Behavioral & Mental Health in Primary Care Pediatrics

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What Is Our Why?







What Is Our Why?

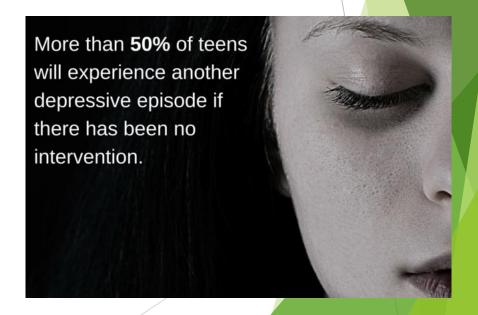
- ► 20% of children and adolescents with mental health diagnosis
- > ~33% receive appropriate care
- ► 10 years from first presentation to treatment





Mental Health & Emergency Department

- ▶ 3% of Pediatric ED visits
- ▶ 10% of hospitalizations
- >50% with no prior MH care





Mental Health and Primary Care

- Shortage of Specialty Providers
 - ► Child & Adolescent Psychiatry
 - ► Developmental Behavioral Pediatrics
 - ▶ Neurologists
- Pressure for PCPs to provide
 - ► Initial evaluation
 - ► Ongoing Care



Mental Health and Primary Care

- ► US Adolescents
 - ▶84% at least one visit / year with PCP
 - ▶66% with well child check in past year

- CPCMG Adolescents
 - ▶66.5% with well child check in past year



CPCMG's Experience

- ► Children's Primary Care Medical Group (CPCMG)
- ► Founded in 1995
- ▶ 29 offices
 - ► San Diego and Riverside Counties
- ~280,000 children and adolescents



Mental Health and CPCMG

- Adolescent retention
 - ► Medical Home for all aspects of health care
 - ► Well Child Care
 - ► Sports Physicals
 - ► Mental Health Care
 - ► Sick Visits
- Community Service
 - ▶ Being there "... In Your Neighborhood"
 - ► Support for all insurance plans



CPCMG's Experience

► Integrating physicians, NPs in key geographic areas

Capitalizing on current expertise

Providing specific training



Diagnoses

- ► ADHD
- Anxiety
- Depression
- ► Learning Disabilities



Referral Process

- Patient seen by primary
- ► Referral via EPIC
- Specialized appointments
 - Extra time
 - Consultant coding
 - ► Notes sent back to referring provider



By The Numbers

- Visits
 - ▶ July December 2017
 - >268
 - ► January December 2018
 - **1326**
 - ► January October 2019
 - **1810**



- Smart Care Behavioral Health Consultative Services (BHCS)
 - ► Post Partum Depression Screening
 - ► Therapists in Office
 - Autism parenting connections
 - Peer to Peer and Teleconferences
 - **▶**858-880-6405





- ► San Diego Center for Children (SDCC)
 - ► Therapist in Office

- **►** UCSD
 - Access To Tailored Autism Integrated Care (ATTAIN)
 - ►DB Peds Monthly Journal Club and Friday Fellows Conference







- ► USD DNP program
 - ► Collaboration for research proposals



- ►AAP CA-3
 - ► DB Pediatrics Task Force
 - ► Trauma Screening Task Force





- ► Population Health
 - ► CPCMG Director of Population Health
 - ► CPCMG Director of Balance and Well Being

- ► RCHSD
 - ► Transforming Mental Health Initiative





- ► Private Practice
 - ▶ Therapists
 - ► Psychiatrists
- ► Public Speaking
 - **►** CICAMH
 - **USD**
 - **►** TCPi
 - ► Hadassah



What Is Our Why?

► Healthy & Resilient Children and Adolescents

- Medical Care + Mental Health Care =
 - ►TRUE Primary Care





Links

- https://pediatrics.aappublications.org/content/early/2019/01/10/peds.2018-1771
- ▶ Borges, Wang, Medina-Mora, et al. Am J Public Health. 2007; 97(9):1638-1643.
- ▶ Bridgemohan, Bauer, Nielsen, et al. Pediatrics. 2018;141(3):e20172164
- ▶ Gill, Saunders, Gandhi, et al. J Am Acad Child Adol Psych. 2017; 56(6) 475-482.
- Guttman et al. J Am Acad Child Adol Psych. 2017; 56(6):475-482.
- Merikangas, He, Burstein, et al. J Am Acad Child Adol Psych. 2010; 49(10): 980-989.
- ▶ Merikangas, He, Burstein, et al. J Am Acad Child Adol Psych. 2011; 50(1): 32-45.
- Reardon, Harvey, Baranowska, et al. Eur Child Adolesc Psychiatry. 2017; 26: 623-647.
- ▶ Richardson, McCarty, Radovic, et al. J Adol Health. 2017; 60(3):261-9.
- ► Tschudy, Raphael, Nehal, et al. Pediatrics. 2016; 138(3):e20153458.



Links

- https://www.rchsd.org/medical-professionals/transforming-clinical-practices-initiative-tcpi/2017-tcpi-learning-collaborative-presentation/
- www.aapc.com.cdn.ampproject.org
- www.mcpap.com
- Smart Care
 - http://www.smartcarebhcs.org
 - ▶ 858-880-6405 Peer to Peer line
- www.aap.org



Links

- California Warm Line
 - **855-845-7415**
- National Suicide Prevention Lifeline
 - ▶ 800-273-8255 [TALK]
- ► Smart Care BHCS
 - ► Parent Line (858) 956-5901



Questions?



