

Developing Effective Collaboration in Children's Mental health: One Question At a Time

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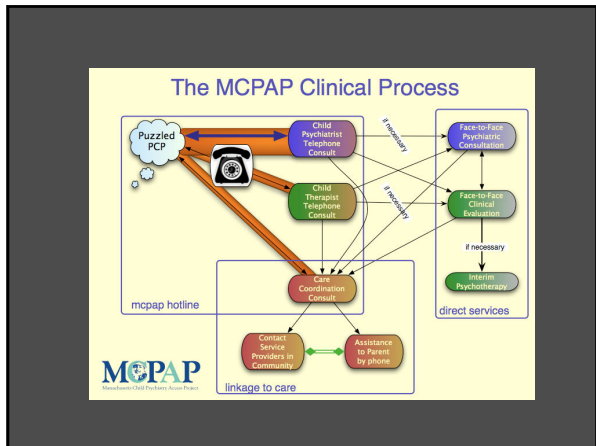
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Disclosures

- Drs. Sarvet and Sulik have no financial relationships or other conflicts of interest relevant to this presentation


Background

- Massachusetts (Sarvet): Statewide system of child psychiatry consultation, care coordination, and educational services for primary care
- Minnesota (Sulik): Localized clinic/health system based model of collocation, consultation, and collaborative care



- ## Program Design
- Dedicated teams deployed regionally across state
 - A state governmental program, through the MA Dept of Mental Health, administered by the Medicaid MCO.
 - Serves all children and families in MA regardless of insurance status
 - Teams hosted by prominent children's healthcare institutions with existing networked relationships with pediatricians
 - Operating budgets of teams are fully funded, subject to reconciliation of third party reimbursement

Types of Consultation Questions



Help!

Diagnostic question

Treatment planning

Unable to access MH resources

Need second opinion

Medication Questions

-Selection

-Side Effects

-Interim management

Screening support

Therapy Questions

-Selection

-Monitoring

-Linkages

Outline of Curriculum

- General Children's Mental Health
- Presenting Problems
- Assessment and Diagnosis
- Management of Diagnostic Syndromes
- "Friday afternoon" Questions

Settings for Education

- Individual telephonic "curbside" consultation
- Small consultation group
- Conference
- Online columns or email
- Book

General Mental Health Questions

- Doesn't a patient need to be seen by a child psychiatrist for the "official diagnosis"?
- teaching points:
 - application of diagnostic criteria
 - functional impairment criteria
 - symptoms not attributed to other diagnosis

General Mental Health Questions

- I'm thinking about starting mental health screening in my practice. Which screen should I use? How to interpret?
- Teaching points
 - parent ratings for young kids, externalizing sx's, self-report ratings for adolescents, internalizing sx's
 - follow-up interview for positive screens
 - privacy, use of office staff, narrow band vs. broad band
 - options based on preferences regarding cost, convenience, brevity, ease of scoring

General Mental Health Questions

- I have this patient who has been functioning poorly for years but refuses to see a mental health provider. Any ideas how I can convince him?
- Teaching points:
 - Well...he's seeing you, isn't he? Interventions possible in primary care: psychoeducation, brief counseling approaches, psychopharmacology, family conference
 - Basic motivational interviewing principles, mobilizing family supports

General Mental Health Questions

- I just found out that my patient has been in a substance abuse treatment program and I did not know anything about it. Should I be involved somehow?
- Teaching points
 - Scope of practice, monitoring, coordinating role of pcp
 - How to gather information about problem and treatment

Presenting Problems

- Hyperactivity/Inattention
- Depressive symptoms
- Anxiety, avoidance
- Aggressive Behavior
- Oddness
- Substance abuse
- Self-injurious behavior
- School Refusal
- Risk taking behavior
- Underachievement
- Psychosomatic symptoms
- Abnormal eating
- Victim of abuse/trauma
- Hallucinations in children
- Hallucinations in adolescents

Teaching Points: Differential diagnosis for each problem. Assessment procedures for differential diagnoses including psychiatric ROS, rating scales, mental status exam findings

Assessment and Diagnosis

- What's the best way to ask a kid about suicidality?
 - Teaching points
 - Establishing rapport
 - Interviewing techniques: direct, straightforward approach
 - Asking questions in context of depressive symptoms, not out of the blue

Assessment and Diagnosis

- Checklist is positive for depression, ROS is negative for medical illness, substance abuse, bipolar. What should I prescribe? Teaching point:
 - **Common PCC omission: the MSE**
 - Discuss general approach to brief clinical interview MSE

Assessment and Diagnosis

- My 7 yo patient can't focus in school and has difficulty sitting still. I want someone to do more thorough testing for ADHD but I can't get a child psychiatrist to see this patient?
 - Teaching points:
 - Application of DSM IV criteria for ADHD
 - Use of rating scales
 - Differential diagnosis of ADHD
 - Discussion of role of psychiatric consultation and/or psychometric testing

Management of Diagnostic Syndromes

- A mom called this morning and said "My daughter has been on the new medication for two weeks there hasn't been any change. She wants to switch to a new medicine. How long should I tell her to wait before we switch it?"
 - Teaching points
 - Time course of response to antidepressants
 - Review of best practice guidelines regarding dose titration (ie GLAD-PC)
 - Monitoring tools and techniques

Management of Diagnostic Syndromes

- I have a patient with ADHD. Ritalin has helped somewhat but he's still got moderate symptoms. Is there anything more I can do?
 - Teaching points:
 - Stimulant dose titration tips, dosage limits
 - Second, third line medication options
 - Psychosocial intervention strategies: educational interventions, psychotherapy: behavioral, parent training
 - assessment of possible comorbidities

Management of Diagnostic Syndromes

- I have an 8 year old that I put on Zoloft two weeks ago for generalized anxiety disorder. Mom called to say that she stopped the med because he became like a different person, hyperactive, uncharacteristically aggressive. He recovered after 2 days, but she's worried and doesn't want any other medication. What should I do?
 - Teaching points
 - activation vs. hypomania/mania
 - need for anticipatory guidance (in retrospect)
 - consideration of CBT referral rather than medication
 - reconsideration of diagnosis
 - risk assessment for second ssri trial

Friday Afternoon Specials

- I have this 15 year old girl in my clinic now whose mom brought her in because she had made a suicidal threat at school. Should I just hospitalize her?
 - Teaching points
 - Risk factors for completed suicide
 - Interviewing approaches for assessing suicidality and dangerousness
 - How to access crisis services
 - How to collaborate with crisis services
 - Selection of appropriate level of care, spectrum of acute services

Friday Afternoon Specials

- A 17 year old patient of my partner, came in for a sore throat. I noticed cuts up and down her arms, some of them fresh. When I asked her about them, she started crying. What should I do?
 - Teaching points:
 - Handling the clinical interview with a distraught patient
 - Risk/dangerousness assessment
 - Assessing supports, discussing options for treatment
 - Access/Collaboration with crisis services

Key Features of Question Based Curriculum Model

- Problem-based learning
- Breaking down topics into bite-sized chunks
- Use of real-world scenarios: actually questions are derived from actual telephone consultations
- Works best within framework of collaborative system with ready access to child psychiatry consultation
