

# Pediatric Behavioral Health Referrals and Support Resources During COVID-19

ZOOM MEETING FOR PEDIATRIC HEALTH PROVIDERS & OTHERS

Thursday, April 9  
8:30 am – 9:45 am

# Purpose of Meeting

1. Many children with behavioral health needs, and their families, are under increased stress during the COVID-19 crisis.
  2. During this meeting, we will share information about services to which pediatricians and others can **immediately refer** children with behavioral health needs.
  3. We will also generate ideas for improving existing **referral and linkage mechanisms** to improve access to behavioral health services.
- \*\* For comments and questions, **please use the chat function**
- \*\* Resources and materials from today's presentation will be available on

<https://www.chdi.org/educating-practices-covid-19>

# Agenda

## **A. Accessing Information, Resources, and Evidence-Based Treatments on KidsMentalHealthInfo.com**

Jeffrey Vanderploeg, PhD

Child Health and Development Institute

## **B. Overview of Access Mental Health**

Elizabeth Garrigan, LPC

Beacon Health Options

## **C. Mobile Crisis Intervention Services (2-1-1) and the State Funded Behavioral Health Continuum**

Tim Marshall, LCSW

Connecticut Department of Children and Families

## **D. Connecticut Children's Center for Care Coordination and Hospital-Community Linkages**

Howard Sovronsky, LCSW & Katherine Ramirez, MS

Connecticut Children's

## **E. Questions and Discussion**

Moderated by Jeff Vanderploeg

# KidsMentalHealthInfo.com

A website for families and providers in Connecticut for information and answers to questions about children's behavioral health.

- Content in English and Spanish
- Topics include the impact of trauma on children.
- Links to credible local and national resources
- Features a searchable directory of providers offering *selected* evidence-based treatments in Connecticut
- Sections for early care & education providers and pediatric health providers.



[Learn more about common children's mental health issues](#)

[Find Connecticut mental health providers trained in evidence-based practice](#)

[Search our resource library for helpful links, publications and facts and figures](#)

[Access training and videos for pediatric and early care and education providers.](#)

**TOPICS**

-  [Child Trauma](#)
-  [Mental Health in Schools](#)
-  [Infant/Early Childhood Mental Health](#)
-  [Best and Evidence-Based Practices](#)

# Find a Provider Trained in Selected Evidenced-Based Treatments

The Connecticut Evidence-Based Tracker Tool:  
<https://ebp.dcf.ct.gov/ebpsearch/>

## Welcome to CHDI's Evidence-Based Practices Directory

This directory lists providers of some evidence-based practices available in Connecticut for children and families with behavioral health needs. Evidence-based practices are those supported by research showing that they work for most children. The following practices are available:

Practice Model	Appropriate for	Age Range	Format
Cognitive Behavioral Intervention for Trauma in Schools ( <b>CBITS</b> )	Distress caused by violence, abuse, or other trauma	7-17	Group-based; School-based
Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, and/or Conduct Problems ( <b>MATCH</b> )	Anxiety, depression, behavior problems, and/or trauma	6-15	Individual; clinic-based
Trauma-Focused Cognitive Behavioral Therapy ( <b>TF-CBT</b> )	Distress caused by violence, abuse, sexual abuse, or other trauma	3-17	Individual (caregiver preferred); clinic-based
Attachment, Self-Regulation, and Competency ( <b>ARC</b> )	Distress caused by trauma and chronic stress leading to complex trauma	0-21	Individual and Caregiver; clinic-based
<b>Bounce Back</b>	Distress caused by violence, abuse, or other trauma	5-11	Group-based, school-based
Child-Parent Psychotherapy ( <b>CPP</b> )	Distress caused by traumatic experiences	0-5	Dyadic (Child and Caregiver)

## Find an Evidence-Based Practice Provider

Location:  Address or Zip Code or City, State

Maximum Distance:  Mile

Practice Models:

TF-CBT     MATCH-ADTC     CBITS  
 Bounce Back     ARC     CPP

# CHDI's COVID-19 Information and Resources for Providers and Families

## NEWS

### CHDI's COVID-19 Response

CHDI has compiled **information and resources** for our partners and the public. The list is updated as new information becomes available.

## OUR WORK

### CHDI Working Remotely

CHDI staff are working remotely and can be best reached by email.

[View CHDI staff emails.](#)

## FOR PROVIDERS & PARENTS

### COVID-19: Donate/Volunteer

Learn about opportunities to **donate or volunteer**. Connecticut is seeking supplies and blood donations, as well as recruiting medical and non-medical volunteers.

**Transforming Child Health Services to Enhance Well-Being** On March 3, CHDI's Lisa Honigfeld delivered the annual Paul H. Dworkin lecture at Grand Rounds at... »

**Working Remotely? Free Early Childhood Online Training Available** Eastern Connecticut State University's Center for Early Childhood Education has



Meaningful Change. Measurable Results. »

### Educating Practices

Educating Practices provides trainings for pediatric health providers on a range of topics. [Learn more](#) and visit our [COVID-19 resources for pediatrics](#).

## Topics for Pediatricians during COVID-19:

Assessing Trauma; Domestic Violence; Food & Nutrition; Home Safety; Social Relationships & Self-Care; Teens with Behavioral Health Challenges; Parental Stress & Anxiety; Physical Activity; Re-Organizing Care Delivery

## Supporting Families During Well-Child and Other Visits: New Issues in the COVID-19 Environment

Coming soon:

*New slides and video training on addressing a range of topics in the context of COVID-19, including: domestic violence, home safety, trauma, maintaining social relationships and self-care, parental stress and anxiety, family capacity to support children and teens with mental health challenges, food insecurity, and physical activity.*



# ACCESS Mental Health

Presented by Beth Garrigan

**Pediatric Behavioral Health Crisis Referrals  
and Support Resources During COVID-19**

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April 9, 2020



# ACCESS Mental Health

## Who We Are

ACCESS Mental Health is a state funded program that offers free, timely consultation to PCPs seeking assistance in treating youth with behavioral health concerns under the age of 19 years, regardless of insurance. Expert pediatric psychiatry consultation teams are available to answer questions and provide valuable resources for mental health treatment in your community.

Each Hub consultation team includes child and adolescent psychiatrist(s), behavioral health clinician(s), a program coordinator and a family peer specialist.

## What We Do

Immediate phone consultation and case-based education

Care coordination and Family Peer Specialist support

Face to face (or Telehealth) diagnostic assessment

Office based or regionally based trainings

Weekly Zoom Meetings – NEW!

COVID-19 Resource Page – NEW!

[www.accessmhct.com](http://www.accessmhct.com)

# Contact Us: Monday – Friday 9am – 5pm

**Wheeler Clinic, Inc.**  
855-631-9835



**Hartford Hospital**  
855-561-7135

**Yale Child Study Center**  
844-751-8955

# Pediatric Clinician Mental Health ACCESS Forum: Supporting each other in the COVID crisis

- Who:** Pediatric Primary Care Providers Statewide
- What:** A weekly virtual forum with the ACCESS-Mental Health psychiatric Hub teams
- When:** Thursdays 12:30pm – 1:30pm beginning April 2, 2020
- Why:** For connecting, supporting, problem-solving and assessing the mental health needs of children, adolescents and their families in these challenging times—  
*We're in this together!*
- How:** Zoom – just put in the link below

<https://zoom.us/j/391131213>

Phone call-in: +12034329666

**Meeting ID: 391 131 213**

Meeting ID: 391 131 213#

# Beacon Health Options

Medicaid Provider and Member Support: 877-552-8247

[www.CTBHP.com](http://www.CTBHP.com)

# Questions?

# Behavioral Health Services Short Term Need

- Providers and staff doing a good job and adjusted quickly
- Mobile Crisis
- Care Coordination
- Peer Support FAVOR
- Outpatient Providers
- Intensive In-Home array

# Contact information for services:

- Tim Marshall: [tim.marshall@ct.gov](mailto:tim.marshall@ct.gov)
  - Mobile Crisis and Functional Family Therapy (FFT)
- Mary Cummins [mary.cummins@ct.gov](mailto:mary.cummins@ct.gov)
  - Care Coordination and Peer Support
- Bethany Zorba and Karen Mahoney [bethany.zorba@ct.gov](mailto:bethany.zorba@ct.gov)  
[karen.Mahoney@ct.gov](mailto:karen.Mahoney@ct.gov)
  - Outpatient services
- Mary Painter [mary.painter@ct.gov](mailto:mary.painter@ct.gov)
  - Substance Abuse array

# Parent and Caregiver Support Line

- If it Builds Up, Talk it Out Campaign
- Training of staff this afternoon
- Soft launch for testing and working out
- Public launch- go-live Campaign next week
- Stay tuned.... We can send the number as soon as it goes live

# Behavioral Health Services Long Term Need

- 800,000 kids in CT
  - 10% Serious need: 80,000
  - 20% need BH system support: 160,000
  - COVID-19 Need: ??
- 
- Better job about creating a single-point of entry or No Wrong Door Approach....



# MOBILE CRISIS INTERVENTION SERVICES

Mobile Crisis Intervention Services (formerly called EMPS)

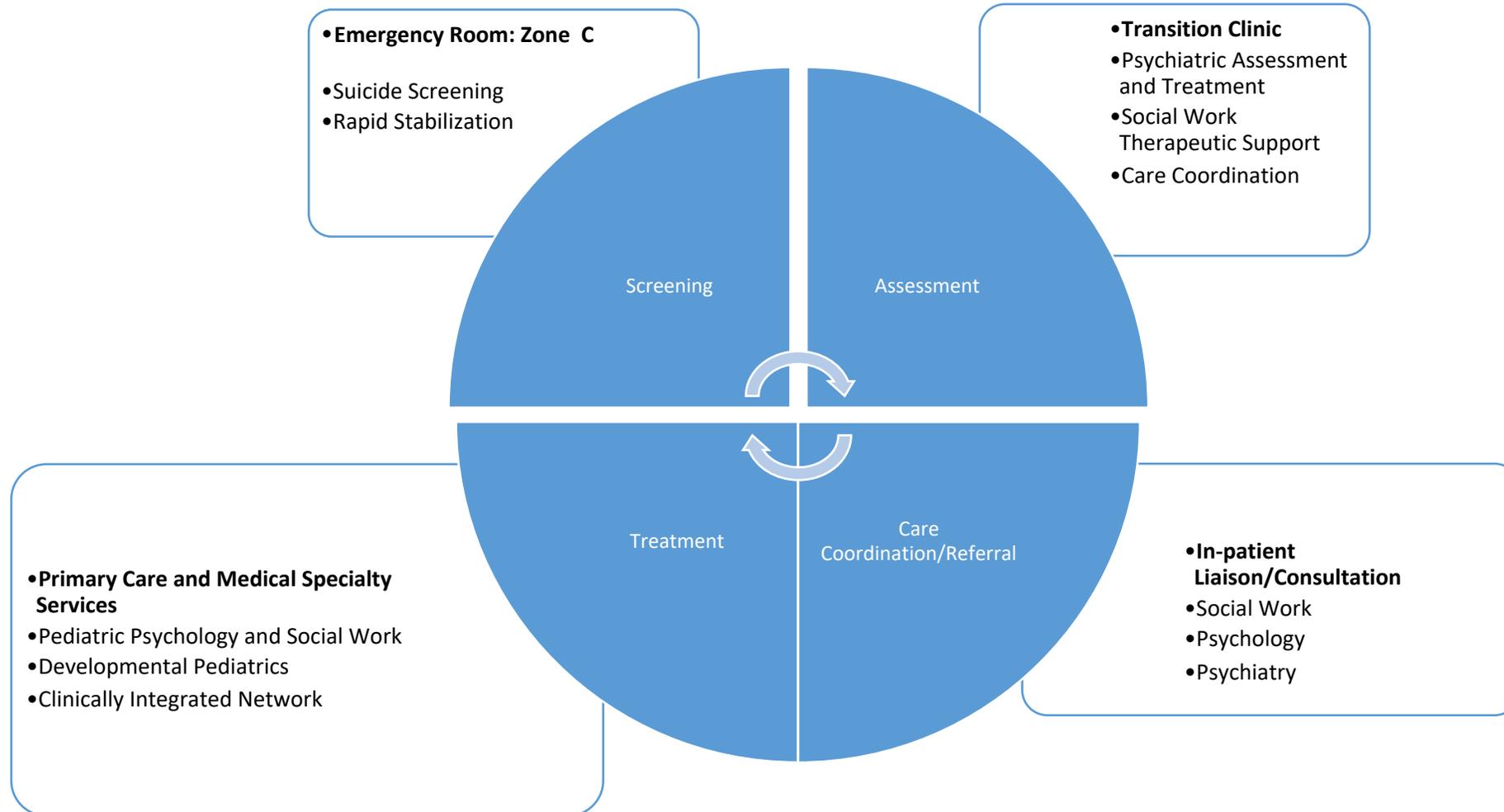
- Children and adolescents experiencing a behavioral or mental health crisis
- **Accessed by calling 2-1-1** (*then press 1, then press 1 again*)
- Free for all children in CT up to age 18 (state funded)
- 150 trained mental health professionals across the state respond immediately by phone or face to face within 45 minutes when a child is experiencing an emotional or behavioral crisis.
- The purpose of the program is to serve children in their homes/communities, **reduce the number of visits to hospital Emergency Rooms**, and divert them from hospitalization if a lower level of care is a safe, effective alternative.

[www.empsct.org](http://www.empsct.org)



# Connecticut Children's

## System of Behavioral Health Care





## How to utilize The Center for Care Coordination during COVID19

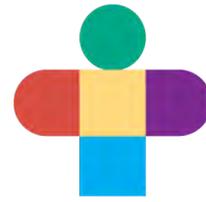
I have questions about what services and supports are available to help my family.

### Who We Are:

The Center is available for support Monday-Friday 8:00-4:30 with Care Coordinators who can help families now and after this crisis.  
860-837-6200

### Ways We Can Help:

- Connect to Basic Needs Support (food, housing, utilities)
- Phone Based Supportive Counseling (connection to local mental health resources)
- Learn How to Navigate State Services (Education, Unemployment, DCF)
- Link to Local Resources (food banks, online learning tools, financial supports)



**Connecticut  
Children's**

Center for Care  
Coordination

## Center for Care Coordination

Katherine Ramirez, MS  
Manager for the Center

Allison Matthews-Wilson, LCSW  
Clinical Social Work Manager



# Care Coordination

Providing the Right Care, at the Right Time,  
at the Right Place, by the Right Providers



## What We Do

**Community Care Coordination:** Birth to 21, episodic support in service linkage & on-going care coordination

**COVID 19 Crisis Response:** Behavioral health, basic needs, state services, local resources

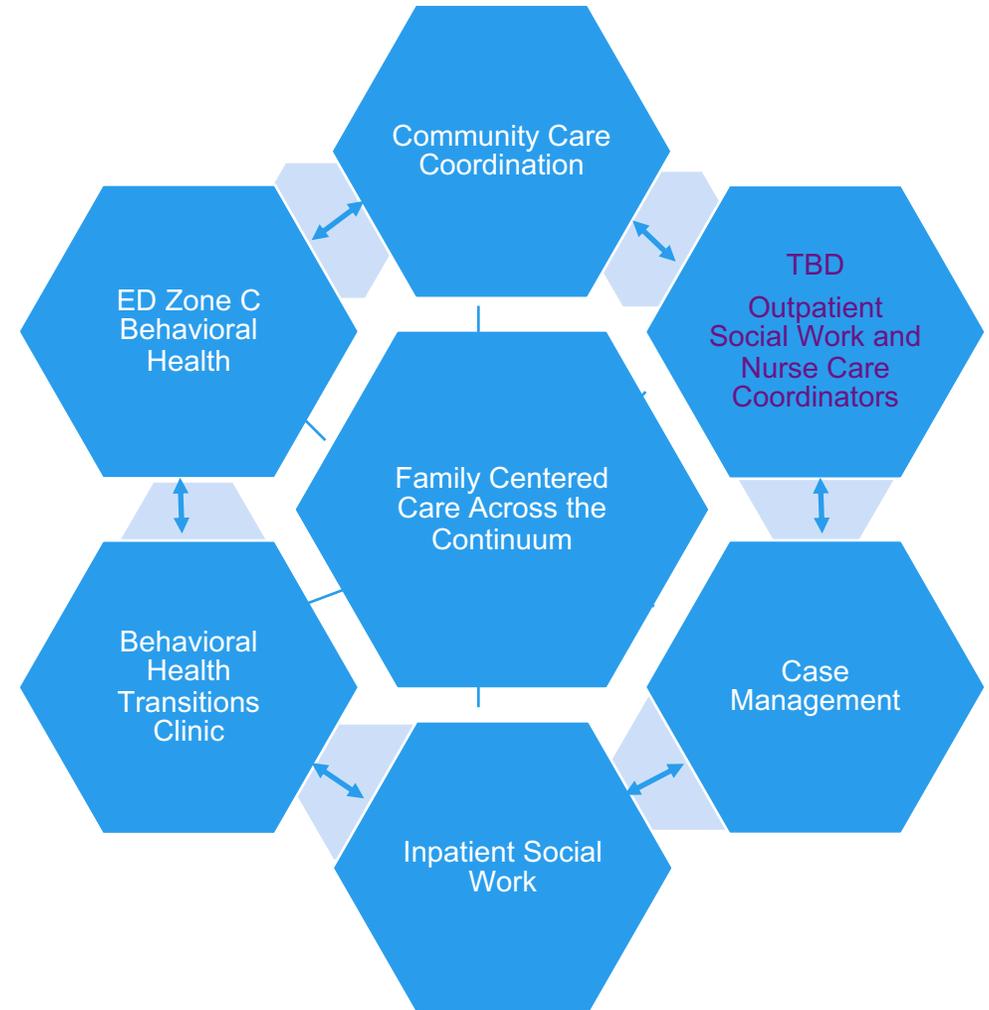
**Inpatient CC Health Care Teams:** comprised of a Social Worker/Care Coordinator/Discharge Case Manager

**Complex Child Coordination:** leading efforts to navigate supports and resources for pts without clear and complex discharge plans

**Innovation and Research:** multiple State and National research projects/publications.

**Clinically Integrated Network:** care coordination support to practices

## Integrated Model of Care





Thank you!

Questions or Comments?