

Behavioral Health & Wellness Needs Assessment for Outpatient Pediatric Specialty Clinics

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Introduction & Objectives

As many as 10 to 20% of children meet criteria for a mental health disorder (Kazak et al., 2008), but of those meeting diagnostic criteria, only 20 to 30% receive specialty mental health services each year (Kataoka, Zhang, & Wells, 2002). In addition, as many as 50% of children in the U.S. have had at least 1 chronic condition within a 6-year assessment period (Van Cleave et al., 2010). Further, pediatric nonadherence to medical treatment has been shown to be as high as 50% for several chronic conditions (e.g., asthma, diabetes), which indicates **“many pediatric chronic health conditions are undertreated relative to recommended standards of medical care”** (Kahana et al., 2008, p. 590).

It is clear that Pediatric Behavioral Health integration is in demand. Integration within Specialty Clinics provides opportunity to reduce barriers to accessing mental health care, can help reduce mental health stigma, can help improve continuity of care rendered, and most importantly can help increase medical effectiveness through utilization of a true biopsychosocial model of care.

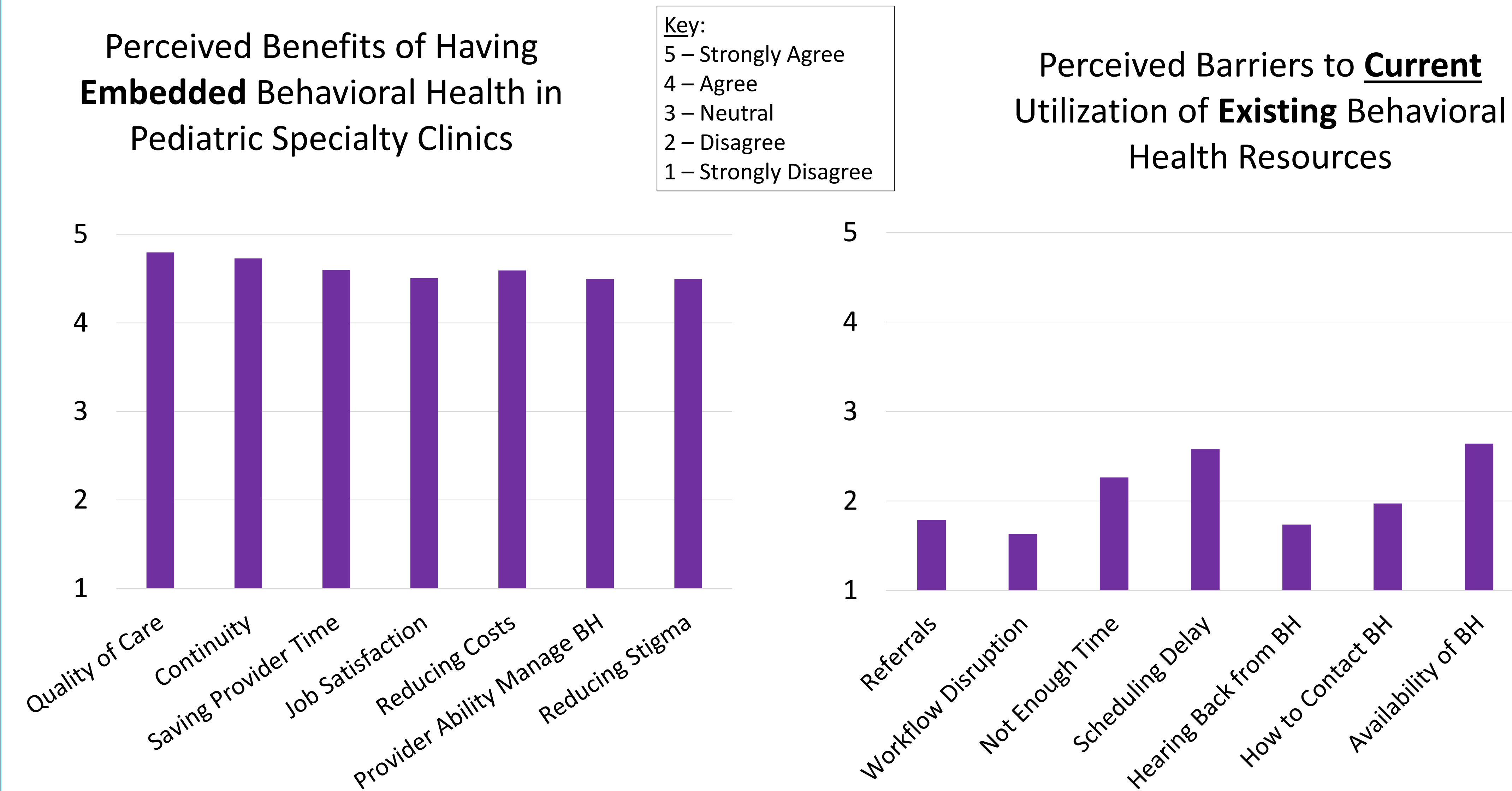
Project Objectives:

1. Develop a survey to assess the needs of Behavioral Health Consultation and Psychiatric Medication Consultation across UR Medicine Outpatient Pediatric Specialty Clinics
2. Distribute survey
3. Analyze collected data
4. Share results with Pediatric Administrators and Clinic Medical Directors

Respondents

Specialty	# Obtained	Total in Specialty	Current BH Access?
Adolescent Medicine	10	11	No
Allergy/Immunology	3	7	No
Breastfeeding Clinic	4	5	No
Cardiology	3	13	No
Child Neurology	9	27	Yes (0.25)
Developmental & Behavioral Pediatrics	10	23	Yes (7.0-8.0)
Endocrinology	10	10	Yes (0.1 → 0.05)
Gastroenterology	11	19	Yes (0.25 → 0.15)
Genetics	2	5	No
Hematology/Oncology	15	14	No
Infectious Disease	1	4	No
Nephrology	8	8	No
Neurosurgery	1	2	No
Pulmonology	2	12	Yes (0.1)
Rheumatology	3	5	Yes (0.1 → 0.3)
Sleep Medicine	4	4	Yes (0.5)
Transitional Care	4	--	Yes (0.7)
Urology	1	5	No
Other	2	--	
Grand Total	103	178	

Results



Qualitative Feedback

Increased Access

- “It would **decrease the stigma** and just be a ‘standard part of therapy.’ Many parents want Mental Health [services] for themselves or their kids, but it’s ‘just one more place to go,’ ‘one more appointment,’ or their teen refuses. If a Mental Health provider was in our clinic it would be **easier to get teens**, especially, to engage and **less of a burden on families** who already have a multitude of appointments.”

Improved Efficiency

- “The behavioral health specialists in our clinic are **crucial to our efficiency** and the **comprehensive care** we can provide.” (Sleep Medicine)
- “Patients can have their psychiatric problems appropriately assessed and treated in a **reasonable timeframe**.”

Quality Patient Care

- “The mental health problems of our patients, their siblings, and parents are **STAGGERING**. It is a **huge unmet need** and we **desperately need** a mental health expert embedded in some of our busier clinics.”

Proposed Blended Model to Pilot

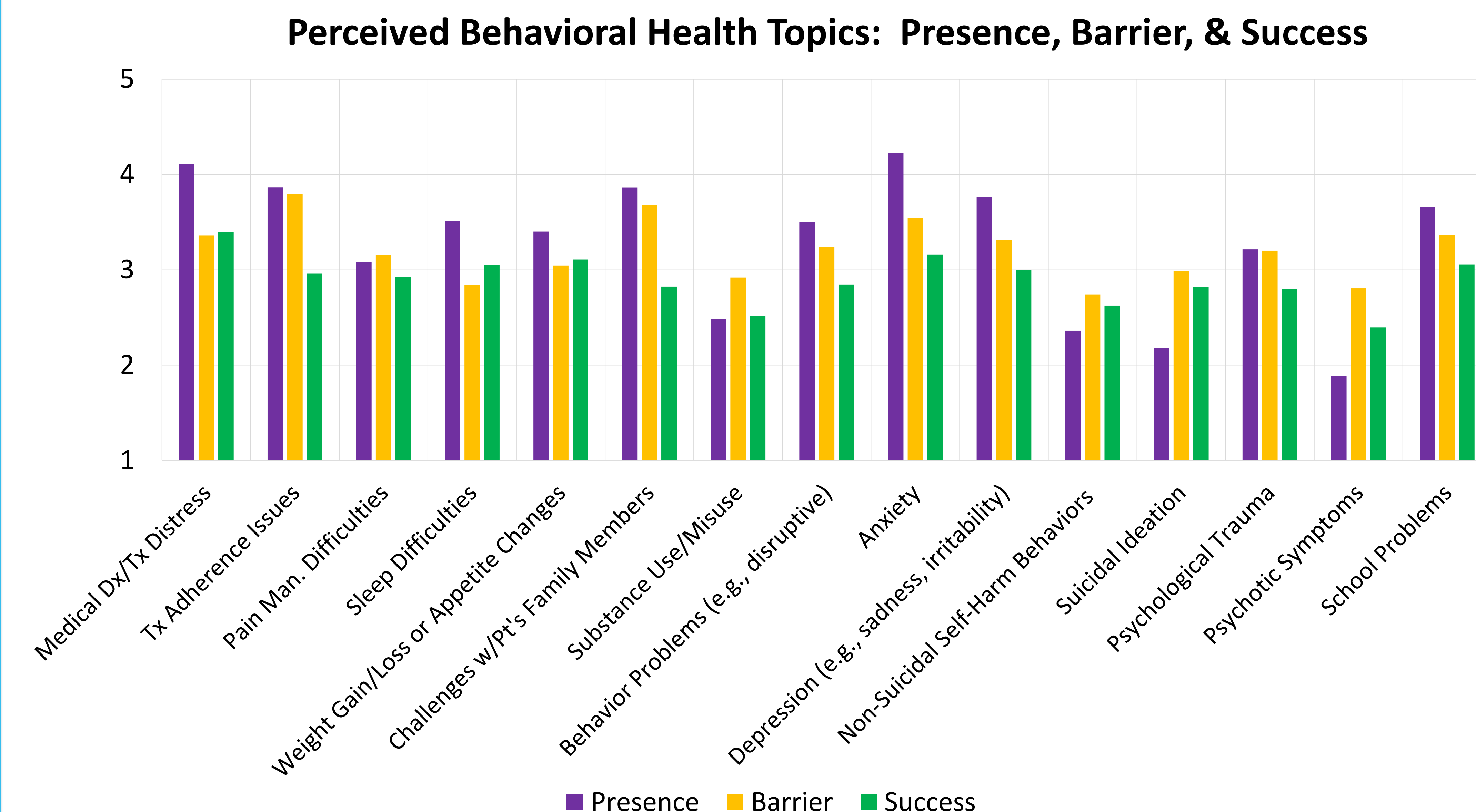
Psychology

- A. Embedded Clinician
 - Dedicated clinician for designated clinic sessions
 - Consultation, assessment, treatment, & referrals
 - Collaborative relationship building between Psychologist and Medical Providers
 - Linked appointments and warm handoffs
- B. Centralized Resource
 - Psychologist with on-call availability for provider consultation
 - Availability for psychologist to schedule follow-ups for patients seen for consultation
- C. Participation in identified division activities for training/relationship building, as schedules permit

Psychiatry

- A. Project TEACH – medication consultation and referrals
- B. Psychopharmacology training and education to identified Behavioral Health champions with co-occurring relationship building
- C. Expedited outpatient psychiatric consultation

Take Away Point: Several BH issues present across Specialties, which create barriers to medical treatment, and Specialty Providers **only sometimes** feel successful in **overcoming** these barriers to medical treatment – BH can help with this!



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