

Mental Health Integration

A collaboration between Rady Children's and pediatric PCP offices

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Transforming Mental Health
Leading the way for children to live their best lives



1


The pandemic continues to exacerbate the mental health crisis our children and youth face.




PUBLIC HEALTH

Child Psychiatrists Warn That The Pandemic May Be Driving Up Kids' Suicide Risk

February 2, 2021 · 10:23 AM ET

RHITU CHATTERJEE 



The New York Times

'What's the Point?' Young People's Despair Deepens as Covid-19 Crisis Drags On


Experts paint a grim picture of the struggle with lockdown isolation — a "mental health pandemic" that should be treated as seriously as containing the coronavirus.

Surge of Student Suicides Pushes Las Vegas Schools to Reopen

Firmly linking teen suicides to school closings is difficult, but rising mental health emergencies and suicide rates point to the toll the pandemic lockdown is taking.

EDUCATION **The San Diego Union-Tribune**

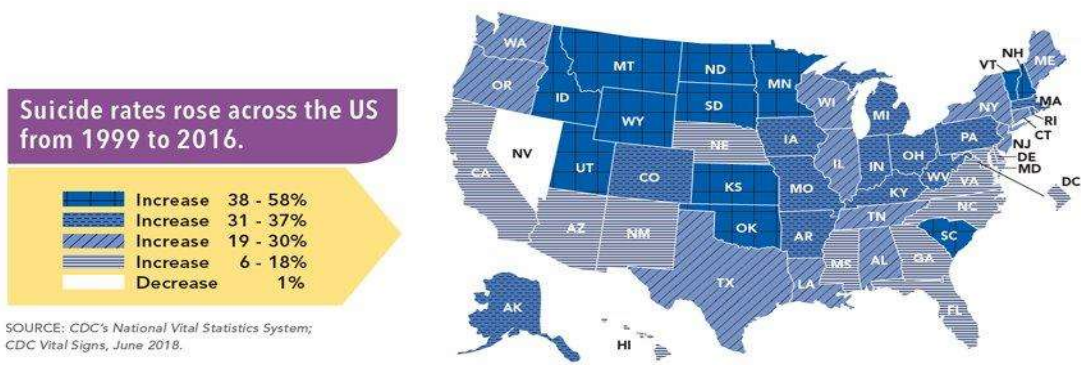
Pediatricians: schools must reopen now to relieve children's suffering



2

The Impact of Primary Care Providers

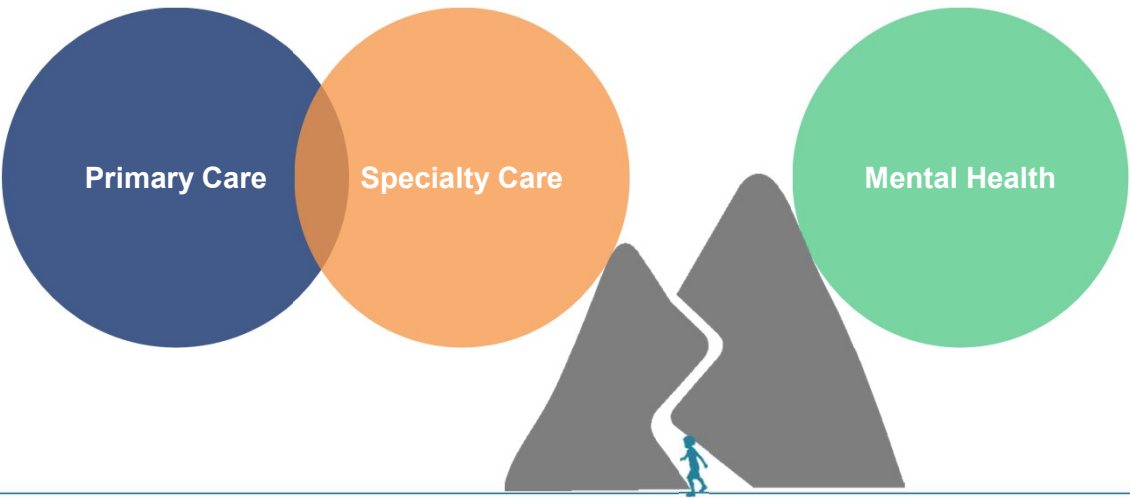
Nearly 50% of patients that die by suicide were seen by their PCP **within 30 days of their death** and **20% saw their PCP within 24 hours of dying from suicide** (Luoma, et.al. 2002).



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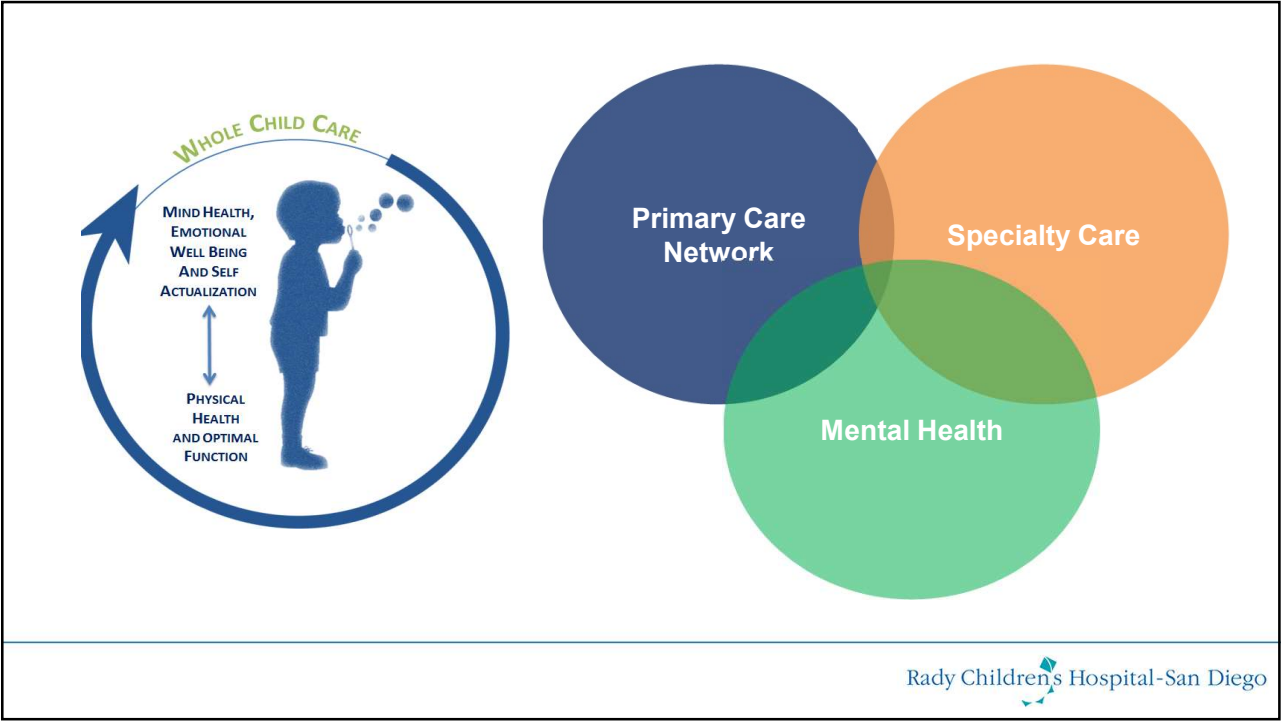
3

Mental and behavioral health services experience a divide between physical health care, access, delivery, and reimbursement




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4




5




Transforming Mental Health

Bridging the Gap to Build Well-Being




Healthy Mind

+



Healthy Body

=



Happy Life

- Prevention
- Early Identification
- Screening
 - Children
 - Caregivers
- Evidence-based Treatment

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6

Primary Care Behavioral Health Integration

A multi-pronged approach to improve the emotional wellness of children and youth



7

Starting with the Babies



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE



8

The HealthySteps Team

- Multi-disciplinary team
 - Developmental Specialists (Bachelors' and Masters')
 - Licensed Mental Health Provider
 - Physicians
 - Nurses
 - Medical Assistants
- Serves children under age 6
- Screens and serves caregivers

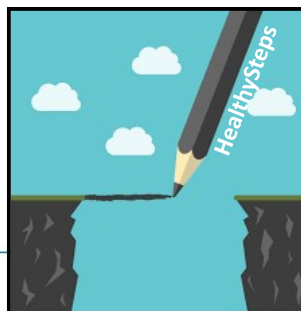


9

Developmental Specialists Partners in Primary Care

- Team-based well-child visits for children birth-5
- Developmental and mental health screening
- Care coordination around recommendations/referrals
- More frequent consultation for behavior and development
- Support for parents, including depression screening and linkage to services

Bridging gaps



10



11



12

Development and Behavior



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Benefits of Integration



Increased:

- Access
- Early identification
- Connection to services
- Adherence to treatment plans
- Communication and collaboration between providers
- Patient satisfaction
- Physician productivity and satisfaction



Decreased:

- Wait times for services
- Unneeded medical and emergency services when behavioral health problems are adequately addressed
- Stigma

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14


Integration Models of Care

Collaborative Care

- University-based settings – top down model
- Disease-specific approach
- Protocol-driven
- Centered around keeping track of patients via registry and monitoring outcomes
- Psychiatrist-driven
- Manage a large population of patients, but limited flexibility

Primary Care Behavioral Health

- Grass roots setting – bottom-up model
- Generalist approach
- Flexible treatment approach
- Centered around Warm Hand Offs
- Care-team driven
- Organized around PCP
- Access/resources can be a challenge



15

Compare Models, Combine Models


- The unifying similarity between these models is the high level of integration
 - (Level 5-6 on the SAMHSA level of integration chart)
 - In the literature, all integrated care tends to show positive outcomes
- Can you combine them?

Collaborative Care

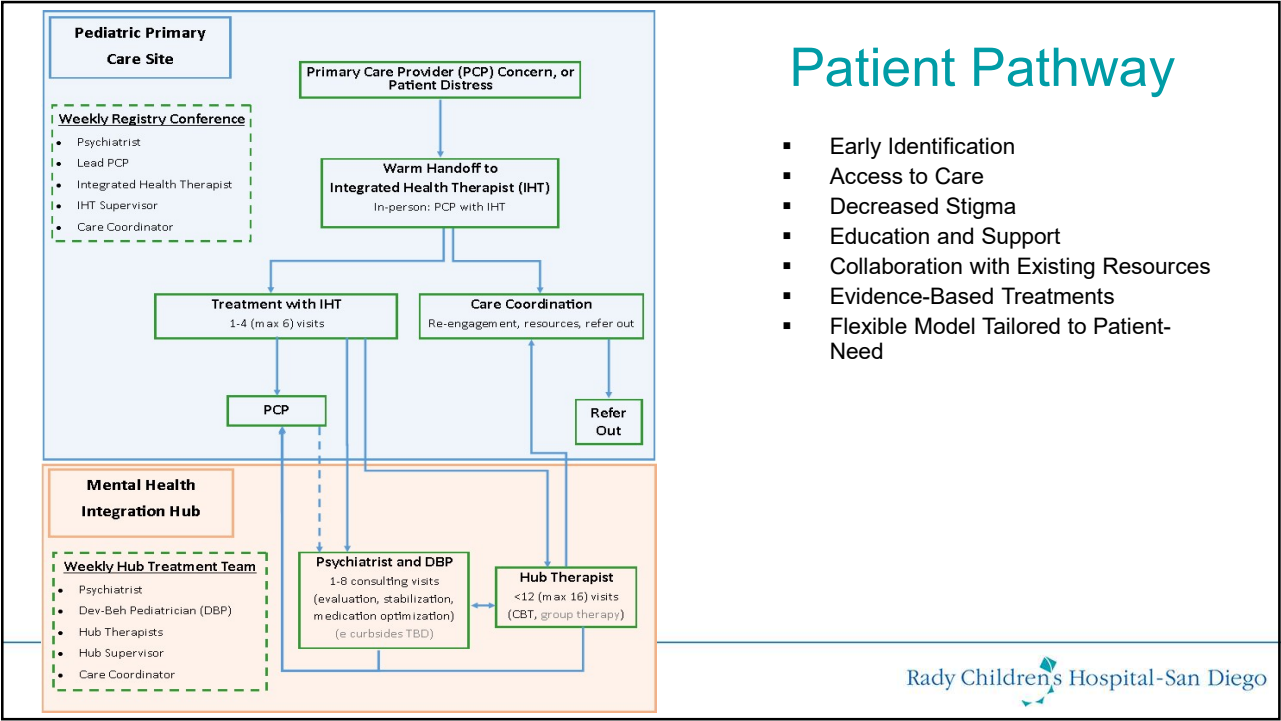
Significantly more high quality studies, showing robust results

Primary Care Behavioral Health

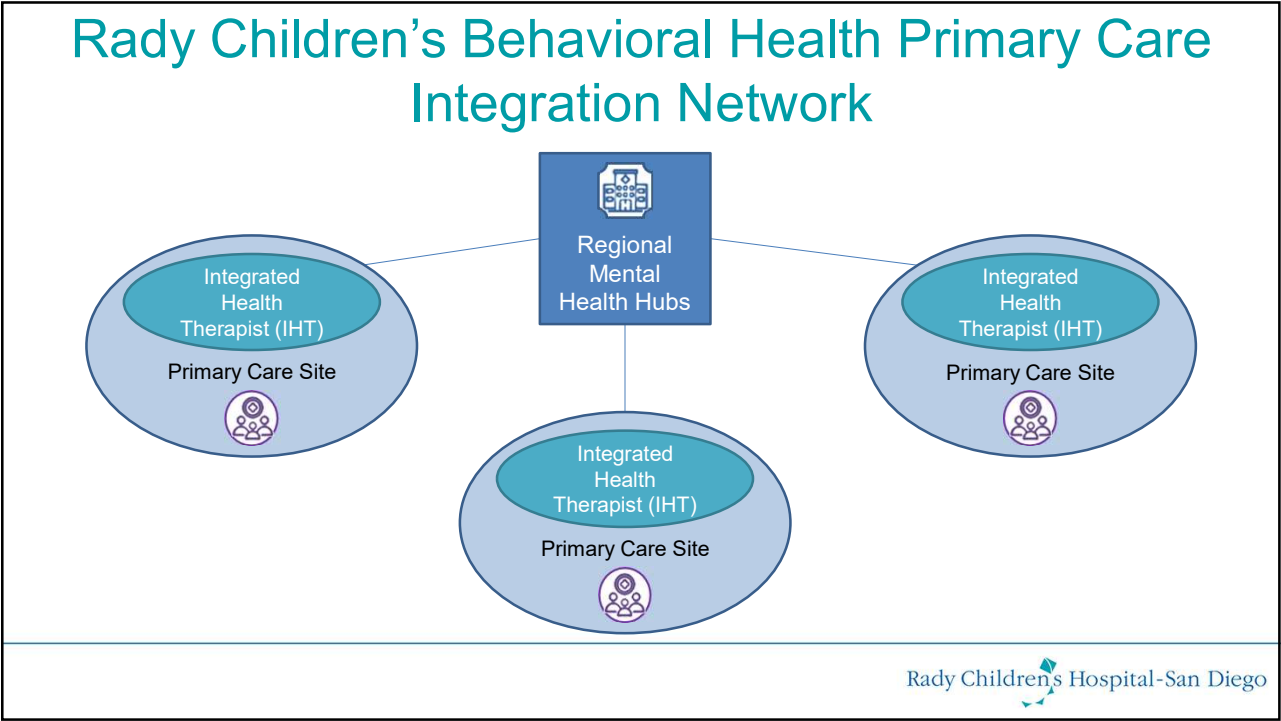
More flexible, holistic model



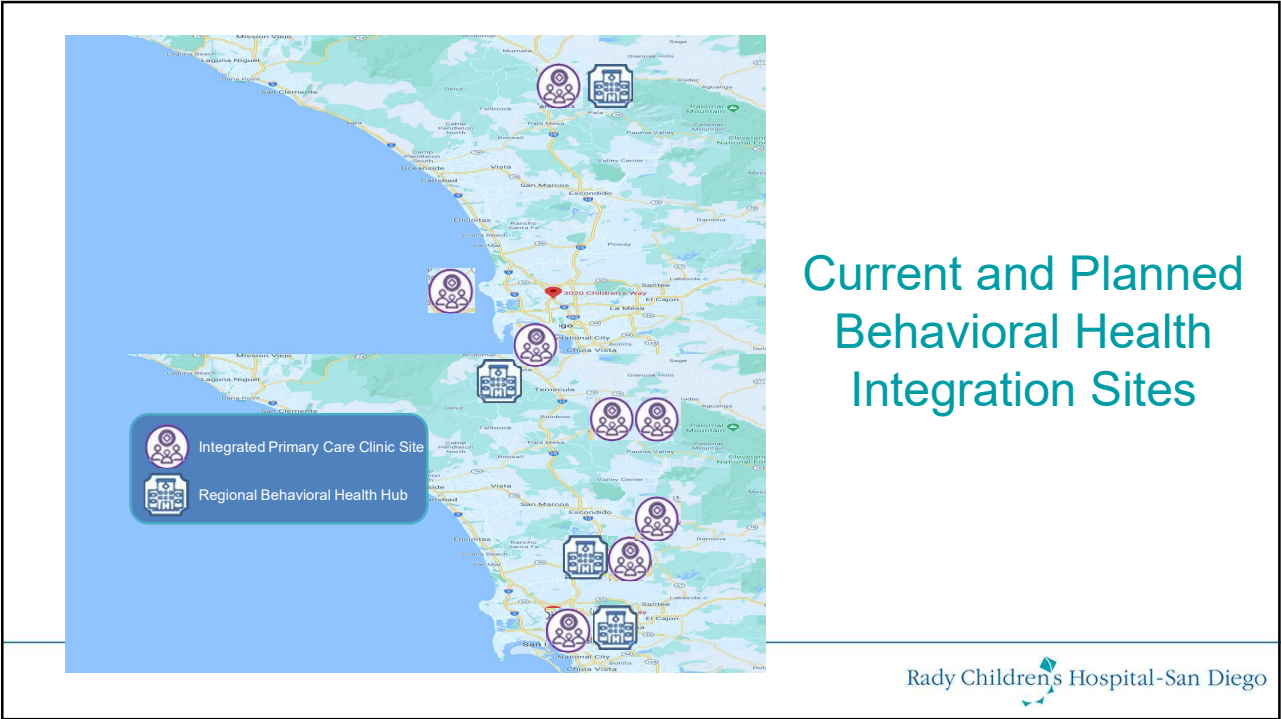
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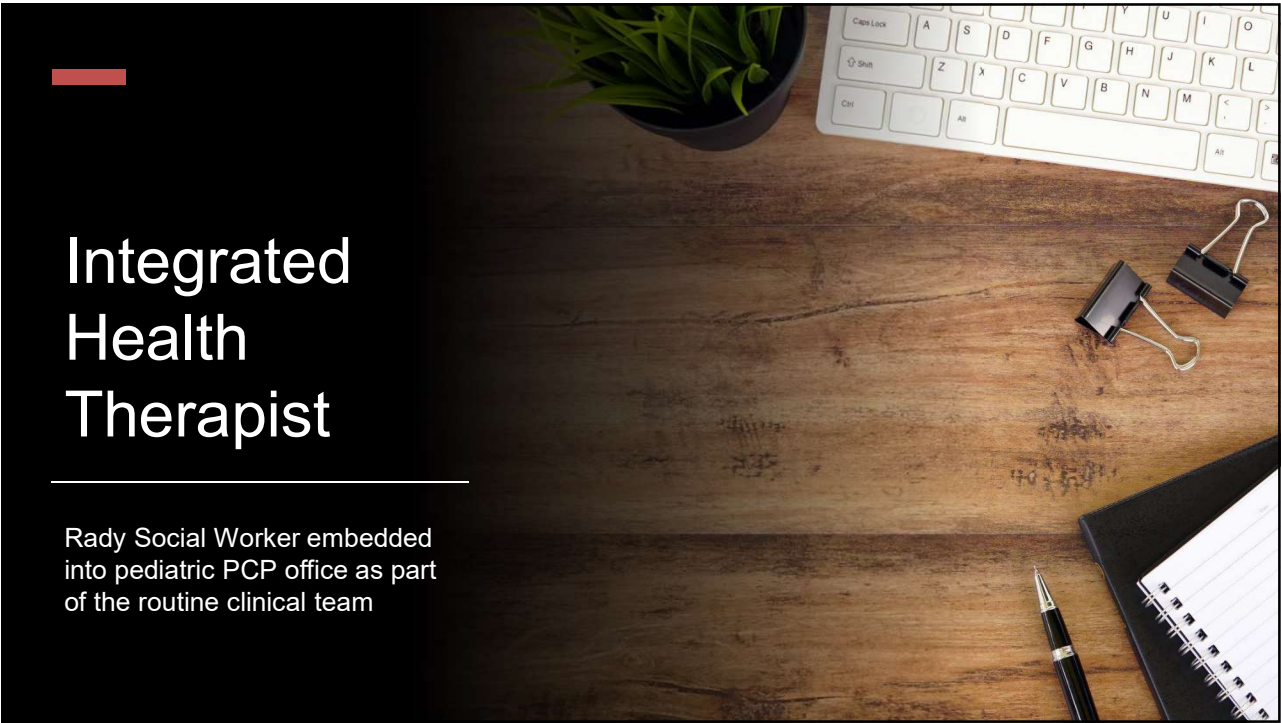
17



18



19



20

Scope of Practice



Anxiety



Depression



Behavioral problems



School problems



Substance abuse



Trauma

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21

How Do We Help?



Team Approach



Warm Hand off



Therapy



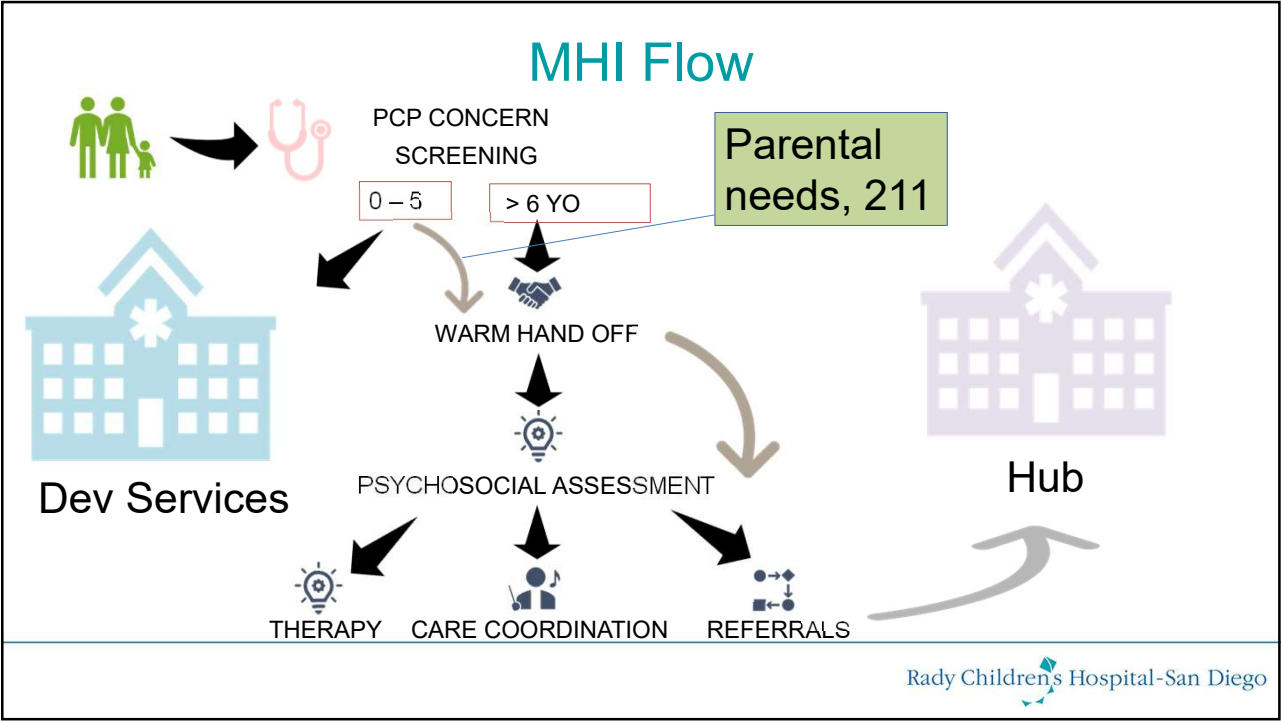
Referrals



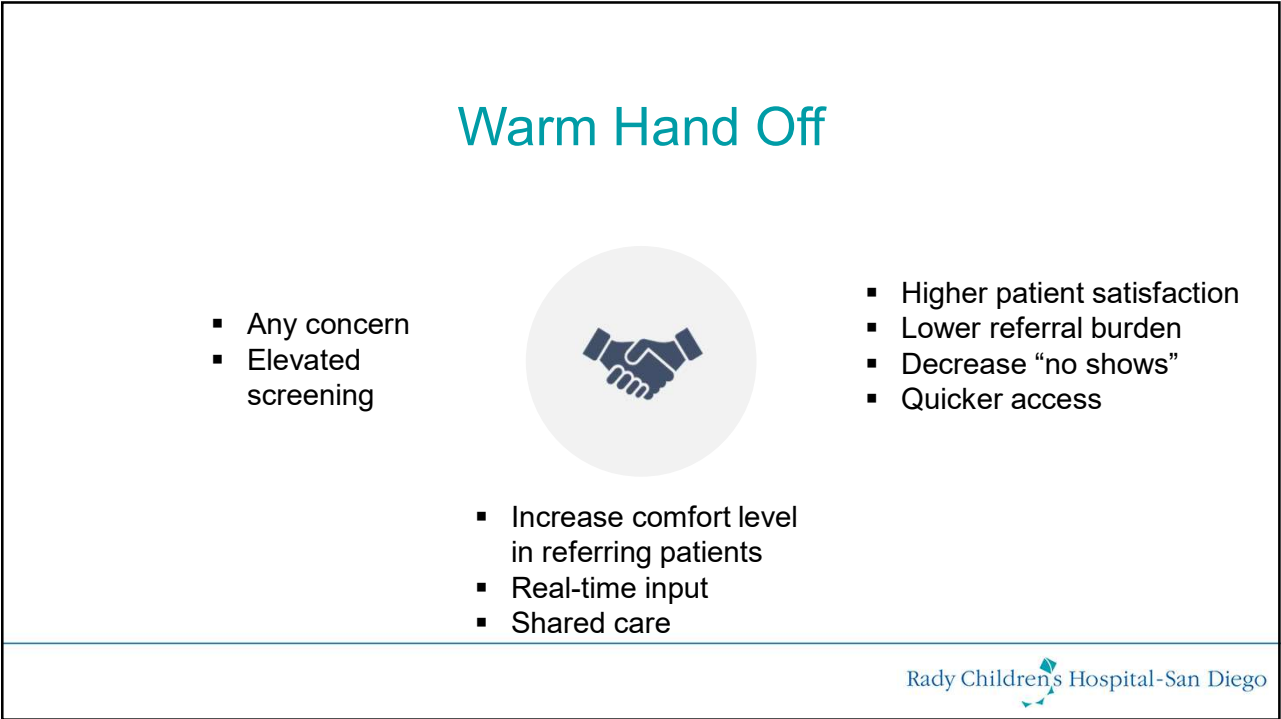
Care Coordination

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22



23



24





Primary Care

- **Short Term**
- Anxiety, Depression, Behavioral
- 4 - 6 Sessions
- Skills Focused Therapy
- Parenting
- Transition care “back to PCP”

Therapy

- Cognitive Behavioral Therapy (CBT) and other EBPs
- Measurement Based Care





Hub

- **12-16 Sessions**
- Chronic safety issues, prior therapy failures, bipolar, schizophrenia
- Skills Focused Therapy

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25

Administrative Oversight and Roles

- Patient treatment: triage and tracking
- Role of the Psychiatrist
- Role of Developmental Behavioral Pediatrician
- Role of the Primary Care Provider



26





Trauma Informed Care

Regional HUBs Chula Vista


Continuum of care across the age span (0-18) and levels of need (mild to serious)

- Transforming Mental Health - focus on school aged children from therapy to psychiatrist
- Healthy Development Services
- Trauma Counseling and KidSTART Clinic
- Developmental Evaluation Clinic (DEC)

27



Patient and Family Stories




28





29

HDS Team at the HUB

- Multi-disciplinary team
 - Developmental Specialists
 - Behavior Specialist
 - Speech Language Pathologist
 - Occupational Therapist
 - Physical Therapist
 - Licensed MH Therapists
- Serve children under age 6





30

HDS/C3 Services


Care Coordination


Classes

Consults

Clinical

- Developmental classes for parents and children
- Parent workshops for social-emotional development
- 1:1 sessions with Behavior Specialists and/or Development Specialists
- Clinical developmental service including Occupational Therapy, Speech-Language Pathology or Physical Therapy
- Behavior services with licensed providers

First 5 San Diego

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KidSTART Clinic and Trauma Counseling Mental Health Treatment at the HUB

PARENT
CHILD
INTERACTION
THERAPY



Child
Parent
Psycho-
therapy





LIVE WELL
SAN DIEGO

HHS
HEALTHY PEOPLE 2020

Rady
Children's

FIRST 5
San Diego

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32

Developmental Evaluation Clinic (DEC)

- Licensed clinical psychologists with specialized training and experience:
 - Development and early mental health
 - Diagnostic assessment of infants, toddlers, preschool, and school-age children
 - Trauma-informed care
- Serve children birth to 18 yrs (focus on 0-5)



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Primary Care Education County-Wide

Educational Seminars available to all Primary Care Providers

- Core mental health topics (twice monthly)


Weekly Conferences for Sites with Embedded Therapists

- Interdisciplinary team meetings



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34



Regional HUBs North County

Continuum of care across the age span (0-18) and levels of need (mild to serious)

- Transforming Mental Health - focus on school aged children from therapy to psychiatrist
- Child Psychiatry
- Developmental Behavioral Pediatrics
- Care Coordination
- Healthy Development Services
- Trauma Counseling and KidSTART Clinic
- Developmental Evaluation Clinic (DEC)

Trauma Informed Care

35

Patient and Family Stories



36



37

Behavioral Health Integration

Supporting children, caregivers and their primary care providers

- Focus on 0-5
 - HealthySteps in primary care offices (currently Riverside Co.)
 - HDS, KidSTART, DEC
- Support from Integrated Health Therapists in primary care offices (full age range)
- Refer to HUBs if needing prolonged, specialized or more intensive treatment
 - Can see therapist, child psychiatrist or developmental pediatrician and get care coordination services.

38

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38

Questions?

