Massachusetts Child Psychiatry Access Project

Overview & New Initiatives

Children’s Behavioral Health Advisory Council Meeting
December 1, 2014

www.mcpap.com
Presentation Overview

- MCPAP Overview  
  Chris Fluet and John Straus
- MCPAP by the Numbers  
  John Straus
- MCPAP Hub Case Presentation  
  Barry Sarvet
- New Initiatives
  - Early Childhood Mental Health  
    Marcy Ravech  
    Heather Strother  
    John Straus
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- Discussion  
  Team
MCPAP OVERVIEW

MCPAP’s Goal
To support primary care physicians treating children and youth in meeting the behavioral health needs of their patients

Funded by the MA Department of Mental Health
Administered by Massachusetts Behavioral Health Partnership (MBHP)
Providing behavioral health services appropriate for the primary care setting offsets the demand for specialty psychiatric care in the community – a very scarce resource.

Pediatricians can use MCPAP for every patient regardless of their insurance status.

With help from MCPAP teams, PCPs can effectively meet the needs of youth with common mental health conditions:
- ADHD
- Depression
- Anxiety Disorders
We also recognize that some youth need specialty psychiatric care therefore they cannot be appropriately managed in the primary care setting. Examples include children and youth:

- Whose conditions are not responding to basic levels of treatment
- Whose conditions are on the severe end of the spectrum, with associated risk of harm to self or others
- Whose conditions require treatment with complex psychiatric medications such as antipsychotic medications, lithium, anticonvulsants, or multiple psychiatric medications
MCPAP INFRASTRUCTURE

MCPAP is a system of six regional children's mental health consultation teams designed to help primary care providers (PCPs) meet the needs of children with psychiatric problems.

Six Regional Hubs:
- Western MA: Baystate Medical Center
- Central MA: UMass Memorial Medical Center
- Northeast: North Shore Medical Center
- Southeast: McLean Hospital Southeast
- Boston Metro Region I: Massachusetts General Hospital
- Boston Metro Region II: Tufts Medical Center/Boston Children’s Hospital
MCPAP STAFFING

Team Staff at each Regional Hub:
- 1 FTE child psychiatry
- 1 FTE licensed therapist (LICSW, LMHC)
- 1 FTE care coordinator
- Program Administrator

MCPAP Central Staff:
- John Straus, MD  Founding Director
- Barry Sarvet  Medical Director
- Marcy Ravech, MSW  Director
- Andrew Scearce, MA  Health Policy Analyst
- Mary Houghton, BA  Program Coordinator
MCPAP SERVICES

- Telephone consultation with child psychiatrist/APRN or licensed therapist within 30 minutes of request
- Face-to-face consultation when indicated
- Care coordination to assist with accessing community-based behavioral health resources including but not limited to psychiatry
- Bridge treatment when necessary
- Training & education for primary care staff in screening, toolkits, medications, diagnoses, and community resources (e.g., newsletter, website - www.mcpap.com)
MCPAP BY THE NUMBERS

- 3,051 Providers
- 461 Practices
- 6,408 Unique Patients
- 22,620 Encounters:
  - 6,678 Calls from PCPs to Hubs
  - 2,686 In-Person Visits with Patients
  - 6,993 Care Coordination Encounters

FY2014 Data (July 1, 2013-June 30, 2014)
PRIMARY REASONS FOR CONTACT

Medication questions or requests for medication evaluations 48%

Diagnostic questions 37%

Requests for resources or assistance accessing community-based behavioral health services 36%

Reasons associated with phone encounters only.  
FY2014 Data (July 1, 2013-June 30, 2014)
PRIMARY OUTCOMES OF ENCOUNTERS

Return to PCP 71%
Refer to Care Coordinator 34%
Medication Evaluation 15%

Outcomes associated with phone encounters only.
FY2014 Data (July 1, 2013-June 30, 2014)
MCPAP: A Day in the Life

Hub Case Presentation
MCPAP
New Initiatives
Early Childhood Mental Health

- MA Department of Early Education and Care (EEC) was awarded a Race to the Top Early Learning Challenge grant from the U.S. Department of Education

- MA Department of Mental Health partnering with EEC to address early childhood mental health

- A 2011 survey of MCPAP-enrolled practices identified service gap for pre-school age children with challenging behaviors; recommended parenting skills training

- MCPAP implementing Positive Parenting Program (Triple P) in primary care practices and community behavioral health agencies
Early Childhood Mental Health

Primary Care Triple P (Level 3)

- Designed for primary care setting
  - Meets identified pediatric PCP need to support parents of young children with challenging behaviors
  - Aligns with MCPAP goals
  - Aligns with trend toward integrating primary care and behavioral health
Primary Care Triple P Training

- 3 Cohorts recruited for accrediting behavioral health providers in Primary Care Triple P (Spring 2014, Fall 2014, Spring 2015)

- Training providers co-located with or integrated into pediatric primary care practices

- Recruitment through MCPAP-enrolled practices, MCPAP newsletter, DMH and networking
Triple P by the Numbers

- 38 behavioral health clinicians and medical providers trained in Primary Care Triple P; 20 additional clinicians will be trained in Spring 2015

- 18 behavioral health clinicians trained in Standard Triple P including CBHI providers

- Providers distributed geographically throughout the Commonwealth and at MCPAP Hubs

- 89 families have been referred for Triple P

- 37 families are currently receiving Triple P services
Early Childhood Mental Health

Triple P Evaluation and Sustainability

- MCPAP evaluating implementation in different settings that use different models of primary care/behavioral health integration

- Program can be sustained through third-party billing and small annual investment in materials
CMS State Innovation Model (SIM) Grant

Department of Mental Health receives a portion of EOHHS’ SIM grant funds to enhance MCPAP in following areas:

- Restore MCPAP hubs to full time coverage
- Enhance MCPAP hubs’ and PCPs’ competencies to manage adolescent substance use
- Increase utilization of MCPAP among PCPs
- Develop sustainability strategies for MCPAP
- Evaluate outcomes that result from grant activities
DMH and MCPAP partnering with DPH’s Bureau of Substance Abuse Services and Boston Children’s Hospital Center for Adolescent Substance Abuse Research to revise the 2008 SBIRT Provider Guide

New SBIRT workbook will promote use of new screening tool-S2BI and include role plays for PCPs to practice brief interventions

MCPAP to implement statewide training initiative of PCPs in 2015 using SBIRT workbook through hub site visits, webinars, etc.
SIM Grant: MCPAP Utilization Analyses

- 75% of enrolled practices and 41% of providers have used MCPAP at least once in past year

- Examine encounter data to identify factors that facilitate and hinder provider use of MCPAP; will use data to inform ways to increase appropriate use of MCPAP

- APCD pharmacy claims analysis:
  - Describe psychotropic prescribing practices of pediatric PCPs
  - APCD data will be combined with MCPAP utilization data for targeted outreach to enrolled practices.
SIM Grant: MCPAP Sustainability

- Develop a sustainability framework for MCPAP
  - Financial:
    - FY15 budget includes language for DMH to assess surcharge on commercial insurers
    - Regulations allowing EHS to collect surcharge in 4th quarter of FY15 are under review
    - Surcharge will be collected via process similar to the DPH immunization program
  - Programmatic:
    - Explore ways MCPAP can complement different emerging models of pediatric behavioral health integration (e.g., pediatric medical homes, ACOs, etc.)
MCPAP FOR MOMS

Began July 1, 2014

- Builds on successful MCPAP model
- Psychiatric consultation to obstetricians, midwives, adult primary care physicians and psychiatrists
- Care coordination
- Access through mom’s provider
- Statewide program, available M-F 9:00-5:00
- Insurance blind
- Funded by the Department of Mental Health
MCPAP FOR MOMS

Statewide access via 855-Mom-MCPAP
Website: www.mcpapformoms.org

Program Administration:
- Nancy Byatt, DO, MBA, FAPM, Medical Director
- Katherine Beibel, PhD, Project Director
- Liz Spinoza, LICSW Lead Care Coordinator

Teams:
- Western: Baystate Medical Center
- Central: UMass Medical Center
- MetroBoston: Brigham and Women’s
Between July 1 and October 31, 2014:

- Trained 20% of OB/GYN practices in universal screening protocols and MCPAP for Moms model

- Served 113 unique patients through 347 encounters
Resource database developed by MSPP Interface Referral Service
- Full database for use by Care Coordinators
- Subset of resources posted on www.mcpapformoms.org

MotherWoman
- Developing additional Community-Based Perinatal Support Coalitions
- Community-based support groups
MCPAP Articles


QUESTIONS & DISCUSSION

Given the new issues that MCPAP is addressing (i.e., early childhood mental health, adolescent substance use, postpartum depression), are there other areas where MCPAP can support PCPs in managing behavioral health issues (e.g., transitional age youth, school based mental health, etc.)?

What are the opportunities and challenges that new pediatric behavioral health integration initiatives pose for MCPAP?

For example, how can MCPAP’s consultation services complement the BH integration activities of pediatric practices with co-located behavioral health clinicians?