



Pediatric Mental Health Care Access Program and School-Based Health Center Collaboration: Lessons from the Field

September 21st, 2023

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Program Administrator, National Network of Child Psychiatry Access Programs

Rebecca Gostlin, LPC

Director of Clinical Initiatives, Youth Healthcare Alliance, CO

Petra Steinbuchel, MD

Director, UCSF Child and Adolescent Psychiatry Portal, CA



School-Based Health Alliance

Transforming Health Care for Students

Our **Focus**

The School-Based Health Alliance Works to Support & Grow SBHCs

Policy



Establishes and advocates for national policy priorities

Standards



Promotes high-quality clinical practices and standards, including for telehealth

Data



Supports data collection and reporting, evaluation, and research

Training



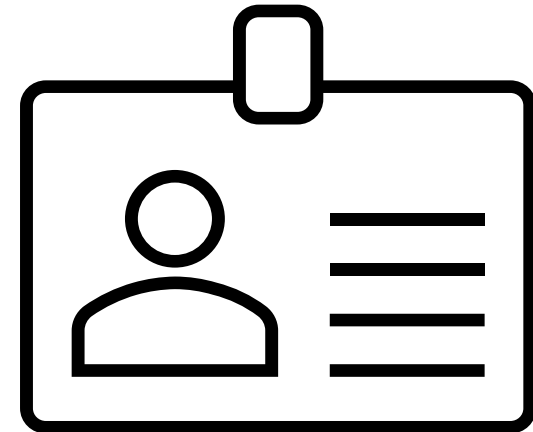
Provides training, technical assistance, and consultation

We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships www.sbh4all.org

Welcome!

Please introduce yourself in the chat...

- Name
- Professional Role
- Name or organization
- Name of PMHCA Program (if applicable)
- State/Territory/Tribal Nation



SBHA's PMHCA Initiative Team



Laura Hurwitz, LCSW
Project Lead & Consultant
School-Based Health Alliance



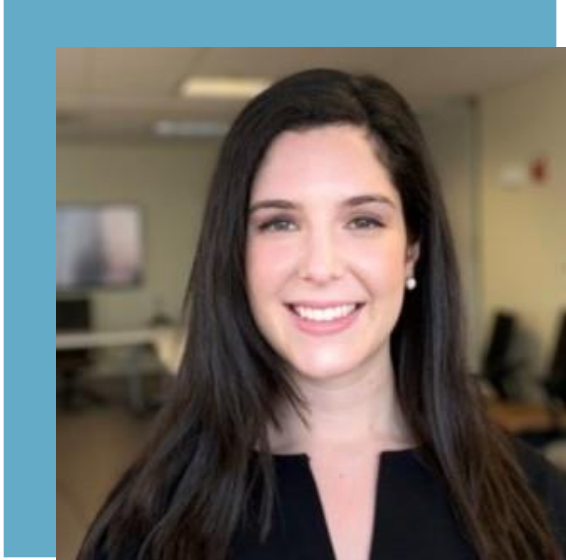
Katy Stinchfield
Consultant
School-Based Health Alliance



Micayla Rivin, BA
Program Associate
School-Based Health Alliance



Today's Presenters



Laura Hurwitz
Project Lead & Consultant
School-Based Health Alliance

Sarah Rosadini
Program Administrator
National Network of Child
Psychiatry Programs
(NNCPAP)

Petra Steinbuchel
Director, of the UCSF Child and
Adolescent Psychiatry Portal
(CAPP)

Rebecca Gostlin
Director of Clinical
Initiatives, Youth
Healthcare Alliance, CO



Opening Poll

What is your role?

- 1. PMHCA program staff**
- 2. SBHC Staff**
- 3. School or District Staff**
- 4. SBHA Affiliate or Program Office**
- 5. State Department of health, education, or mental health**
- 6. Funder/National organization**
- 7. Other**

Webinar Objectives



- Understand benefits of PMHCAs and SBHCs Partnerships
- Learn types of collaboration that exist between PMHCAs and SBHCs
- Understand key lessons from states in which PMHCAs and SBHCs are already collaborating
- Learn first-hand how two states are approaching PMHCA and SBHC partnership

Why Expansion to Schools & SBHCs?



Mental Health Workforce Challenges

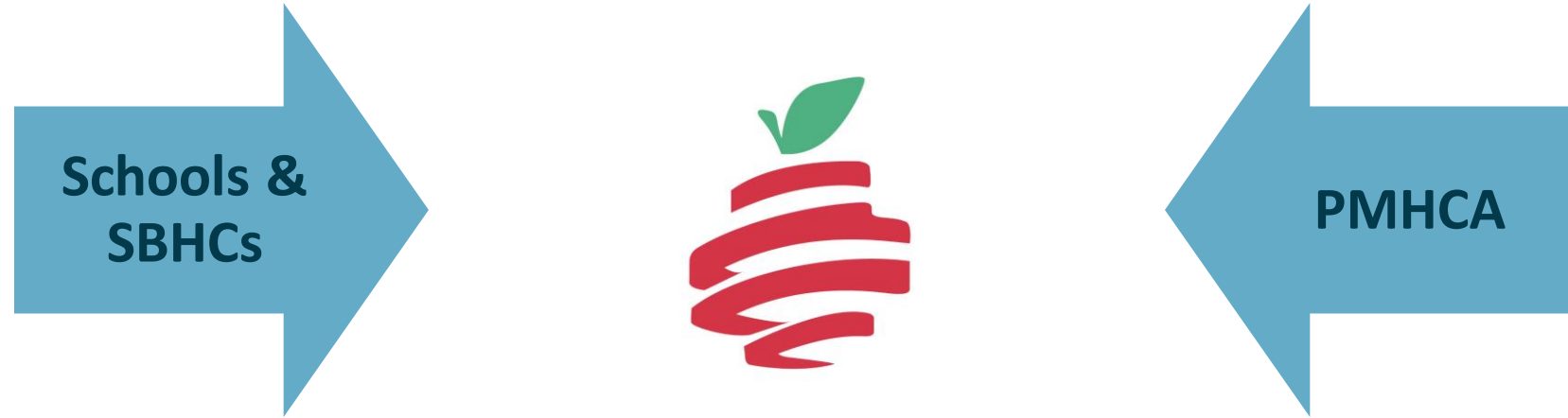
Promise to mitigate children's
mental health crisis
and workforce shortages of
child psychiatrists



IDENTIFYING NEEDS IN THE SCHOOL SETTING

Recognition of school as setting
where children and adolescents are
being identified for and receiving
mental health services

School Based Health Alliance's PMHCA Initiative



SBHA Technical Assistance Activities

- Facilitation of State-level Partnerships
- Networking and Coaching Calls
- PMHCA-SBHC Learning Community
- Webinars, Tools & Resources

Partner Organizations

- National Network of Child Psychiatry Access Programs
- National Center for School Mental Health
- Center for Adolescent Health & the Law

PMHCA-SBHC Advisory Group Members



Rebecca Gostlin, MEd, LPC

LPC, Director of Clinical Initiative Youth Healthcare Alliance, CO

Kari Harris, MD

Pediatrician and Medical Director of KSKidsMAP

Erin Hughes-Krieger, LMSW

Project Manager for the Michigan Clinical Consultation & Care (MC3)

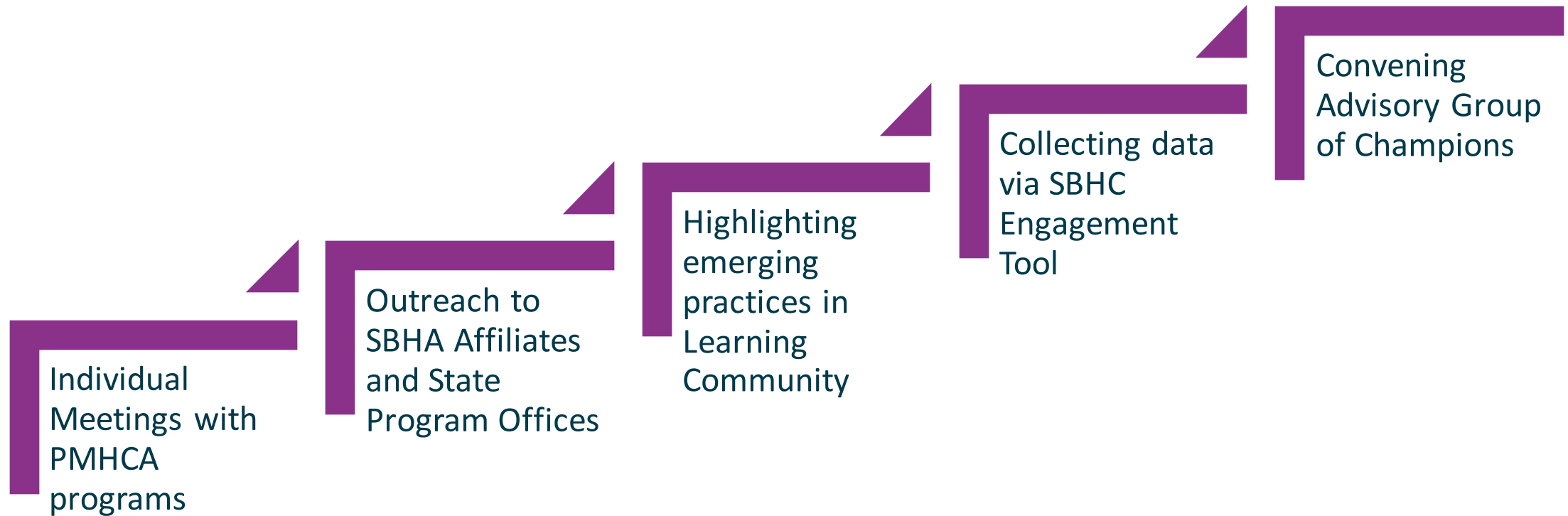
Victoria Scott, PhD, MBA

Community Psychologist, Associate Professor, SC YAP-P

Petra Steinbuchel, MD

Child & Adolescent Psychiatrist, UCSF Professor & CAPP Director

How we learned about PMHCA-SBHC collaboration



Collaboration Poll

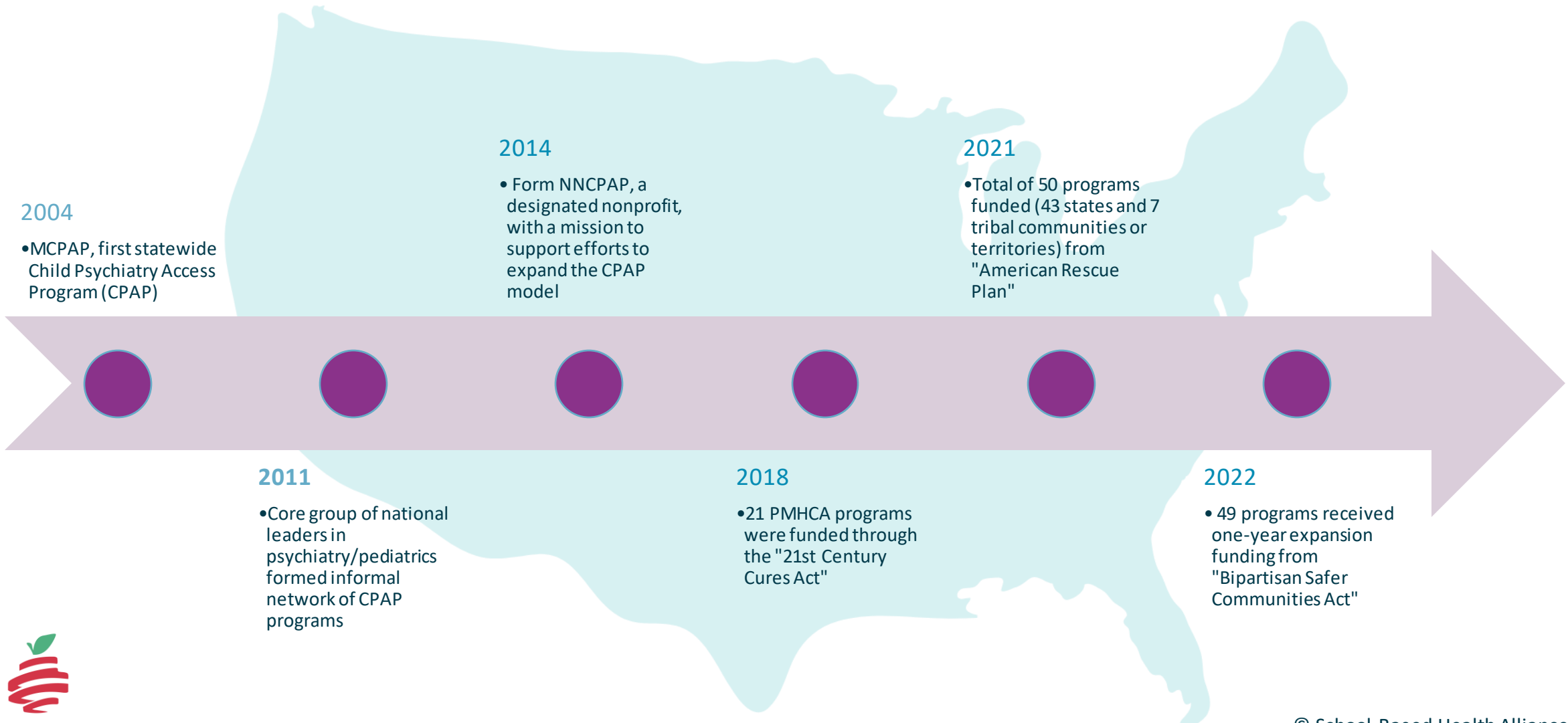
Where do you fall along the spectrum of PMHCA-SBHC collaboration?



- 1. Precontemplation:** We have not yet considered collaboration
- 2. Contemplation:** We understand the benefits of PMHCAs & SBHCs working together and are exploring the possibility of collaboration
- 3. Preparation:** We are meeting with key stakeholders, i.e., state, regional, and/or local leaders, to discuss the best way to collaborate
- 4. Action:** We are actively engaged in collaboration.
- 5. Maintenance:** We are reflecting on our process, reviewing data, and discussing ways to improve our collaboration



History of Pediatric Mental Health Care Access Programs (PMHCA)



What is a PMHCA?

A state level program developed in response to children's mental health crisis and shortage of child psychiatrists

- Designed to increase workforce capacity of primary care providers to make early identification, diagnosis, treatment, and referral of mental health conditions a routine part of children's health care.
- Programs consist of small teams, including a child psychiatrist, that provide:



Tele-consultation

through an established statewide phone line to pediatric primary care providers



Training and Education

to providers through ECHOS and web-based trainings



Resources and Referrals

to providers, families, and community members

What is School-Based Health Care?

School-based health care is provided through school and community health organization partnerships, and in collaboration with school administration and health services staff.

This care includes but is not limited to



Primary care



Mental health



Oral health



Vision services

School-based health centers (SBHCs) offer the most comprehensive type of school-based health care. The Center for Disease Control and Prevention's (CDC) Community Preventive Services Task Force recommends [school-based health centers \(SBHCs\)](#) as an evidence-based model that improves educational and health outcomes.

Unique Characteristics of SBHCs



**Most SBHCs are
open full-time**
but may follow school
schedule



**Operated by
external organizations**
mostly medical partners



Staffing allocation
Full or part-time,
multiple sites



Staffing Configuration
Many variations, inter-
professional teams



Information Sharing
federal laws pertaining to
student information
(HIPAA/FERPA)



Services
Often include mental
health, may service non-
student populations



PMHCAs & SBHCs: A Natural Fit for Promoting EQUITY

ACCESSIBILITY

SBHCs place critical services, like mental health care, directly in schools; students without a medical home can receive comprehensive healthcare, regardless of ZIP code.

INTEGRATED CARE

Embedded into SBHCs are systems to identify, assess, treat, and refer students for mental health services.

STAFFING

SBHCs have on-site primary care providers who can prescribe medication.

HIGH-QUALITY CARE

SBHCs aim to provide children with quality mental health care services through evidence-based standards, performance measures, and quality improvement systems.



SUSTAINABILITY

Like FQHCs, SBHCs use sound management practices, including a billing infrastructure, financial performance metrics, and diverse funding sources.

TECHNOLOGY

Many SBHCs are actively utilizing telehealth and electronic medical records and therefore are well-equipped to access teleconsultation services.

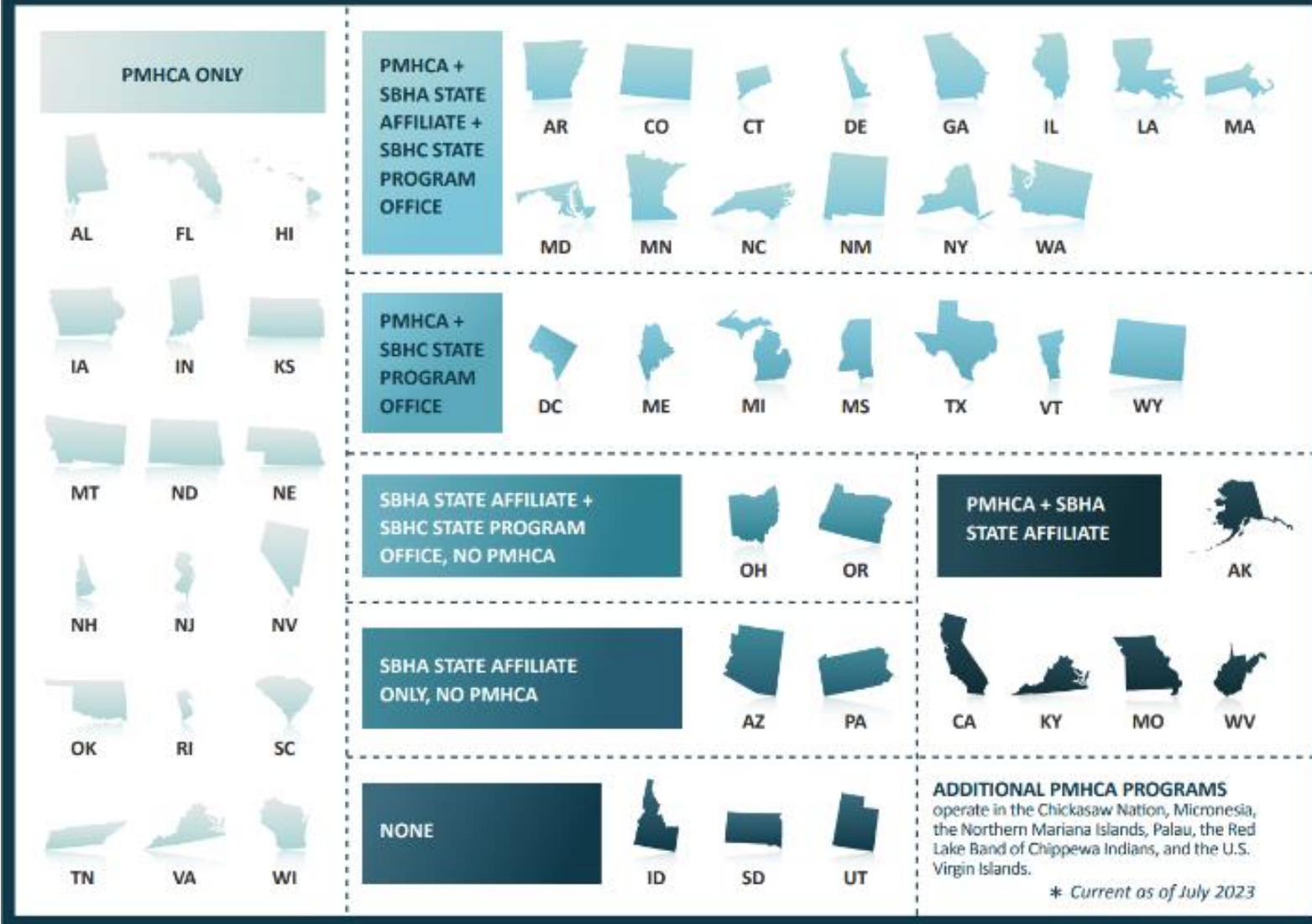
SYSTEMS COORDINATION

Like PMHCAs, SBHCs coordinate across care systems, make referrals, and involve family members in care.

GROWING MOVEMENT

SBHCs are working in every state!

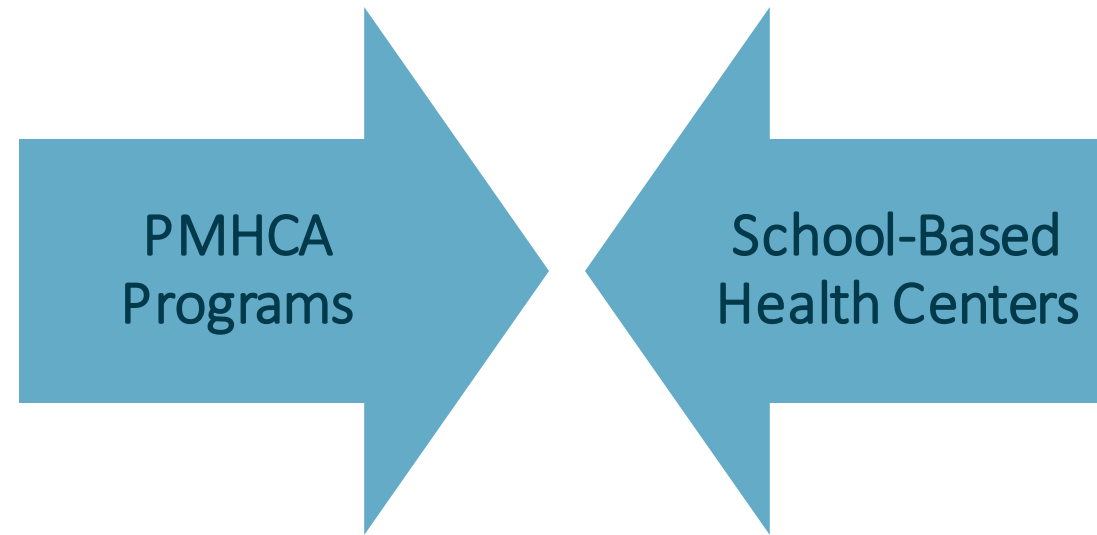
PEDIATRIC MENTAL HEALTH CARE ACCESS NETWORK AND SCHOOL-BASED HEALTH CARE*



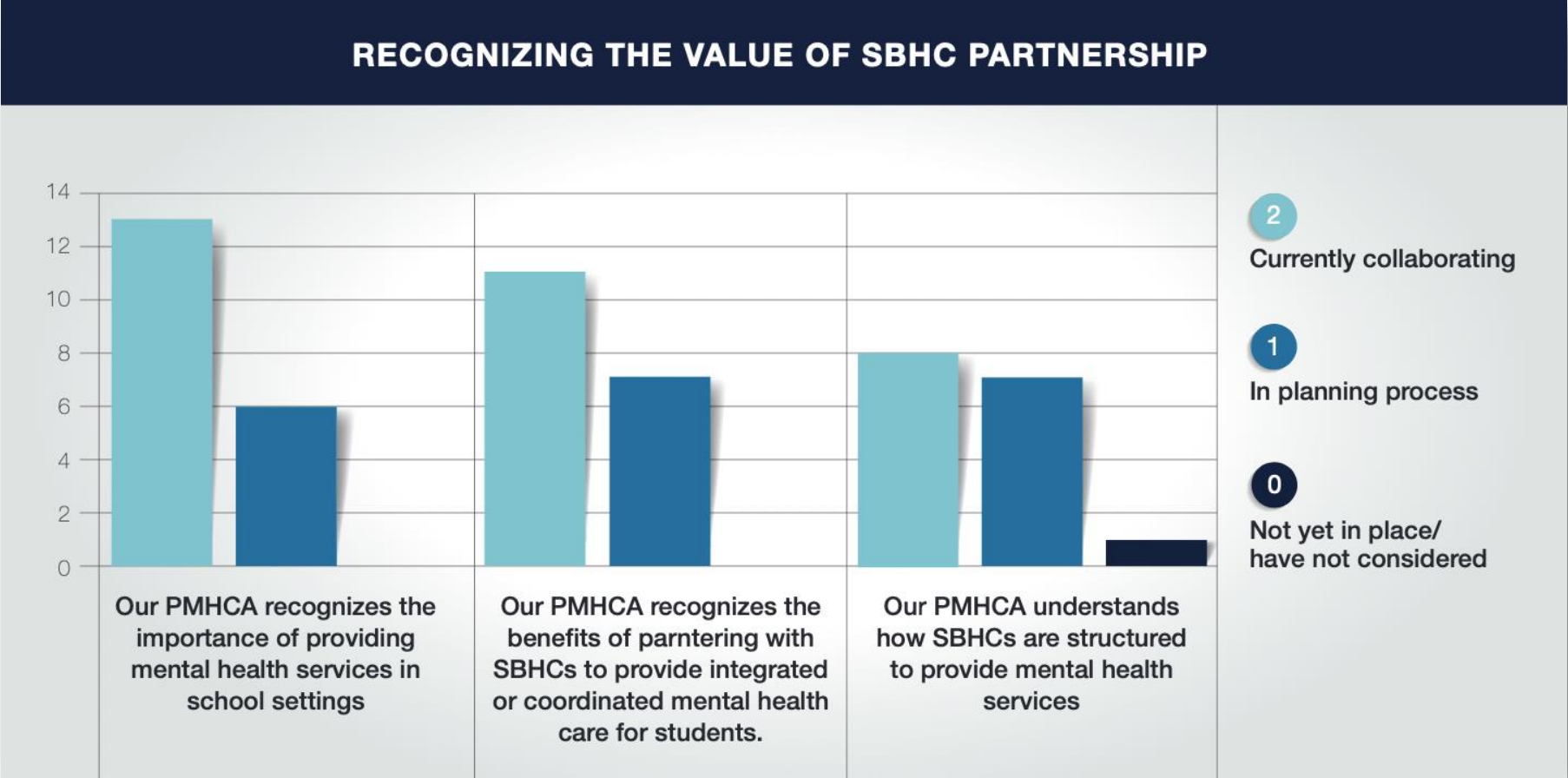
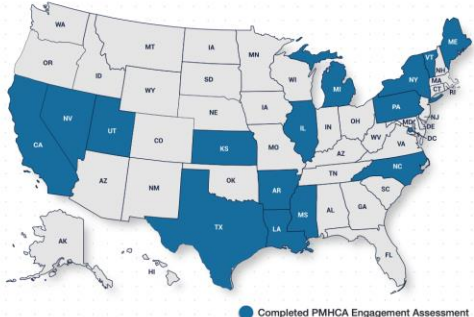
* Current as of July 2023



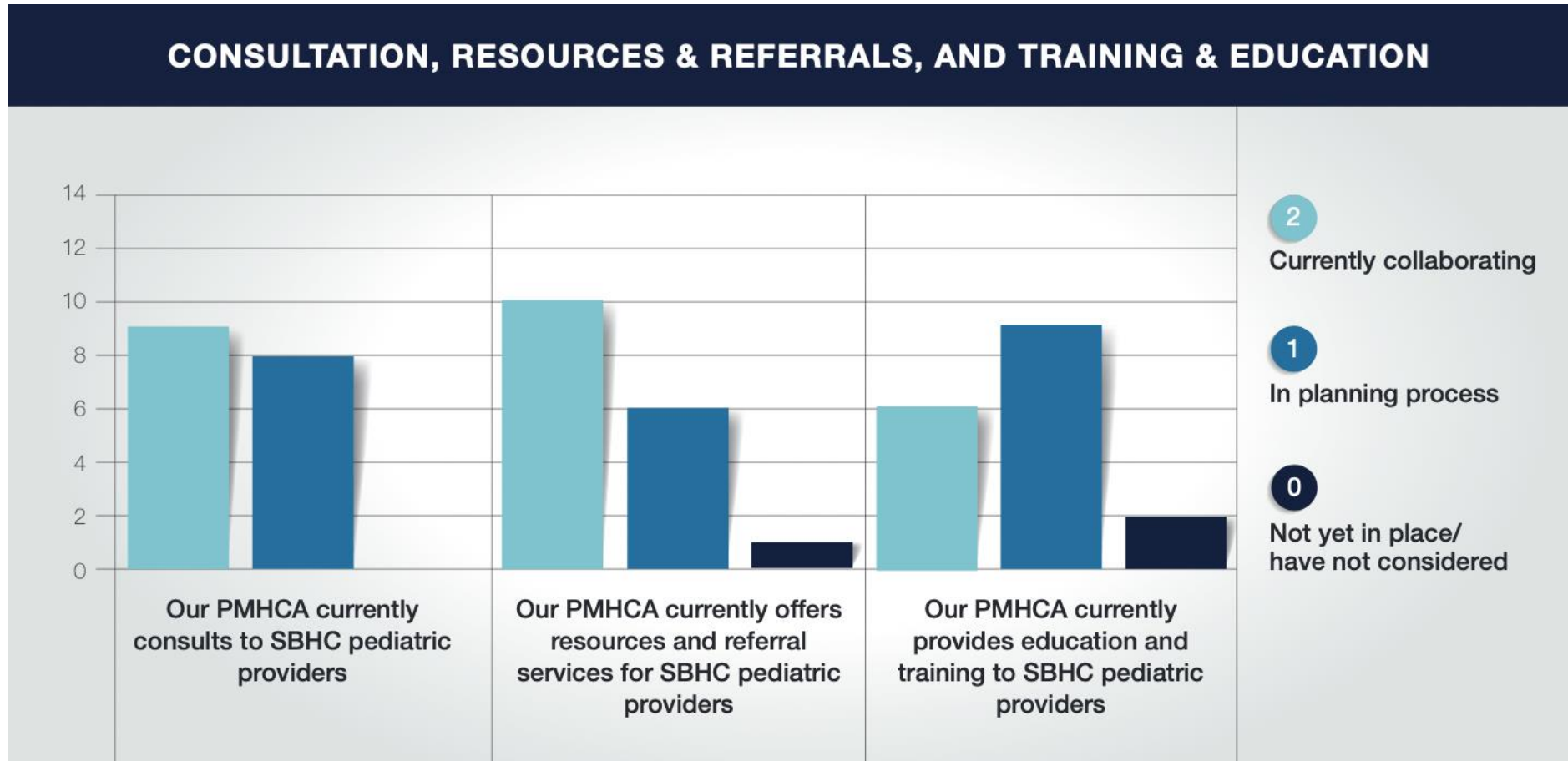
PMHCA Program and SBHC Collaboration: What does it look like?



PMHCA-SBHC Engagement Tool (n=17)



PMHCA-SBHC Engagement Tool (n=17)



In what ways are PMHCA programs and SBHCs collaborating?

Planning & Outreach

- Exhibited at annual SBHC conference (LA,CA)
- Planning virtual presentation for all SBHCs (IL)

Needs Assessment

- Mapping and needs assessment of SBHCs (SC)

Training

- Include SBHCs in ECHOs for School Staff (CA)
- Offered trainings to SBHCs (NC, MI, CO, CA)
- Developed ECHO for SBHCs (ME)

Consultation

- Enroll SBHCs from the beginning (MI)
- Provides individual or group consultation (KS, CA, MI, MS, NC, NV, VT)

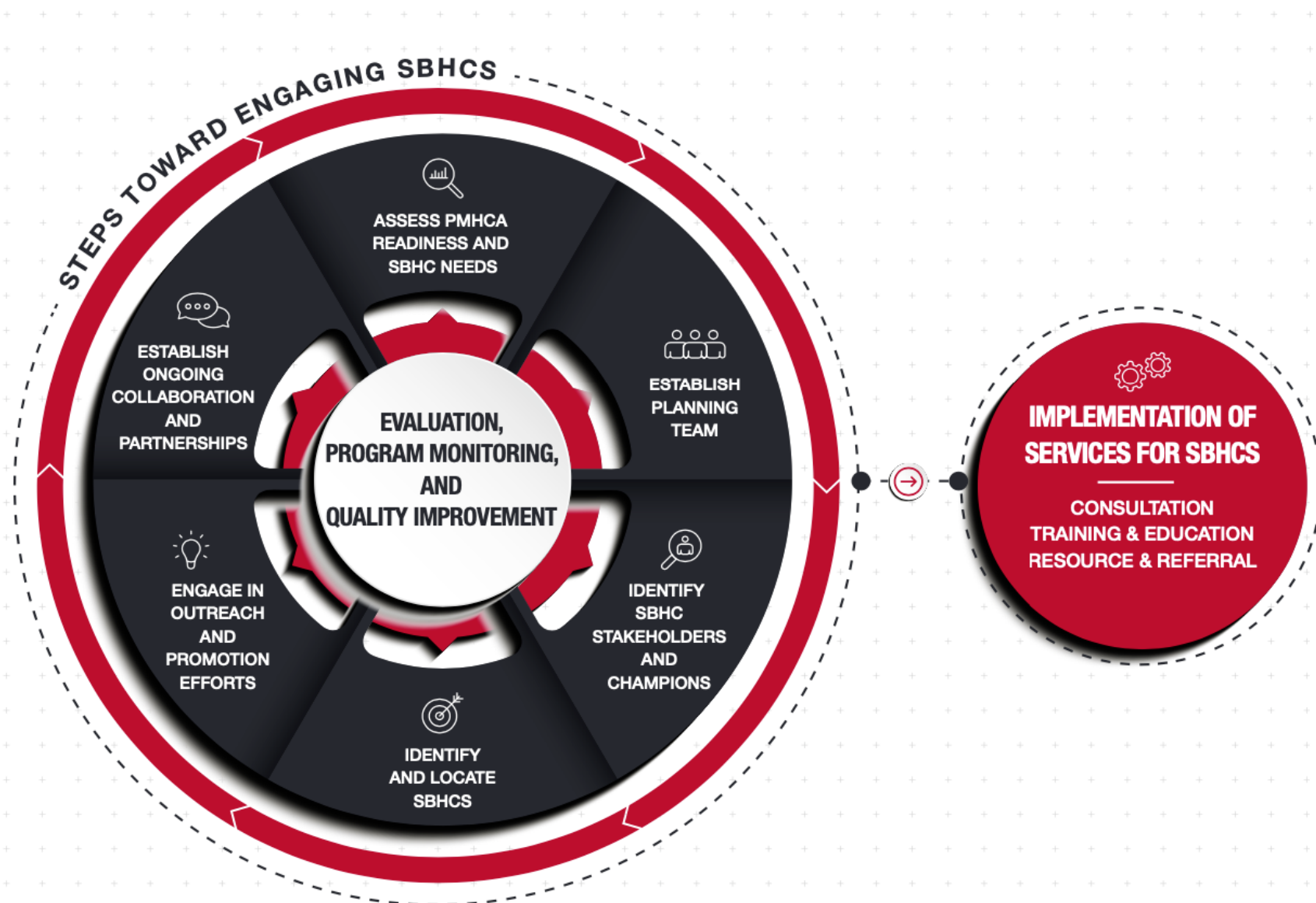
Advocacy

- Participate in state level meetings to connect with government partners and organizations (NY, MI, CA, CO, LA)

Key Lessons Learned from PMHCA-SBHC Collaboration

- 1** Learn about the uniqueness of SBHCs
- 2** Keep relationships at the center
- 3** Develop strong partnerships with SBHC Stakeholders and Champions
- 4** Work in stages with an eye toward long term results and sustainability

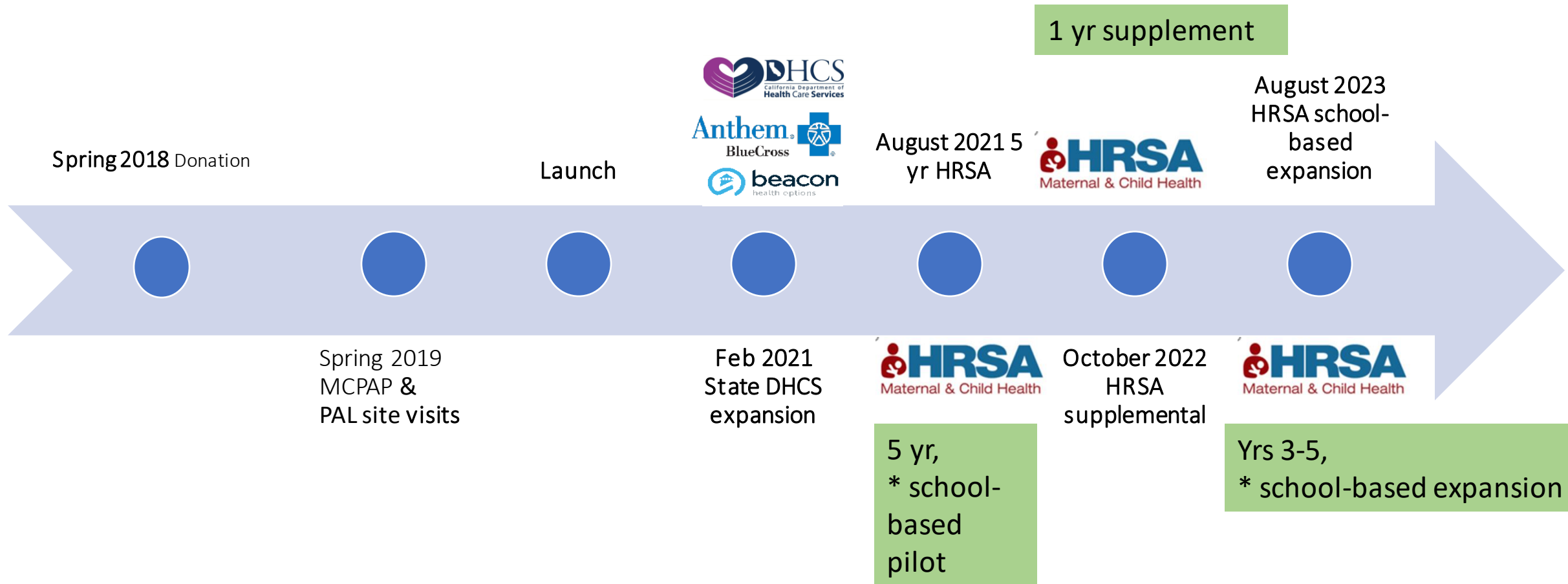
Steps toward Engaging SBHCs



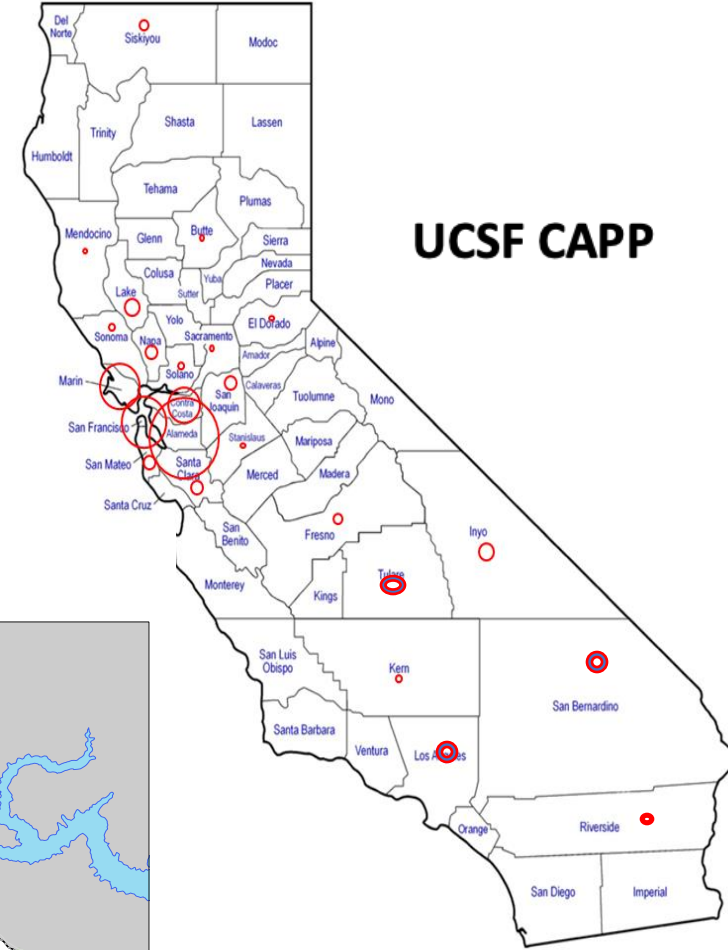
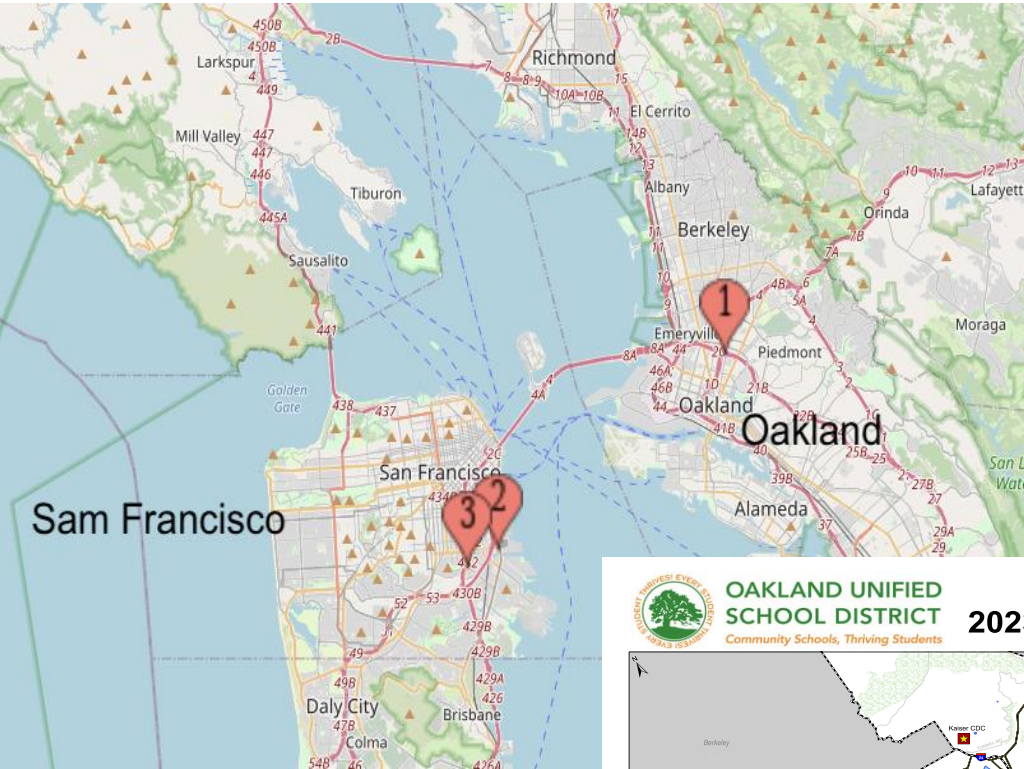


Child & Adolescent Psychiatry Portal (CAPP)
<https://capp.ucsf.edu>

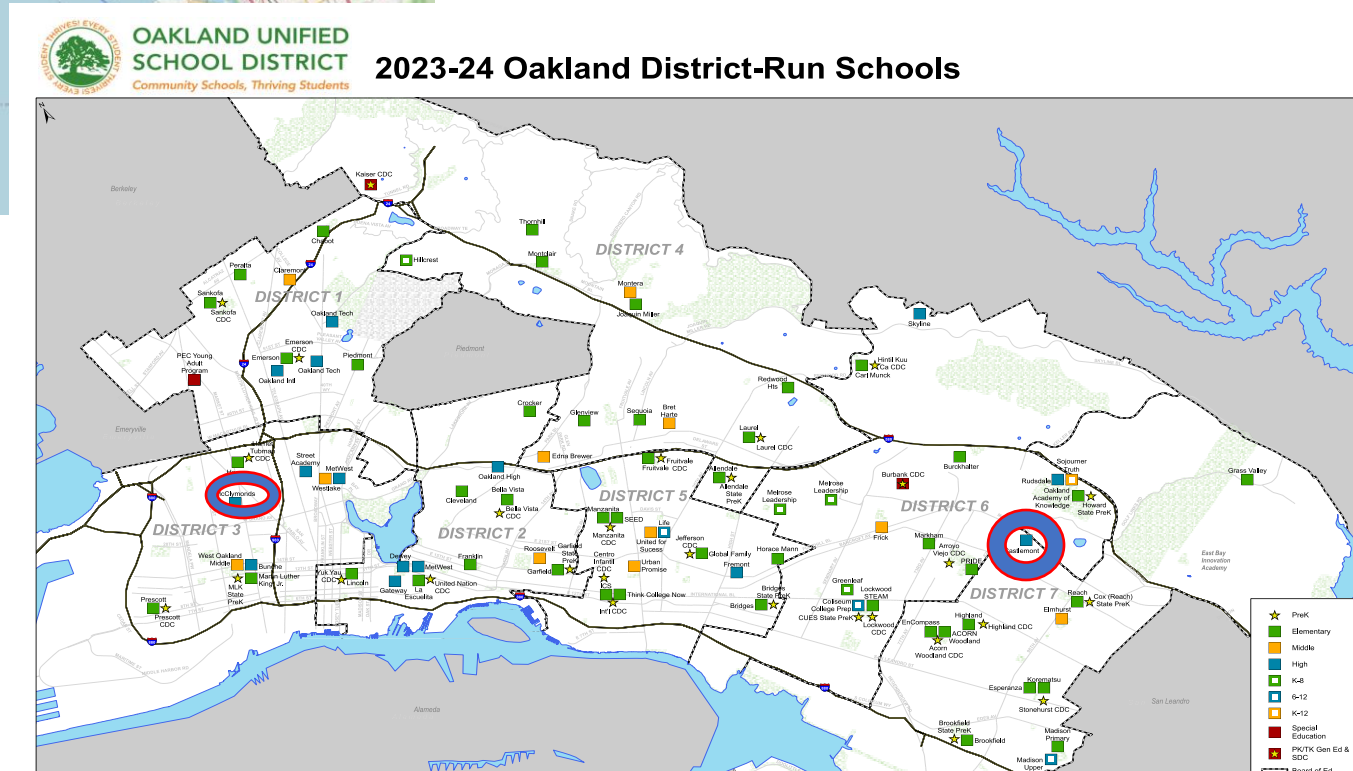
Petra Steinbuchel, MD
CAPP Director



Where we are



UCSF CAPP



UCSF System

- UCSF Children's Hospitals Oakland & San Francisco
- 2 FQHC SBHCs
- Zuckerberg San Francisco General Hospital

School-Based Behavioral Health Services

Meeting Teens Where They Are

How our school-based clinics are breaking new ground in mental health care



Training
Consultation
Outreach

McCllymond's clinic team members Ashlyn Davis, Victoria Reynolds, Saun-Toy Trotter, Malorie Felix

UCSF Benioff Children's Hospital
Oakland

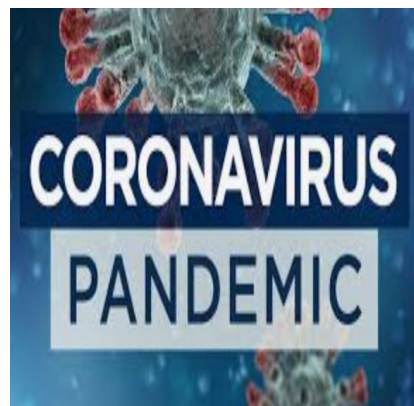
CHAPPELL HAYES/ MCCLYMONDS HEALTH CENTER

UCSF Benioff Children's Hospital
Oakland

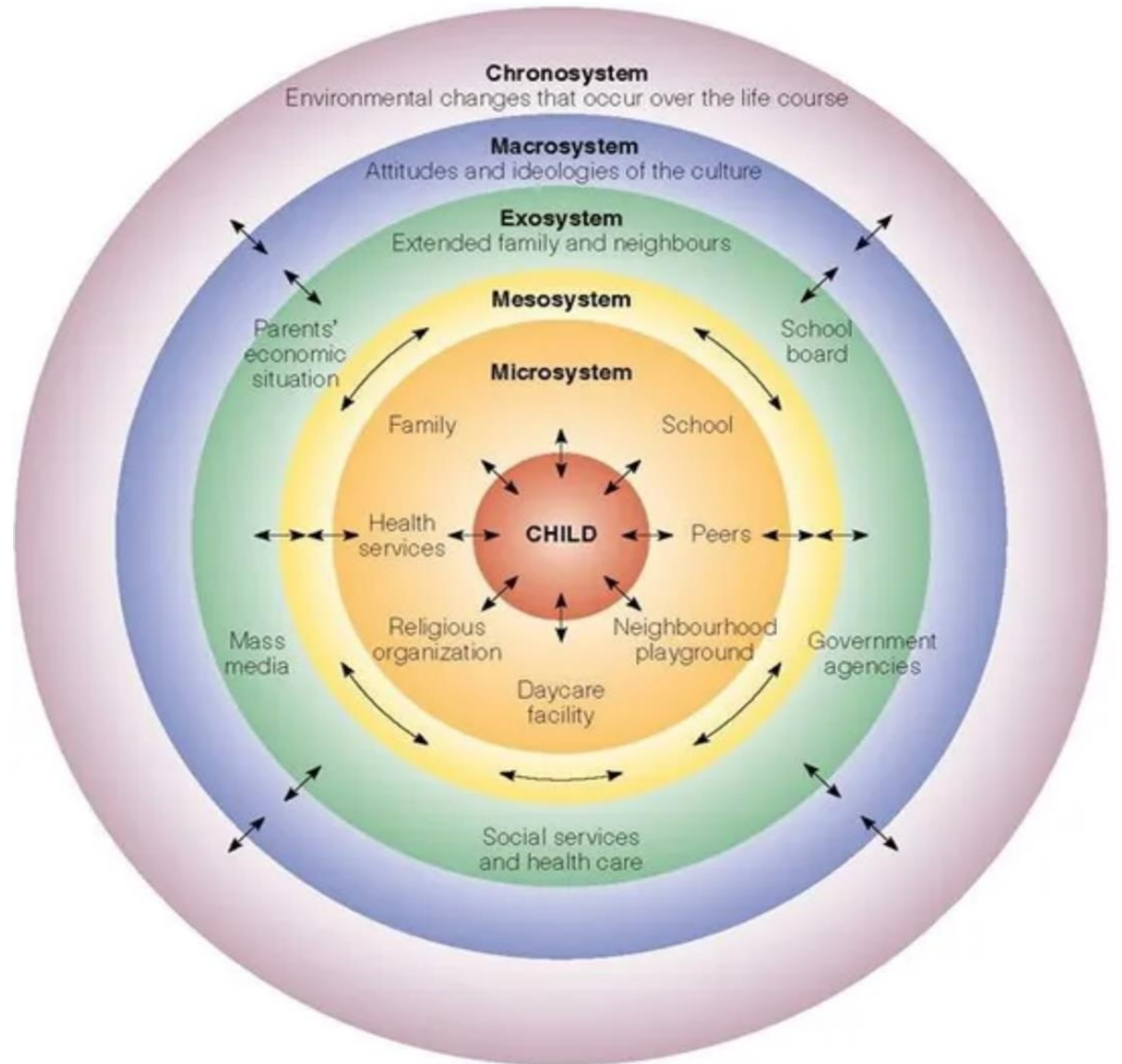
YOUTH UPRISING/ CASTLEMONT HEALTH CENTER

Thank you so much for all your help, you know you are a part of our family now. You helped me so much with my parenting skills and supported me to take care of myself so I could take care of my family. We really appreciate you!

– Parent, February 2018



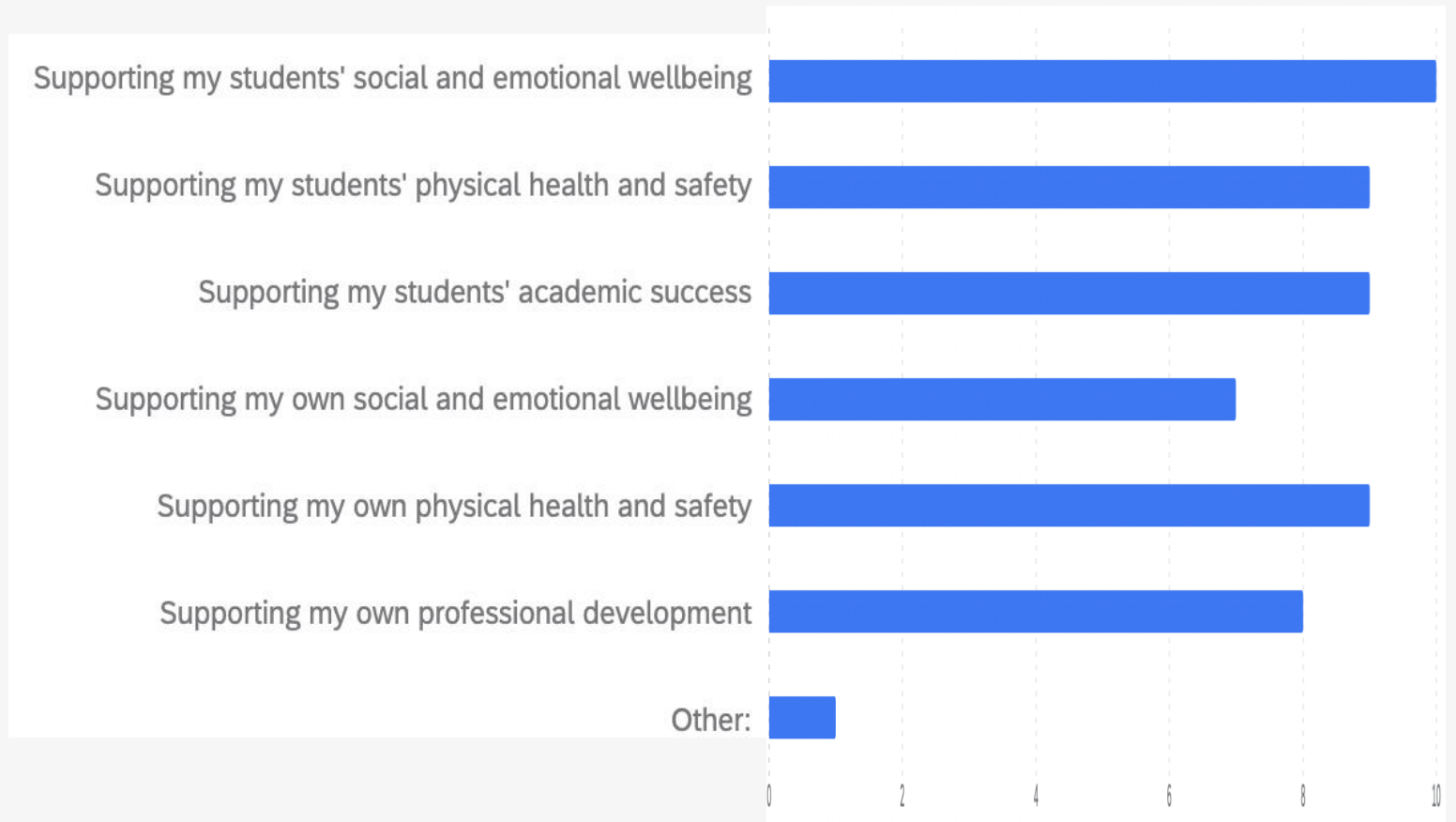
The Atlantic



Guy-Evans, O. (2020, Nov 09). *Bronfenbrenner's ecological systems theory*. Simply Psychology.

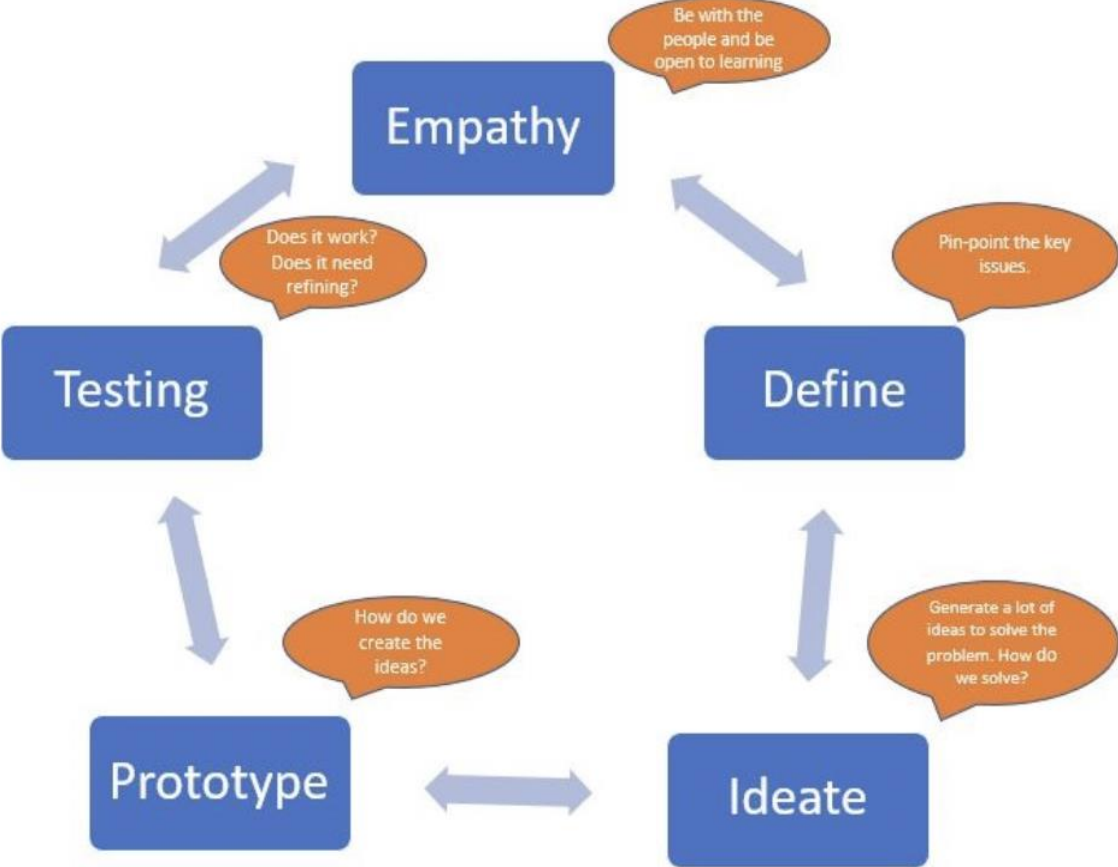
A Mental-Health Crisis Is Burning Across the American West

Needs Assessment: Concerns during 2021 school year

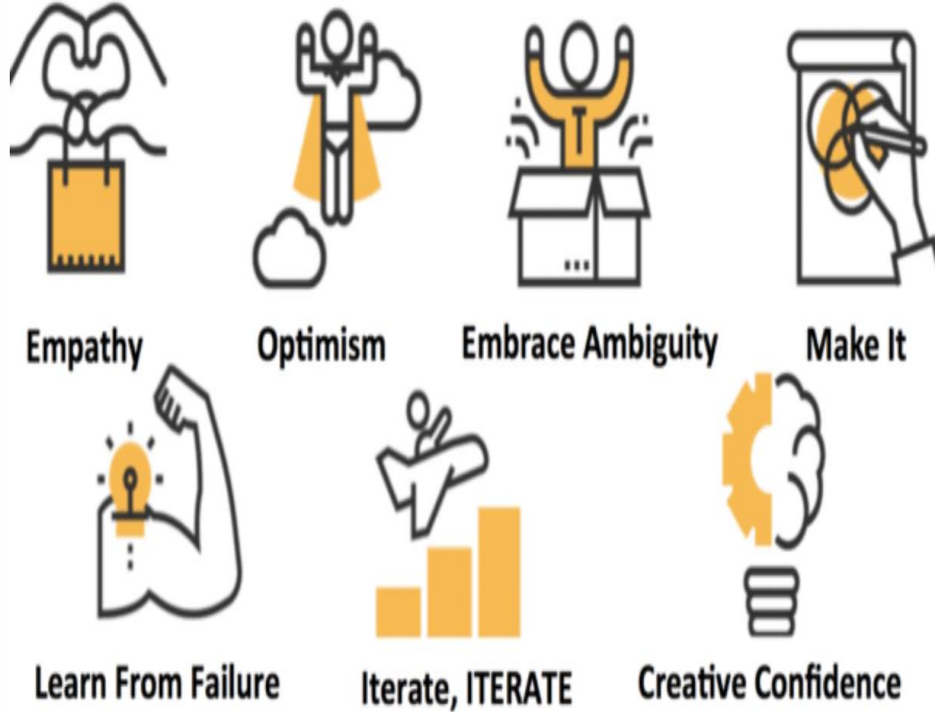


Human Centered Design Process

What:



How:



Teams & Systems

- Appreciation & Connection
 - Peer support & consultation
 - Communication & transparency
 - Align around common values & purpose
- Identify champions
 - Foster continuous learning
 - Regularly evaluate stressors & stress levels w/in the workforce



Hear Me



Protect Me



Prepare Me



Support Me



Care for Me

Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools.**

Learn more:
schoolhealthcenters.org



THE CASE FOR SCHOOL-BASED HEALTH CENTERS

[HOME](#) > [ABOUT SCHOOL-BASED HEALTH CENTERS](#) > THE CASE FOR SCHOOL-BASED HEALTH CENTERS

[Federal Recommendations](#) | [SBHCs & Health Equity](#) | [Case Studies](#)

The number of school-based health centers continues to grow because [the need](#) is great and impact is deep.

Doctors know it: *When we can prevent health issues from developing into something worse, that to me epitomizes the strength of a school-based health center.*

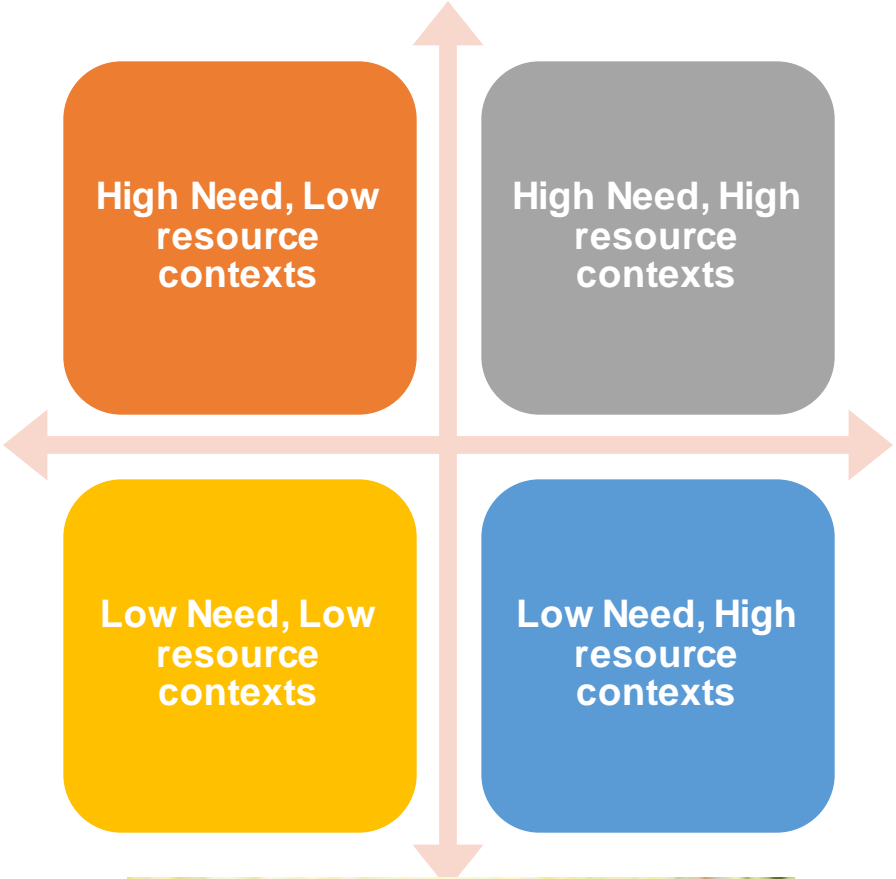
Educators see it: *The reality is that many of our children come to school sick because they have nowhere else to go. So it just makes sense to have a school-based health clinic as a key component to providing a quality education.*

Students feel it: *Our school health center has everything! Comfort. Respect. Honesty.*

School is a hard place for many young people. They might be labeled as 'low achieving' or 'angry,' 'apathetic' or 'defiant.' When these young people come into a space that lifts up their hopes and dreams, they are able to re-position themselves in their own lives and within the school community as activists, artists, advocates and leaders. This chance to matter, to be an agent of change, has a profound impact on young people's sense of themselves and their imaginative capacity to hold a positive future.

Jenn Rader, Executive Director, The James Morehouse Project, El Cerrito High School

School Consultation Model Proof of Concept



Menu of Strategies to Employ with Schools and School-Based Health Centers Depending on Needs and Resources

Training & Workshops	Ongoing Consultation	Access to Psychoeducational Materials
Presentations during protected professional development hours or summer learning days	Project ECHO® series including didactics and structured peer consultation CAPP office hours Mentorship programs	Asynchronous newsletters Electronic resource banks and webpages Social-Emotional learning curriculum and toolkits

2023-2024 Project ECHO

1. Evidence-based skills & communication Pearls
2. School-based

1. Interdisciplinary collaborative dedicated to learning active skills and communication pearls to serve as a bridge for youth, teens, and families awaiting services for common behavioral health conditions like anxiety, depression, or ADHD



NEW! ECHO SERIES ON BRIEF, EFFECTIVE TOOLS AND COMMUNICATION PEARLS FOR USE AT HOME, SCHOOL, OR IN CLINIC

Please join our interdisciplinary collaborative dedicated to learning active skills and interventions to serve as a bridge for youth, teens, and families awaiting services for common behavioral health conditions like anxiety, depression, or ADHD



Child & Adolescent
Psychiatry Portal



CAPP Share and Learn! Learning Collaborative for
School and School-Based Health Center Partners



2. School-based ECHO: tele-mentoring and consultation with teachers, administrators & staff, SBHC clinicians & staff.

Join our UCSF School-Based ECHO Tele-Consultation Program

Changes in practice



Share and Learn! CAPP Learning Collaborative

ADHD Training for La Clínica
School-Based Health Center Partners



Thursday March 17th 2022

9:10-9:30 - All-staff

- ADHD Overview

9:30-10:30 – Providers

- Assessment & screening
 - Treatment
- Question/Answer Panel

16 months later....



-All 10 SBHC sites have implemented a new ADHD Screening, Diagnosis & Treatment protocol, with tools in each exam room

-Staff & Clinicians report “no longer avoiding trying to diagnose or treat ADHD because they don’t understand it”

Key takeaways

- Remain curious & learn about the **unique needs** of SBHCs – and know these may vary across locations
- Center & prioritize **relationships, collaborations & partnerships**
- Take the **long view**





Youth Healthcare Alliance

Champions for Colorado School-Based Clinics

Youth Healthcare Alliance

<https://www.youthhealthcarealliance.org/>

Rebecca Gostlin, LPC

Director of Clinical Initiatives

Colorado State Affiliate: Youth Healthcare Alliance

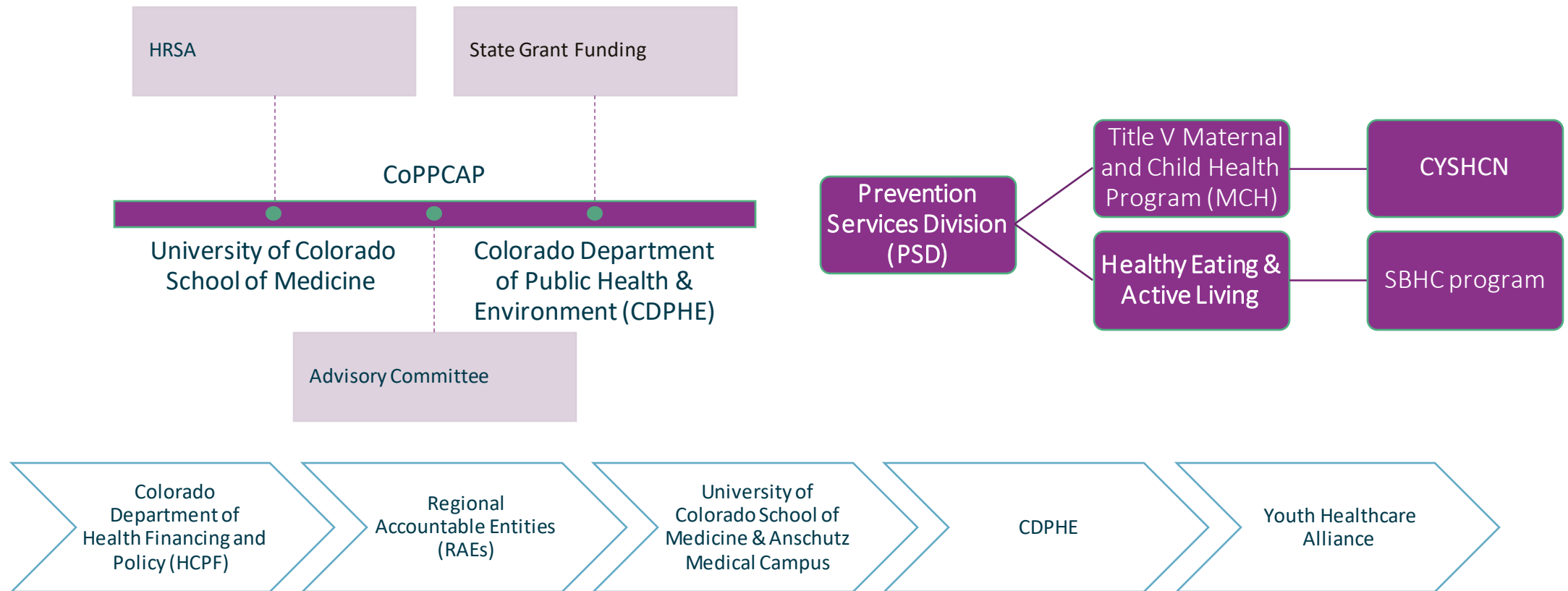
- Formerly Colorado Association for School-Based Health Care (CASBHC)
- Has supported existing and emerging SBHCs in CO for over 25 years
- Provides advocacy, trainings, technical assistance, resources, and engagement
- Staffing: Executive Director, Director of Community Engagement, Director of Clinical Initiatives, and Project Coordinator



Role with PMHCA

- Connector and advocate to enhance the awareness and utilization of [Colorado Pediatric Psychiatry Consultation & Access Program \(CoPPCAP\)](#) in Colorado's school-based health centers
- Advisory Committee member

Colorado State Structure



Additional Players: Colorado Department of Human Services, Office of Behavioral Health / Behavioral Health Administration, Colorado Academy of Family Physicians, CO Chapter of American Academy of Pediatrics, and CO Rural Health Association

Role of Youth Healthcare Alliance



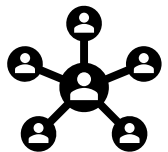
Active participant in CoPPCAP Advisory Committee

- Enhanced understanding of the program
- Collaboration on outreach to SBHCs: targeted outreach and follow-up needs
- Shared vision and mutual support for advocacy and expansion



Messaging to SBHCs about PMHCAs (e.g., what are they, how do they work? How will they benefit your SBHC?)

- Lunch and Learn
- Basecamp promotion of ECHOs and resources
- Conference presentation
- Individual outreach to follow-up on CoPPCAP efforts to connect

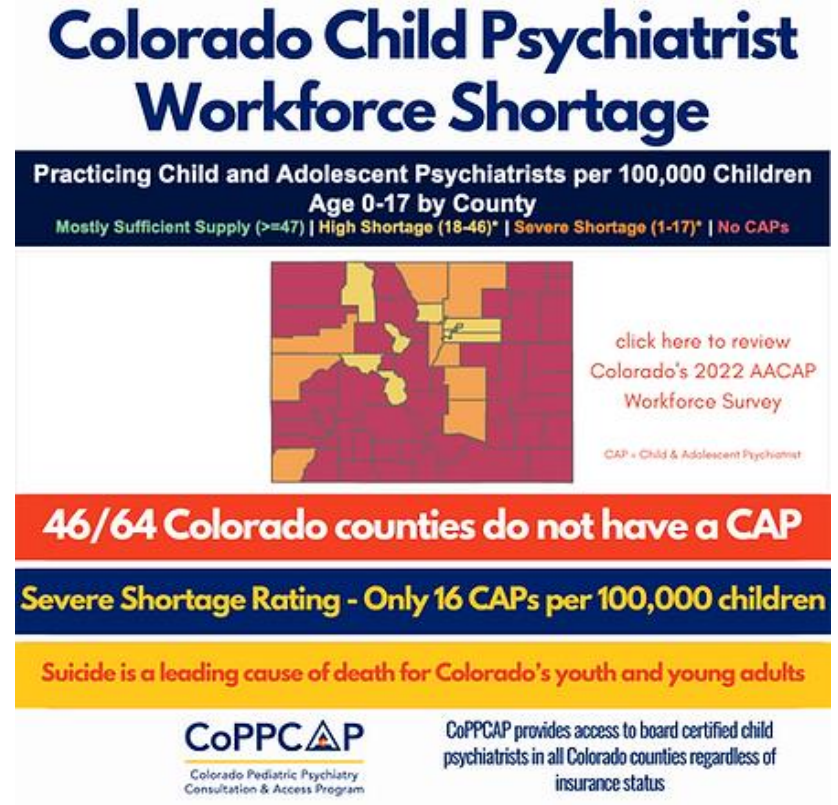


Making connections between SBHCs

- Sharing success stories from CoPPCAP users to facilitate more SBHC enrollment
- Direct connection, conference networking, email follow-ups

Impact of Partnership

- Empowering providers at our SBHCs with resources to help meet these needs is critical.
 - **72%** of counties in CO do not have a child and adolescent psychiatrist (CAP). No counties in the state have adequate CAP workforce numbers.
- **10** organizations operating a total of **40** SBHCs throughout Colorado are currently enrolled in CoPPCAP with **194** consultations sought this year.
- SBHC staff participation in CoPPCAP ECHOs
- CoPPCAP presentation at Youth Healthcare Alliance conference was among the highest rated sessions



Youth Healthcare Alliance: From the Field

"I have participated in the CoPPCAP ECHO series, annual conference and community of practices opportunities over the past 2+ years. I have found the psychiatrists and CoPPCAP team to be incredibly helpful, knowledgeable and supportive. I have enjoyed learning from various providers on their team and recommend their services and program to colleagues regularly. I have been able to use their call line to get patient specific consultation numerous times. This has been a benefit to my practice and to my patients. With increasing awareness of mental health concerns in our patients, services such as those provided by CoPPCAP improve the efficiency and quality of primary care services in Colorado."

- Jennifer Suchon MSN, PPCNP-BC, FNP-BC, CPMHS
Clinic Director, Northside Health Center

Youth Healthcare Alliance: From the Field

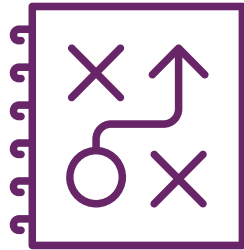
"CoPPCAPs response time is quick. We have worked with the providers at CoPPCAP on numerous occasions and diagnosing conditions such as bipolar, eating disorders, medication adherence, medication management, and many other things. It is a simple workflow to reach a provider. They generally call the NPs cell phones directly within a half hour window and have been invaluable. They offer suggestions, direction, recommendations and it's a very successful program."

- Diane Dockter
Clinic Director, A Kidz Clinic

Youth Healthcare Alliance: Lessons Learned

- Alignment between resources and desired solutions
- Peer-to-peer sharing
- Need to understand value
- Repetition is key
- Relationships matter
- Follow-up strengthens outreach
- Need to connect stakeholders at the state level
- Advocacy will "spill over" into advocacy for other areas
- Partnering has potential to lead to future collaborations
- Expand definition of "leader"

Roles SBHC Leaders can play



Navigators



Connectors



Messengers



Monitors

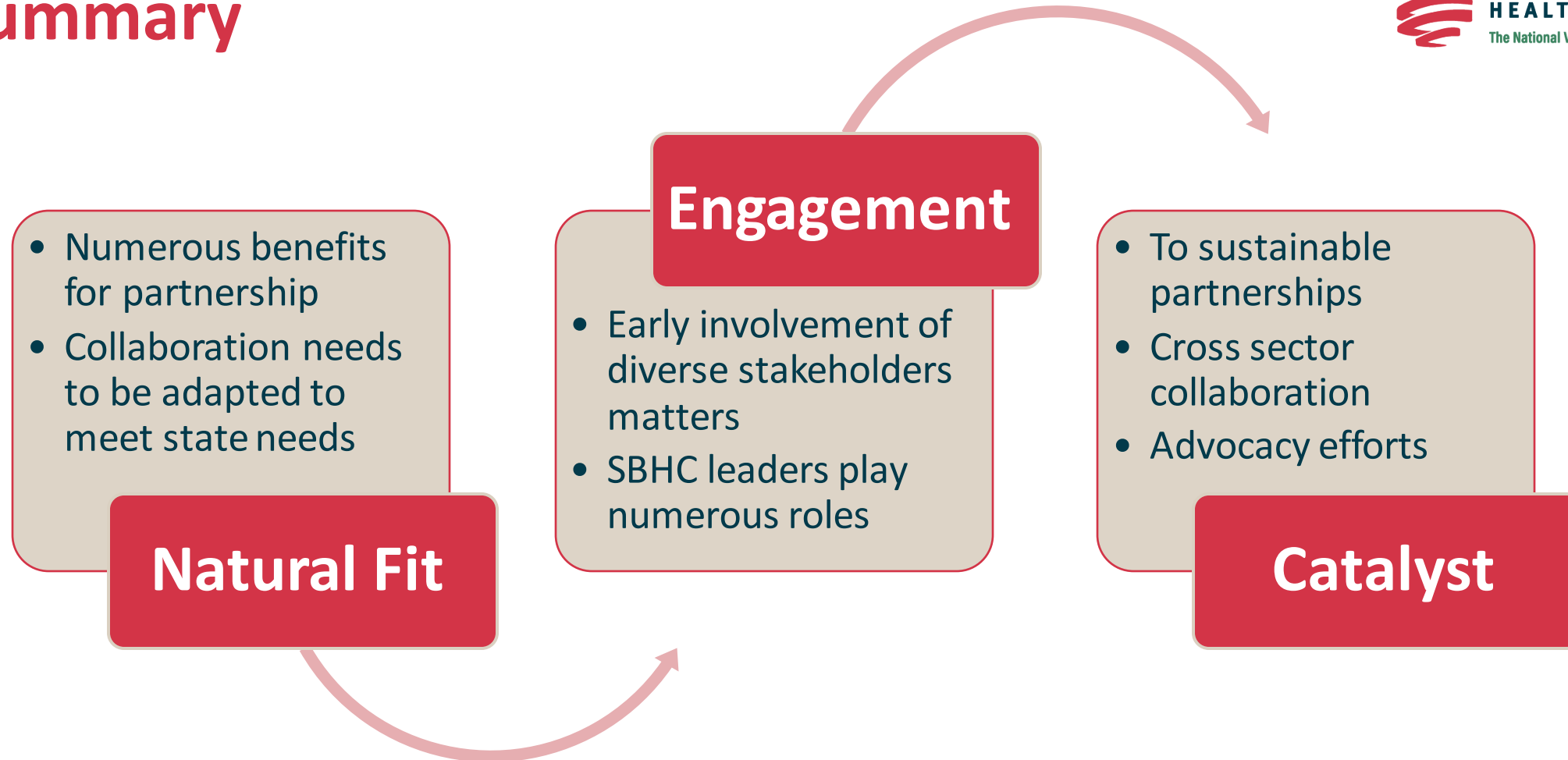


Ambassador



Conveners

Summary



Relationships, Relationships, Relationships!

Future Directions

PMHCA Programs and SBHCs

- Promote and educate about respective programs
- Expand services to a range of provider types (e.g., mental health providers)
- Develop and share implementation models
- Explore integrated data collection processes
- Document and share successes, challenges, and impact



National Partners

- Create shared learning spaces for exchange of ideas, best practices, and innovation
- Align funding for school-based health and mental health initiatives
- Conduct national needs assessments
- Provide ongoing TA and open-access resources (e.g., toolkit)



Q & A



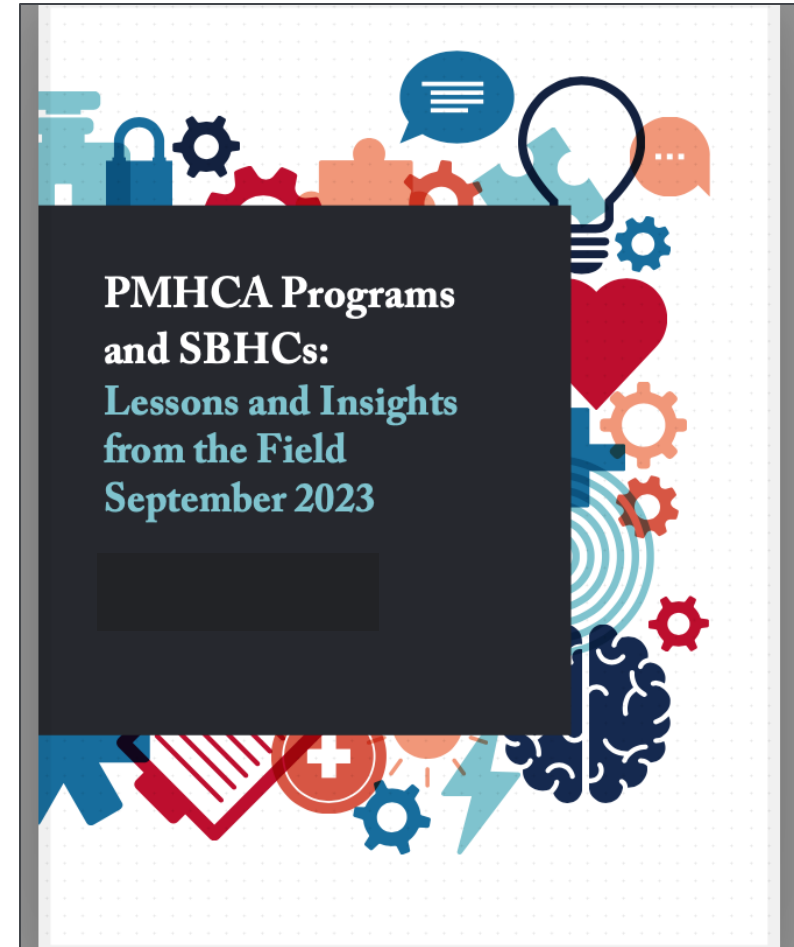
Post-Session Survey Poll

Coming Soon!

PMHCA & SBHC Collaboration

Lessons and Insights from the Field

- Steps to engage PMHCAs
- Modifications and innovation for providing services to SBHCs
- Implications for evaluation, quality improvement & data
- Spotlights on PMHCA programs
- Resources
- Recommendations for future directions



Coming Soon! More PMHCA Resources on...



- Guidelines and Considerations for PMHCA School Expansion
- PMHCA Playbook for Training and Education to School-Based Audiences
- Information Sharing and Confidentiality Protection in School-Based Health Centers: What PMHCAs need to know about HIPAA and FERPA
- PMHCA Programs and School-Based Health Centers: A Natural Partnership for Improving Access to Mental Health
- Webinar recordings
 - [Pediatric Mental Health Care Access \(PMHCA\) Programs: Guidelines and Considerations for Expanding into School Settings](#)
 - [HIPAA, FERPA, and School Health: Confidentiality and Information Sharing in School-Based Health Care](#)

General Resources



[School-Based Health Alliance](#)

SBHC Resources and Contact Information

[HRSA](#)

PMHCA quick facts, resources, awardee videos and Map of Programs

[National Network for Child Psychiatry Access Programs \(NNCPAP\)](#)

Contact information for PMHCAs and child psychiatry access programs

[Colorado Youth Healthcare Alliance](#)

(formerly Colorado Association for School-Based Health Care)

Essential resources, guidance, and services of SBHCs in Colorado

[Colorado Pediatric Psychiatry Consultation and Access Program \(CoPP-CAP\)](#)

Description of services, resources, and crisis support

[UCSF Child & Adolescent Psychiatry Portal \(CAPP\), CA](#)

Description of services, training, and resources, including section for schools

Stay Connected!

1. Subscribe to our bi-weekly e-newsletter (Digest)

Go to sbh4all.org > scroll down to the bottom of the page > subscribe!

2. Follow us on social media



<https://www.facebook.com/SchoolBasedHealthAlliance>



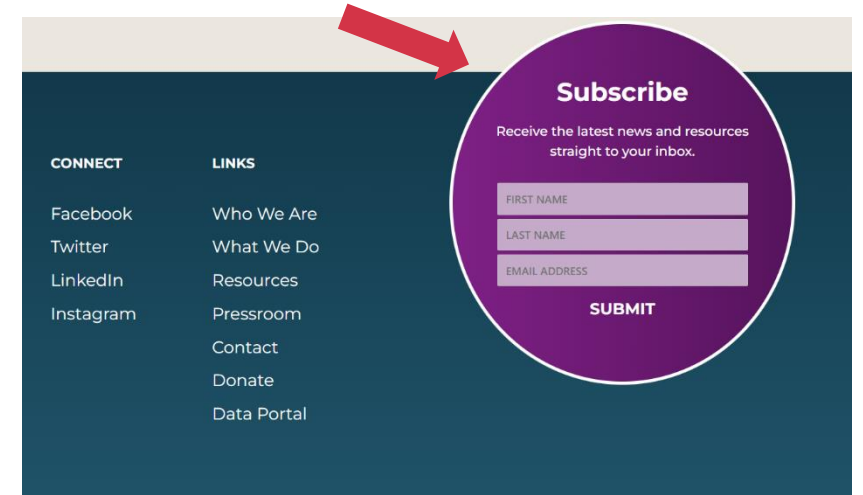
<https://twitter.com/sbh4all>

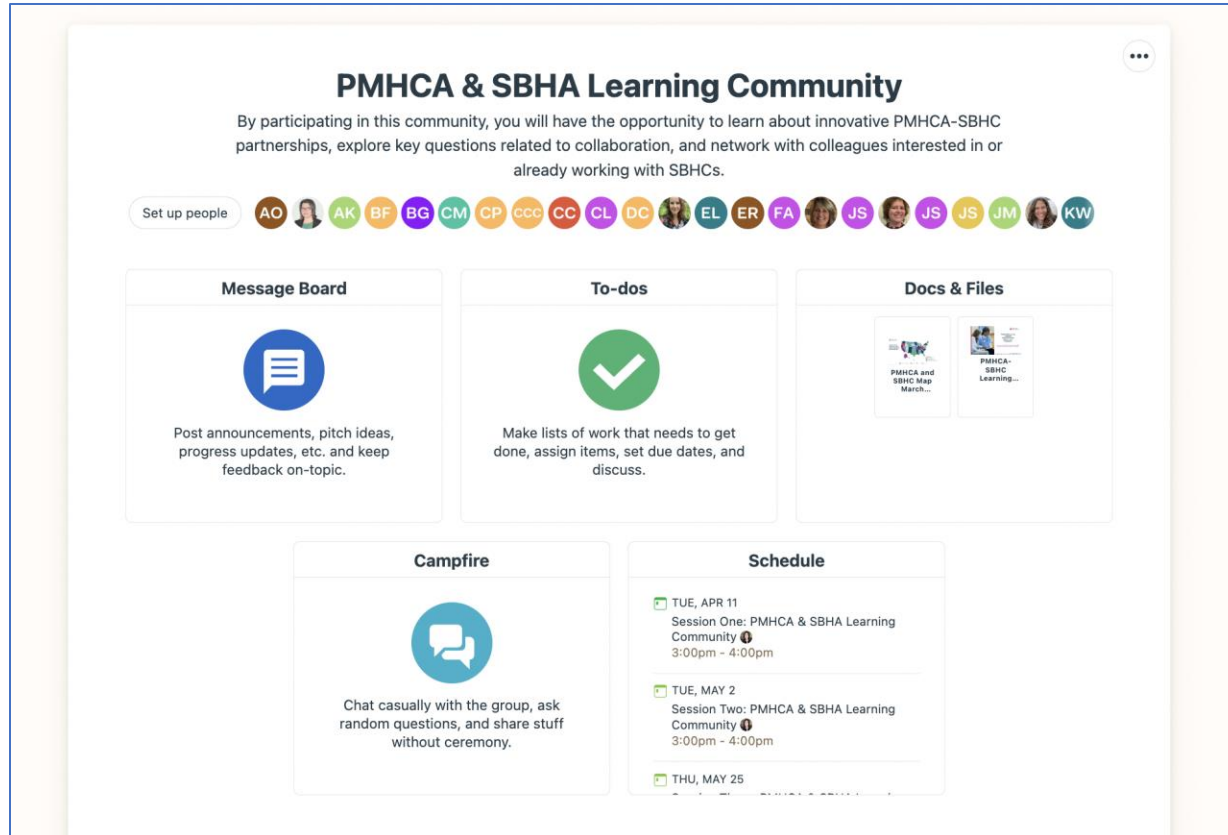


<https://www.linkedin.com/company/school-based-health-alliance/>




<https://www.instagram.com/sbh4all/>






PMHCA & SBHA Learning Community

By participating in this community, you will have the opportunity to learn about innovative PMHCA-SBHC partnerships, explore key questions related to collaboration, and network with colleagues interested in or already working with SBHCs.


Set up people 

Message Board




Post announcements, pitch ideas, progress updates, etc. and keep feedback on-topic.

To-dos




Make lists of work that needs to get done, assign items, set due dates, and discuss.

Docs & Files



Campfire



Chat casually with the group, ask random questions, and share stuff without ceremony.

Schedule

- TUE, APR 11
Session One: PMHCA & SBHA Learning Community
3:00pm - 4:00pm
- TUE, MAY 2
Session Two: PMHCA & SBHA Learning Community
3:00pm - 4:00pm
- THU, MAY 25

WHAT IS IT

- Platform/tool to connect with colleagues
- Common place to share resources
- Message board posts are similar to a list-serve

HOW TO ACCESS

- Invite-only, email nncpapmail@gmail.com to join



Contact Information

Laura Hurwitz, LCSW

Laura@laurahurwitz.net

Sarah Rosadini

nncpapmail@gmail.com

Rebecca Gostlin, LPC

gostlin@youthhealthcarealliance.org

Petra Steinbuchel, MD



petra.steinbuchel@ucsf.edu



Thank you!

Info@sbh4all.org