



Exploring the Landscape of Pediatric Mental Health Care Access Programs: Building the Capacity of Pediatricians to Better Serve Youth Mental Health Needs

October 22, 2024

Meaghan McHugh, PhD, MPH
Division of MCH Workforce Development
Maternal and Child Health Bureau (MCHB)

Vision: Healthy Communities, Healthy People



Agenda

- PMHCA Overview
 - PMHCA Background & Purpose
 - PMHCA Goals & Objectives
 - Behavioral Health Conditions
- PMHCA Funded Awardees
- Program Impact & Telling the Story
 - FY23 Program Impact Data
 - Consultation Lines
 - Telling the Story: Wisconsin PMHCA Program
- Hearing from PMHCA Awardees: Best Practices and Lessons Learned
- Title V Involvement with PMHCA Programs
- AAP Involvement with PMHCA Programs
- Questions and Discussion



PMHCA Overview



Learn more at <https://mchb.hrsa.gov>

3



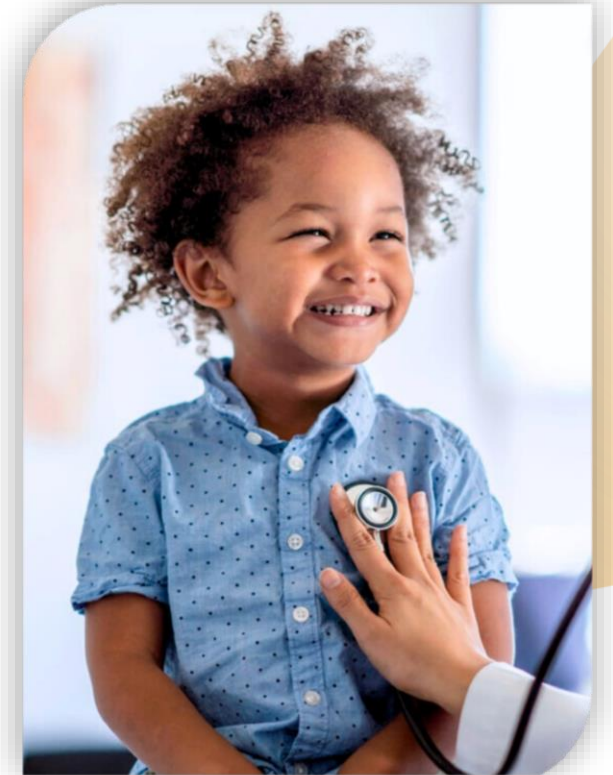
PMHCA Background & Purpose

Why We Are Here

- **Increases** in behavioral and mental health concerns among children and adolescents
- **Increases** in suicidal thoughts and behaviors
- **Decreases** in preventive medical care visits

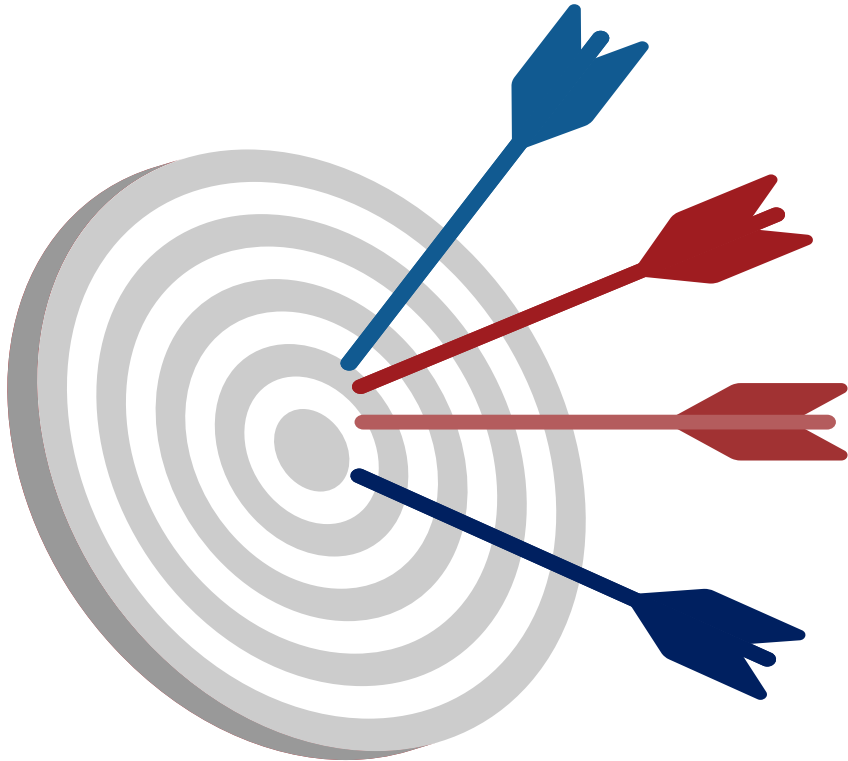
What Is Our Purpose

- **Promote** behavioral health integration in pediatric primary care through new or existing telehealth access programs, as well as expansion into emergency departments and schools
- **Provide** training and education to support the treatment of children and adolescents with behavioral concerns
- **Support** telehealth consultation and referral to a local pediatric behavioral health provider, to the extent possible
- **Serve as a resource** for pediatric primary care providers, psychiatrists, mental health professionals, and care coordinators



PMHCA Goals & Objectives

Increase routine diagnosis, treatment, and referral of child and adolescent behavioral health conditions in primary care including by reducing disparities in access to behavioral health care, especially in rural and underserved areas.



Increase the number of providers using the program for real-time behavioral consultations and/or care coordination support services (including referrals).

Increase the number of providers trained on child and adolescent behavioral disorders, including screening, diagnosis, and treatment.

Increase the number of provider trainings that incorporate equity and respectful or culturally and linguistically responsive care.

Increase the number of children and adolescents for whom a provider contacted the program for consultation and/or care coordination support services, especially those living in rural and other underserved areas.

Behavioral Health Conditions

Many children and adolescents present with **co-occurring** conditions. Behavioral health conditions starting in childhood and adolescence can become **chronic** throughout the lifetime.

The main reason for contacting the consultation line is for **medication management**.

Top 3 common behavioral health conditions providers call into the consultation line for

1. **Anxiety**
2. **ADHD**
3. **Depression**

Discretionary Grants Information System, PMHCA Program FY 23 data

PMHCA Funded Awardees



Learn more at <https://mchb.hrsa.gov>

7



TRIBAL NATION KEY

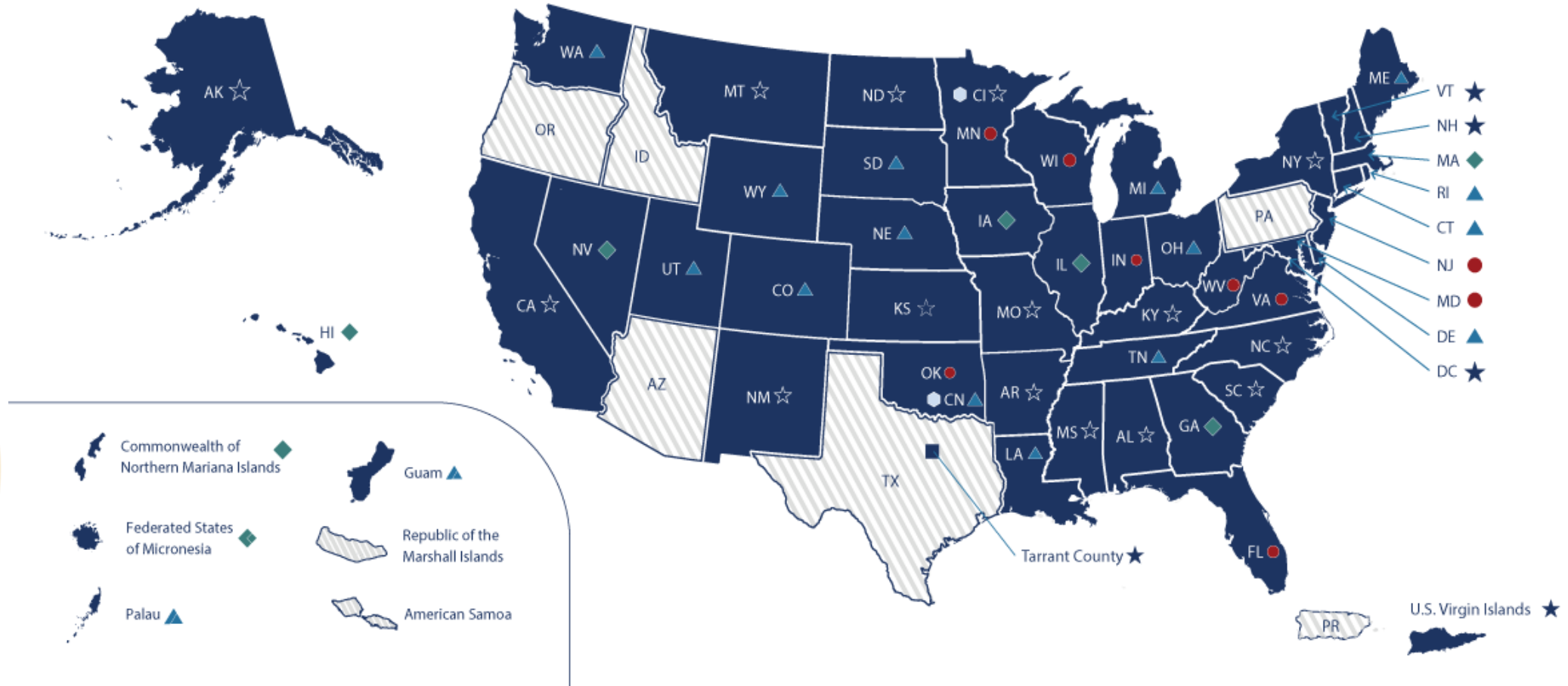
-  Chickasaw Nation (CN)
-  Red Lake Band of Chippewa Indians (CI)

HRSA-PMHCA FUNDING KEY

-  Funded
-  Not Funded

SPECIAL TOPICAL AREA KEY

-  Schools
-  Emergency Departments
-  Both
-  Other



➤ <https://mchb.hrsa.gov/programs-impact/programs/pediatric-mental-health-care-access>

➤ Pediatric Mental Health Care Access (PMHCA) teleconsultation lines available on our website: <https://mchb.hrsa.gov/training/pgm-pmhca.asp>

Learn more at <https://mchb.hrsa.gov>



Program Impact & Telling the PMHCA Story



Learn more at <https://mchb.hrsa.gov>

9



FY23 Program Impact Data



“ I would have moms crying in my office because their kids were being expelled, grades dropping, thoughts of self-harm, etc. Not only is CPCP [Wisconsin Child Psychiatry Consultation Program] supportive of my needs as a practicing community doc, but the providers and staff of this program are so responsive, often emailing me back by the end of the business day. ”

Discretionary Grants Information System, PMHCA Program FY23

Learn more at <https://mchb.hrsa.gov>



Consultation Lines



As of July 2024, there are 45 behavioral health consultation lines through HRSA-funded PMHCA programs out of the total 54 awardees.



Some teleconsultation lines serve multiple states/Tribes/jurisdictions



How to access a Teleconsultation Phone Line in your state
[PMHCA Awardee Teleconsultation Phone Lines](#)

Telling the Story: Wisconsin PMHCA Program



Wisconsin: https://vimeo.com/494247999?embedded=true&owner=8267090&source=vimeo_logo

Learn more at <https://mchb.hrsa.gov>

12



Hearing from PMHCA Awardees: Best Practices and Lessons Learned



Learn more at <https://mchb.hrsa.gov>

13



Title V Involvement with PMHCA Programs



Learn more at <https://mchb.hrsa.gov>

14



AAP Involvement with PMHCA Programs



Learn more at <https://mchb.hrsa.gov>

15



Questions and Discussion



Learn more at <https://mchb.hrsa.gov>

16



Contact Us

Madhavi Reddy



mreddy@hrsa.gov

Cara de la Cruz



cdelacruz@hrsa.gov

Kelly Hughes



khughes@hrsa.gov

Jordanna Snyder



jsnyder@hrsa.gov

Katy Craig



kcraig@hrsa.gov

Katie Gainer



kgainer@hrsa.gov

Patrice Moss



pmoss@hrsa.gov

Sarah Bowler



sbowler@hrsa.gov