



## **Guidelines for Establishing Integrated Pediatric Behavioral Health Care: Lessons Learned and Recommendations**

*SPPAC 2017 Preconference Workshop (2 CEs)*

Research has demonstrated that the majority of mental health disorders originate in childhood and adolescence. While estimates are that 20% of youngsters have behavioral disorders, only 10% to 40% receive any kind of behavioral health (BH) care during childhood. A major reason for this discrepancy is lack of access to BH services from professionals specifically trained to work with children and adolescents. The integration of physical and behavioral health in primary care practice is one method for improving access to BH services for children, adolescents, and families. A recent study (Kolko, et al, 2015) indicates that only 12% of children complete treatment following referral from their family physician to "usual care" in the community. By contrast, 77% of families completed treatment when a BH provider was integrated into the primary care practice. However, traditional BH educational programs in psychology do not prepare trainees for work in health care nor methods to introduce BH care into primary care settings. Based upon experiences in successfully introducing and implementing integrated pediatric BH care in 40+ clinics in three separate states, this workshop will discuss methods to establish integrated BH care in pediatric primary care practices and recommendations for improvements in psychology graduate education.

Specific topics to be presented will include guidelines for implementation of pediatric behavioral health care into pediatric and family medicine primary care practices. Included will be information on initial proposals for integrated care, working with physicians, nurses and office staff, screening procedures, protocols for most common BH problems presenting in primary care, business options, and program evaluation recommendations. Primary beneficiaries for this workshop will be pediatric psychologists, as well as health care administrators, graduate program educators, graduate students, and primary care physicians.

Integrated pediatric BH services were introduced in Nebraska 19 years ago and, since then, the number of integrated clinics initiated in the state from the training program at the University of Nebraska Medical Center has expanded to 21 rural and 13 urban practices. The program was initially developed through "trial and error" and many lessons have been learned. The program has been replicated in other states, notably in Michigan and Pennsylvania, by graduates of the UNMC training program (which has been supported from HRSA Graduate Psychology Education grants for 12 years). The experiences of pediatric psychologists from these replication sites will be discussed along with commonly agreed upon guidelines and recommendations for practice.

### **Based on the content of this talk, participants will be able to:**

1. Describe three business options for establishing pediatric integrated care practices.
2. List three behavioral health issues that commonly present in pediatric primary care.
3. Identify behavioral health protocols that can be applied to address the most common pediatric presenting problems.
4. Develop an action plan for effective and successful integration of BH care into pediatric practice.

**Target Learner Level:** Intermediate

**Registration cap:** None

**Presenters:** Joseph H. Evans, PhD, Rachel Valleley, PhD, Blake Lancaster, PhD, Shelly Hosterman, PhD, Tawnya Meadows, PhD, & Holly Roberts, PhD

*Dr. Joseph Evans* is a Professor in the UNMC Munroe-Meyer Institute Psychology department and in Pediatrics. He is also the Associate Clinical Director of the Behavioral Health Education Center of Nebraska. He is actively involved in internship and post-doctoral training in integrated BH care and his efforts have been funded by HRSA

Graduate Psychology Education, Allied Health, and Behavioral Health Workforce Education and Training grants. *Dr. Rachel Valleley* and *Dr. Holly Roberts* are on the faculty of the UNMC MMI Pediatric Psychology program. They are graduates of the training program, have leadership roles in preparing trainees and practices for integrated care, and are both active clinicians in integrated care clinics. *Dr. Blake Lancaster* is on the faculty of Pediatrics at the University of Michigan. He had been on faculty at UNMC prior to returning to Michigan and has been introducing integrated care in clinics affiliated with the University in and around Ann Arbor. *Dr. Shelly Hosterman* and *Dr. Tawnya Meadows* are on the faculty of Geisinger Health Systems and are both graduates of UNMC internships. They have successfully introduced integrated BH services to pediatricians in the Geisinger Health Systems program.

**COI Statement:** The speakers have no conflicts of interest to declare.

**Session Date/Time:** Thursday, March 30<sup>th</sup>, 2017; 1:30-3:30 pm



*The Society of Pediatric Psychology (Division 54 of the American Psychological Association) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Society of Pediatric Psychology maintains responsibility for this program and its contents.*