Mental Health Screening in Primary Care

OVERVIEW OF THE PEDIATRIC PSYCHIATRY COLLABORATIVE PROGRAM

Co-Principal Investigators

Ramon Solhkhah, MD
Chairman, Department of Psychiatry
Jersey Shore University Medical Center

Andres Pumariega, MD
Chairman, Department of Psychiatry
Cooper University Medical Center

Steve Kairys, MD
Chairman, Department of Pediatrics
Jersey Shore University Medical Center
Today's Presentation

- Describe the challenges impacting children's mental health
- Understand the vision for integrating psychiatric and pediatric primary care
- Become familiar with Pediatric Psychiatry Collaborative that Meridian Health and Cooper University Health Care are currently operating, thanks to the NJ DCF
- Benefits and requirements for your participation
Our Challenge for the Future of Healthcare

“Trying harder will not work, changing systems of care will.”

Don Berwick
Former Administrator, CMS
Former CEO, Institute for Healthcare Improvement

Mental Health Disorders in Children and Adolescents

- 20% of youth ages 13 to 18 live with a mental health condition
- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24
- Disorder among youth:
  - 11% have a mood disorder
  - 10% have a behavior or conduct disorder
  - 8% have an anxiety disorder

National Alliance of Mental Health
Impact of Mental Illness in Youth

- Approximately 50% of students age 14 and older with a mental illness drop out of high school
- 70% of youth in state and local juvenile justice systems have a mental illness
- Suicide is the third leading cause of death in youth ages 10-24

Early Intervention is Key!

The average delay between onset of symptoms and intervention is 8 to 10 years
Pediatric Psychiatry Collaborative (PPC) Overview

- Funded by NJ DCF - A partnership between Meridian Health and Cooper Health and the NJ Chapter, American Academy of Pediatrics
- The program is open to any pediatric provider serving children up to age 18
- Child psychiatrist available for diagnostic evaluation and medication consultation free of charge
- Licensed social workers and psychologists are available to facilitate referrals to appropriate services in the community

MERIDIAN HUB

Monmouth & Ocean
Meridian Hub at Jersey Shore

Mercer & Middlesex
Meridian Hub at St. Peter’s
(coming soon!)

COOPER HUB

Burlington & Camden
Cooper Hub at Camden

Atlantic, Cape May, Cumberland, Gloucester & Salem
Cooper Hub at Pennsville
(coming soon!)
Pediatric Psychiatry Collaborative (PPC) Purpose & Goals

- Encourage and improve screening for behavioral and mental health issues in primary care
- Aid the pediatrician with patient care via medication consultation and care coordination
- Address the need for quick access to psychiatric evaluations and consultation
- Facilitate referrals for accessing mental and behavioral healthcare

Hub Benefits

- A child psychiatrist available for consultative support through the Child Psych Consult line, staffed Mondays-Fridays from 8am – 5 pm. After hours telephone coverage is available 24/7.

- A psychologist/social worker available to speak with a referred child’s family regarding the child’s mental health concerns and to assist in providing diagnostic clarification.

- A psychologist/social worker available to assist the pediatrician with care coordination to ensure linkage from the pediatrician’s office to appropriate community mental health resources of support.
Hub Benefits (cont’d)

- If a case is considered urgent, the hub will offer a one-time evaluation by a child and adolescent psychiatrist (CAP) at no charge to the patient. Based on the recommendation of the CAP, the hub staff will work with the family to develop the treatment and care coordination plan.

- Hub staff will perform routine follow-up phone calls with referred families to monitor patient progress.

- Continuous education opportunities in care management and treatment in the primary care office for the common child mental health issues: ADHD, depression, anxiety, etc.

Outcomes (year 1 pilot)

- Over 160 pediatricians actively engaged in the program
- More than 17,000 children screened
- More than 800 children obtained community services identified by the pilot’s care managers
- Expansion to seven additional NJ counties
Hub Participation Requirements

In order to participate in your designated hub, PCPs must complete the following:

- The physician agrees to conduct universal mental/behavioral health screening for all children, using the SWYC and PSC tools.
  - Online training webinar will be available
  - Ongoing support from NJAAP and Hub staff

- The physician agrees to submit a brief screening log on a weekly basis, as well as complete pre and post demographic surveys

The Importance of Standardized Screening

- Not all cases will be identified via routine interview, or “eye-balling” patient/family...
- Most clinicians eyeball the child and ask a couple of questions.
- May be fine for physical delays, but is not a good way to identify children with mild cognitive/developmental disabilities, communication problems, emotional and behavioral problems, or delays in social development.
- 70-80% of children with developmental problems will be missed if a standardized approach is not applied. Alternatively, if a structured, standardized instrument is used, 70-80% will be identified.
The Importance of Standardized Screening (cont.)

- Provides teachable moments about development and developmentally appropriated expectations with parents.

- Parents often underestimate symptoms:
  - Children may withhold complaints because of concerns they are abnormal, or to protect parents who are upset.
  - Parents may not think professionals are interested or assume “normal reactions to abnormal event”
  - Stigma related to mental illness.

Intro to Recommended Screening Tools

Validated, standardized tools:

- **Survey of Well-being of Young Children (SWYC)**
  - For babies, toddlers & preschoolers 2 months - 5 years.
  - Comprehensive first-level screening instrument for routine use in regular well-child visits.

- **Pediatric Symptom Checklist (PSC-35 & Y-PSC)**
  - For older children & adolescents 6 - 18 years of age.
  - Psychosocial screen designed to facilitate the recognition of cognitive, emotional, and behavioral problems so that appropriate interventions can be initiated.
NJAAP’s Collaborative Mental Health Program MOC Part 4

**Optional Benefit of Hub Participation**

Aimed at helping pediatricians increase use of mental/behavioral health screening tools, anticipatory guidance, referrals & care coordination. Participants will receive:

- Training on mental/behavioral health screening
- AAP Mental Health Toolkit, along with other resources
- Hands-on technical assistance for implementing screening
- Opportunities to network with colleagues and experts
- 25 ABP Part 4 MOC points upon program completion

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<tr>
<th>Timeframe</th>
<th>Requirements</th>
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<tbody>
<tr>
<td>August 2016</td>
<td>Prerequisite data collection</td>
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<tr>
<td>September 2016</td>
<td>Learning Session 1: 4:00pm-9:30pm</td>
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<td>1. September 21st at the Foundation for Education Administration in Monroe Township, OR</td>
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<td>2. September 27th at Cumberland County Community College in Vineland, OR</td>
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<td>3. September 28th at Continuum Health Alliance in Marlton</td>
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<td>September 2016 – March 2017</td>
<td>Active QI Period</td>
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<td>March 2017</td>
<td>Learning Session 2</td>
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<tr>
<td>April 2017</td>
<td>NJAAP attests to ABP that pediatrician is in compliance with all project requirements</td>
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**What Practices are Saying About NJAAP’s MOC Program**

“We were able to reach 100% screening! Also, there are doctors in our office who are now prescribing meds, and they weren’t comfortable doing so before this project.”

- Advocare Woodbury

“The program facilitated access to community resources, it gave us the confidence to conduct screenings, and it helped us to use our EMR to its fullest potential. And by using the PHQ-9, we identified a child with issues who was ultimately diagnosed as bipolar.”

- Advocare Gloucester

“Using the PSC and Y-PSC helped us to identify problems in our patients, and it promoted communication and conversations with patients.”

- Colts Neck Pediatrics

“Screening for all of my patients increased, and I was able to provide better access to resources for parents.”

- DeGennaro Pediatrics & Associates

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**What Practices Are Saying About the Hub**

“I love the Hub! It has really helped us provide immediate access to mental health services for our patients. Now our patients’ mental health issues are addressed in a timely manner. I was so impressed that the child psychiatrist called me for consults about my at-risk teens.”

Jocelyn Bautista, MD
Colts Neck Pediatrics

“We have found the Cooper Hub to be valuable to our Pediatric Care Center and hope to continue to work with them as they expand their services and resources for us in this area.”

Pierre Coant, MD
AdvoCare Gloucester
What Families Are Saying About the Hub

Mother of 16-year old Monmouth County patient:

“The program has been a godsend.”
“I am so thankful for this program!”

The PPC Win/Win

- Healthy, thriving children as a result of building lifelong health and an economically sound and thriving community/society
- Opens up professional doors and opportunities for you and the families and communities you serve
- It’s fun and rewarding!!!
Interested?

__ I would like to join the Hub
__ As a member of the Hub, I would also like to participate in the MOC program

Name: __________________________________________
Practice:_________________________________________
Phone #:________________________________________
Email:__________________________________________

For more information, email MHC@njaap.org, call 609-842-0014, fax to 609-842-0015, or visit www.njaap.org.

Thank You!
Questions?