

Fall, 2014  
Volume 1, Issue 1

## **Pediatric Consultation-Liaison**

### **Division 54 SPP Special Interest Group Newsletter**

#### *Inside this Issue:*

**Welcome message  
from the SIG  
Co-Chairs (p.1)**

**Pediatric Psychology  
Resource Bank**  
Updates from Bryan  
Carter about the  
resources available in  
the resource bank  
(p.2)

**Clinical Spotlight**  
Learn about the C/L  
work of Dr. Crystal  
Cederna-Meko (p.3)

**Student Spotlight**  
Learn about our  
student rep and her  
interest in C/L  
psychology (p.4)

**Announcements**  
Hear what's going on  
with the SIG (p.5-6)

**SIG Mission  
Statement (p.7)**

**SIG Contacts**  
Contact information  
for the SIG leadership  
team (p.7)

## **Welcome from the SIG Co-Chairs**

Welcome to the first edition of our Consultation-Liaison (CL) Special Interest Group (SIG) newsletter!

We are hoping that this newsletter serves as a means of communicating important information about the SIG and highlighting issues relevant to CL practice. We welcome contributions from CL SIG members for the newsletter, so please contact Megan Shelton ([Megan.Shelton@bjc.org](mailto:Megan.Shelton@bjc.org)) if you are interested.

The CL SIG has gone through some organizational changes this year that we think will lead to more opportunities for participation in the leadership and the ability to move forward on several important initiatives. Our current initiatives are focusing on equipping CL psychologists with tools to meet the needs of diverse populations, expand opportunities for networking, and collaborate on QI projects across centers. Our leadership team now includes 2 co-chairs (Kris Kullgren and Suzanne Thompson), research representative (Kevin Tsang), student rep (Courtney Craig), outcomes/intervention representative (Amy Williams), webmaster (Bryan Carter) and secretary/membership coordinator (Megan Shelton). As all terms will be 2 years, we welcome your involvement. We had a strong turnout at the CL SIG meeting at SPPAC in March 2014 and are in the process of planning for SPPAC 2015. Please contact the chairs with programming ideas as soon as possible.

CL SIG Co- Chairs,

Kris Kullgren  
[kullgren@med.umich.edu](mailto:kullgren@med.umich.edu)

Suzanne Thompson  
[suzanmt@bjc.org](mailto:suzanmt@bjc.org)

# Pediatric Psychology Resource Bank:

Update from Bryan Carter



The **PEDIATRIC PSYCHOLOGY RESOURCE BANK** website (<http://www.uoflchirp.org/consultants/>) has now been up and running for over a year-and-a-half, and currently has almost 400 subscribers. A variety of valuable assessment tools, psychoeducational materials, forms/documents, and intervention resources have been uploaded and shared, reflecting the diversity in clinical practice of pediatric psychologists with a wide variety of health conditions. On the other hand, our hopes to get our colleagues to share their training protocols, administrative, and business of practice documents have yet to be realized (yet these topics are often the ones we discuss most with our colleagues when we get together at conferences).

As a reminder to all, the resource materials that would be appropriate for this website include:

- **Assessment Instruments**– Developing and sharing measures for key assessment domains (coping, adherence, illness knowledge, symptoms, pain, self-management competence, family functioning, risk assessment, etc.).
- **Intervention Protocols**– Peds CL clinicians and researchers submit their treatment protocols, therapeutic tools, patient handouts, clinical forms, etc. This could spur more research on these protocols, ideally at multiple sites.
- **Digital Resources**– Identifying (and developing) useful applications (apps) and digital resources (e.g., videos); identify and encourage the development of useful websites for patient information and education, as well as clinician education and training, etc.
- **Quality Improvement Procedures and Measures** – confidence ratings (how confident are you that you can manage this concern, ask before and after a consult); developing ways to demonstrate that we are effective and valuable to the institution, e.g., medical cost offsets/reimbursement models.
- **Business of Practice Information** – Reimbursement models, pros and cons of each, and how might we better collaborate as a group to advocate for the more adaptive models that make our profession and services economically viable now and in the future.
- **Forms and Documents**– e.g., consent, video releases
- **Practice/Advocacy Materials**
- **Training Protocols** - syllabi and tools, e.g., discussion of how we integrate with psychiatry, pediatrics, developmental and behavioral pediatrics, etc., and their training programs; developing “best practice” models for training that could be adopted by other institutions; training tools pediatric psychologists can employ with medical students, medical residents, nursing, etc., to identify core curriculum goals, modules and teaching strategies, e.g., labs.

To make the **PEDIATRIC PSYCHOLOGY RESOURCE BANK** website a truly valued professional resource that subscribers return to again and again, **YOUR CONTRIBUTIONS** are needed! Please consider digging into your file cabinet, search your hard drive, etc., for that assessment tool, intervention protocol, administrative document, etc., and **UPLOAD IT TODAY!**

If you are not currently a subscriber, please e-mail Bryan Carter ([bryan.carter@louisville.edu](mailto:bryan.carter@louisville.edu)) to get your User ID and Password.

**NOTE:** Please use an email address that is likely to be more permanent.

# **Clinical Spotlight:**

## **A Day in the Life of Dr. Crystal Cederna-Meko**

By: Kris Kullgren



Crystal Cederna-Meko is an assistant professor of pediatrics at Michigan State University and pediatric psychologist practicing at Hurley Medical Center in Flint, MI where she has been for 3 years. Like most pediatric psychologists, Dr. Meko's day to day practice is very variable. As Hurley is relatively small (24 pediatric beds, 20 PICU beds) her clinical work encompasses both inpatient consultation liaison and outpatient work in the behavioral health clinic, integrated primary care, and pediatric subspecialty clinics. Inpatient consults take up about a half to two-thirds of her direct clinical time. Common CL concerns include health promotion and adaptation for those with new illnesses, adherence, illness coping and general child and adolescent behavioral health issues. Dr. Meko enjoys the diversity of the patient population as the hospital serves both urban and rural populations.

Dr. Meko is very actively involved in training both medical and psychology trainees. She interacts with 3<sup>rd</sup> and 4<sup>th</sup> year medical students within the hospital, directs the developmental and behavioral pediatrics rotation for the pediatric residency, and coordinates the residency communication skills curriculum. In January she accepted a position as the associate program director for the pediatric residency program. She believes that having a psychologist so involved in residency training has made a big difference in the preparedness of residents to address developmental and behavioral aspects of health after residency. Dr. Meko also enjoys training pediatric psychology fellows who are active on the CL service (they are recruiting for Fall 2015!).

When asked about what Dr. Meko enjoys most about CL work, she noted the breadth and complexity of patient issues. However, the same breath and depth that she enjoys about CL are also what can make CL work challenging. Dr. Meko also acknowledges that time management can be tough given all the roles she juggles. Dr. Meko's advice to people who are interested in CL: 1) Know your entire team—the more trust and collegiality you have, the easier your job will be, 2) Develop strong interpersonal and communication skills, 3) Have a good support network of other CL psychologists and mentors for those tough cases and professional development, and 4) Enjoy it! A hospitalization is a pivotal time for a lot of children and families where the CL psychologist can really promote big changes and improvements.

Dr. Meko would love to get involved in cross site research collaborations and would be happy to talk to other psychologists interested in research, residency training, or leadership positions. You can contact her at [ccedern1@hurleymc.com](mailto:ccedern1@hurleymc.com).

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We want to hear about the C/L services our SIG members are providing in their institutions. If you would like to be featured in our Spring 2015 newsletter, or would like to nominate a colleague, please forward nominations to Megan Shelton by March 15, 2015. Please see the *Announcements* for more details.

## **Student Spotlight: Courtney Craig, M.S.**

Courtney Craig is a fifth-year Psy.D. candidate at Nova Southeastern University (Fort Lauderdale, Florida) under the mentorship of Jan Faust, Ph.D. Courtney is currently participating in her pre-doctoral internship at the APA Accredited Internship at Primary Children's Hospital (Salt Lake City, Utah) specializing in Pediatric Psychology. Her clinical interests include Pediatric Consultation/Liaison Services, Hematology/Oncology, Chronic Pain, Craniofacial Disorders, Nephrology, Solid Organ Transplant, and Neuropsychology. Prior to internship, she obtained clinical experience in pediatric psychology conducting individual, family, and group therapy as well as consultation/liaison services through her practica at Joe DiMaggio Children's Hospital (Hollywood, Florida) and Miami Children's Hospital (Miami, Florida). She also has obtained previous clinical experience conducting individual and family therapy with children and families affected by trauma, abuse, and divorce.



Courtney has been involved in various research projects primarily examining topics within the areas pediatric psychology and child trauma/family forensics. These research projects included assessing treatment efficacy of children who are in foster care, impoverished, orphaned, or who have experienced trauma. In addition she has worked on research teams examining the potential differences in child and family functioning following either accidental trauma or an incidence of urban violence. She was a co-recipient of a \$10,000 grant to study the effects of the quality of relationships, attachment styles, and psychological well-being of adults who testified as children in their parents' dissolution proceedings. Courtney has presented her research at national conferences and for her doctoral research project she examined a case study of a 26-year-old patient who sustained a traumatic brain injury following a self-inflicted gunshot wound to the head. The case study evaluated how a family systems orientation in treatment could assist the family in overcoming the potential barriers to the implementation of behavioral management protocols to address the presence of severe perseverating and problematic behaviors, including non-compliance.

Courtney has been a student member of Division 54 since 2011 and is currently the Student Representative of the Pediatric Consultation-Liaison Special Interest Group. One of her main projects as the student representative has been heading up the mentorship program to facilitate networking between members and student members as well as disseminating practical knowledge learned within our field.

Nominate an outstanding student for our Spring 2015 newsletter! See the *Announcements* for more details on how to submit your nominations!

# Announcements

## **Contact Information for Current SIG Members**

Please be sure to update your contact information with Karen Roberts ([apadiv54@gmail.com](mailto:apadiv54@gmail.com)). Unfortunately, we have recently received a high number of return emails due to invalid email addresses. We want to be sure all of our members are receiving our SIG emails!

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## **Join us for SPPAC 2015 in San Diego: Call for Programming Ideas**

We had a strong turnout at the C/L SIG meeting in Philadelphia, and we are already in the process of planning for SPPAC 2015 in sunny San Diego. The SIG leadership team is interested in submitting proposals for a symposium, as we had great feedback about the symposium at SPPAC 2013 in New Orleans. Please contact Kris Kullgren ([Kullgren@med.umich.edu](mailto:Kullgren@med.umich.edu)) with any programming ideas you would like to see or if you would like to collaborate on a symposium submission by October 1, 2014.

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## **Accepting Submissions for SPPAC 2015 Poster Awards**

For the first time, the C/L SIG will be giving awards to outstanding posters featuring research in the area of C/L psychology. Winner(s) of the C/L SIG Poster Awards will be acknowledged at the SIG business meeting during SPPAC.

Eligibility: You must be a member of the C/L SIG with a poster on the topic of C/L accepted for presentation at SPPAC 2015. REMEMBER: The abstract submission site opens on October 1, and poster submissions are due by November 3. For more information about submissions, go to the conference website: [www.SPPACannualconference.org](http://www.SPPACannualconference.org).

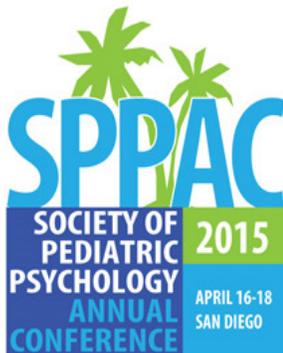
Please forward a copy of your accepted final poster presentation (single file only) to Megan Shelton ([Megan.Shelton@bjc.org](mailto:Megan.Shelton@bjc.org)) by March 15, 2015. If you have multiple first author posters scheduled for presentation at this conference, you may submit all for consideration but will only be eligible for one award. Students are especially encouraged to apply!

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## **Nominations for Co-Chair**

Suzanne Thompson's term as Co-Chair is ending at the SPPAC 2015 business meeting. We are so grateful for her service and efforts to start the CL SIG! We are currently accepting nomination for the next Co-Chair.

Please send nominations to Kris Kullgren and Suzanne Thompson by March 15, 2015. The SIG membership will vote the new co-chair into office at the SIG business meeting in San Diego.



**JOIN THE C/L SIG!!**  
Send a request to Karen Roberts at [APADiv54@gmail.com](mailto:APADiv54@gmail.com). She will confirm that you are a current SPP member and provide membership approval.

***Nominations for Clinical Spotlight***

We're currently accepting nominations for the Clinical Spotlight in our Spring 2015 newsletter. We welcome peer and self-nominations. Please submit the following:

- Psychologist's name and contact information
- Institution
- Brief description of your C/L services.

If you are chosen, a member of the editorial team will contact you for a brief interview. Please forward nominations to Megan Shelton by March 15, 2015.

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**REMEMBER...**  
*Keep submitting materials for the Resource Bank!*

***Nominations for Student Spotlight***

We're currently accepting nominations for the Student Spotlight in our Spring 2015 newsletter. We welcome faculty, peer, and self-nominations for outstanding students in the area of inpatient C/L psychology. To nominate a student for recognition, please submit the following information:

- Student Name
- Student Program
- Brief description of the students' contributions to C/L psychology
- Copy of student's CV

Nominations are due by March 15, 2015 and can be sent to Megan Shelton at [Megan.Shelton@bjc.org](mailto:Megan.Shelton@bjc.org).

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***New Student Mentorship Program***

During our business meeting at SPPAC 2014 in Philadelphia, members and student members expressed an interest in a mentorship program within the C/L SIG. The purpose of the program is to help facilitate networking between members and student members, as well as disseminate practical knowledge learned within our field. The program will consist of intermittent email exchange and one 30 minute phone call per month between paired mentors and mentees. We also anticipate an informal gathering during SPACC 2015 in San Diego. Please contact Courtney Craig ([Courtney.Craig@imail.com](mailto:Courtney.Craig@imail.com)) if you are interested in participating.

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***New to the Spring 2015 Newsletter: Research Highlights!***

We are going to introduce a Research Highlights feature in the Spring 2015 newsletter. We hope to spotlight CL SIG member's research in a Research Spotlight and list member's CL publications as well. Please contact Kevin Tsang ([Kevin.Tsang@hhchealth.org](mailto:Kevin.Tsang@hhchealth.org)) by March 15, 2015 if you would like your program or publications highlighted.

## C/L SIG Mission Statement



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

We're on the Web!

See us at:

<http://www.apadivision.org/division-54/sigs/consultation>

The mission of the Pediatric Consultation-Liaison Special Interest Group (PEDIATRIC-CL SIG) is to promote discussion, education, research and networking among pediatric psychologists who provide inpatient consultation-liaison services to pediatric patients and their families. Issues of relevance to PEDIATRIC-CL SIG activities include:

- Pediatric CL service quality improvement (QI) projects
- Specific clinical protocols tailored to pediatric inpatient populations
- Clinical innovations, including applications of technology to inpatient consultation-liaison (Internet-based, use of video, gaming technology, tele-psychology, etc.)
- Promotion and sharing of clinician- and hospital-friendly assessment/ evaluation protocols and interventions
- Pediatric CL outcomes projects
- Professional and training activities relevant to pediatric CL and inter-professional functioning
- Pediatric CL program development, organization of clinical services and workforce analyses
- Applications of evidence-based interventions in “real world” settings
- Addressing potential barriers and solutions to meet the needs of diverse populations seen on the pediatric CL service
- Critical analyses of professional practice issues
- Funding/reimbursement patterns and the evaluation of the cost-effectiveness and medical cost offset of pediatric CL activities
- Developing research models appropriate to pediatric CL service activities
- Fostering cooperation and multidisciplinary collaboration among professionals in meeting the psychosocial needs of hospitalized children and their families

### C/L SIG Leadership Team

#### Co-Chairs

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kullgren@med.umich.edu

Suzanne Thompson, PhD  
suzannmt@bjc.org

#### Secretary & Membership Coordinator

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#### Webmaster

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#### Subcommittee on Intervention Projects

##### Chair

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#### Subcommittee on Research Projects

##### Chair

Kevin Tsang, PsyD  
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#### Student Representative

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