

PATHS - Pediatric Access to Telemental Health Services

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Children's
of Alabama®

IMPROVING ACCESS TO CARE FOR CHILDREN/YOUTH WITH MENTAL HEALTH NEEDS IN RURAL



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Conflicts of Interest

Planners, Content Reviewers and Speakers for this activity:

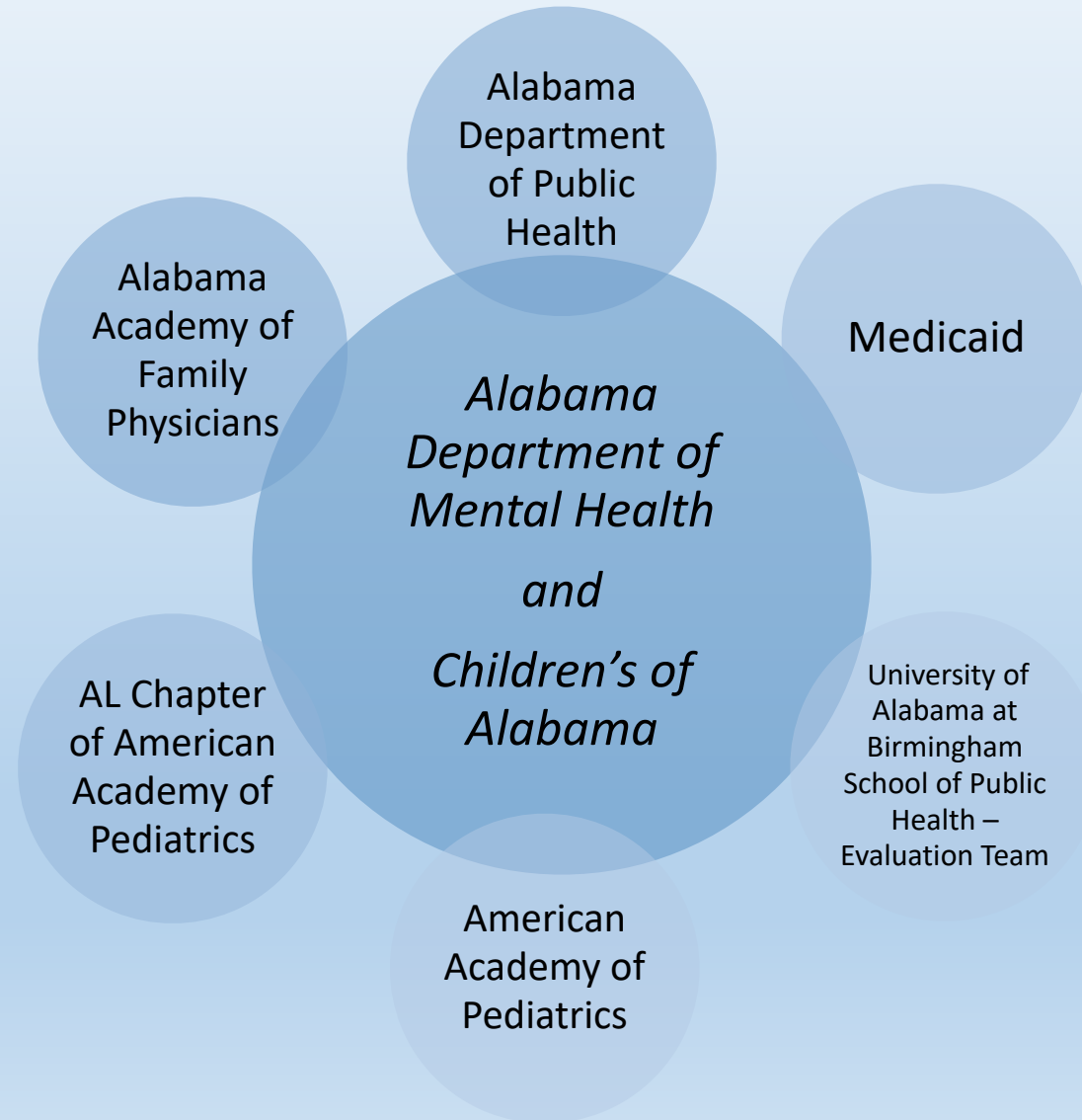
- Did provide disclosure information.
- Have no relevant financial arrangements or affiliations with commercial interests.
- May discuss commercial products/services and/or non-FDA approved uses of products/providers of services.

Commercial Support:

- This activity receives no commercial support.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2.09 million, with 20% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the U.S. Government.

A Collaboration of Public and Private Stakeholders



GOALS FOR PATHS

- To increase the availability and accessibility of pediatric mental health providers to rural communities in Alabama through telehealth consultation and referral to pediatric primary care providers caring for children with behavioral health disorders
- To provide training and technical assistance to pediatric primary care providers to better enable them to provide early identification, diagnosis, and treatment of patients with behavioral health disorders
- To provide information to pediatric providers about accessing pediatric mental health care providers, thus facilitating timely detection, assessment, treatment and referral of children and adolescents with behavioral health disorders, using telehealth, and evidence-based practices and methods
- To improve access through telehealth to treatment and referral services for children with behavioral health conditions, especially those in rural and underserved areas

BENEFITS FOR PRIMARY CARE PROVIDERS

What PATHS Provides

PATHS brings behavioral health consultation and services to primary care practices via telemedicine – provided by a Children’s of Alabama team of licensed mental health professionals. Our mental health team provides the following services:

- Same day consultation for behavioral health concerns, provided by phone between the pediatrician and a member of our mental health team
- Education and case consultation in the treatment and management of behavioral health conditions, utilizing the Project ECHO model of telementoring, led and facilitated by the Children’s of Alabama mental health team
- Telemedicine visits for patients in rural practices who need to see a behavioral health professional, provided via HIPAA-compliant videoconferencing with our mental health team member when indicated
- Care coordination services provided by a licensed mental health professional from our mental health team, for patients with comorbid medical conditions or complex behavioral health conditions
- Referrals to other mental health professionals closer to the patient, when indicated
- Technical training and support to facilitate telemedicine visits, including providing pediatricians with iPads equipped with cameras to utilize for the telemedicine visit with our mental health team member

EXPECTATIONS FOR PRIMARY CARE PROVIDERS

Primary care providers who agree to participate in PATHS will be expected to:

- Initiate behavioral health screenings for well child visits in the practice and report results of those screenings to PATHS when calling for consultation. PATHS can provide technical assistance and training for staff who will conduct screenings, utilizing an AAP recognized instrument
- Participate in Behavioral Health Project ECHO sessions that are held for a time-limited period, biweekly for one hour per session (during lunch) with the PATHS mental health team
- Complete evaluation forms following each Project ECHO session, giving PATHS valuable feedback as to how we may improve our educational services
- Participate in key informant interviews with PATHS Evaluation Team when requested

WHEN DID THE WORK BEGIN?

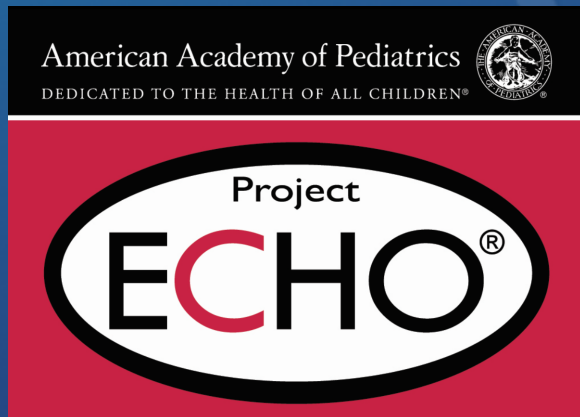
- PATHS began providing telementoring through Project ECHO sessions in August 2019. We are currently in our sixth cohort of Project ECHO training.
- Same-day teleconsultation services with our mental health team members began in November 2019. Members of the mental health team are available for consultation Monday through Friday between the hours of 8:00 a.m. – 4:30 p.m.
- Telemedicine visits with our mental health team members began in January 2020, and can be scheduled for more complex patients when needed.

CONDUCT PEDIATRICIAN NEEDS ASSESSMENT SURVEY

- Survey was developed with input from psychiatrists, pediatricians, ADMH Project Leadership, PATHS Project Leadership, UAB Dept. of Public Health Evaluation Team, and AL Chapter of AAP.
- Survey was sent electronically by AL-AAP President, to all AAP membership, via email with a quick link to survey for easy completion.
- Needs assessment survey was anonymous. Aggregate data was used to establish baseline for HRSA project performance measures.
- Data was analyzed by the UAB Dept. of Public Health Evaluation Team, ADMH, and PATHS leadership.
- Follow-up surveys are conducted to evaluate outcomes for the Project.

Project ECHO (Extension for Community Health Care Outcomes)

Building the capacity so that all children get the right care, at the right time, by the right provider.



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Project ECHO™

A Collaboration Between Children's of Alabama and AAP

“Project ECHO is a lifelong learning and guided practice model that revolutionizes medical education and exponentially increases workforce capacity to provide best-practice specialty care and reduce health disparities. The heart of the ECHO model™ is its hub-and-spoke knowledge-sharing networks, led by expert teams who use multi-point videoconferencing to conduct virtual clinics with community providers. In this way, primary care doctors, nurses, and other clinicians learn to provide excellent specialty care to patients in their own communities.”

Project ECHO™ NM School of Medicine

Project ECHO™

- Children's of Alabama became a Replication Partner for Project ECHO™ by establishing an agreement with the National AAP to replicate the ECHO Model™ at Children's.
- ADMH and Children's of Alabama visited Project ECHO™ at Children's Healthcare of Atlanta to hear about best practices and lessons learned and also collaborated with Cincinnati Children's.
- AAP leadership provided onsite training in the Project ECHO™ model with the Children's of Alabama clinical team who are involved in Project ECHO™.
- Behavioral health experts develop the curriculum for Children's of Alabama's behavioral health Project ECHO, focusing on a wide range of behavioral health conditions.
- Pediatricians and family practice physicians, nurse practitioners, PA's, and nurses from across the state participate in the Project when enrolled with PATHS.
- Educational sessions began in August 2019 with our first series. PATHS recently launched our sixth series.



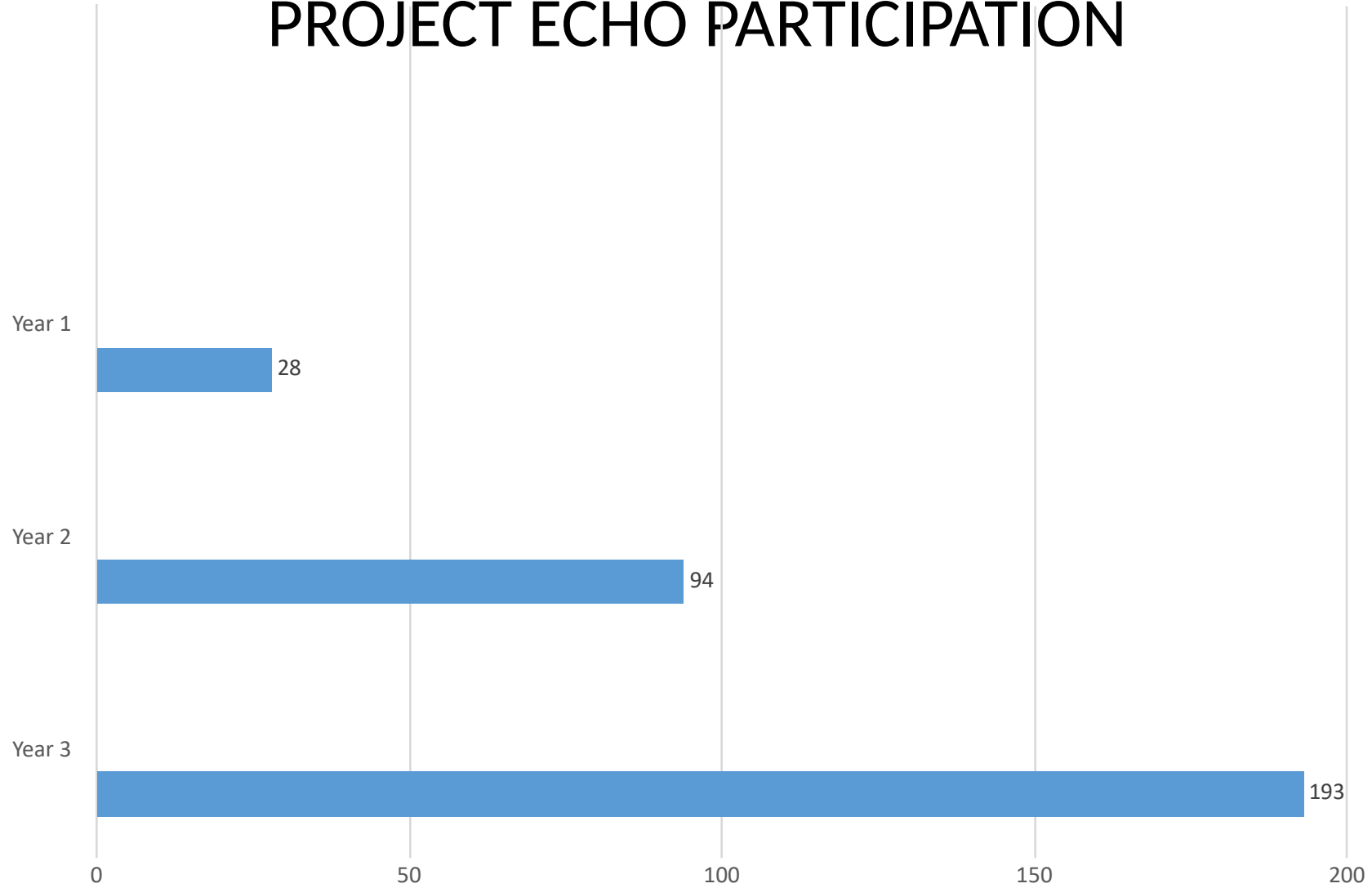
Addressing 60+ conditions, globally

Hub Locations



Source: ECHO Institute

PROJECT ECHO PARTICIPATION



PROJECT ECHO® CURRICULUM COHORT SIX – SPRING/SUMMER 2022

**Cohort Six
Launched
April 7, 2022**

- ECHO and Behavioral Health: An Overview & Case Presentation –
Susan Griffin, LICSW, PIP, CHCQM
- Increasing Adherence to Diabetes Care *Plans* -
Arista Rayfield, PhD
- Pediatric Sleep and Circadian Rhythm - *Justin Thomas, PhD*
- Wait, is it Intermittent Explosive Disorder? Or Can It Be MDD, GAD, and/
or ADHD? *Allison Battaglia, PhD, Connie Chang, MD*
- Suicide Assessment - *Vinita Yalamanchili, MD*
- Arming Caregivers with the Skills to Prevent Child Sexual Abuse -
Maggie Canter, PhD
- How Clinicians Can Help the Bullied Child - *Dale Wisely, PhD*
- Rekindling the Fire: The Use of Meditation and Mindfulness in Personal &
Clinical Practice - *Boone Rountree, DO, MEd*

PATHS Mental Health Team

- The mental health team consists of: a child/adolescent psychiatrist, psychiatric nurse practitioner, clinical psychologist, licensed independent clinical social workers, two who are care coordinators for PATHS, and one who is an Infant/Early Childhood Mental Health Consultant.
- Team members were selected from existing Children's of Alabama mental health professionals initially, and new team members have been hired as growth has occurred. Our Infant/Early Childhood Mental Health Consultant is an employee of ADMH.
- Team members participate in development of Project ECHO™ curriculum and delivery of education component.
- Additional team members are hired as the number of primary care providers who participate in the Project increases.



PARTNER WITH RURAL PEDIATRICIANS

- Year 1 – at least one pediatrician from each of the Medicaid regions, excluding Jefferson/Shelby County area.
- During Years 2-5, the Network will be adding rural providers with at least a 25% pediatric population (FQHC's, rural health clinics, and primary care providers), engaging more practices as the Project grows through Year 5.
- By Year 5 – the Network should be deployed to 70% of pediatric practices located in rural counties of Alabama.
- By Year 5 – the goal is to reach at least 200 healthcare professionals through group telementoring (Project ECHO™). This goal has been achieved in Year 4.



Primary Care Participants Enrolled by County

YEAR ONE

- Dallas
 - Escambia
 - Lauderdale
- Tallapoosa
Macon

YEAR TWO

- Butler
 - Colbert
 - DeKalb
 - Etowah
 - Marshall
- Mobile
Pike
St. Clair
Washington
- Winston
Walker

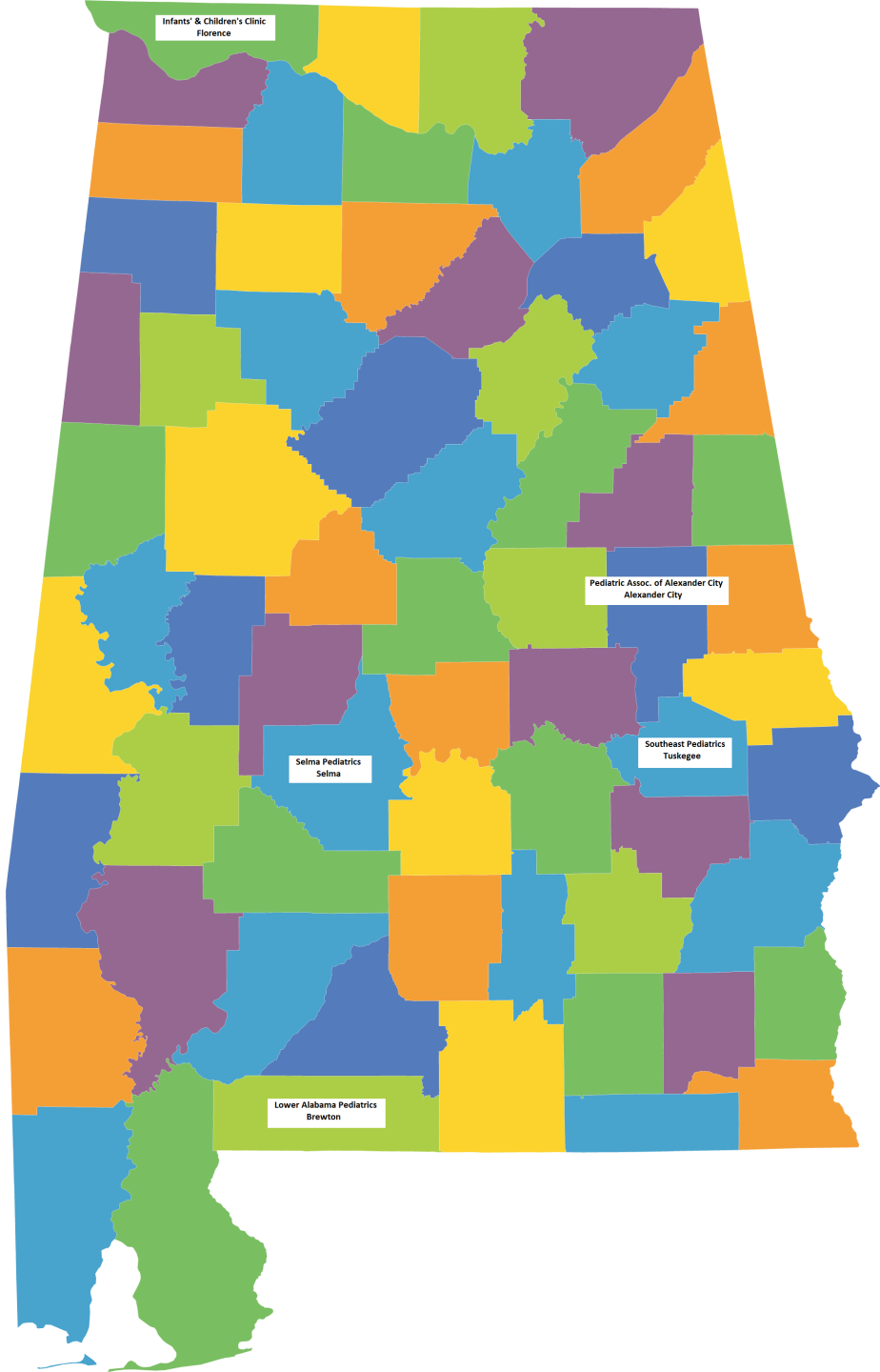
YEAR THREE

- Cullman
 - Talladega
 - Shelby
 - Calhoun
- Winston
Houston
Dale
Barbour
- Coffee
Jackson
Washington
Pickens
- Morgan
Marshall
St. Clair
Hale

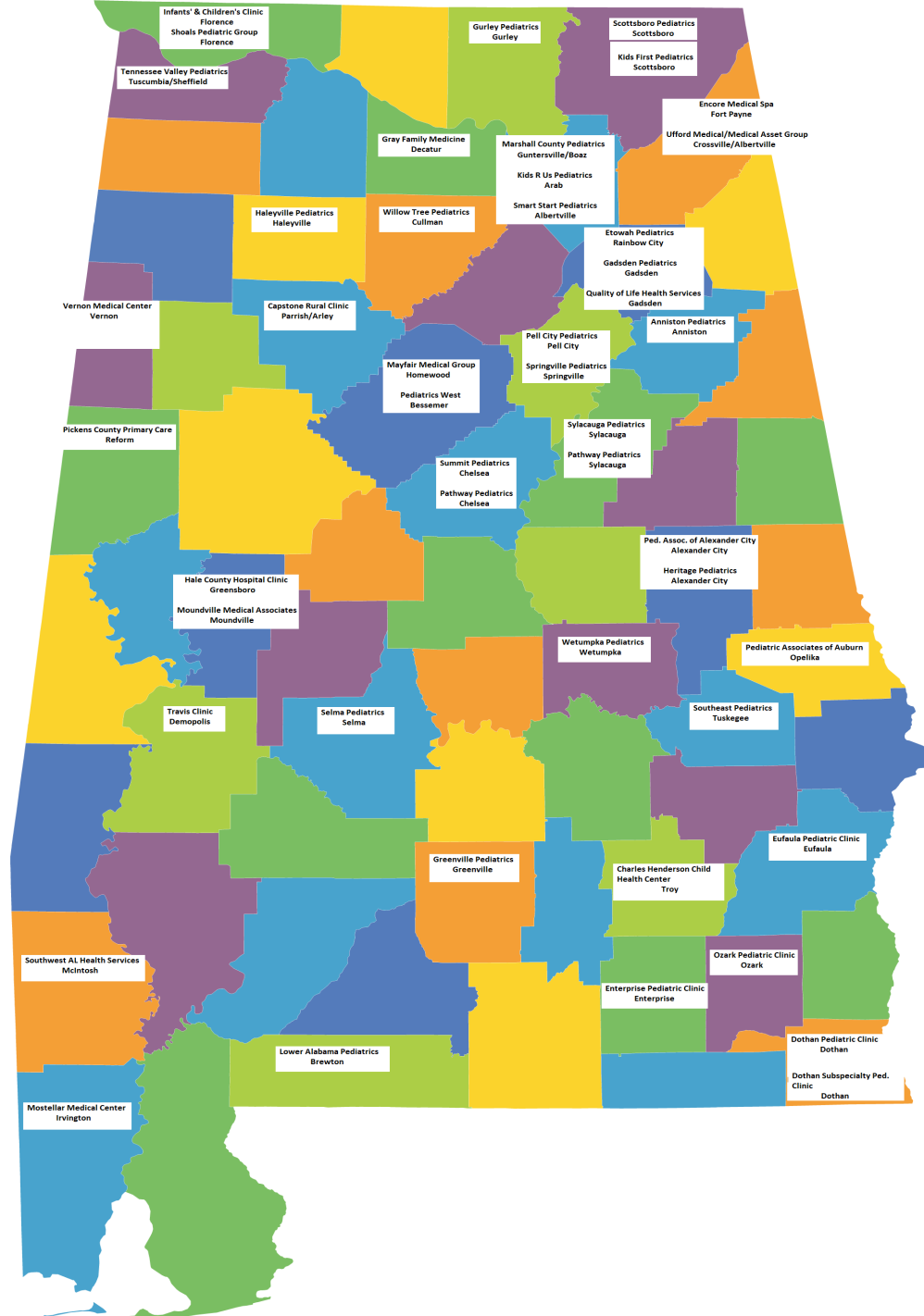
YEAR FOUR

- Jefferson
 - Lamar
 - Hale
- Marengo
Tallapoosa
Jackson
- Marshall
Lee
Etowah

**PATHS – WHERE
WE STARTED
2019**

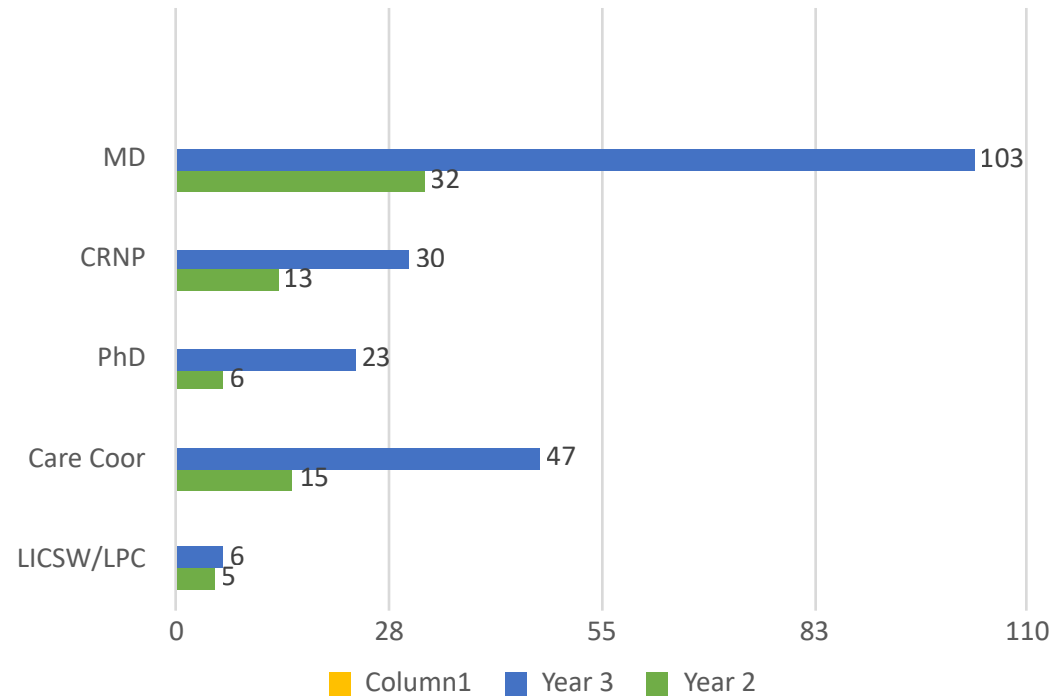


**CURRENTLY 47
ENROLLED
PRACTICES**

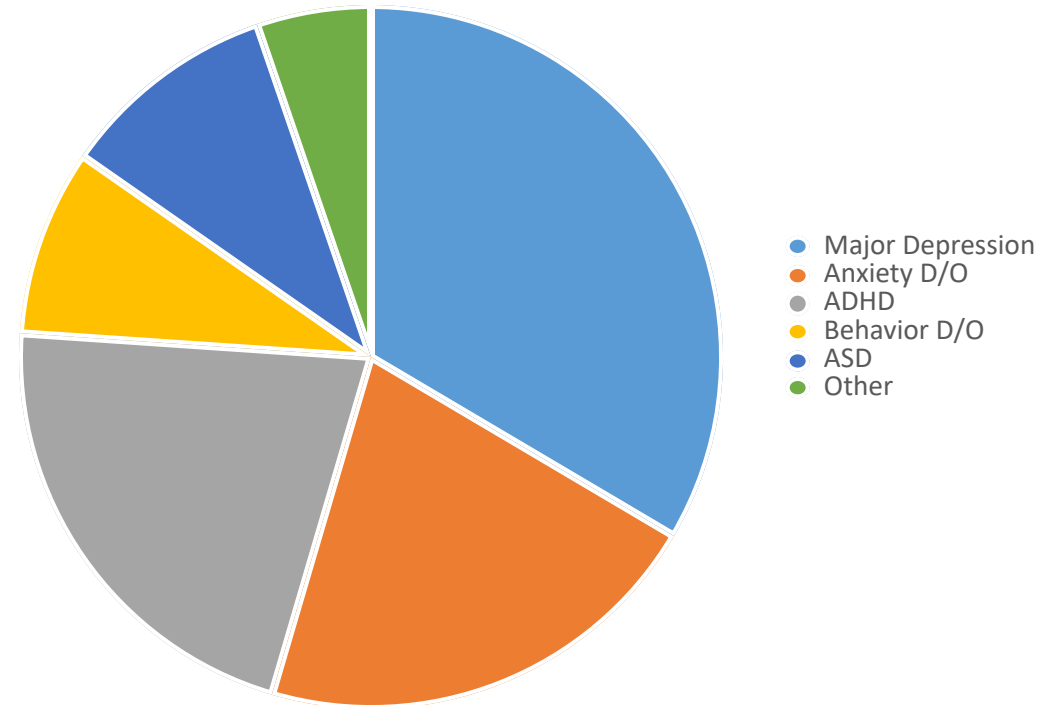


PATHS CASE REVIEWS / PHONE CONSULTATIONS

COA Provider Responding to Consult Request



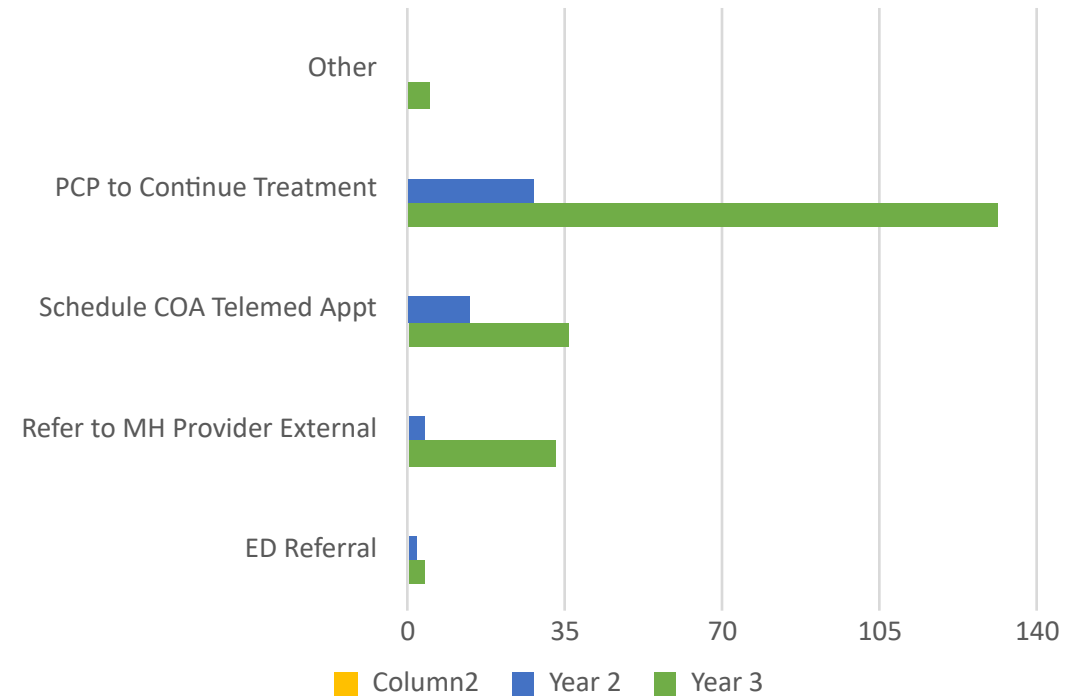
Conditions for Which Consultation is Sought

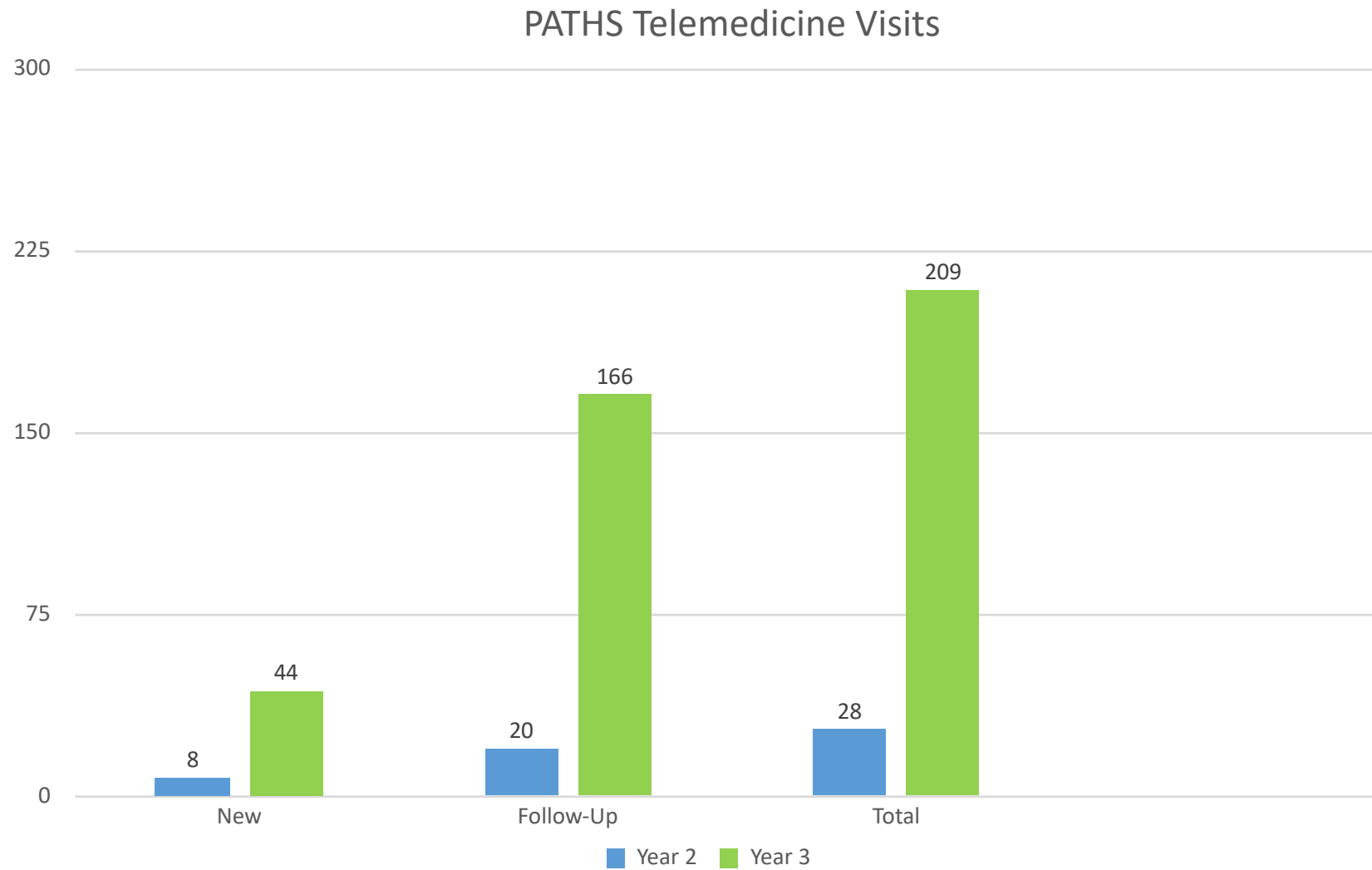


PATHS PHONE CONSULTATIONS

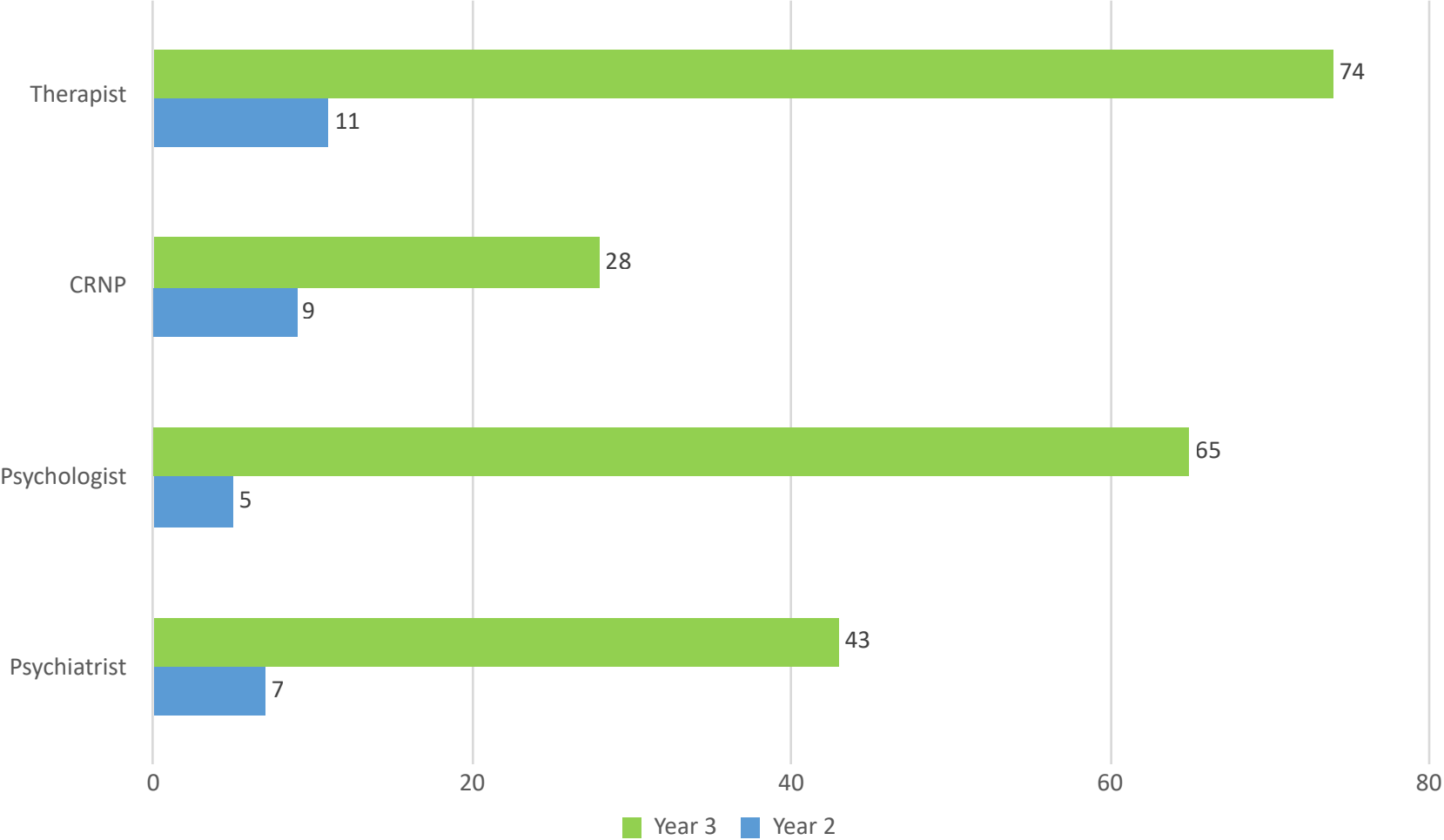
Consultations Sought by Patient Age Category

Course of Action to be Taken by PCP as Result of Consultation



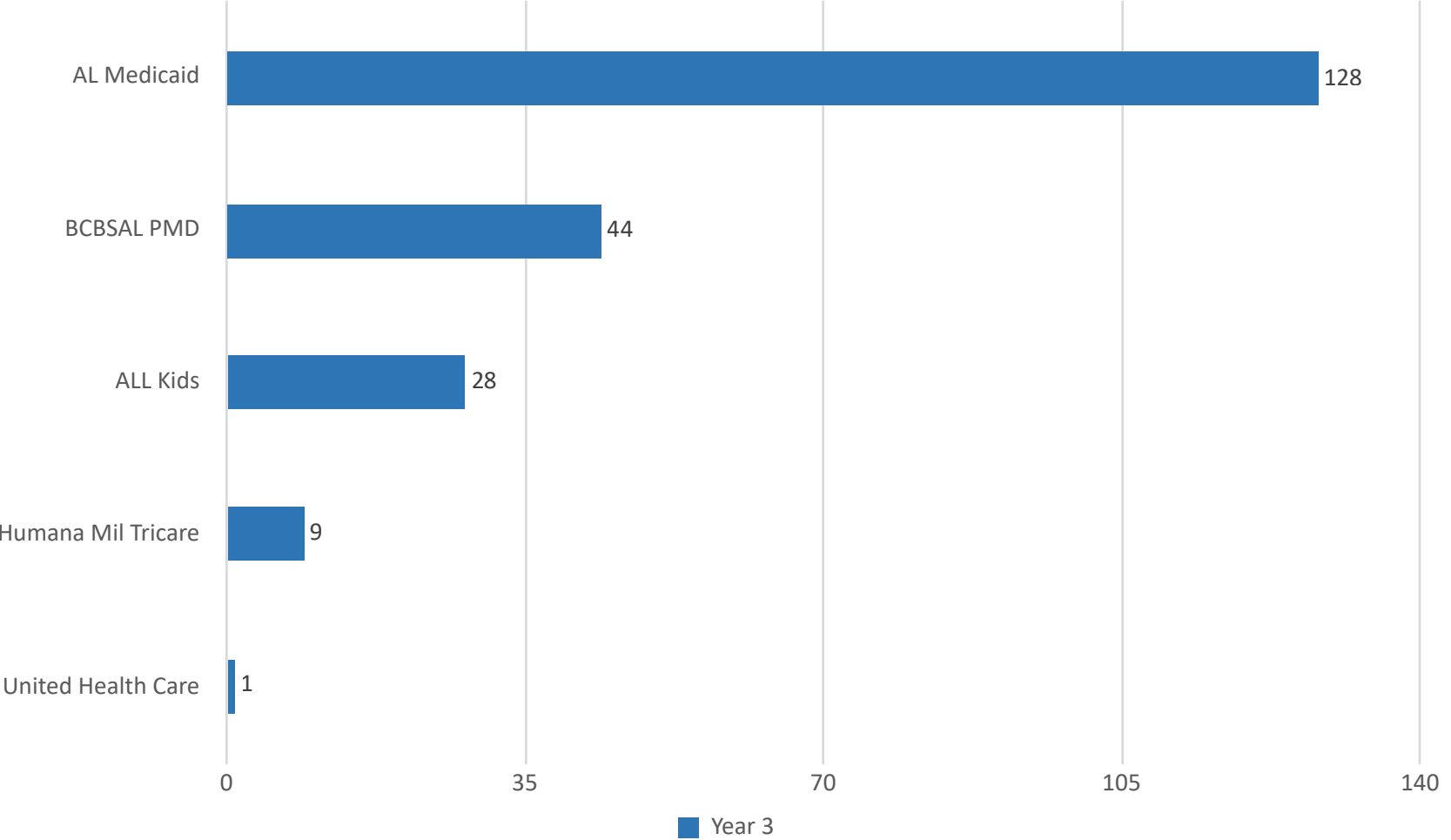


Telemedicine Visits by Mental Health Provider Type



YEAR 3: Telemedicine for Med Management = 71, Telemedicine for Therapy = 139

Telemedicine Visits by Payer Type



What can you do as School Nurses?

- First and foremost: help identify those children/adolescents who are at risk for developing mental health conditions and encourage early intervention.
- Share information re: PATHS with primary care providers you come in contact with in rural communities.
- Know which primary care practices in your area are participating with PATHS.
- Connect children who need mental health services to their primary care provider who is enrolled with PATHS – this is a great starting point to assess what level of care is needed, via the consultation services of PATHS.
- For those families who do connect with PATHS, encourage parents to be engaged in the process and be a part of the team to meet the child's needs.
- Make us aware of rural primary care providers in your area who may not know about PATHS so that we can reach out to engage them.



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Questions?

