

# PEDIATRIC MENTAL HEALTH CARE ACCESS PROGRAM



# REPORT OF YEAR THREE STATISTICS PROVIDED AND ACCEPTED BY HRSA

SEPTEMBER 30TH, 2020- SEPTEMBER 29, 2021

- **Number of Primary Care Providers trained through ECHO Sessions in 2021:** There were 52 Primary Care Providers that attended the ECHO sessions.
- **Number of BH providers that participate in ECHO Sessions in 2021:** There were 56 Behavioral Health Providers that attended the ECHO sessions.
- **Total number of trained through ECHOs in 2021:** There were 237 people trained through the ECHO series of 2021. These people include, RN's Pediatricians, Nurse Practitioners, Physician Assistance, Social Workers, Patient Care Navigators, Counselors, and others unspecified.
- **Symposium attendees:** There were 136 unique professionals that attended the symposium on September 23<sup>rd</sup>, 2021.
- **Total Trained in 2021:** There were a total of 270 unique professionals trained by the PMHCA Program in 2021.

# 2021 ECHO SERIES REVIEW

**Number of Echo sessions:** There were 17 ECHO sessions completed in 2021: The following is the list of topics that were completed and recorded for ongoing learning at UND.

- Jan. 7 – Autism Spectrum: Current Presentation and Treatment – Dr. Boseck
- Jan. 21 – Social (Pragmatic) communication Disorder: Recognizing Unrecognized Social Deficits – Dr. Boseck
- Feb. 4 – Fetal Alcohol Spectrum Disorder: Stressing the Need for Greater Global Awareness – Dr. Boseck
- Feb. 18 – Acquired/Traumatic Brain Injury: Recognizing the Source and Proper Steps to Take Following Acquired Head Impact and Chronic Symptomology – Dr. Boseck
- March 4 – Learning Disorder: Recognition in Hopes of Early Intervention – Dr. Boseck
- March 18 – Intellectual/Developmental Disability: Etiology, Presentation and Next Steps – Dr. Boseck
- April 15 – Gifted/Talented – Dr. Boseck
- May 5 – Assessment in recognizing mental health emergencies – suicide risk or complex mental health symptoms. – Dr. Jorgensen
- May 19 – Analyzing and interpreting results from Mental Health screenings, histories and physical examinations and observations to determine what “brief interventions” could be used and whether a full Diagnostic Assessment is needed – Dr. Jorgensen
- June 16 – Impulsivity and inattention, with or without hyperactivity – Dr. Jorgensen
- July 7 – Disruptive or aggressive behaviors – Dr. Jorgensen
- July 21– Anxious and avoidant behaviors – Dr. Jorgensen
- August 18 – Exposure to trauma or loss – Dr. Jorgensen
- September 1 – Youth Substance Use: Presented by the Addiction Technology Transfer Center
- September 15 – Acquired Brain Injury: Presented by the North Dakota Brain Injury Network
- October 6 – Substance Use – Dr. Jorgensen
- October 20 – Low mood or withdrawn behaviors – Dr. Jorgensen

**Videos of the ECHO sessions exist on the Enduring program at the UND School of Medicine for ongoing learning opportunities.**

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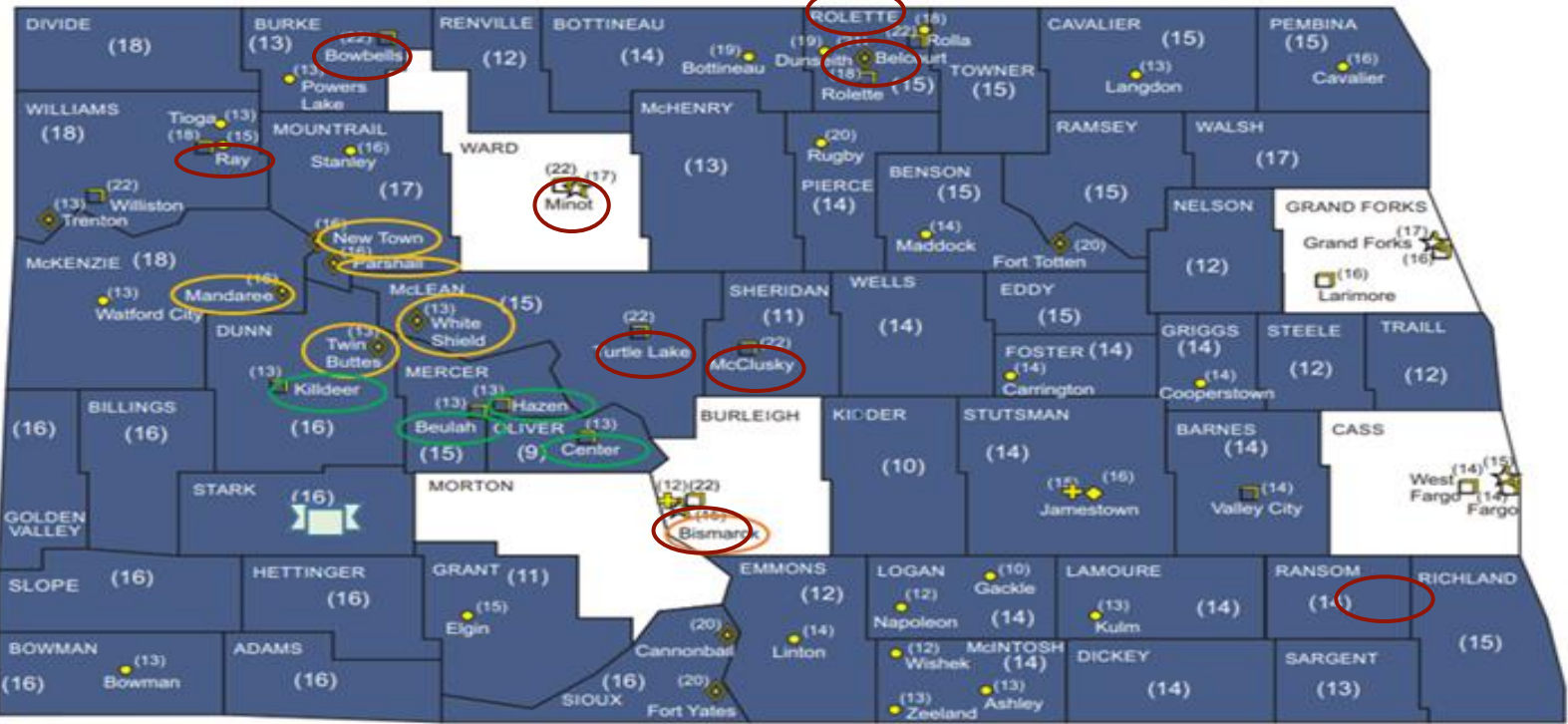
SEPTEMBER 30TH, 2020- SEPTEMBER 29, 2021

- **Pediatric Mental Health Care Consult Line: Initiated in March 2021**
  - Completed Primary Care Consultations: There were 38 pediatric consultations completed by the PMHCA team in 2021; this allowed the pediatric patient to stay close to home and avoided a referral to specialty care waiting lists.
  - Primary Care Providers who access the consult line have been provided pediatric mental health diagnostic education, screening tool education, guidance on medication adjustments/changes, and referral recommendations for therapy.
  - In addition to providing consultation and training, there were 17 families that received care coordination and assistance to fulfill social determinants of health (gas, heating, food assistance, childcare, care referrals and coordination) from Family Voices of North Dakota, a team member of the ND PMHCA program. Throughout the six months of data collection (March 2021 to September 2021) there were 100 referrals provided to assist in the care coordination efforts of Primary Care providers for their patients.
- **Direct Patient Consultation:** After a completed consultation between the Primary Care Provider and PMHCA team member, two patients and their families were seen via telehealth by a psychiatrist member of the PMHCA team.
- **Pediatric Mental Health Care Access Website:** Launched in March of 2021; Promotion of free and accessible Pediatric Behavioral Health Screening tools are on the website: [www.ndpmhca.org](http://www.ndpmhca.org)
- **CAP of coffee:** Child and Adolescent Psychiatry Coffee hour from 7:00-8:00 a.m. CST, on the second and fourth Wednesdays of the month began in June 2021, have generated 5 consultations
- **Clinic Practices that Enrolled in the ND PMHCA in 2021 :** UND Center for Family Healthcare (Bismarck); Coal Country (Beulah, Center, Hazen, Killdeer) Northland Health Center (Bismarck, Bowbells, McClusky, Minot, Rolette, Ray, St. John, Turtle Lake)

# PMHCA YEAR FOUR FIRST QUARTER UPDATES

Goal 1: Increase telehealth behavioral health services to children and adolescents in underserved areas of the state

## North Dakota Mental Health Professional Shortage Areas



Enrolled Clinics in ND PMHCA  
**Yellow:** Elbowoods Memorial Clinic\*

**Green:** Coal Country Community Healthcare Centers

**Orange:** Bismarck – UND Center for Family Healthcare

**Red:** Northland Health Centers

# PMHCA YEAR FOUR FIRST QUARTER UPDATES

Goal Two: Extend knowledge to pediatric primary care professionals across the state for the early identification, diagnosis, treatment and referral of mental health disorders

**Project ECHO:** First Quarter ECHO topics included:

- Pediatric Mental Health Screenings and Analysis, by Dr. Michelle Jorgensen
- Crisis Planning for Suicidal Patients seen in Primary Care, by Dr. Justin Baker
- Eliciting the Problems and Prioritizing, then working on Solution Focused Approaches to Engaging Families, by Dr. Larry Wissow
- Compassion Fatigue and Secondary Trauma, by Melissa Kaiser

## **September Symposium 2021:**

Save the date, September 22, 2022  
ND PMHCAP and Sanford Pediatric Integrated Behavioral Health Care are merging once again for the 3<sup>rd</sup> annual Pediatric and Primary Care Behavioral Health Symposium to provide a robust platform for Primary Care Providers.

Registration information coming in May!

# PMHCA YEAR FOUR PLANS WITH CARRYOVER

The ND PMHCA program received the full carryover amount requested from prior years unspent funds: These funds will supplement our existing yearly plan with the following activities:

The following is a list of activities scheduled for completion prior to Sept. 29, 2022

1. A professional recording of Dr. Nicola Herting demonstrating the ACES and MN Trauma screening administration and scoring. This video can be used for Primary Care Providers, Clinicians, CPS workers on demand training. Scheduled May 26<sup>th</sup>.
2. Dr. Dee Bigfoot, to provide training to a group of clinicians/therapists, involved in a different grant from SAMHSA, on a Native American culturally enhanced therapy called Honoring the Children Mending the Circle. Dr. Bigfoot is the only person providing this training in the country. Dr. Bigfoot last provided this training in North Dakota in 2009. Planned for June 2022.
3. Dr. Ross Greene is providing a free, two-day training on Collaborative and Proactive Solutions on August 18 & 19. Geared for anyone who works with youth (educators, parents, clinicians, primary care, psychiatry)

# PMHCA YEAR FOUR PLANS WITH CARRYOVER

- ND PMHCA is having its own website created instead of continuing as a project under the Center for Rural Health. This will help web users navigate the page easier to find resources. Web name address is still, [www.ndpmhca.org](http://www.ndpmhca.org). We will be creating a new vanity name. In development now for release end of April.
- ND PMHCA contracted with Level Marketing, who is providing feedback on the web design for ease of navigation. They are also working on marketing for the program to primary care providers and to families. In development now to launch same time as website.
- Consulted with Consultative Expertise (recommendation by federal project officer):
  - Greg Gallagher for strategic work in promotion and networking.
  - Jen Sahr from the Fargo Public School District – for guidance to assist schools in exploring screening options and implementation using evidenced based methods from SAMHSA
  - Dr. Anderson – The ND American Academy of Pediatrics President for ongoing needs in the field that ND PMHCA can assist with.



# BEHAVIORAL HEALTH PLANNING COUNCIL ADVISORY

- Increase usage of the ND PMHCA Consultation Line and the CAP of Coffee

## How to Make A Consult Line Call



To access the Consult Line, Primary Care Providers can call the toll-free phone number:  
(888) 522-965, Monday through Friday between 8:30 am – 4:30 pm.

Providers will be asked a few brief questions to identify the nature of the call and to collect key points about the patient. The collected information will be forwarded to a Child and Adolescent Psychiatrist who will then call the Primary Care Provider back to provide a free consultation on the case.



THANK YOU!

*thank you!*