Focus on Mental Health

QTIP Learning Collaborative
July 2013
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Remind me why we're talking about this?
From the grant:
"Behavioral health is fully integrated into our demonstration grant as Category C which specifically focuses on the integration of behavioral health care within the medical home..."

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

Suicide
3rd leading cause of death - 10-24 yr olds
4th leading cause of death - 25-29 yr olds

A butterfly has to break out of its cocoon and a bird has to tear and claw its way out of the shell. They don't get to the next stage of their lives passively. And unfortunately, neither do adolescents.
—James Lehman
EmpoweringParents.com
SC - Kids and Suicide?

Leading Causes of Injury Deaths among Children by Age Group, SC 2006 to 2010

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Cause of Death</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
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<tr>
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<td>Drowning</td>
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<tr>
<td>Infant</td>
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<tr>
<td>Infant</td>
<td>SIDS</td>
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<td>1</td>
<td>2</td>
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<tr>
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<td>Automobile</td>
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<tr>
<td>Toddler</td>
<td>Drowning</td>
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<td>Toddler</td>
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<tr>
<td>Teen</td>
<td>Automobile</td>
<td>1</td>
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</table>

MSW may stand for must save the world, but remember, MD stands for my decision!

The Butterfly Effect

The phenomenon whereby a small change at one place in a complex system can have large effects elsewhere. For example, a butterfly flapping its wings in Rio de Janeiro might change the weather in Chicago.
We are but small butterflies in the garden of life. ~Carston D. Roach

Community Resources:
- Inventory of available providers
- Knowledge needed to access core services
- Collaborative relationships with key providers

Referral and Feedback Forms...

Health Care Financing:
- Coding to capture payment

Community Visitors:
11 practices with 10 DMH centers (50 of the 17)
6 practices with 3 family groups
2 practices with 11 other local resources/providers

- Lists of MCO providers
- Outreaching to providers on list using AAP Toolkit Letters

"Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar." ~Dr. Seuss
Still work to be done...

- DHHS is working on the policies around authorizations
- MCOs have different authorization policies
- System of Care Grant
- CMS/SAMSHA bulletin published May 7, 2013 – Coverage of Behavioral Health Services for Children, Youth, and Young Adults with Significant Mental Health Concerns

Just living is not enough, said the butterfly.
One must have sunshine, freedom, and a little flower.
— Hans Christian Andersen

Support for Children and Families
- First contact – feel welcome
- Culturally effective MH care
- Mental health promotion
- Confidentiality
- Adolescents – MH/SA
- Engage parents in MH planning
- Self and family management – software
- Referral assistance
- CHOC coordination for MH needs
- Special populations
- Family centeredness
- C3 for kids with MH needs

Support for Children and Families
- First contact – feel welcome
- Culturally effective MH care
- Mental health promotion

- Beaufort’s Bulletin Boards
- Pal Peds – started giving out informational handouts at 6-10 yr WCC to set the stage for MH screenings later

Support for Children and Families
- Culturally effective MH care
- Engage patient in MH dialog
- CHOC and family management – self-care
- Referral assistance
- CHOC coordination for MH needs
- Special populations
- Family centeredness
- C3 for kids with MH needs

CHOC and Families...
- Hispanic Families Health Fair...
- Asking families when they leave the office about their experiences that day...
Support for Children and Families
- Culturally effective
- MH case
- Engage patients in MH diagnosis
- Self and family
- Referral assistance
- Care coordination
- Special needs families
- Child MH needs

Referral Assistance/Care Coordination
- 10 have Parent Partners though QTIQ
- 2 have Community Health Workers

BJHCS
- NAMI of Beaufort leading Family Classes at their location
- Connected to their First Steps
- Connected a child with grief camp after the parent died

Multiple Visits....

Clinical Info Systems/Delivery Systems Redesign

Barnwell provides following handout to patients and parents....

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 suicide 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...]


Clinical Info Systems/Delivery Systems Redesign

Barnwell provides following handout to patients and parents....

Clinical Info Systems/Delivery Systems Redesign

Clinical Info Systems/Delivery Systems Redesign

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Clinical Info Systems/Delivery Systems Redesign

Dr. Edwards has started Group ADHD visits
Beaufort Peds – added consent to top of Edinburgh

Integration - a balancing act...

January LC Slide...

Routine or Pilot Screenings

<table>
<thead>
<tr>
<th>SC QTIP Recommended Routine Screening Protocol</th>
<th>All</th>
<th>15 routine</th>
<th>11 routine</th>
<th>9 routine</th>
<th>5 pilot</th>
<th>4 routine</th>
<th>10 routine</th>
<th>1 pilot</th>
<th>1 pilot</th>
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</thead>
<tbody>
<tr>
<td>Bilbar and Pre-Kindergarten</td>
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<td>11 routine</td>
<td>9 routine</td>
<td>5 pilot</td>
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<tr>
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<td>11 routine</td>
<td>9 routine</td>
<td>5 pilot</td>
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<tr>
<td>Adolescents</td>
<td>All</td>
<td>15 routine</td>
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</table>

Other ideas...
- Many of you have set up recall and reminder systems for your children on ADHD medications
- AnMed - did PSA cycles looking at depression medication management
- Three of our Midlands practices are working with their local DMH center on feedback loops
- We are continuing to offer and have practices participate in UMASS training
- Several of you are still considering your options around co-located behavioral health providers

“Grown-ups love figures. When you tell them that you have made a new friend, they never ask you any questions about essential matters. They never say to you, What does his voice sound like? What games does he love best? Does he collect butterflies?…”

*Antoine de Saint-Exupery, The Little Prince, 1943*
Examples of practices that have developed...

<table>
<thead>
<tr>
<th>Health Screenings for Carolina Pediatric Patients and Families</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screening</td>
</tr>
<tr>
<td>----------</td>
</tr>
<tr>
<td>CDM</td>
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<td>NCC</td>
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</table>

Decision Support

AAP Clinical Guidelines
Academic Detailing
Motivational Interviewing
HELP
H - Hope
E - Empathy
L - Language, Loyalty
P - Permission, Partnership, Plan

Decision Support for Clinicians

- Functional assessment: how does the MHA issue affect functioning?
- Clinical guidelines - training sessions
- Protocols for kids with MHA issues and to help foster self-esteem
- Psychiatric consultation
- Screening: how does the MHA issue affect functioning?
- Enhanced education to help foster self-esteem
- Psychiatric consultation

Psychiatric consultation
- USC Neuropsychiatry
- DSS Medical Consultant
- Lexington County DMH child psychiatrist meeting with local doctors
- DHHS talking about models

Screening Protocols - already talked about that

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."
— Maya Angelou

“It's all right to have butterflies in your stomach. Just get them to fly in formation.”
— Neil Gaiman