

VT Child Psychiatry Access Program (VTCPPAP): 101

Virtual Care Implementation Indian Country ECHO

August 14, 2023

Greta Spottswood, MD, MPH

Child Psychiatrist

VTCPPAP Medical Director

Acknowledgements: *N'Dakinna* (Vermont)

We are on the land that is the traditional, unceded and seized-territorial, home of the Abenaki (Alnôbak) Peoples.

We recognize the Abenaki, along with their elders, have been stewards of this land for centuries - and so in that spirit, recognize that we are guests on this land.



Acknowledgements: *N'Dakinna* (Vermont)

We honor the inherent value of the Abenaki, of all Indigenous Peoples, and everyone who has been forcibly removed from their homelands, loved ones, and cultures of origin.

We must respect and care for the lands within our use, and all of the peoples & creatures who inhabit there.



Outline

Epidemiology

Stepped Mental Health
Care

State Consultation

CPAP Outcomes

VT CPAP

Consultation

Liaison Coordination

Training and Education

Future Directions

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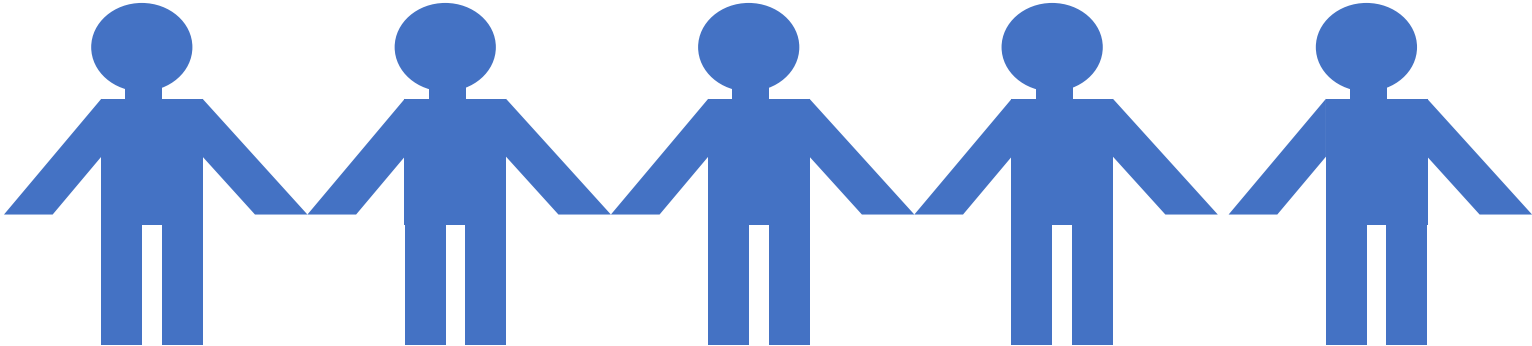
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Liaison Coordination

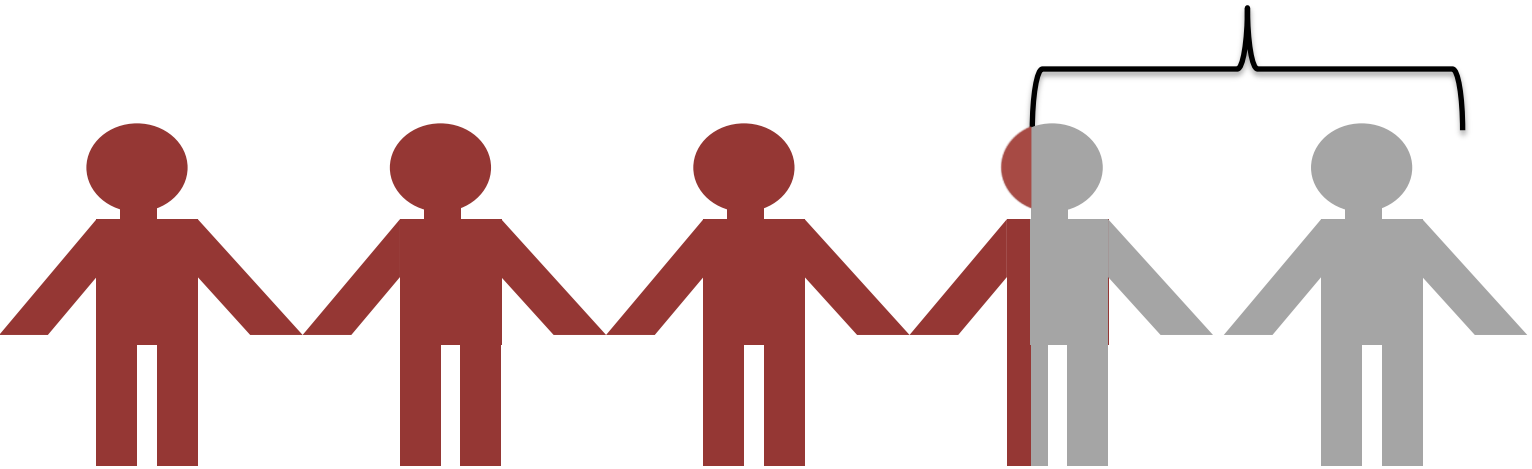
Training and Education

Future Directions

Child MH Treatment



~1/3 with mental health disorders receive services



~1/2 with severe mental disorders receive care

PCPs: Front Line of Pediatric Mental Health Care

Involved 1/2 of MH care

Sole provider 1/3 of MH care

Anderson 2015

Children psychotropic medication visit #: PCP > psychiatrists

Olfson 2014

Disparities: Race, ethnicity, geography, gender identity/sexual orientation

Moore & Krehbiel 2016

>50% high level of distress: **NO** MH care

Finkelhor 2021

2008, 2011, 2015

Advantages of Primary Care

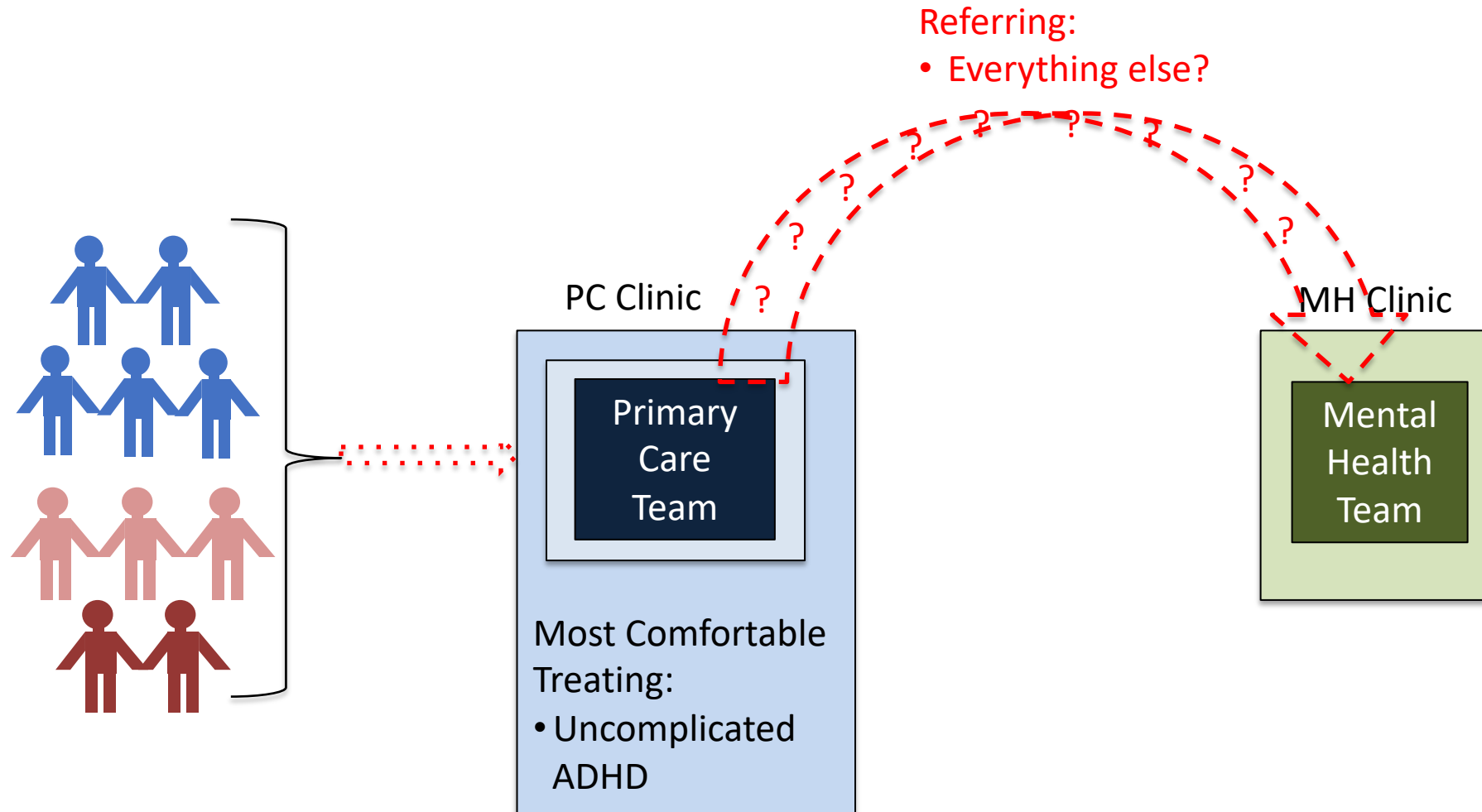
Families **trust** and prefer

Family context of presentations

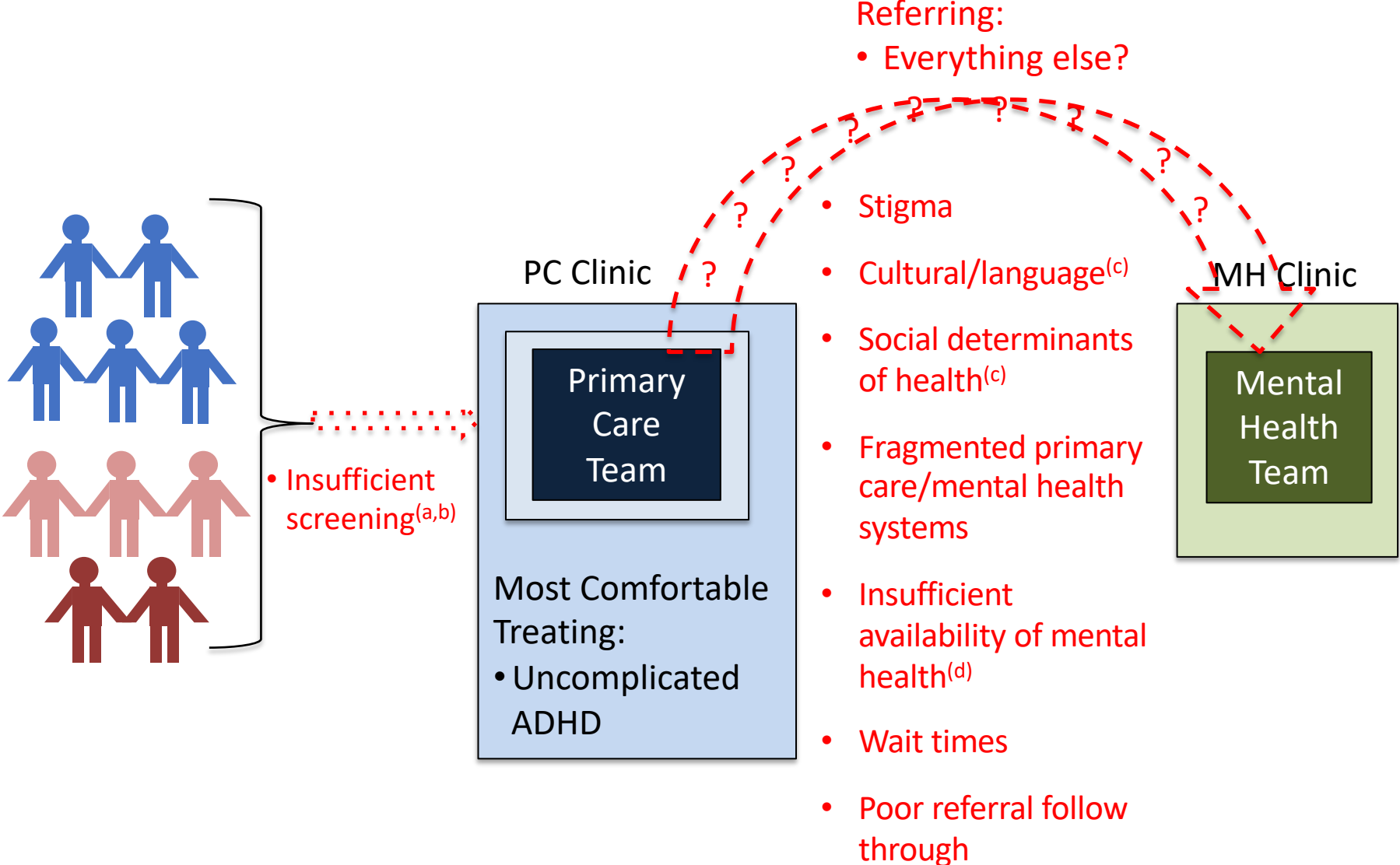
Understand developmental framework

Natural patient **advocates**

Standard Pediatric Mental Health Care



Standard Pediatric Mental Health Care



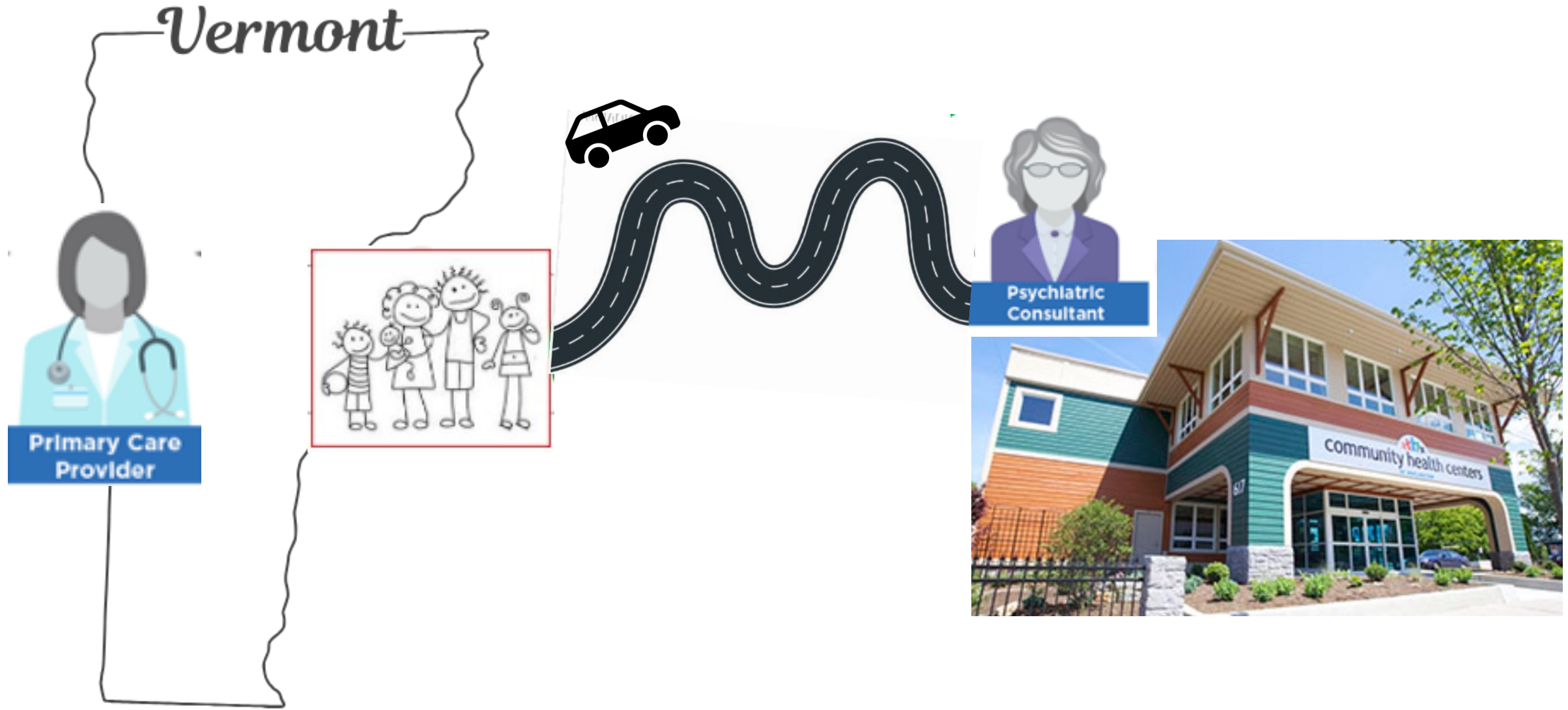
(a) Hacker 2014; (b) Kuhlthau 2011; (c) Pires 2013; (d) Thomas 2006

What this looked like in my office



- 6+ months for new CHC psychiatric patients
- 6 month wait appointments for established patients
- Patients pretending they had a PCP at CHC
- Frequent no-show intakes
- Referral = PCP plan, waiting for care

Initial Effort: Child Psychiatry Consultation Clinic



Child Psychiatry Consultation Clinic

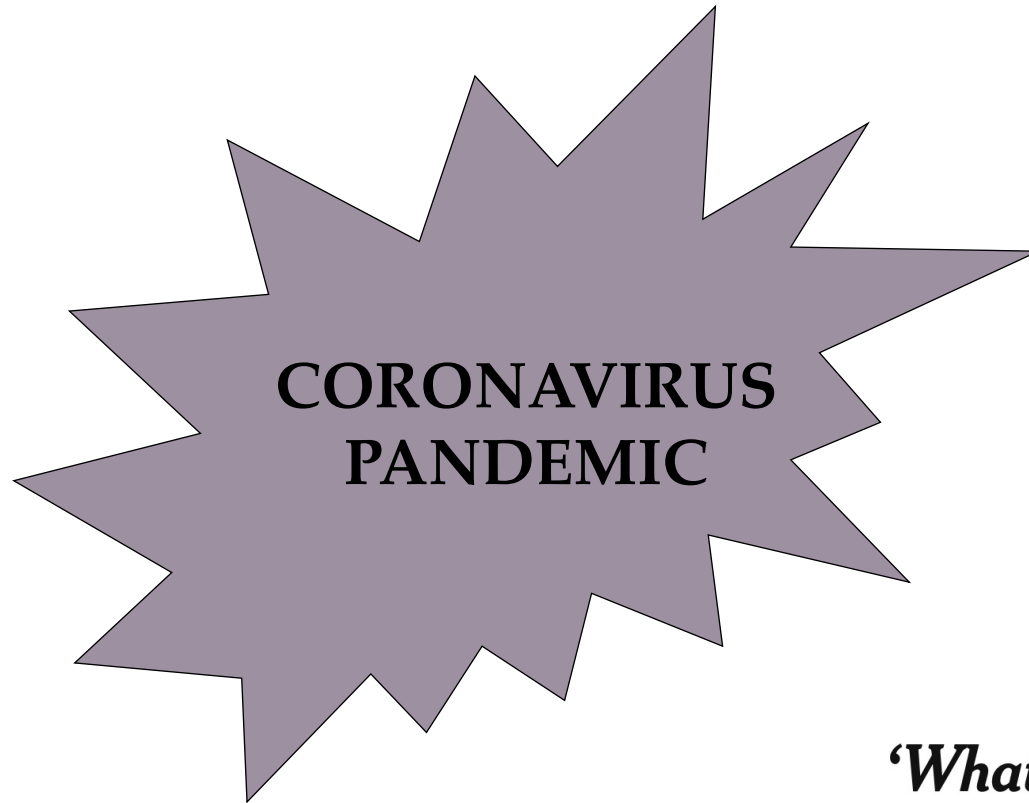


Child Psychiatry Consultation Clinic

2+ month wait



The Coronavirus Seems to Spare Most Kids From Illness, but Its Effect on Their Mental Health Is Deepening



Suicide and Self-Harm: Bereaved Families Count the Costs of Lockdowns

The psychological toll on young people of months in isolation and great global suffering is becoming more clear after successive lockdowns.

THE CORONAVIRUS CRISIS

Pandemic's Emotional Hammer Hits Hard

September 2, 2020 · 11:01 AM ET

Heard on [All Things Considered](#)

RHITU CHATTERJEE 

'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.

COMMENTARY

The Critical Need for a Population Health Approach: Addressing the Nation's Behavioral Health During the COVID-19 Pandemic and Beyond

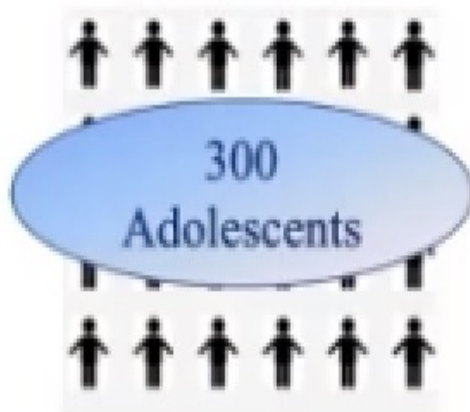
Arthur C. Evans, PhD¹; Lynn F. Bufka, PhD¹

Limited Access!

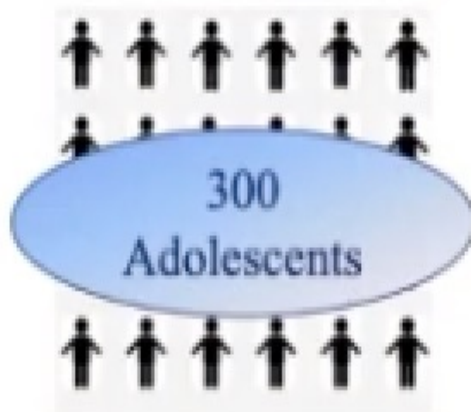
CAP



PCP



PCP



PCP



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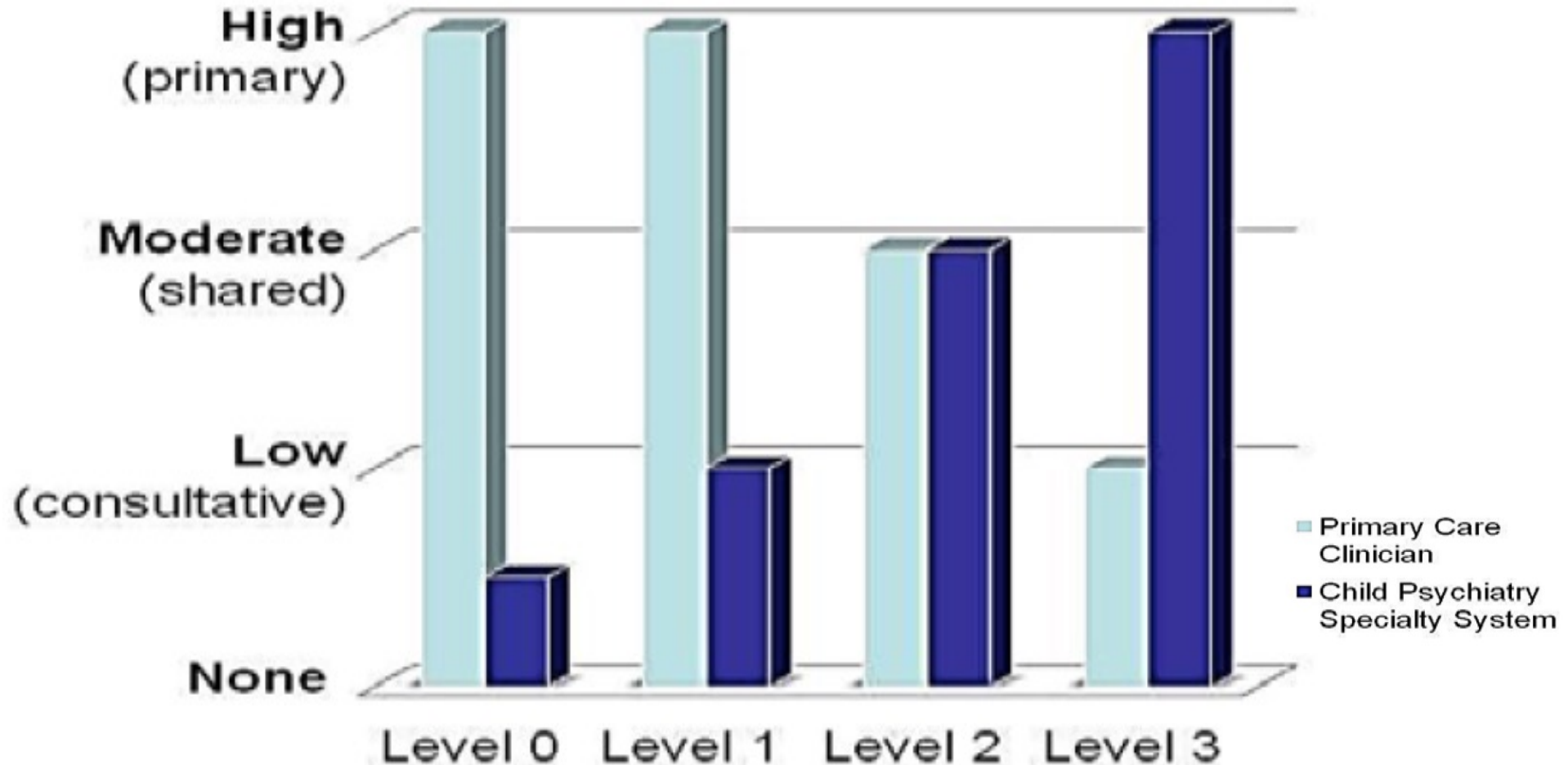
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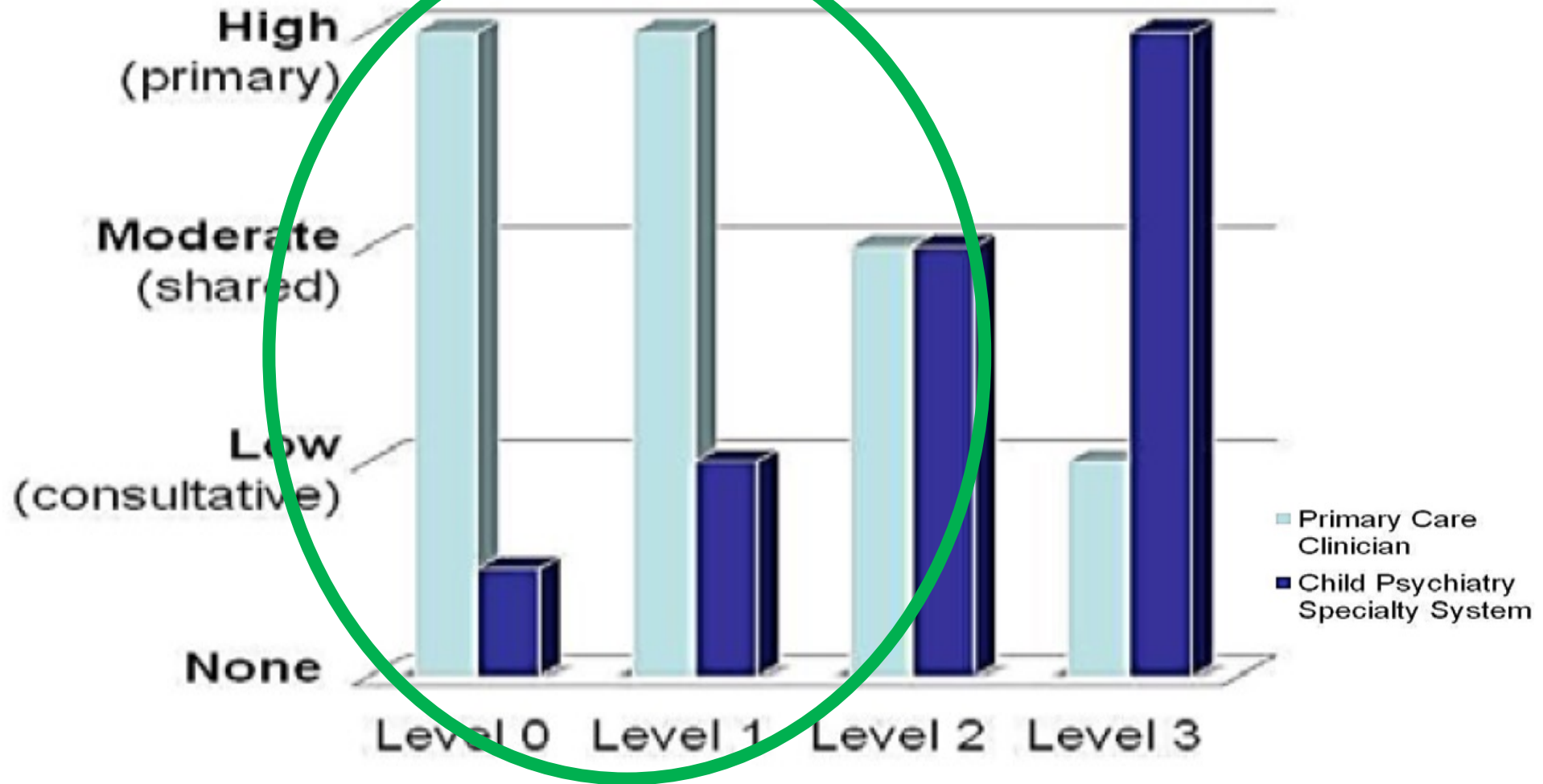
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Models of Care: Service Integration Approaches

Approach	Description	Benefits	Limitations
Consultation	Telephone with PCP	Access for underserved, improves prescribing	No psychotherapy
Co-location	Same location	Reduce wait, improve follow-through	No collaboration
Collaboration and Integration	Staff MH: assess, phone consult, tx co-occurring conditions	Screening, assessment, tx all in primary care	Financial



Telephone and
face-to-face
psychiatric
consultation



Care
coordination



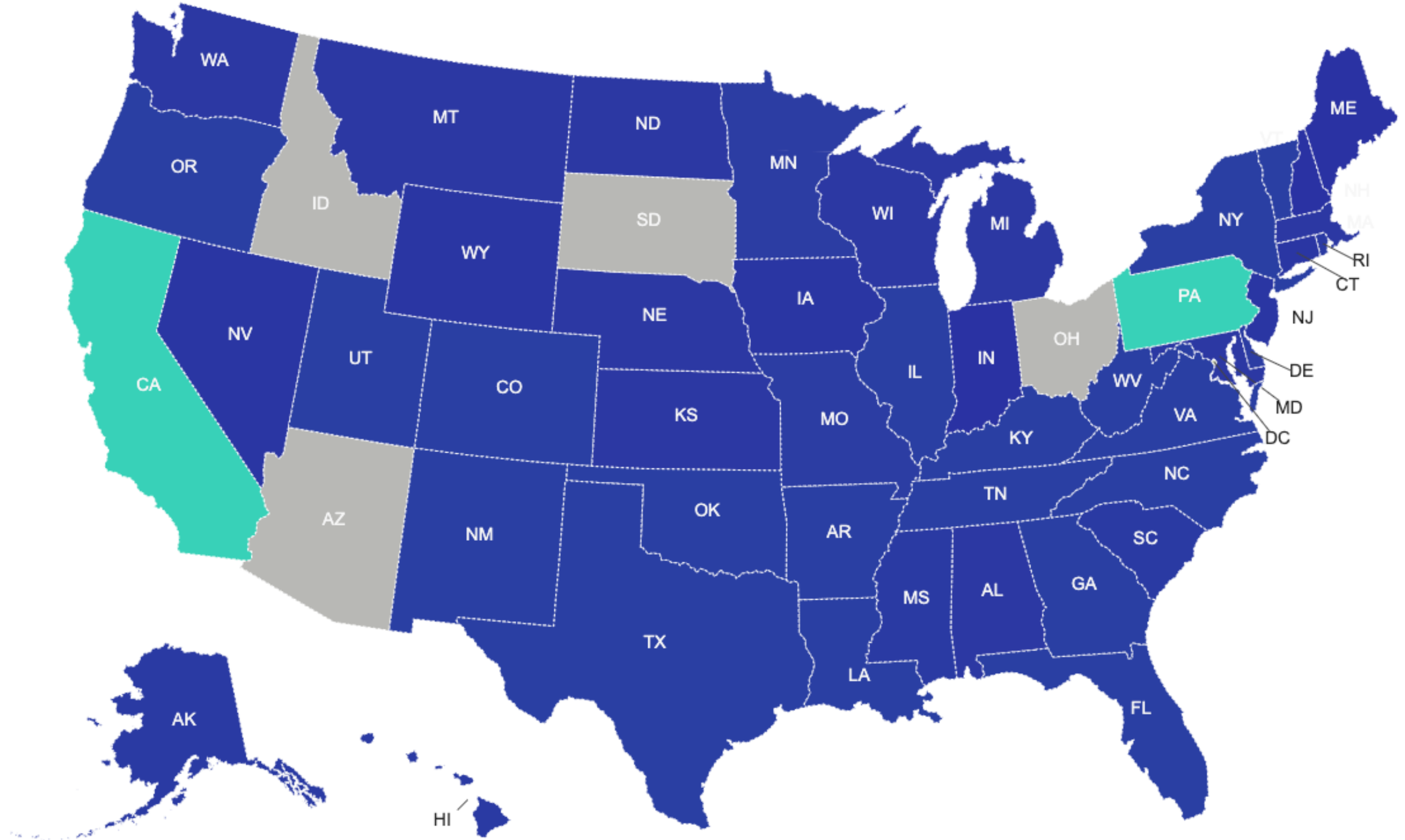
Training and
education

Models of Care: State Consultation

Child Psychiatry Access Programs

2004 Massachusetts Child Psychiatry Access Project

“support efficient **diagnosis and treatment** of **mild to moderate** mental health issues **within primary care** with the **support of statewide telephonic child psychiatry consultation** service... and **care coordination.**”



Tribal Communities with PMHCA 2021 grants

Chickasaw Nation (OK)

“Chickasaw Nation Pediatric Collaborative”

- >6,000 children and 84 PCPs
 - bi-directional training
 - ↑ knowledge and integration of treatment approaches
- cortney.lasater@chickasaw.net

Red Lake Band of Chippewa Indians (MN)

“Expanding and Enhancing Pediatric Mental Health Care to Native American communities: A Indigenous Health Toolkit Pilot”

- regional pediatric psychiatric teleconsultation available
 - improve culturally specific care and AI/AN utilization
 - partner with PrairieCare Psychiatric Assistance Line
- megan.eastman@redlakenation.org

Funding

HRSA Pediatric Mental Health Care Access
(PMHCA) grants

+

Private/state funding



All payer sustaining funding (WA, PA, MA)

Models of Care: CPAP Outcomes

Medications

- **No medications (45%)**
- Stimulants
- SSRI
- Alpha-agonist
- Atypical antipsychotic

- ↓ antipsychotic Rx (PALS)



Models of Care: CPAP Outcomes

Parents: 86% satisfied (Cama 2016)

PCPs: 91% satisfied (Sarvet 2010)

Bettencourt 2020

Descriptive: program usage and provider satisfaction

Need: Impact on patients, families, health systems

→ **Dependent on other system partners**

Vermont...

Could measure timing and quality of access per level of care

If missing access point, shift resources to needed area (e.g. evidence based therapy, universally available health promotion)

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education



Ellen Arrowsmith, LICSW
(she/her)
Liaison Coordinator



Greta Spottswood, MD, MPH
(she/they)
Medical Director



**Kate Dearth, LICSW &
EMDR-therapist**
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Liaison Coordinator



Eliza Pillard, LICSW
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Liaison Coordinator



Annie Quinn
(she/her)
Administrative &
Research Assistant



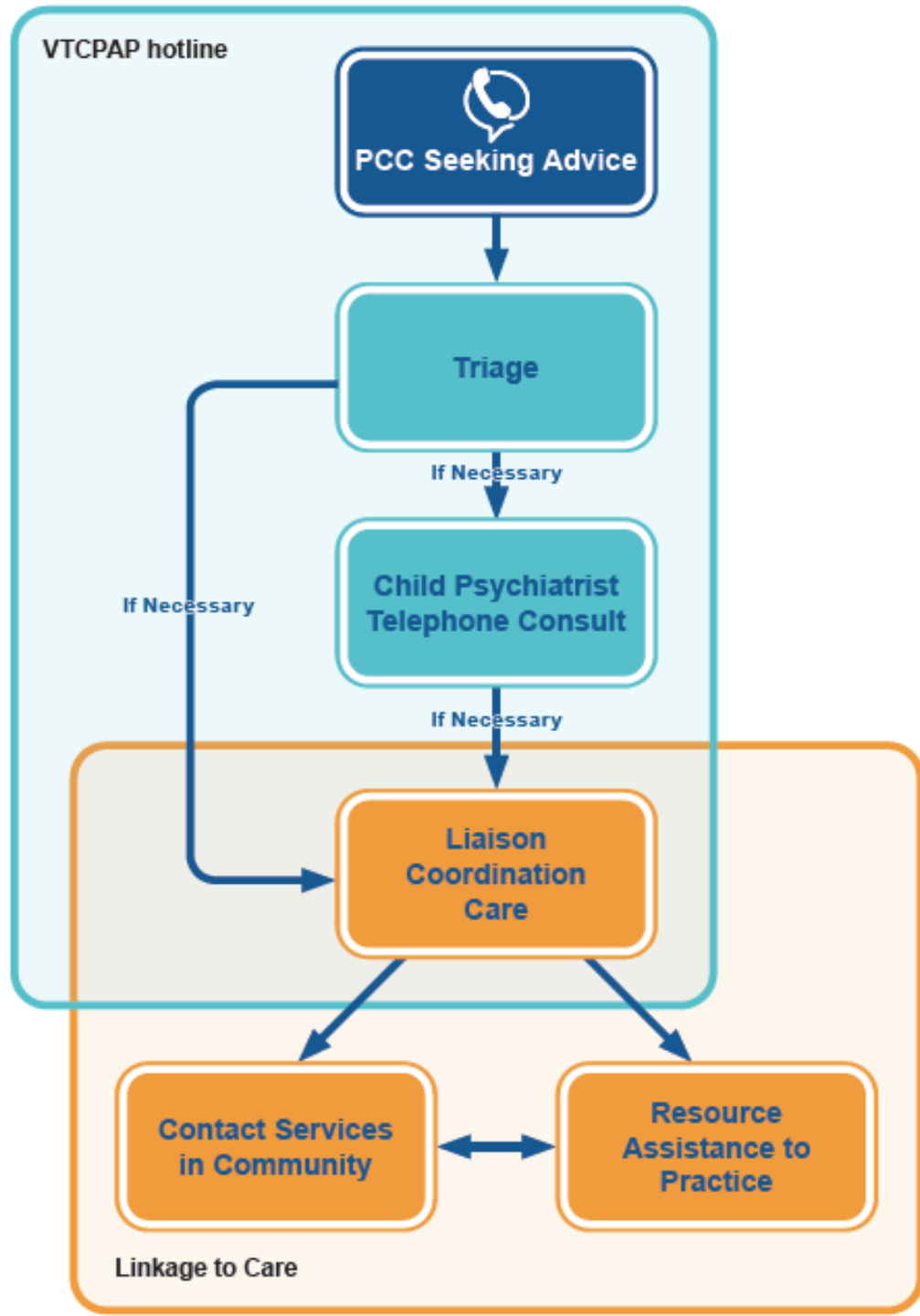
Louis Ostrovsky, MD
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Child-Adolescent
Psychiatrist



Andy Rosenfeld, MD
(he/him)
Child-Adolescent
Psychiatrist

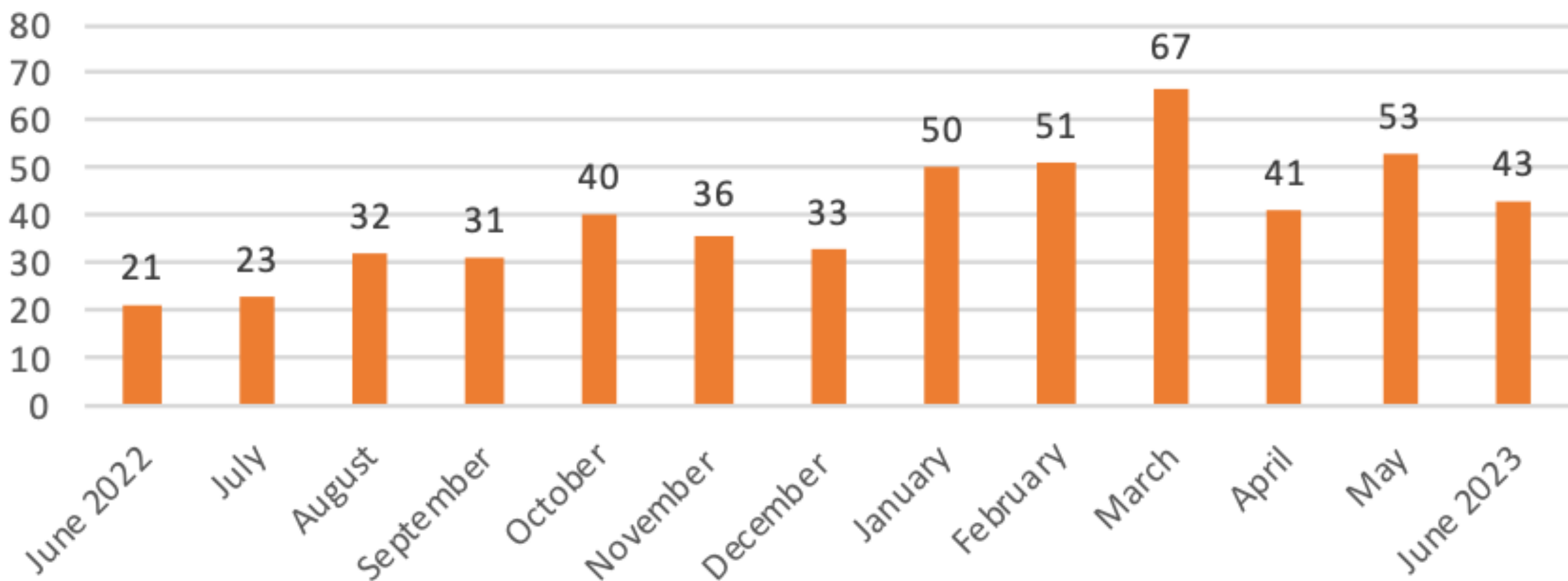


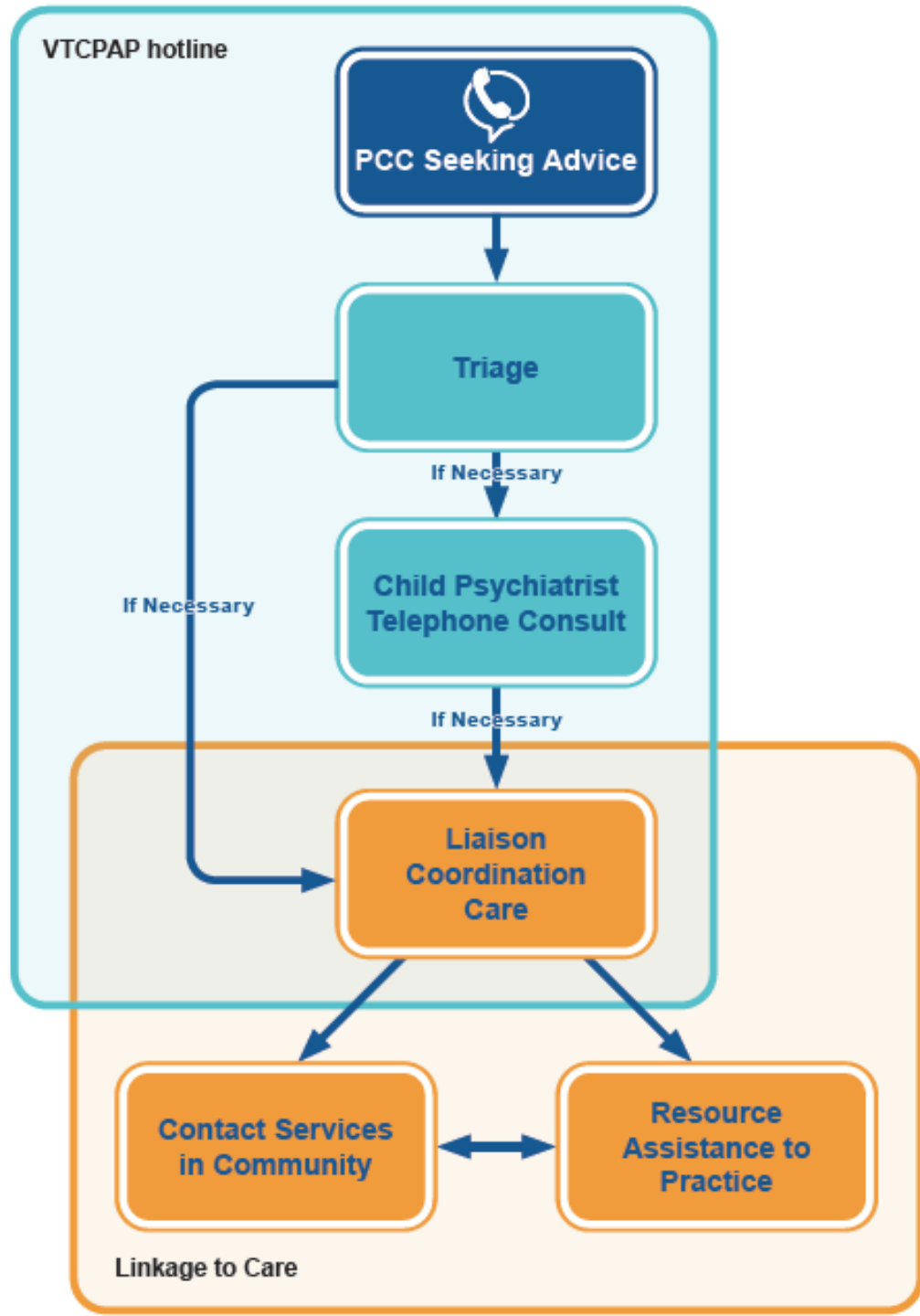
George "Bud" Vana, MD FAAP
FAPA FAACAP
(he/him)
Child-Adolescent Psychiatrist



Clinic Type	Total Registered	Total of Type in VT	% Registered of Total
Pediatric	32	32	100%
Family	60	119	50%
Naturopathic	12	27	44%
Total	104	178	58%

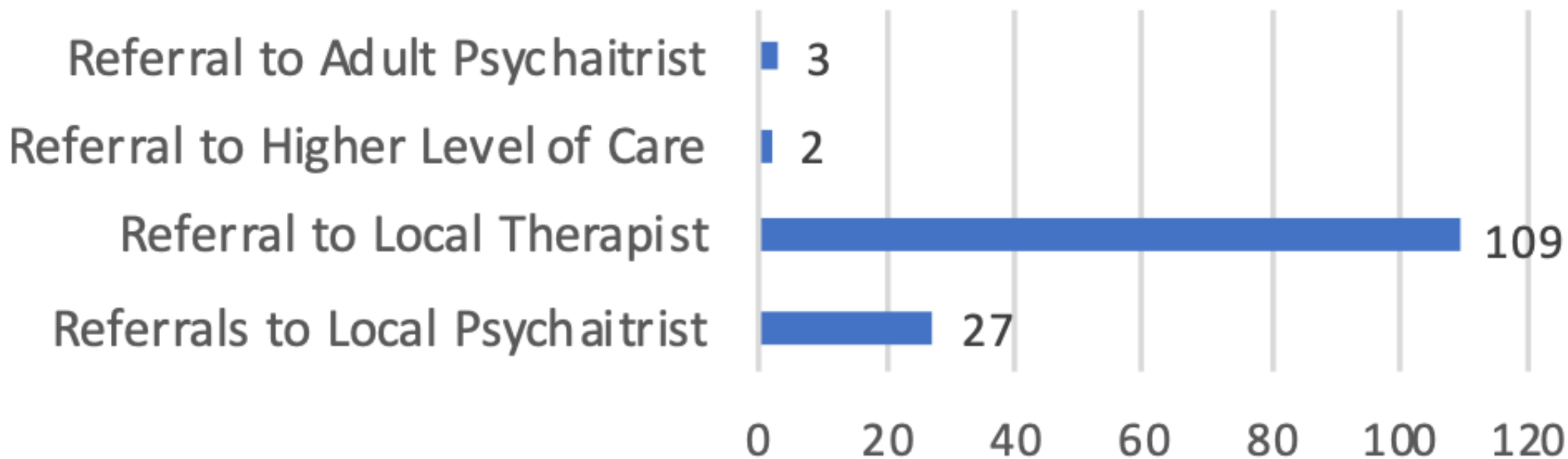
Number of Consultations Per Month





Type of Referral

Consults with referrals= 130



Click here for information on CHC's COVID-19 Vaccination Clinics!

VTCPAP Training Opportunities

VTCPAP is available to provide some FREE live virtual trainings to primary care practices on a variety of mental health related topics including: ADHD, anxiety, behavioral challenges/aggression, suicide, prevention and trauma. Please use this [form](#) to inquire about availability and scheduling a VTCPAP training for your practice.

VTCPAP Clinic Training Opportunities

[Sign in to Google](#) to save your progress. [Learn more](#)

** Required*

Clinic Contact Information: *

Please include name, phone number, and email address of the primary contact person

Your answer

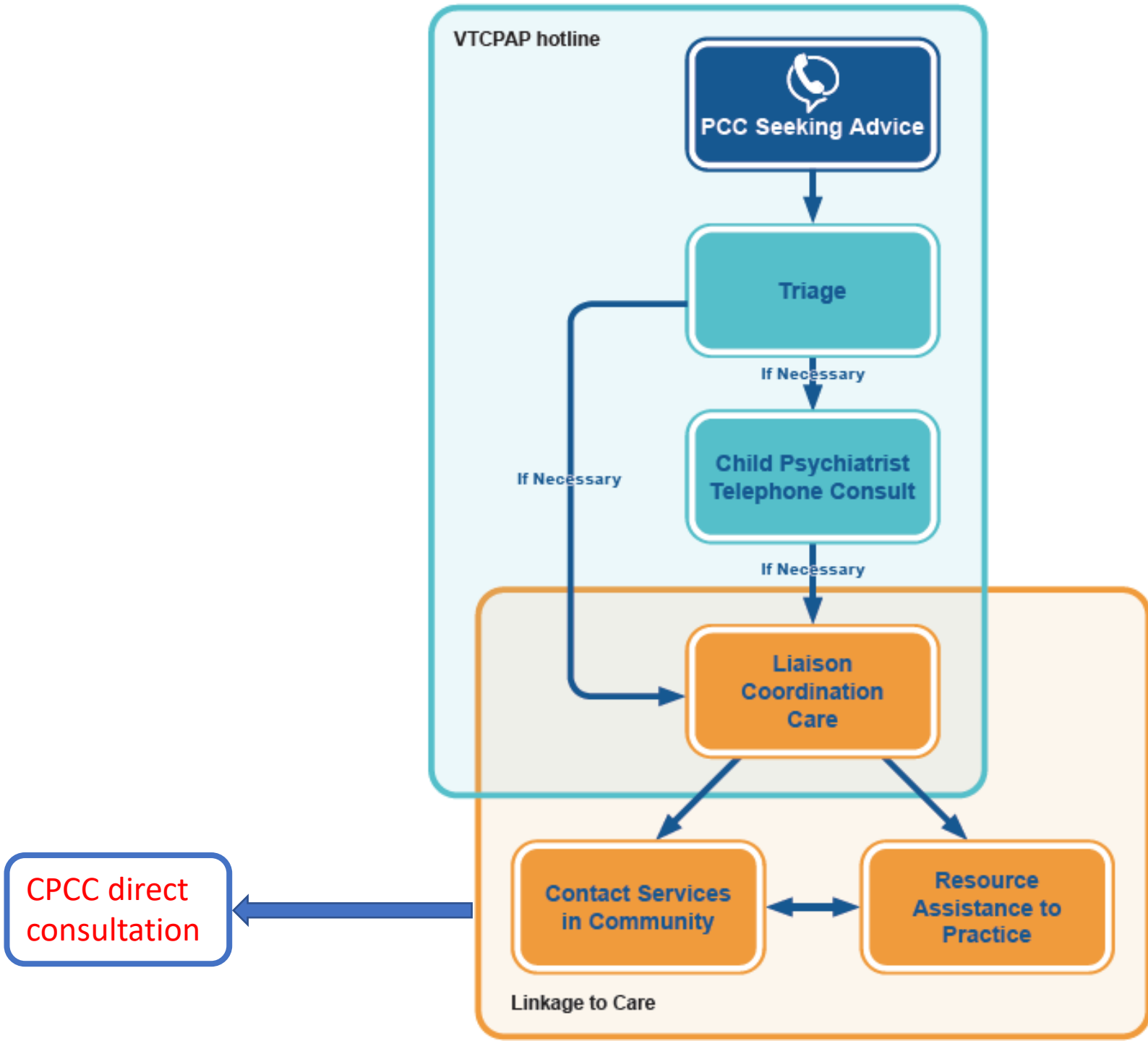
Clinic Name: *

Therapist: Dialectical Behavioral Therapy; Exposure Therapy with Response Prevention
School nurse: asQ and safety planning

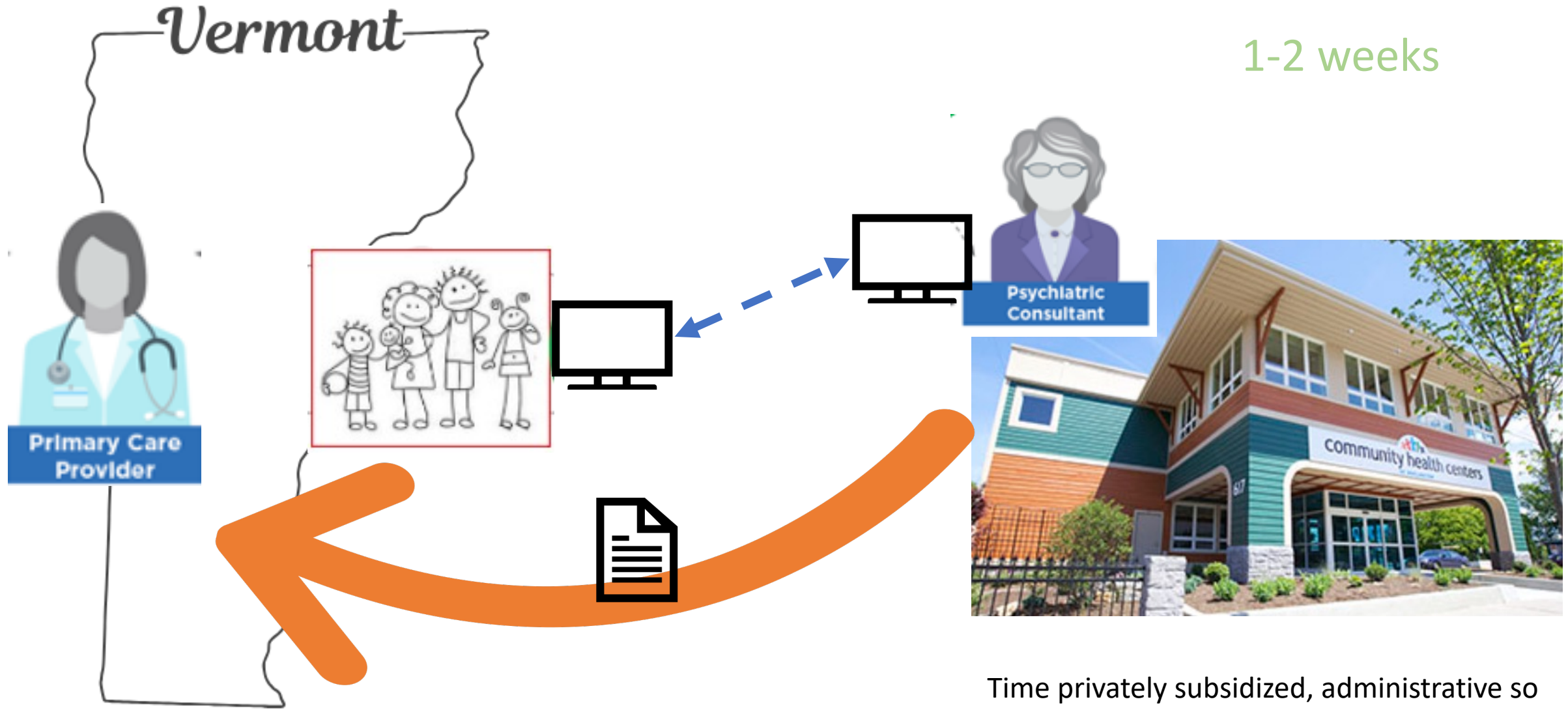


ERP training





Telehealth Child Psychiatry Consultation Clinic



1-2 weeks

Time privately subsidized, administrative so immediately available as needed.

Telehealth Child Psychiatry Consultation Clinic

VTCPAP child psychiatrist **recommends direct consultation**



Completed CPCC **referral form** from the PCP → CHC CPCC coordinator



Create the **patient chart** in CHC EMR system



Contact the family to **schedule** two 1 hour long consultative appointments
Confirm contact, insurance information



Send **video invitation** to family's email: **consultation occurs**



Note is faxed to the PCP

Recommendations are mailed to the family



CHC contacts the referring provider's office to **confirm the note was received**



Care continued by PCP with clearer direction and recommended mental health supports

Summary: VT CPAP

What?

Telephone consultation

Liaison Coordination

Training and Education

chcb.org/vtcpap

For Whom?

PCPs in Vermont serving children age 21 and under

Summary: VT CPAP

How?

PCPs call (9a-3p M-F)

Register clinics

Educational opportunities

Summary: VT CPAP

Results (in other states)

PCP and parent satisfaction

Decreased antipsychotic prescribing

Support for PCP high MH caseload

Support Population Care (stepped: state/clinic)

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Future directions?

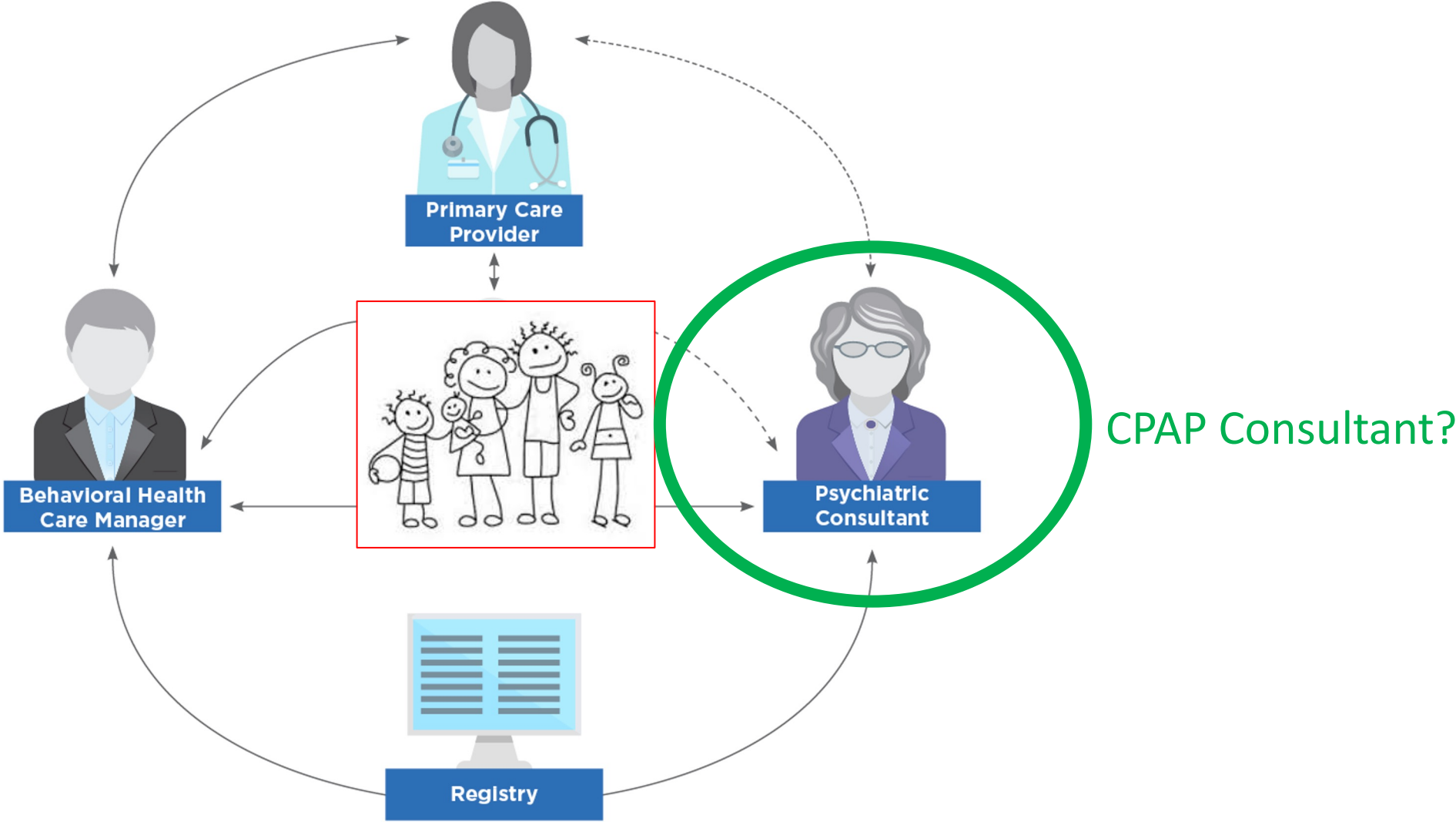
Perinatal consultation

Education re: school/PCP coordination

Clinic level integrated care support

Foster care antipsychotic medication reviews

Pediatric Clinic-Level Stepped Population Care



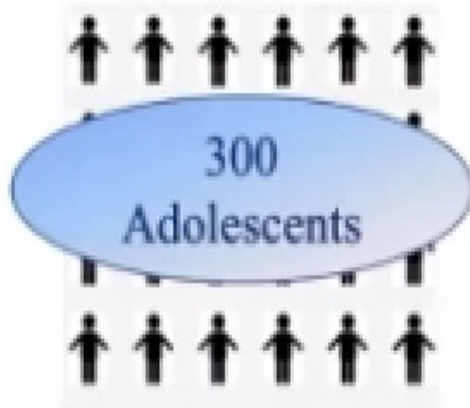
←→ Frequent contact - - - - -> Infrequent contact

~~Limited Access!~~

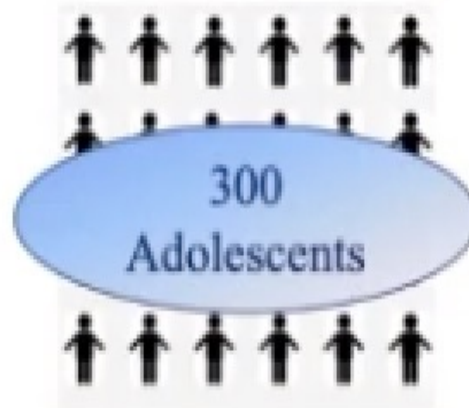
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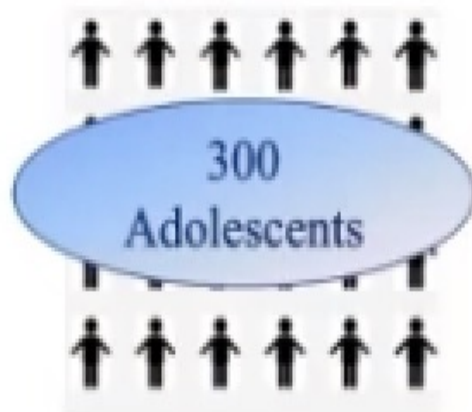


Access!

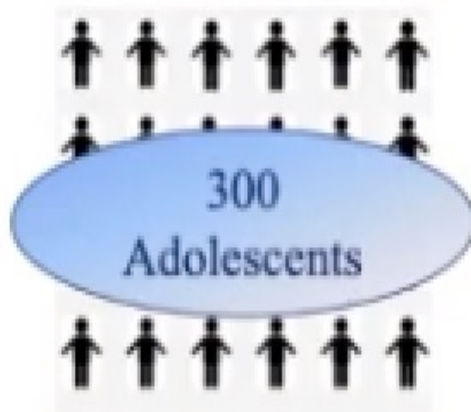
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PMHCA

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Partners



Thank you!

Annie Quinn

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Lee Robinson, MD

Amber Landers, PhD

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