



University of California  
San Francisco

Department of  
Pediatrics

Center for Child and  
Community Health

Department of Psychiatry  
and Behavioral Sciences

Child and Adols BH Service  
Line

# Health Equity Action Time

2023 Focus on Mental Health

Session 2: June 9, 2023

7/3/2023



MENTAL HEALTH AWARENESS MONTH

# Land Acknowledgement

## Ramaytush Ohlone

*"We would like to acknowledge the Ramaytush Ohlone people, who are the traditional custodians of this land. We pay our respects to the Ramaytush Ohlone elders, past, present, and future who call this place, the land that UCSF sits upon, their home. We are proud to continue their tradition of coming together and growing as a community. We thank the Ramaytush Ohlone community for their stewardship and support, and we look forward to strengthening our ties as we continue our relationship of mutual respect and understanding."*



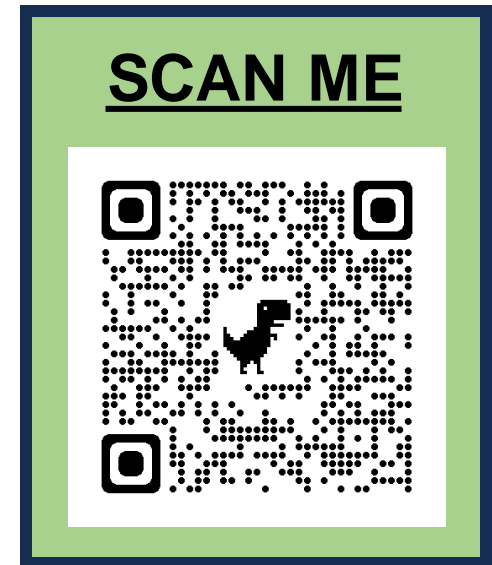
# HEAT Planning Committee Members

- Anne Glowinski
- Lauren Haack
- Joan Jeung
- Bryan King
- Anda Kuo
- Dayna Long
- Jennifer Miller
- Zarin Noor
- Francine Ostrem
- Noemi Spinazzi
- Petra Steinbuchel
- Saun-Toy Trotter
- Cassandra Vega
- Mylanah Yolangco



# Overall Goal of 2023 HEAT

1. Highlight progress UCSF and local Counties have made toward the steps/priorities identified from the last HEAT series
2. Identify and discuss ongoing opportunities and barriers to implementing critical steps/priorities
3. Take steps to take advantage of opportunities and remove barriers



[HEAT 2023 Event Page](#)

# Webinar Objectives

1.

Ground a discussion in a case to highlight different system resources and limitations for a patient with mental health needs in San Francisco

2.

Describe elements of effective coordination of care b/w primary care & schools/school based mental health –and- utilizing CAPP in supporting a child or adolescent with mental health needs

3.

Identify some of the ongoing system barriers to providing care for children and adolescents with mental health needs

# Agenda

- Welcome and Review
- Case presentation to ground our discussion
- System touch points highlighted by case
  - School Coordination
  - Child Adolescent Psychiatry Portal (CAPP)
- Reflection and Small Group Discussion





# Brief Synopsis of 2022 HEAT

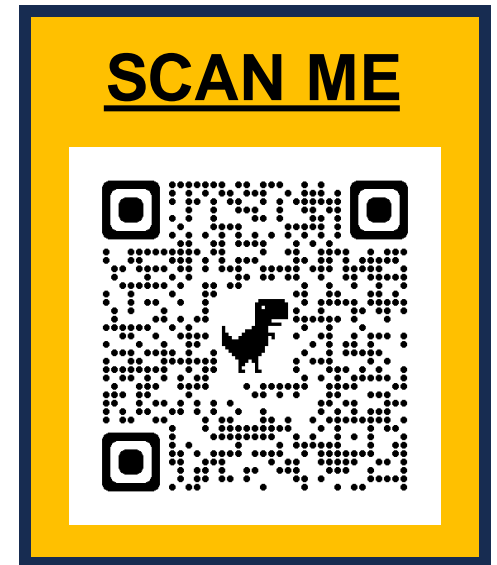
- Goal: a multidisciplinary forum to foster learning, connection, and concrete action to strengthen the system of care for Bay Area children and adolescents and improve their well-being and mental health outcomes
- Concrete next steps to improve child and adolescent mental well-being:
  - Build capacity, including training and workforce development.
  - Improve partnerships with communities, including schools.
  - Increase direct clinical services.
  - Provide infrastructure for cross-sector and cross-silo collaboration and info sharing.
  - Scale and sustain integrative behavioral health services.
- 2022 HEAT Series Summary and recordings



[Link to 2022 HEAT Series](#)

# May 2023 HEAT Summary

- Case presentation
  - 13 yo TM with poor attention, learning concerns, depression, high body mass index
- System touch points:
  - Pediatric clinic: Integrated behavioral health
  - Managed care plan (MCP): Care management
- Discussion of each system
  - Resources and limitations
  - Facilitators and barriers
- Today: same case, different touch-points



[Link to May HEAT recording](#)



# Case TM



- 13 yo patient; numerous visits in past year but inconsistent primary care
- Patient Priorities:
  - leg cramps – misses a lot of school. Later states he has daytime sleepiness
  - poor attention and requests help with IEP (possible history of ADHD)
  - BMI >99%. Daily sugar sweetened beverage. History of fatty liver
  - depression – PHQ 14 no SI. Has weekly counseling at school. Trouble with sleep onset.
- Social hx: Middle school. Plays video games mostly by himself. Feels lonely. Strength – “he’s nice.” Cannot id anything he is good at. 2018 moved to SF +IPV. Verbally abused by relative at age 5yo and received therapy. Lives with mom and stepfather whose preferred language is Spanish. Both came to the visit
- Family hx: does not identify history of depression.

# Case TM: Follow Up



- Subsequent multiple visits to urgent care and primary care over the next 2 months for abdominal pain and nausea; bullying at school; headache; suicidal ideation. Multiple messages from urgent care to PCP concerned about TM's mental health.
- School counseling ending and TM starts services with clinic BHT.
- Referred to health plan case management.
- TM and mom express interest in treatment with medication

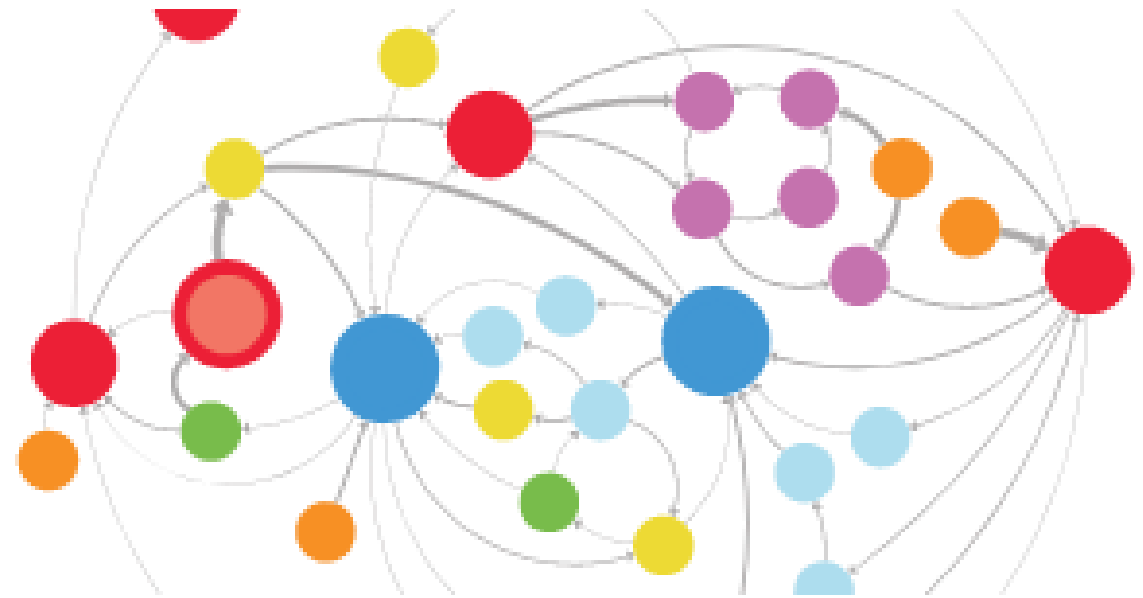
# Highlighting System Touchpoints

- Touchpoints

1. Clinic ✓
2. Health plan ✓
3. School ←
4. CAPP ←

- Opportunities and limitations

- Facilitators and barriers



# Initial Clinic and School Coordination

- Counseling at school
- Referral to school for psychoeducation evaluation
- School nurse leaves PCP a voicemail on cellphone and also sends email:

*"I am the school nurse at X MS and see TM frequently. His mom and I also speak often. Attached, are ROI forms from both SFGH and SFUSD. As an FYI, the school psychologist received the written request for psycho-educational testing. When are some good times for us to speak? I am very concerned about TM and would like to work as a team with you to help him. I look forward to hearing from you soon.  
School District Nurse"*

## **Reflection: School District Role**

- What should providers know about school district and multi-system collaboration opportunities??

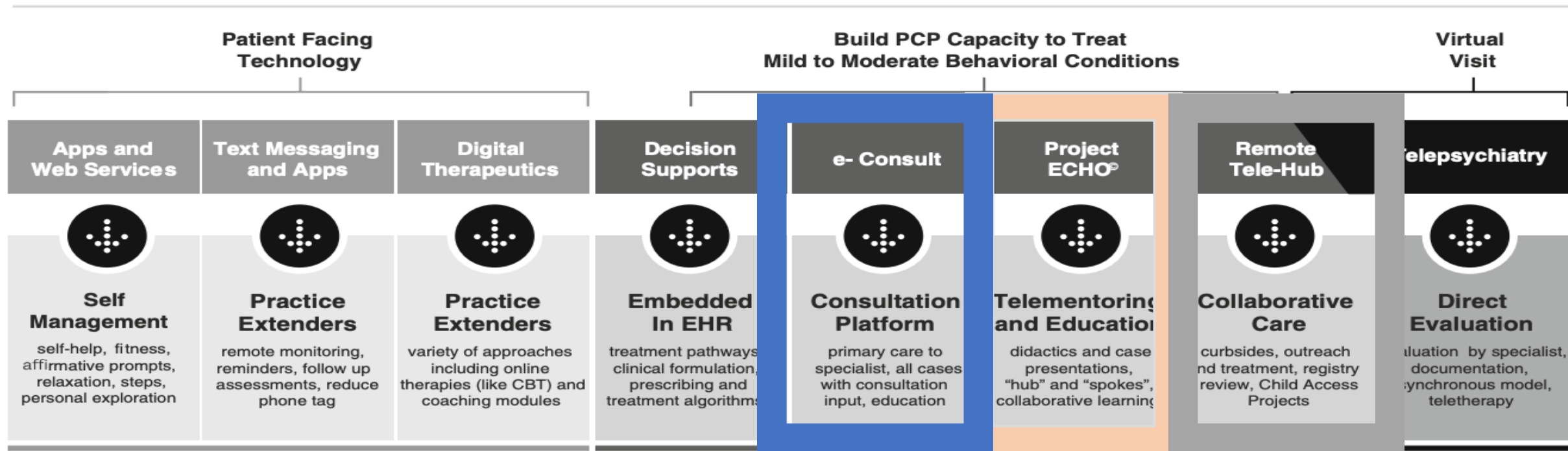
# Starting medication in clinic

- Clinic guide for starting and managing SSRIs
- CAPP consultation
- Other CAPP resources that could be utilized
  - Reach out and Connect (ROC) Psychologist-family consultation
  - BRIDGE care coordinate
  - Training resources: Webinars & Project ECHO
  - Asynchronous resources: i.e. school assessment letter templates, family handouts on website

## **Reflection: CAPP Role**

- What should providers know about integrated care and multi-system collaboration opportunities?

# Continuum of technologically enabled behavioral health integration

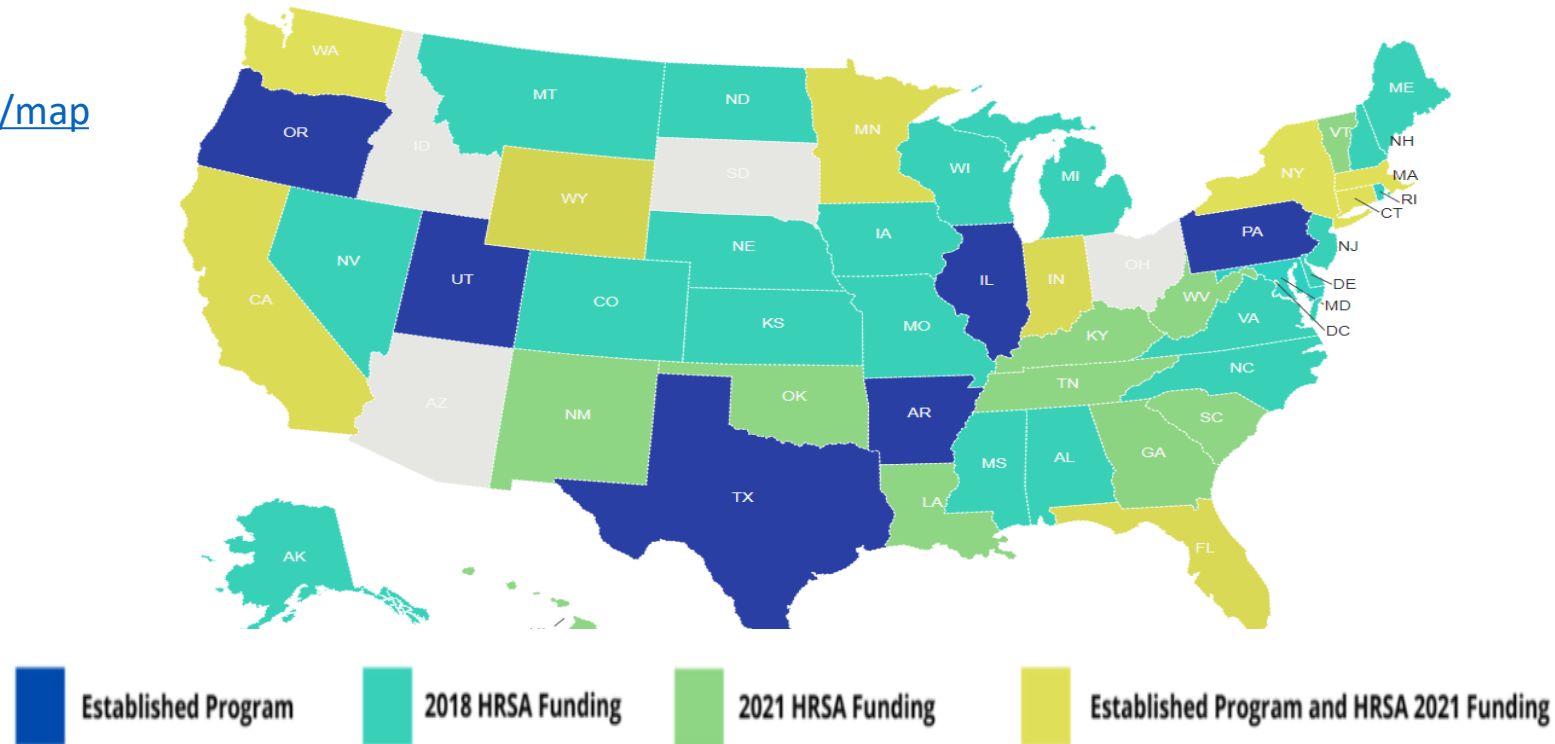


© Lori Raney, MD

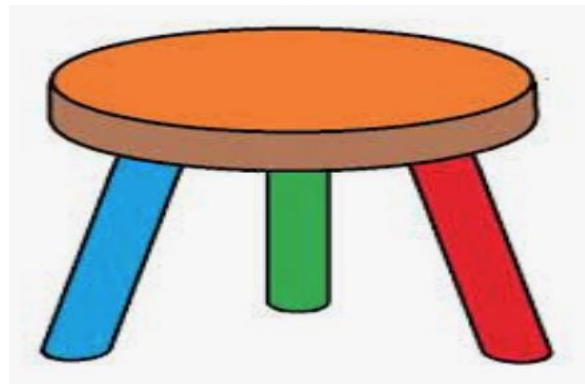
**Fig. 1** Technology-enabled behavioral health services in primary care

# Pediatric Mental Health Care Access Programs

<https://www.nncpap.org/map>  
(Updated 1/1/22)



1. Real-Time Consultation



2. Education

3. Resources, Care Coordination



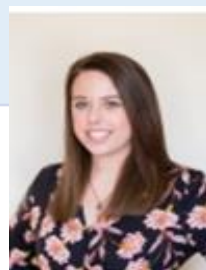
## Initial CAPP Consult

Real-time, direct-connect  
consultation for PCPs



## Reach Out and Connect (ROC) Psychologist Consult

A one-time opportunity for families  
or PCPs to speak directly to a  
knowledgeable psychologist for  
clarification of underlying behavioral  
and mental health concerns, parent  
guidance on behaviors and navigating  
next steps




## Bridge Care Coordination

For families who need extra  
assistance in navigating  
recommended resources &  
referrals due to motivational,  
language and/or other barriers



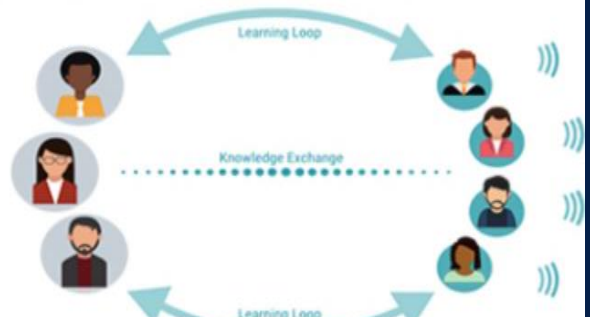
# Training & Education

## Project ECHO



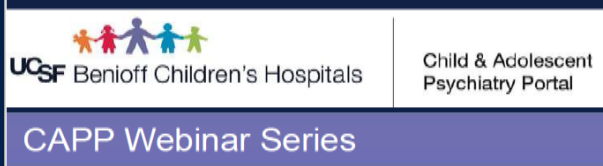
Project ECHO®

MOVING KNOWLEDGE, NOT PEOPLE



UCSF Benioff Children's Hospital  
Child & Adolescent Psychiatry Portal

## Monthly Webinars




CAPP Webinar Series

- Anxiety
- Suicidality/Self Harm
- SSRI's
- Gender Dysphoria
- Eating Disorders
- Screen Time

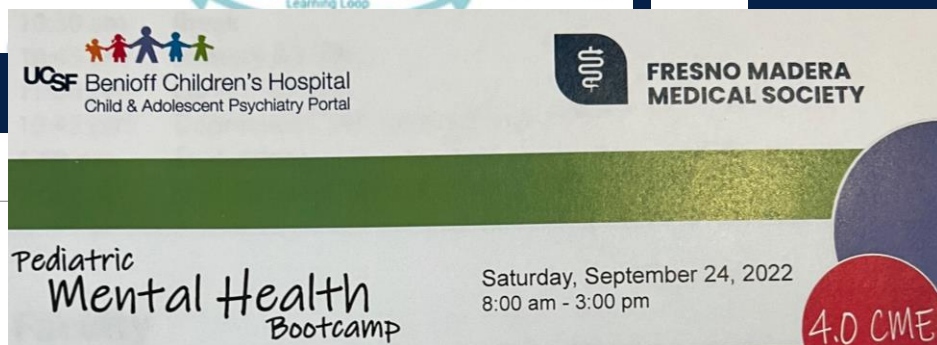
more....

## ACE's Training



aces aware  
SCREEN. TREAT. HEAL.

- Asynchronous learning
- Adverse Childhood Experiences and Trauma Informed Pediatric Care
- 4 hours
- CME Credit provided



UCSF Benioff Children's Hospital  
Child & Adolescent Psychiatry Portal

FRESNO MADERA  
MEDICAL SOCIETY

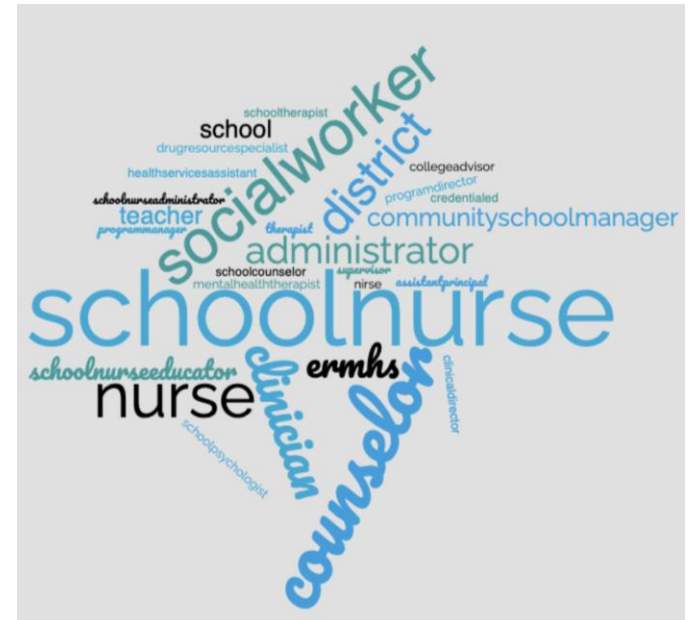
Pediatric  
Mental Health  
Bootcamp

Saturday, September 24, 2022  
8:00 am - 3:00 pm

4.0 CME

# School Consultation Pilot Project ECHO® attendance

Date	Topic	N
December '22	Introduction to Echo® and Ekstasis Peer Consultation model to reduce burnout	7
January '23	Trauma-informed language and approaches	8
February '23	Eliciting change talk: Motivational Interviewing	7
March '23	Suicide prevention, assessment, and post-intervention	<b>146</b>
April '23	Understanding & managing Internalizing Disorders in the Classroom	
May '23	Understanding & managing Externalizing Disorders in the Classroom	





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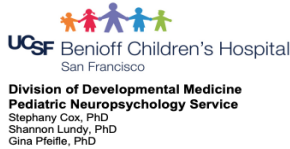
[Home](#) > [Resources](#) > [Family Resources](#) > Education & School Support

# Education & School Support

- [IEP vs 504 plan](#)
- [School-based evaluations](#)
- [IEP request letter \(sample\)](#)

## Special education resources and advocacy

- [DREDF \(Disability Rights Education and Defense Fund\)](#)
- [Parents Helping Parents \(PHP\)](#)



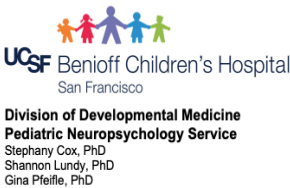
[NAME OF PRINCIPAL]  
[NAME OF SCHOOL]  
[STREET ADDRESS]  
[TOWN, CITY, ZIP CODE]

**RE: *Request for a Special Education Evaluation***

**Child's Name:**  
**DOB: (fill in birthdate)**  
**School Name and Grade: (fill in status)**  
**DATE:**

**Dear Educational Professionals:**

I/We request the school district formally evaluate the child's eligibility and services. I/We have concerns about the child's development and academic gains. As such, we request an assessment by the school district including, at this time, his/her placement for special education services and/or a 504 Accommodation Plan.



## IDEA (IEP) and Section 504 (504 Plan)

*Information adapted from the Office of Civil Rights (OCR) U.S. Department of Education, Free Appropriate Public Education for Students with Disabilities (7/1999).*

### Resources

[Family Resources](#)

[Provider Resources](#)

[General Screening Tools](#)

[ADHD](#)

[Anxiety](#)

[Autism](#)

[Depression](#)

[Suicide and Safety](#)

[Eating Disorders](#)

[Social Needs](#)

[OCD](#)

[Trauma & Stress](#)

# CAPP Website Resources

## Provider Resources

CAPP provides screening tools, diagnostic resources, online, and community resources for primary care providers to support behavioral health conditions.

**PROVIDER RESOURCES**

GENERAL INFO ON  
BEHAVIORAL  
HEALTH

ATTENTION &  
BEHAVIORAL  
CHALLENGES

EDUCATION &  
SCHOOL SUPPORT

ANXIETY

AUTISM

EATING  
DISORDERS

GENDER

SLEEP

TRAUMA & STRESS

COVID-19 &  
EMOTIONAL  
WELLBEING

SOCIAL NEEDS  
(HOUSING, FOOD  
ETC)

## Family Resources

CAPP provides information for families on diagnoses, treatment of behavioral health conditions, navigating national and community resources through written information, online, and video resources.

**FAMILY RESOURCES**

### Handouts & Book Recommendations for

- Anxiety
- Eating Disorders
- Gender
- Trauma and Stress....

<https://capp.ucsf.edu/resources>





# Provider Quotes: Burnout & Support

*“CAPP consultation helps to address Provider Burnout, so that you can keep your FQHC staff around, which is beneficial for everyone. I think if there is a pressure to see volume, you get compassion fatigue. You start feeling more unsure that you're actually making a difference, or how to really do that effectively. Having resources and tools available increases your feeling of confidence and willingness to keep trying and not to just send everybody to the emergency room. It makes you want to schedule that 2 week follow up appointment and squeeze them in.”*

-Pediatrician/CAPP User

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Sunflowers communicate with each other underground through their root system, in order to ensure optimal growth for all.

Similarly, we want to ensure we are connecting for care with you, in order to ensure optimal development for all of CA's children

Workforce development requires trust and relationship  
To develop confidence, knowledge and skills

Importance of provider champions for uptake and utilization

*Connecting for Care*





# Case TM: Final Follow Up



- Discussed SSRI dosage plan with mom.
- Delayed start of SSRI per mom's understanding pharmacy didn't have the prescription. Attending BHT visits. Psychoeducation eval pending
- Sleep improved with using tools given by BHT
- Delay in sub-specialty appointments because mom prefers in person visits

*Just wanted to let you know that TM is looking so much better! He graduated 8th grade yesterday and was grinning from ear to ear. He's not been nearly as sleepy during class and looks like a new boy. I'm so glad that we worked together to help him- thank you!!*  
- Email from school nurse

\*patient and mom provided consent to share his case for educational purposes

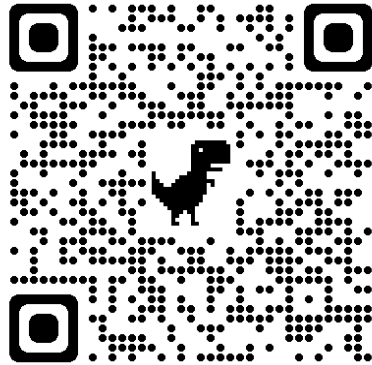
# Small Group Discussion

- In your breakout group, please discuss the following questions:
  - 1) What have other people done to facilitate communication with schools
    - 1)What is needed?
    - 2)What is practical?
  - 2) What tools/resources/education offerings do PCPs need in order to engage in this more?

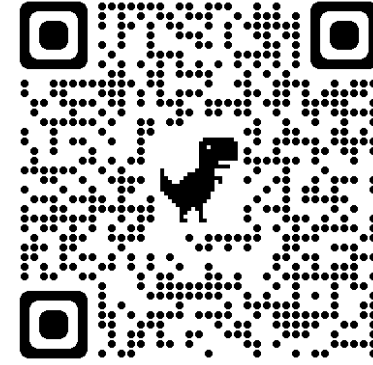


# HEAT Evaluation & Next Session

Scan the QR code below to take the evaluation survey:



Visit the HEAT webpage by scanning the QR code below:



Contact: [Cassandra.Vega@ucsf.edu](mailto:Cassandra.Vega@ucsf.edu) and [Anda.Kuo@ucsf.edu](mailto:Anda.Kuo@ucsf.edu)

