

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

More than **50%** of teens will experience another depressive episode if there has been no intervention.

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

Community Connections

- ▶ 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

Community Connections

- ▶ 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



Community Connections

- ▶ USD DNP program
 - ▶ Collaboration for research proposals

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



Community Connections

- ▶ Population Health
 - ▶ CPCMG Director of Population Health
 - ▶ CPCMG Director of Balance and Well Being
- ▶ RCHSD
 - ▶ Transforming Mental Health Initiative

Community Connections

- ▶ 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?

