

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

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## Disclosures

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

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## 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

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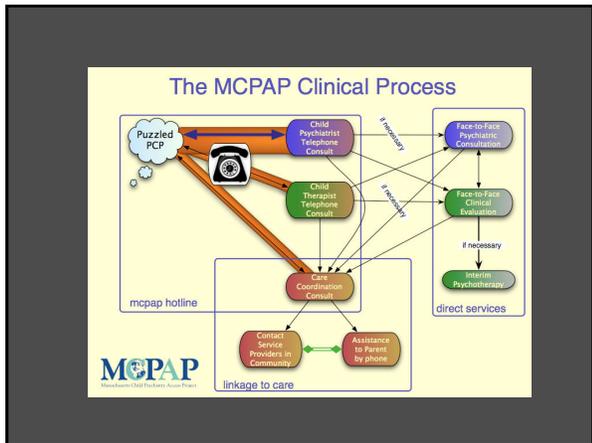
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- ## Program Design
- Dedicated teams deployed regionally across state
  - A state governmental program, through the MA Dept of Mental Health, administered by the Medicaid MCO.
  - Serves all children and families in MA regardless of insurance status
  - 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

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## Types of Consultation Questions

Help!	Medication Questions	Therapy Questions
Diagnostic question	-Selection	-Selection
Treatment planning	-Side Effects	-Monitoring
Unable to access MH resources	-Interim management	-Linkages
Need second opinion	Screening support	

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## Outline of Curriculum

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

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## Settings for Education

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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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