

**SCHOOL-BASED HEALTH ALLIANCE** American Academy of Pediatrics  
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## B1: A Roadmap to Collaborating with Pediatric Mental Health Care Access (PMHCAs) Programs to Improve Youth Mental Health Care

July 1, 2024, 12:00pm – 1:15 pm EDT

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- American Psychological Association (APA)
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## Today's Speakers

- **Addie Van Zwoll, MJ, MSW, LCSW**  
School-Based Health Alliance
- **Micayla Rivin, BA**  
School-Based Health Alliance
- **Joie Frankovich, LCSW MPH**  
American Academy of Pediatrics
- **Diane Dockter, MPH**  
A Kidz Clinic

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## Community Builder

We all wear multiple hats in our daily lives.


What is one **"formal"** hat (like your job role) and one **"informal"** hat (like a non-professional identity) you are wearing while at the SBHA conference?

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## Agenda

- Welcome, Introductions, and Icebreaker
- What is a PMHCA?
- How PMHCAs Partner with SBHCs
  - Example from the Field
- Collaboration and Partnerships
- Resources
- Action Planning
- Q & A



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## Acronym Key

**ECHO:** Extension for Community Healthcare Outcomes

**FERPA:** Family Educational Rights and Privacy Act

**FQHC:** Federally Qualified Health Center

**HIPAA:** Health Insurance Portability and Accountability Act

**PMHCA:** Pediatric Mental Health Care Access Program

**SBHA:** School-Based Health Alliance

**SBHC:** School-Based Health Center

**SPO:** State Program Office

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## Objectives


1. Learn the purpose and main types of services offered by Pediatric Mental Health Care Access (PMHCA) programs.
2. Understand the different ways that SBHCs are partnering with PMHCA programs on the ground.
3. Identify three strategies to partner with PMHCAs in your home state.

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### School-Based Health Alliance (SBHA) and American Academy of Pediatrics (AAP) Collaboration

- Contribute SBHC/school health-related content to PMHCA program resources
- Offer learning opportunities to SBHC/school health staff to address child/youth mental and relational health (*ECHO launched March 2024*)
- Formative research to further understand how SBHCs/school health staff collaborate with PMCHA programs

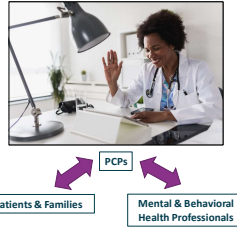


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### PEDIATRIC MENTAL HEALTH CARE ACCESS (PMHCA) PROGRAM\*

- Promotes mental and behavioral health integration in pediatric primary care by supporting the development of mental health care teleconsultation access programs
- Provides training & education on the use of evidence-based, culturally and linguistically appropriate teleconsultation protocols
- Serves as a resource for pediatric primary care professionals (PCPs) and other health care professionals serving children and adolescents





\*PMHCA programs are also referred to as Child Psychiatry Access Programs (CPAPs)



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### PMHCA 101





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### Purpose of PMHCA Programs

- To improve access to high-quality mental health care for children and their families through:
- Increasing the availability and accessibility of statewide or regional networks of mental health professionals;
- Supporting Pediatric Primary Care professionals (PCP) in addressing mental health needs of children and adolescents in the primary care setting, and accessing behavioral health clinicians as needed;
- Conducting training and providing technical assistance (TA) and care coordination to support PCPs;
- Improving the quality of mental health service delivery in the primary care setting.




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### What is a PMHCA?

**A state-level program developed in response to the 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

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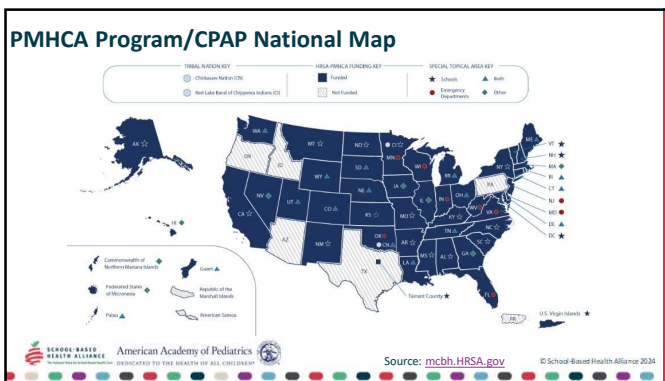
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### PMHCA PROGRAM SERVICES

-  **Telephone consultation** (primary service)
-  **Resources and referral** to community services
-  Direct delivery of **telehealth services** (some programs)
-  Direct **education and training** (some programs)
-  **Providers served:** primary care, school-based health, emergency medicine

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### PMHCA Program Highlights of 2023-2024

#### Impact

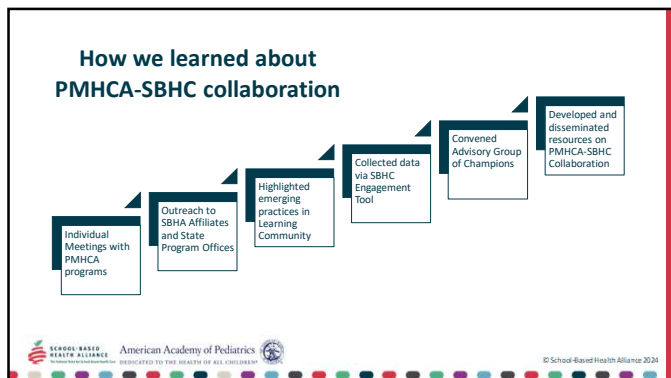
- 16,400 providers enrolled in PMHCA programs
- 8,800 primary care providers are participating in PMHCA programs
- 27,000 children were served by providers that contacted PMHCA teams.

#### Successes

- 44 teleconsultation lines currently operating
- 4 new PMHCA programs funded by HRSA
- Expansion to school, school-based health center and emergency department settings
- Technical assistance to PMHCA programs from TAIC, AAP, SBHA, EIIC
- Evaluation and Impact Study Implementation

Source: HRSA Annual Awardee Meeting Closing Remarks Presentation © School-Based Health Alliance 2024

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### Key Lessons Learned

**1.** Learning about the uniqueness of SBHCs.

**2.** Keeping relationships at the center of collaboration.

**3.** Developing strong partnerships with diverse SBHC stakeholders and champions.

**4.** Working in stages with an eye toward long term results.

Pediatric Mental Health Care Access Programs and School-Based Health Centers: Lessons and Insights from the Field

SEPTEMBER 2022

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### AAP Technical Assistance

**Connecting PMHCA Programs, Providers, and Partnerships to Close Gaps in Care**

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### AAP Technical Assistance Program Objectives

- Assess needs and competencies related to delivery of mental health services and knowledge/use of PMHCA programs
- Provide technical assistance to support providers in addressing mental and relational health needs
- Leverage networks of AAP members, chapters, and partners to support primary care providers and school-based health centers in accessing PMHCA programs
- Develop and disseminate resources that highlight best practices & lessons learned for working with PMHCA programs
- Evaluate project reach, impact, and outcomes

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### AAP Technical Assistance Year 2 Aims

- Expand Populations of Focus** (DBP, Perinatal, School Health, Title V/MCH)
- Build and Translate Evidence** (Provider Survey, Key Informant Interviews, Chapter Grant reports)
- Build and Strengthen Partnerships** (SBHA, NNCAP, AAP, NAPNAP, AAP Chapters, AMCHP)
- Build Capacity** (ECHO, Video series, Virtual Learning Cafes, Webinars, Communities of Practice)
- Build and Deepen Connections** (Presentation, webinars, collaborative webinars, trainings)

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### Defining the Terms

**Partnership**

A relationship involving close cooperation between parties having specified and joint rights and responsibilities (Merriam-Webster, 2024).

**Collaboration**

To work jointly with others or together, especially in an intellectual endeavor (Merriam-Webster, 2024).

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### COLLABORATION

What is the “Collaborative Advantage”?

|               |                        |                        |                   |                                   |                                |
|---------------|------------------------|------------------------|-------------------|-----------------------------------|--------------------------------|
| Networking    | Sharing of information | Mutual Benefit         |                   |                                   |                                |
| Coordination  | Sharing of information | Changing of activities | Mutual Benefit    | Common Purpose                    |                                |
| Cooperation   | Sharing of information | Changing of activities | Sharing Resources | Mutual Benefit                    | Common Purpose                 |
| Collaboration | Sharing of information | Changing of activities | Sharing Resources | Enhancing the capacity of another | Mutual Benefit, Common Purpose |

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## Slide 22

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**GUO** Add NASN under the partnerships aim?


Guest User, 2024-05-29T20:03:04.894

### Why Are PMHCAs Expanding 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

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### Ongoing Collaboration & Partnerships

**Examples of PMHCA Program Collaboration with SBHCs:**

SBHA State Affiliate organization serving on PMHCA program advisory board

Co-sponsorship with SBHA State Affiliate of professional development events for SBHCs

Joint outreach efforts to SBHCs with SBHC State Program Office

Strategy meetings with state mental health agencies about mental health services in SBHCs

Collaboration with a university on grant application support for SBHCs

Subcontract with a research institution for the evaluation of SBHC engagement

Collaboration with statewide mental health supervisors on SBHC mental health needs assessment

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### PMHCAs & SBHC Partnerships

| Planning & Outreach   |
|---|
| <ul style="list-style-type: none"> <li>• Exhibiting at annual SBHC conference</li> <li>• Planning virtual presentation for all SBHCs</li> </ul> |
| Needs Assessment  |
| <ul style="list-style-type: none"> <li>• Mapping and needs assessment of SBHCs</li> </ul>   |
| Training  |
| <ul style="list-style-type: none"> <li>• Include SBHCs in ECHOs for School Staff</li> <li>• Developed ECHO for SBHCs</li> </ul>                 |
| Consultation  |
| <ul style="list-style-type: none"> <li>• Enroll SBHCs from the beginning</li> <li>• Provides group consultation to two SBHCs</li> </ul>         |
| Championship  |
| <ul style="list-style-type: none"> <li>• Participate in state level meetings to connect DOH to Project Teach</li> </ul>                         |

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### What We've Learned from SBHCs This Year

**March 2024 Brunch and Brainstorm Key Takeaways**

- Systems of student health care within schools are inclusive of:
  - SBHA <sup>GU</sup> staff
  - School nurses
  - School social workers, psychologists, counselors, administrators
  - So really, everyone!
- School health and SBHC staff largely have not heard of PMHCA programs or the resources they offer
- School health and SBHC staff already use creative methods to respond to youth behavioral health needs

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## Slide 27

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**GU0** Changed advocacy to championship to align with later slide and broaden the scope of what it means to support the use of the PMHCA model largely.

Guest User, 2024-05-24T13:12:44.930

## Slide 28

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**GU0** Adjust this slide to highlight specific themes based on rest of presentation once complete.

Guest User, 2024-05-21T18:25:03.289

**GU1** SBHC?

Guest User, 2024-05-29T20:02:16.940

### Collaborative Advantage Between SBHCs and PMHCA Programs Considerations

**Readiness**

- PMHCA programs
- SBHCS

**Capacity**

**Staff Turnover**

**Champions**

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### Colorado Case Example

- Brief overview
- Partnership with PMCHA
- Educational opportunities by PMCHA
- Confidentiality
- Q&A

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### A Kidz Clinic

38.87% of the population is enrolled in Medicaid.

12,308 Average number of new enrollments each month.

Surrounding counties do not accept out-of-county Medicaid.

Designated provider shortage area with a HPSA score of 20 and 22 for mental health providers.

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### CoPPCAP Overview

#### Services

- Telephone consultation (within 45 minutes of request) with child psychiatrist or e-consult answered within 24 hrs.
- Payor blind, all providers may seek consultation for any patient in their Colorado practice up to age 25.
- Access to information about community resources through a clinical care coordinator/navigator.
- Education on Mental Health via "Lunch & Learns", ECHO, & learning collaboratives.
- Direct face-to-face or telehealth consultation for patients with difficult diagnostic or treatment issues.
- FREE toolkit of screening tools and educational materials.

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## Slide 30

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**GUO** All data is from Colorado Interchange for Fiscal Year 2023.  
\*Member counts may be hidden to protect Personal Health Information (PHI)  
\*Capitation payments are not included in the Top 5 Claim Types.  
\*Starting in March 2017, the Professional Claim type began to incorporate and durable medical equipment claims. Additionally, the Outpatient Claim for these claim types will be greater than in previous years.

Guest User, 2024-05-21T15:59:01.675

**GUO 0** Where should we add citations?

Guest User, 2024-05-21T15:59:16.457

**AZO 1** you can change the formatting of the slide. you can also remove the "brief overview etc". That was more of a guide for you!

Adriane Van Zwoll, 2024-05-22T14:31:55.918

### A Kidz Clinic and CoPPCAP Collaboration

- Collaboration with psychiatric providers
- Support with mental health conditions, medication questions, or additional testing as needed
- Unlimited number of calls
- Resources provided to staff
- Psychiatric services are limited in our county. This allows us to have access to psychiatric services from our office.
- CoPPCAP allows us to have access to mental health providers, psychiatric providers, and increase engagement with patients that are in our facility being treated by our providers.
- Better patient outcomes and compliance



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### SBHA Resources SBHC and School Partnerships with PMHCA Programs

**Pediatric Mental Health Care Access (PMHCA) Programs: Partnerships with Schools and SBHCs – School-Based Health Alliance (sbh4all.org)**

- 9 Resources
- 2 Webinars



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### SBHCs and PMHCA Programs: A Natural Partnership for Improving Access to Mental Health

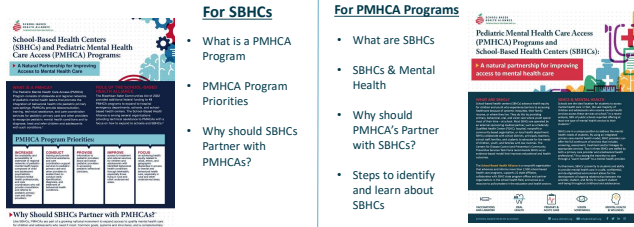
#### Two Parallel Resources for SBHCs and PMHCAs

##### For SBHCs

- What is a PMHCA Program
- PMHCA Program Priorities
- Why should SBHCs Partner with PMHCAs?

##### For PMHCA Programs

- What are SBHCs
- SBHCs & Mental Health
- Why should PMHCA's Partner with SBHCs?
- Steps to identify and learn about SBHCs



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### PMHCA and SBHCs: Lessons and Insights from the Field

#### Lessons Learned Resource Guide (60 pages)

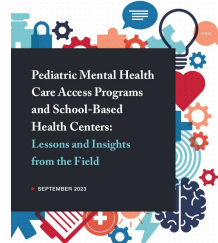
- Steps for partnership between SBHCs and PMHCAs
- Modifications and innovation for providing services to SBHCs
- Implications for evaluation, quality improvement & data
- Spotlights on PMHCA programs
- Resources & recommendations for future directions

#### Lessons Learned Summary (2-Pager)

- Overview of the larger guide
- Top lessons learned for SBHC and PMHCA collaboration
- Future directions for SBHC and PMHCA collaboration

#### Lessons Learned Webinar

- Benefits of PMHCA and SBHC collaboration
- Types of collaboration
- Key lessons from 2023 about PMHCA and SBHC collaboration
- CA and CO State examples



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## Additional Resources

- [Colorado Pediatric Psychiatry Consultation & Access Program \(CoPPCAP\)](#)
- [Guidelines and Considerations for PMHCA School Expansion](#)
- [PMHCA Playbook for Training and Education to School-Based Audiences](#)
- [Information Sharing and Confidentiality Protection in SBHCs: A Resource Guide to HIPAA and FERPA](#)
- [HIPAA + FERPA – Key Considerations for SBHCs \(2-pager\)](#)
- [HIPAA + FERPA – What PMHCAs working with SBHCs Need to Know \(2-pager\)](#)
- [PMHCA Programs: Guidelines and Considerations for Expanding into School Settings \(webinar\)](#)
- [HIPAA, FERPA, and School Health: Confidentiality and Information Sharing in School-Based Health Care \(webinar\)](#)

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## Additional Resources

### American Academy of Pediatrics Resources:

- [AAP Pediatric Mental Health Care Access \(PMHCA\) Technical Assistance Program](#)
- [AAP Clinical Report "Promoting Optimal Development: Screening for Behavioral and Emotional Problems"](#)
- [AAP Developmental Surveillance and Screening Webpage](#)
- [AAP Mental Health in Schools](#)
- [AAP Enhancing School Health Services: Recommended Team Members](#)
- [School-Based Health Centers: A Shared Commitment for the Good of Healthy Students](#)

### National Association of School Nurses:

- [Elevating the Role of School Nurses in School-Based Mental and Behavioral Health](#)

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## Q & A



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## Closing Question

What is one takeaway <sup>MRO</sup> or next step that you're leaving with after this presentation?

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## Slide 40

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**MRO** Menti?

Micayla Rivin, 2024-05-21T19:05:52.479

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