

Child Psychiatry Access Programs

Lisa Durette, MD, DFAPA, DFAACAP

The Problem

— — —

- At least 1/2 youth with MH problem do NOT receive treatment
- Pediatricians report feeling they lack the training to treat MH problems
- There is a national shortage of child mental health providers

Mental Health American Youth Ranking 2022

— — —

[Mhanational.org](https://mhanational.org)

1. Youth with at least one MDE in the past year
2. Youth with SUD in the past year
3. Youth with severe MDE
4. Youth with MDE who did NOT receive care
5. Youth with MDE who received some care
6. Youth with private insurance that excludes MH
7. Youth identified as SED

AACAP Workforce Maps by State

— — —

- Clark County: 510,453 youth
- Total practicing CAPs: 17
- 3:100000 youth
- Nationally, 14:100000

Solutions

— — —

- 2004, Massachusetts Child Psychiatry Access Project was implemented
- WA Partnership Access Line came next
- 2011, National Network of Child Psychiatry Access Programs established (www.nncpap.org)
- 46 states now have a CPAP

What IS a CPAP?

— — —

- Physician to physician dedicated telephonic consultation hotlines
- Immediate/same day telephonic support on diagnosis, management, and care coordination
- Many also provide tele-video consultation

Pal – Pediatric Access Line

— — —

- Through the Center For Community Solutions
 - Call: 702-553-4528
 - www.nvpal.org for more information including to “Message Us”
 - Mobile-Enabled, text-to-consult
-
- CALL NOW
 - SIGN UP TODAY
 - LEARN MORE on the website.

More Info on Us and the Program

— — —

- NV DPBH Mental Health Block Grant Funded since 2020
- Dr. Durette:
 - Founder CAP fellowship
 - Interim chair PBH
 - Former chair, Commission on Mental and Behavioral Health
- CPLC:
 - Care coordination
 - Dedication to MH space: homeless courtyard & THRIVE
- CCS:
 - Data & Website

Pal Library

— — —

- <https://center4cs.org/resources/>
- Offers free, open-access library of quick summary guides
- Each guide includes diagnosis, treatment, medication protocols, etc.
- Ex: ADHD, Anxiety, Autism, Depression, Eating Disorders, Suicide Screening, ODD, Substance Abuse Treatment, and many more.

The Numbers

— — —

- 859 Child & Adolescent Psychiatric Consultations
- 2384 Care Coordination Encounters
- 101 Enrolled PCP's across Nevada

More Numbers

- — —
 - Pre-Post Survey Comparison:
 - “I am able to consult w/ child psychiatrist in a timely manner”
 - Pre-Survey: 6%
 - Post-Survey: 61%
 - PAL Users and Non-PAL User Comparison:
 - “I feel comfortable making behavioral health diagnoses in my patients”
 - PAL Users: 86%
 - Non-PAL Users: 50%
 - Of the common diagnoses, the numbers reflect roughly:
 - Depression – 53%
 - ASD – 45%
 - ADHD – 55%
 - Anxiety – 46%

Sustainability

— — —

- Program Annual Cost: \$750,000
- Benefits:
 - Immediate mental health support for PCPs statewide
 - Improved comfort of primary care clinicians = less referrals out
 - Improved access to care statewide
- Examples of sustainable funding:
 - Legislative line item
 - Insurance surcharge
 - Medicaid support, including MCOs

References

1. Office of the Surgeon General (OSG). Protecting Youth Mental Health: The U.S. Surgeon General's Advisory. Washington (DC): US Department of Health and Human Services; 2021. https://www.ncbi.nlm.nih.gov/books/NBK575984/pdf/Bookshelf_NBK575984.pdf
2. American Health Ranking. Annual Report 2021. United Health Foundation; c2022. https://www.americahealthrankings.org/explore/annual/measure/Suicide/population/suicide_15-24/state/NV
3. Curtin SC, Garnett MF, Ahmad FB. Provisional Numbers of Suicide by Month and Demographic Characteristics: United States, 2021. Vital Statistics Rapid Release. 2022 Sep. 24. <https://www.cdc.gov/nchs/data/vsrr/vsrr024.pdf>
4. MHA Mental Health America. Alexandria (VA): Mental Health America, Inc.; c2022. Youth Ranking 2022; 2021 Oct 19. <https://www.mhanational.org/issues/2022/mental-health-america-youth-data>
5. Child and Adolescent Health Measurement Initiative. 2016, 2017, 2018, 2019, and 2016-2020 National Survey of Children's Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). www.childhealthdata.org
6. American Academy of Child & Adolescent Psychiatry. Washington (DC): American Academy of Child & Adolescent Psychiatry; c2022. Workforce Maps by State. https://www.aacap.org/aacap/Advocacy/Federal_and_State_Initiatives/Workforce_Maps/Home.aspx
7. NNCPAP National Network of Child Psychiatry Access Programs. Boston (MA): National Network of Child Psychiatry Access Programs; Our Story. <https://www.nncpap.org/about-us>
8. American Academy of Child & Adolescent Psychiatry, Committee on Collaboration with Medical Professionals. A Guide to Building Collaborative Mental Health Care Partnerships in Pediatric Primary Care American Academy of Child & Adolescent Psychiatry; 2021 Jun. https://www.aacap.org/App_Themes/AACAP/docs/clinical_practice_center/guide_to_building_collaborative_mental_health_care_partnerships.pdf
9. Straus JH, Sarvet B. Behavioral health care for children: the Massachusetts child psychiatry access project. Health Aff. 2014;33(12):2153-61. <https://doi.org/10.1377/hlthaff.2014.0896>
10. Hilt RJ, Romaine MA, McDonnell MG, Sears JM, Krupski A, Thompson JN, et al. The Partnership Access Line: Evaluating a Child Psychiatry Consult Program in Washington State. JAMA Pediatr. 2013;167(2):162-8. <https://doi.org/10.1001/2013.jamapediatrics.47>
11. Hilt RJ, Barclay RP, Bush J, Stout B, Anderson N, Wignall JR. A Statewide Child Telepsychiatry Consult System Yields Desired Health System Changes and Savings. Telemed J E Health. 2015;21(7):1-5. <https://www.telemedecine-360.com/wp-content/uploads/2015/04/télépsychiatrie-pédiatrique-wyoming.pdf>
12. UCSF CAPP. UCSF Capp Connecting for Care. [Video]. 2022, Jan 10. <https://www.youtube.com/watch?v=ZTEecddnghc&t=28s>
13. Center for Community Solutions. Las Vegas (NV): Center for Community Solutions; c2022. Center for Community Solutions. <https://center4cs.org>