Louisiana Pediatric Mental Health Care Access Program
Speakers

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  • Louisiana Pediatric Mental Health Care Access Program Project Manager
  • Louisiana Department of Health, Office of Public Health, Bureau of Family Health

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  • Mental Health Consultation Program Manager
  • Louisiana Department of Health, Office of Public Health, Bureau of Family Health
Louisiana Pediatric Mental Health Care Access (LaPMHCA) Program

Jody West, LCSW, LaPMHCA Project Manager
Paulette Carter, MPH, LCSW, Mental Health Consultation Program Manager
Louisiana Department of Health, Office of Public Health, Bureau of Family Health
Session Objectives:

• Participants will learn about the Louisiana Pediatric Mental Health Care Access (LaPMHCA) program.
• Participants will gain a better understanding of how mental health consultation can be helpful in their work with patients.
• Participants will learn about the services that will be available through LaPMHCA.
• Participants will provide feedback on their experiences of encountering and addressing mental health issues in their practice.
Questions for participants

Put your answers in the chat.

1. What percentage of your pediatric patients have mental health needs?
2. What are the mental health issues you are seeing that worry you the most?
Mental Health Needs of Louisiana’s Children

- 3rd highest percentage of children with identified mental health problem
- 27% of LA’s children live in poverty
- The entire state is a Mental Health Professional Shortage Area
- 2x the youth attempting suicide compared to nation
- Over 25% of LA children have 2+ ACEs
- Ranks 48th in the nation for overall wellbeing of children

Sources: HRSA, 2019; KidsCount Data Book, 2021; Data Resource Center for Child and Adolescent Health; Youth Risk Behavior Survey, 2019
Impact of Covid-19

• National survey results – 14% of parents reported worse behavioral health and 25% reported worse mental health in their children (Coller and Webber, 2021)

• Proportion of all emergency department visits for children’s mental health–related concerns increased from 2019 to 2020 (Leeb et al, 2020)

• More complexity to children’s mental health problems (Bettencourt et al, 2021)
Who do you currently go to when you have a pediatric patient with a mental health issue that you are unsure of how to address?
HRSA awards Louisiana a 5-year PMHCA Grant!

Pediatric Mental Health Care Access (PMHCA)

*Training primary care providers through telehealth to integrate behavioral and mental health services into their practices*

PMHCA Teleconsultation

*Providers - access information and teleconsultation services in 21 states*

Increasing Access to Pediatric Mental Health Care

We want to make sure that pediatric primary care providers are confident and competent to screen and help children with behavioral disorders. Our Pediatric Mental Health Care Access (PMHCA) programs build workforce capacity.
Purpose of the PMHCA Programs

• Promote behavioral health integration in pediatric primary care through mental health care telehealth access programs.

• Provide training and education to support the treatment of children and adolescents with behavioral disorders.

• Support referral to behavioral health providers, when needed.

• Serve as a resource for pediatric primary care providers serving children and adolescents.
PMHCA/ARP-PMHCA Program Reach 2021

*MN includes the state of MN and the Red Lake Band of Chippewa Indians
**OK includes the state of OK and the Chickasaw Nation

Blue: 2018 PMHCA awardees
Purple: 2021 ARP-PMHCA-New Area Expansion awardees
Gray: Not HRSA funded
Our Partners

TULANE UNIVERSITY
SCHOOL of MEDICINE

LSU Health
NEW ORLEANS
School of Medicine

Louisiana Department of Health,
Office of Behavioral Health
Overall Goal of the Louisiana Pediatric Mental Health Care Access (LaPMHCA) Program

All children and adolescents in Louisiana, especially those in rural and underserved areas will have equitable access to comprehensive integrated behavioral health services by increasing capacity among primary care providers to screen, diagnose, treat and refer as needed to mental health and supportive services.
LaPMHCA Strategy

Consultation
- Access to psychiatrists and mental health professionals
- Guidance on screening, diagnosis, treatment, medication management
- Response to general questions or patient specific issues

Resource and Referral Support
- Real-time support connecting patients to mental health and other community resources
- Localized community resource lists

Provider Education and Training
- Didactics/case consultation
- Webinars
- Provider resources (e.g. Screening Toolkit, patient materials)

Providers are more knowledgeable in identifying, diagnosing, treating, and referring patients with mental health concerns which results in an improved EPSDT System
Key information about LaPMHCA

- **Statewide, provider-to-provider** phone consultation
- **Providers register** for the program
- Special focus on **Rural Health Clinics**
- Full-time **resource and referral** phone consultation
- **Psychiatrists** are available for consultation
- **TeleEcho** series
- Live and recorded **webinars/trainings**
- **Web site**: Clinical tools, handouts, registration form
Why provide consultation to frontline healthcare providers?

• It’s where children and families are

• Frontline healthcare clinicians are trusted experts; have relationships over time with patients and families

• Consultation leverages scarce psychiatric resources
  • With support, training, and resources, frontline healthcare clinicians can manage mild to moderate mental health concerns

• Telephone/video consultation increases access to more providers – especially those in underserved, rural areas
Question for Participants

What components of the LaPMHCA program excite you the most?
What Does Consultation Look Like?

- Promoting social and emotional health
- Parent mental health concerns
- Parenting tips
- Medication questions
- Parent-child relationships
- Behavioral and emotional concerns
- Childhood mental health disorders

Video
Telephone
Email
## Consultation Team

<table>
<thead>
<tr>
<th>Licensed Mental Health Professionals</th>
<th>Resource Specialist</th>
<th>Psychiatrists</th>
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<tbody>
<tr>
<td>• Treatment options</td>
<td>• Local community resources</td>
<td>• Diagnosis</td>
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<tr>
<td>• Parenting information</td>
<td>• Mental health resources</td>
<td>• Medication management</td>
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<tr>
<td>• Relationship concerns</td>
<td>• Telehealth resources</td>
<td>• Treatment recommendations</td>
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- **Licensed Mental Health Professionals**
  - Treatment options
  - Parenting information
  - Relationship concerns

- **Resource Specialist**
  - Local community resources
  - Mental health resources
  - Telehealth resources

- **Psychiatrists**
  - Diagnosis
  - Medication management
  - Treatment recommendations
The mom of one of my 7 year old male patients is reporting that he is rubbing his genitals during bath time and every night when he goes to bed.

A 15 year old came into the clinic today. Mom reports he came home “blackout” drunk from a football game last week, and, when searching his room, his parents found marijuana. Dad is a recovering alcoholic and the family has experienced lots of loss from both the hurricanes and COVID 19. The parents are really worried about their son.

The mother of a two-year old male patient is reporting that her son has just been kicked out of his child care center due to behavior. This is the second center that has kicked him out.

I have a 5 year old female patient who is scratching herself to the point of bleeding and creating sores. We have ruled out any medical conditions as the cause of this behavior.
### Benefits of Mental Health Consultation

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<th>Providers</th>
<th>Children and Caregivers</th>
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<tr>
<td>- Increased access to psychiatry</td>
<td>- Improvement in quality of care</td>
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<td>- Increase in knowledge and competence</td>
<td>- Increased screening for mental health issues</td>
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<td>- Providers feel better equipped to meet the psychiatric needs of the pediatric patients</td>
<td>- Appropriate identification of mental health issues</td>
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<td>- Increased comfort talking about mental health</td>
<td>- Increased connection to mental health services</td>
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<td>- Improved connection to resources</td>
<td>- Improved behavioral and pharmacological treatment from the PCP</td>
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<tr>
<td>- Access to referral and resource information</td>
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<tr>
<td>- Increased knowledge of mental health resources</td>
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<td>- Increased trust of PCP and clinic</td>
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<td>- Improved sense of safety at the clinic/practice</td>
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<td>- Increased belief that needs will be met</td>
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Sources: Bettencourt et al, 2021; Sarvet et al, 2010)
Timeline for Year One (of Five)

Oct 2021-Dec 2021
- Assemble Team and Build Infrastructure
- Needs Assessment with Providers

Jan 2022-March 2022
- Compile Data from Needs Assessment
- Project Startup

April 2022-June 2022
- Recruit Providers
- TeleEcho Series
- Website Roll Out

July 2022-Sept 2022
- Consultation Line Opens
- Evaluation
You will be hearing from us soon!

• Needs assessment survey that is being launched today
  • Louisiana Rural Health Association (LRHA)
  • Louisiana Chapter of the American Academy of Pediatrics (AAP)
• TeleEcho Series launches in Spring 2022
• Provider registration for LaPMHCA in Spring/Summer 2022
We want to hear from you!

• Can you please take a few minutes to complete this Practice Survey on Mental Health Services and Needs?
Questions?
Thank you for joining us!