Youth Access to Psychiatry Program (YAP-P)

More for their Mental Health.

YAP-P
Youth Access to Psychiatry Program

BHDD
South Carolina Department of Behavioral Health and Developmental Disabilities
Office of Mental Health

13th Annual Telehealth Summit of South Carolina

CONNECT. EMPOWER. INSPIRE.

Palmetto Care Connections
technology. broadband. telehealth.

Agenda

- Our Staff
- The Mental Health Gap
- Bridging the Gap
- Consult Line
- Consult Case Examples
- QI Activity
- Resources
- School-Based Health Centers
- YAP-P Impact
- Integration is Easy

Objectives

At the end of this session, the participant will be able to answer:

- What is the benefit of this program on an individual and community level?
- What is the Youth Access to Psychiatry Program, and how can a partnership be beneficial to my practice or organization?
- How can I integrate the program into my organization's workflows?

Our Team

Grace Lambert MBA, PMP
Project Director

Victoria Scott PhD, MBA
Evaluation PI

James Green, MA
Eval. Grad Assistant

Sarah Dremann, LMSW
Marketing & Outreach

Sharyl Connor
Intake Coordinator

Ezra Moore
Operations

Our Consultants

Anita Khetpal, MD

Child Psychiatrist

Experience treating a wide range of disorders across many settings

Abe Moskow, MD

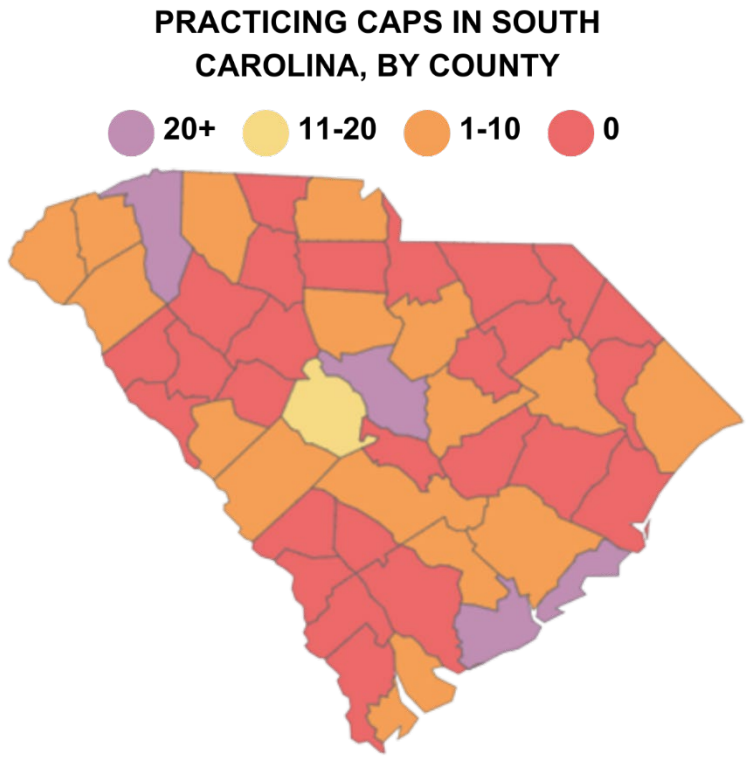
Pediatrician

Developmental behavioral pediatrics specialty

55% ↑

SC youth depression & anxiety rates

(2016 to 2020)



1 in 6

SC youth experience a mental health disorder

Bridging the Gap

Consultation Line

No cost provider-to-provider child psychiatry consultations with experts

Quality Improvement

QI activity for up to 26 CME and MOC 4 credit

Education Materials

For use with your patients and family members

Clinical Resources

Clinical trainings and resources for PCPs and staff

Child Psychiatry Consult Line

Free provider-to-provider mental health consults for prescribers seeing patients age 0-25

GET HELP WITH:

- Guidance on medication management
- Diagnostic clarification
- Screening and treatment options
- And more!

PCP SEEKS GUIDANCE

By phone or online, calendar invite sent to PCP

PROVIDER-TO-PROVIDER CONSULT

Consultant & PCP connect via phone or virtual

ONGOING SUPPORT

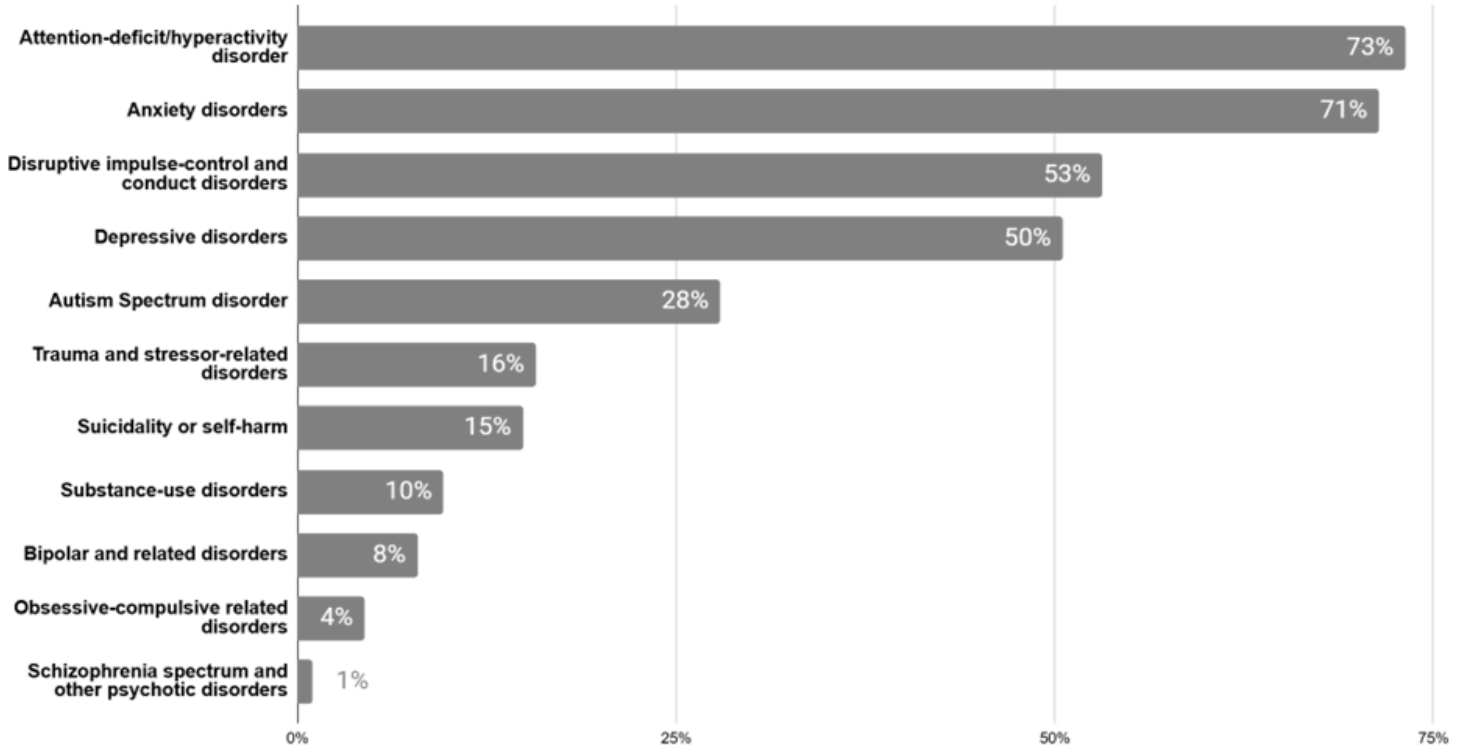
Continued support from YAP-P

Consult Line Details

SCHEDULE CONSULT: **877-729-2779** OR **YAPP.SCDMH.ORG**

- Consult requests are answered within one business day, and **scheduling only takes a few minutes!**
- Consults available: **Monday – Friday from 8AM-5PM**
- The line is open for **prescribers seeing patients 0-25** in SC
- Intake information we ask of you:
  - PCP name, NPI#, phone & email
  - Patient age in years
  - General reason for consult
  - Patient insurance status (if known)
  - If a behavioral health screening was done in the prior 12 months (if known)

Reasons for Consults



PROVIDER FEEDBACK

"Love that you are here. Very reassuring to be able to discuss cases with an expert, especially when I am a family's primary contact until they are fully established with their psychiatry/therapy team."

"Consults with the YAP line are improving my skills and helping me to provide better care to patients."

Consult Case Example

Navigating Suspected ADHD and ASD in a High-Risk Child

Case Background:

- 4-year-old girl.
- Significant behavioral challenges, including poor eye contact, speech deficits, severe aggression, irritability, self injurious and manipulative behaviors.
- Disruptive outbursts in preschool.
- No prior diagnoses or educational supports in place.
- History of abuse and DSS involvement.
- Family history of psychopathology on both sides
- Recently started in speech therapy and independent therapy.

Recommendations:

- Further evaluation for ASD & other developmental assessments.
- Local resources to assist in comprehensive assessment and diagnosis.
- Provided direction for medication therapy for ADHD.
- Behavioral therapies like Applied Behavior Analysis (ABA) for the child.
- Parent-Child Interaction Therapy (PCIT) for the mother.

Consult Case Example

Medication Management for a Teen with ADHD, Anxiety, & Suicidal Thoughts

Case Background:

- 17-year-old female.
- History of ADHD and anxiety.
- Recent psychiatric evaluation following suicidal thoughts.
- Had been prescribed Zoloft 100mg for anxiety and depression but worsened after a recent increase from 75mg.
- Significant life stressors, including the loss of her parents and current guardianship by her grandparents.
- Concerns about recent substance use.
- Had been disengaged from therapy for two months.

Recommendations:

- Reducing the dosage back to 75mg & cross-tapering options or safe transitions to another antidepressant.
- Drug screening
- Re-engaging the youth in therapy
- PHQ-9 and GAD-7
- Connecting the family with crisis resources such as the 988 Suicide Prevention Hotline and the Office of Mental Health (OMH) crisis line.

Quality Improvement (QI) Activity

Free Opportunity to Earn up to 26 CME and MOC Credit

01 **Professional Fulfilment Index (PFI)**

Brief 16 Item Survey

- Assessing physician burnout
- Get .5CME for completion

02 **Minimum Req. for CME or MOC**

YAP-P Consultations

- CME: Minimum of 3 individual consultations for any CME credit
- MOC: Minimum of 3 individual consultations, 2 cycles of consultations, and concluding PFI

03 **Optional Additional CME Activities**

Optional Activities

- 1 CME for up to 7 additional consultations
- Up to 3 CME for each cycle, up to 5 cycles
- 2nd PFI done 6-12 months after initial for .5 CME

Provider Trainings and Resources

Free Clinical Resources and Trainings for PCPs and Staff

Guidelines and Pearls

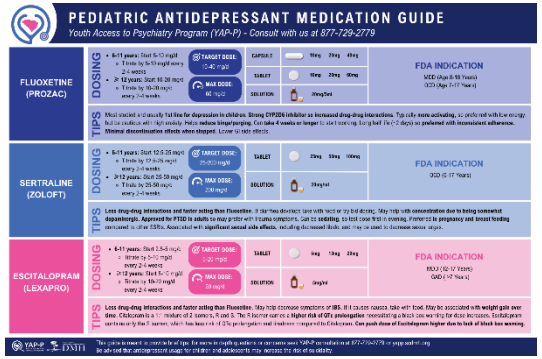
- Developed by our consultants
- ADHD, Anxiety, Depression, Autism, OCD, & PTSD

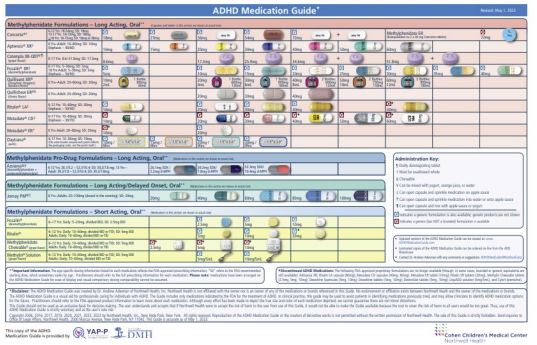
Laminated Medication Guides

- Developed by our consultants and the Cohen Medical Center
- Antidepressants, ADHD, and Stimulant medications

Monthly YAP-P Newsletter

- Additional CME/CEU trainings published every month



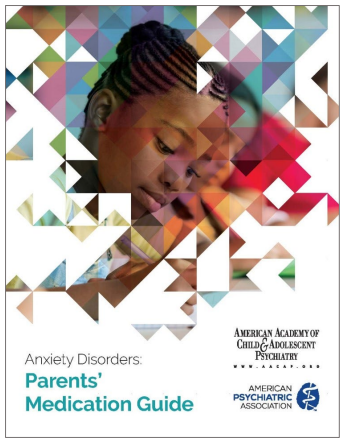


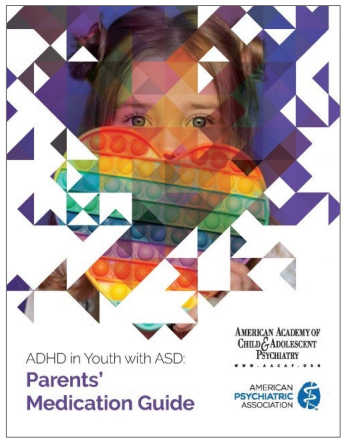
Patients & Families

Free Printed and Electronic Materials

English Materials

Available for: ADHD, ADHD in Youth with ASD, Anxiety, Depression, ASD, Emotional Outbursts, Sleep Disorders, PTSD, Helping Children Cope with Traumatic Events





Spanish Materials

Available for: ADHD, ASD, Anxiety, PTSD, Helping Children Cope with Traumatic Events

YAP-P in School-Based Health Centers

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

Primary care

Mental health

Oral health

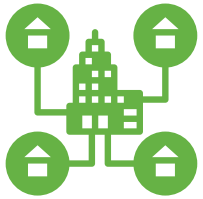
Vision services

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.

Types of SCHC Models

Traditional

Primary care accessed in a **fixed facility on school campus**



School-linked

Primary care accessed in a **fixed facility nearby, *but separate from*, school campus**

Mobile

Primary care accessed through a **mobile clinical unit** on or near school campus

Telehealth

Primary care accessed on **school grounds via a video platform in a designated space**

Statewide Inventory

How did we identify SBHCs in the state?

Used SC DOE's list of existing schools

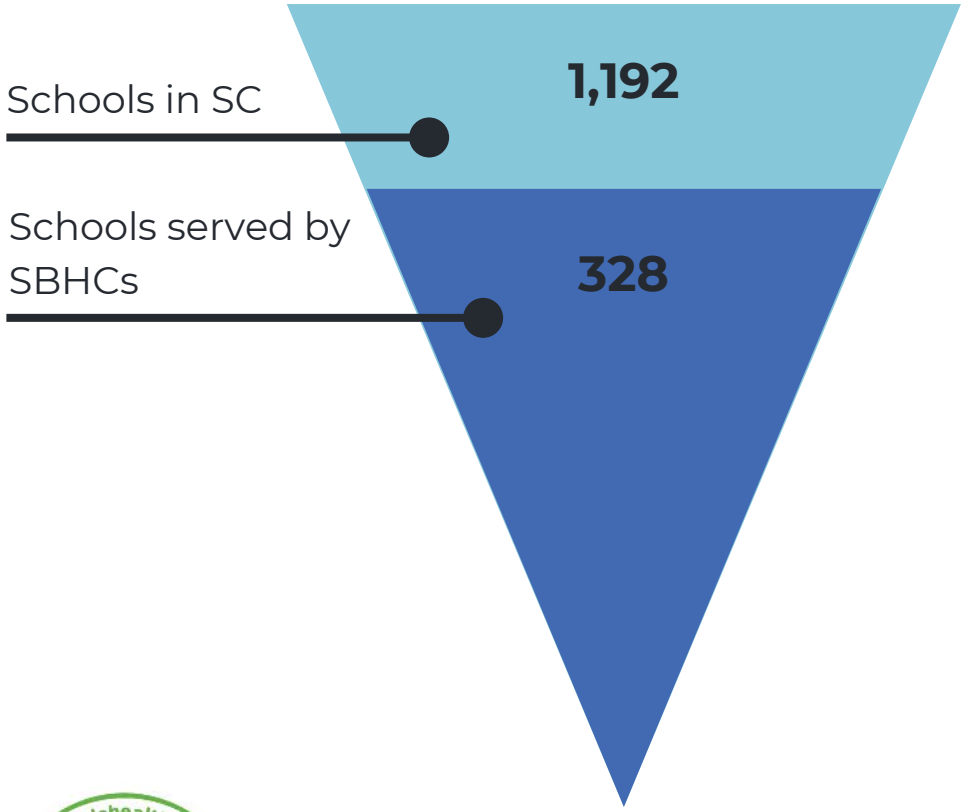
Emailed lead district nurses to identify schools with SBHCs

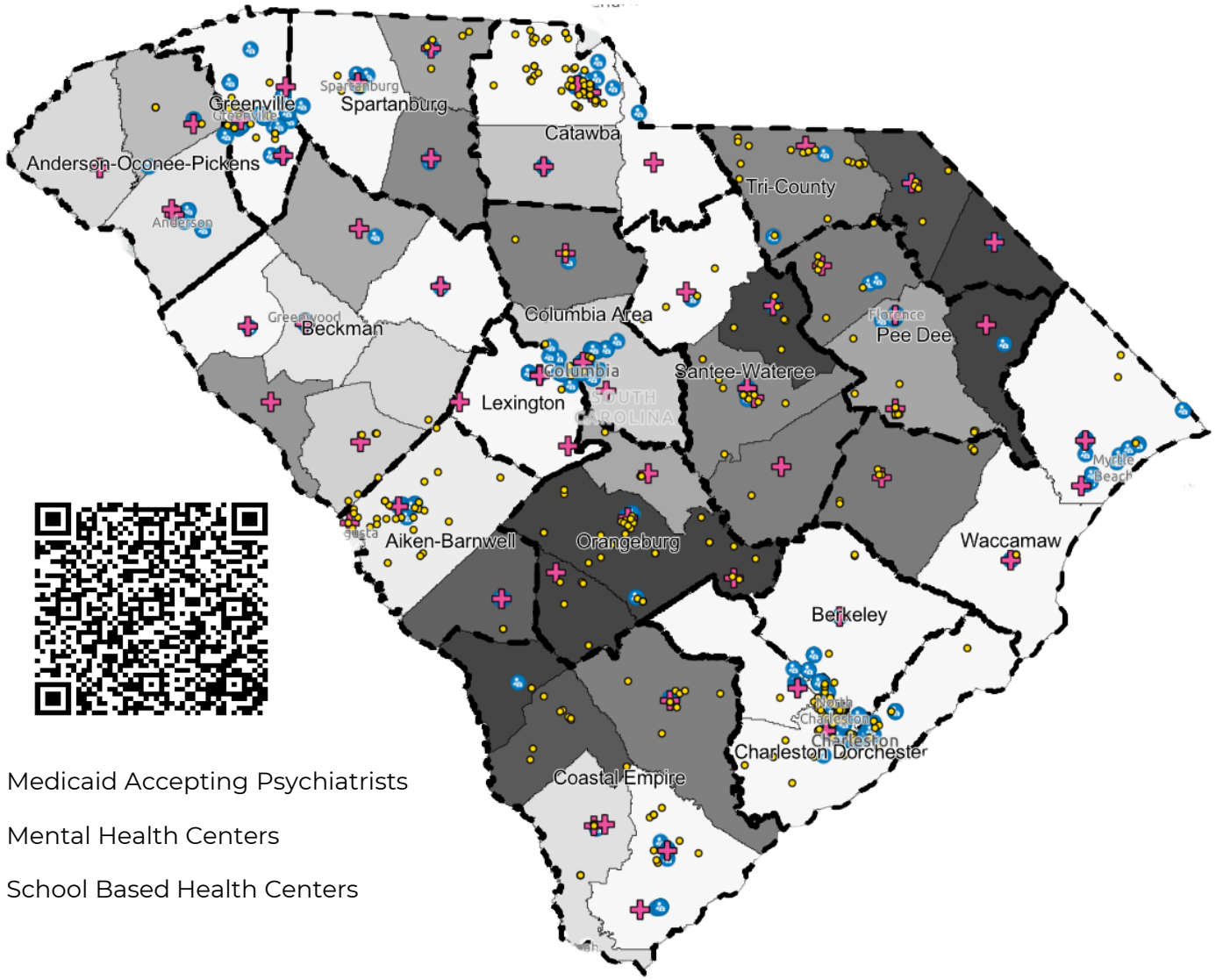
Collected Program Administrator contact information

Called Program Administrators to establish relationship and verify sites

Map sites using Geographic Information Systems (GIS)

Geolocation





YAP-P's Impact

Total Consultations
220

Counties Served
23

Providers indicated confidence providing care improved
100%

Providers reported that the consult changed patient care
94%

Provider Feedback

"Truly a wonderful service. I did not realize how much I needed this service until I used it."
LaChiana Hamilton, DNP
Chief of Pediatrics
BJH Comprehensive Health Services

"Phenomenal responsiveness, appropriate care, and great teaching to inform future care."
Pediatric Resident
PRISMA Health

Integration is Easy

- We don’t collect PHI
- Our services are not dependent on a patient’s insurance status
- We are a rapid response line
- We accept online requests from anyone in the practice for prescribers
- Anyone on a care team can join a consultation if a prescriber is present

YAP-P Overview Video

YAP-P Resources

YAP-P Website

Clinical Resources

QI Activity

Consult with YAP-P: 877-729-2779 or yapp.scdmh.org

Questions?