless a screening is missed during that time)	At well checks - see Ages column. 3 screenings can be given by the age of 36 months. If PEDS screening is positive	

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Clinical Decision Making Actions:

- TA Visits
- Psychiatric Consultation
- Skill Building
- Share Resources

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Decision Support

- On-line Training Resources
- Care Guides
- AAP MH Toolkit
- Consultation by Dr. Khetpal
- Coaching on MI and HELP

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Primary Care Principles for Child Mental Health
Dr. Robert Hilt, MD

<p>Care Guide Topics:</p> <ul style="list-style-type: none"> • ADHD • Anxiety • Autism Spectrum Disorders • Bipolar • Depression • Developmental Screenings • Disruptive Behavior and Aggression • Eating Disorder 	<p>General Care Guide Format:</p> <ul style="list-style-type: none"> • Algorithm • Rating Scales • Scoring Instructions • Medication • Resources for the child and family
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AAP Mental Health Task Force

“The PCP has the capacity to have a positive impact on a child’s mental health without knowing precisely the child’s diagnosis”

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How will this work...

In looking at where you want to be, we have to be aware of what fits your Pediatric Practice’s needs. We need...

- To figure out what **YOU** want;
- To be aware of **YOUR** patient population;
- To take into account **YOUR** skills, knowledge and comfort level; and
- To look at what financing works for **YOU**.

THEN, we can look the integration model for **YOUR** practice

WE ARE DOING THIS ON A PRACTICE BY PRACTICE BASIS.

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