Implementing the Child Psychiatry Access Network (CPAN) for Pediatricians

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Senate Health and Human Services Committee
Testimony of Nancy Trax, MD, FAAP
February 12, 2019
Submitted on behalf of:
The Texas Pediatric Society
Texas Medical Association
Chair, Subcommittee; Vice-Chair, Committee

My name is Nancy Trax, MD, FAAP, and I am a Developmental Behavioral Pediatrics Office in Temple and I testify on behalf of the Texas Pediatric Society and the Texas Medical Association in support of Senate Bill 10. I appreciate the leadership of Senator Nelson and the Committee to leverage the expertise and capacity of our health-related institutions of higher education to improve care for children with behavioral health issues.

Senate Bill 10 establishes the Texas Mental Health Care Consortium: a network of behavioral health-related institutions of higher education and the statewide Regional Health Services Continuum to enhance collaboration and alignment between these institutions and improve access to care and care coordination for children with emotional and behavioral health needs.

As a Texas pediatrician, I speak to the overall behavioral health workforce challenges and to the Texas pediatric population. I speak to the particular challenges of connecting children with mental health supports.

Although 1 in 10 children in the United States suffers from a diagnosable mental health disorder, only 21% of affected children actually receive mental health treatment. Mental illness is in any other sector, the earlier it is identified and treated, the better the health outcomes. Across the United States, there are serious shortages of pediatric subspecialists and child mental health providers, both groups that provide essential services to children and adolescents with special needs and physical health care needs.

Behavioral health conditions are often present in the primary care setting and can significantly impact long-term physical health. There has been a push in recent years to integrate behavioral health and primary care, but our behavioral health workforce shortages pose significant barriers to delivering this care. One critical component of SB 10 is the establishment of a network of Texas Child Psychiatry Access Centers (CPCAC) at institutions of higher education. CPCACs will support primary care pediatricians across the state in meeting the behavioral health needs of children by providing access to teleconsultation services with psychologists and other licensed behavioral health professionals. Centers can also assist in the development and training of behavioral health services to improve access to behavioral health services. This will not only support primary care pediatricians in meeting the mental health needs of children but will also free up the behavioral health workforce to address higher priority concerns.

The Consortium will also increase the number of psychiatric residency training positions, helping to address the shortage of psychiatrists and psychiatric nurse practitioners we see as through our robust network of medical schools.

Supporters of SB 10

[List of supporters and logos]
David Lakey, MD
Chair, Texas Child Mental Health Care Consortium
Vice Chancellor for Health Affairs and Chief Medical Officer, University of Texas System

Laurel Williams, DO
Medical Director, TCMHCC Centralized Operational Support Hub
Director of Residency Training for Child and Adolescent Psychiatry Fellowship, Baylor College of Medicine
Texas Child Mental Health Care Consortium
50% of all mental health conditions manifest by age 14

By Young Adulthood 75% of lifetime cases have presented
Background

SB 11 - 86th Legislature

leverage health-related institutions of higher education to improve mental health care for children and adolescents
The Texas Child Mental Health Care Consortium
Vision & Mission

**Mission:** Advance mental healthcare quality and access for all Texas children and adolescents through inter-institutional collaboration, leveraging the expertise of the state’s health-related institutions of higher education, local and state government agencies, and local and state mental health organizations.

**Vision:** All Texas children and adolescents will have the best mental health outcomes possible.
Funding

Rider 58

“$49.5 million in General Revenue in fiscal year 2020 and $49.5 million in General Revenue in fiscal year 2021”

SB 11

Sec.113.0153. REIMBURSEMENT FOR SERVICES
A child psychiatry access center established under Section 113.0151(a) may not submit an insurance claim or charge a pediatrician or primary care provider a fee for providing consultation services or training opportunities under this section.
TCMHCC Structure

Texas Child Mental Health Care Consortium

Administrative Attachment
- HRI and Medical Schools
- HHSC
- Nonprofit Orgs

Administrative Support Entity
- Hospital System
- Higher Education Coordinating Board
- Any other entity designated by the Chair of Psychiatry members
TCMHCC Executive Committee

Joseph Bader, PhD, - UT Health San Antonio
James Alan Bourgeois, MD - Texas A&M University Health Science and Baylor, Scott & White
Danette Castle, MPA, MA - Texas Council of Community Centers
Mark Chassay, MD, MBA - University of North Texas Health Science Center
Daniel Deslatte, MPA, FACHE - The University of Texas Health Science Center Tyler
Michael A. Escamilla, MD - The University of Texas Rio Grande Valley School of Medicine
Sonja Gaines, MBA - Health and Human Services Commission
Wayne Goodman, MD - Baylor College of Medicine
R. Andrew Harper, MD - Texas A&M University System Health Science Center
Hicham Ibrahim, MD - University of Texas Southwestern Medical Center
Andy Keller, PhD - Meadows Mental Health Policy Institute
David Lakey, MD - The University of Texas Systems
Israel Liberzon, MD - Texas A&M University System Health Science Center
Mike Maples - Health and Human Services Commission
Sarah Martin, MD - Texas Tech University Health Sciences Center at El Paso
Octavio Martinez, Jr., MD, MPH - Hogg Foundation for Mental Health and Division of Diversity and Community Engagement, UT Austin
Jeffery Matthews, MD - The University of Texas Health Science Center at Tyler
Keino McWhinney, MPP - Texas Tech University Health Sciences Center
Dr. Charles B. Nemeroff, MD, PhD - Texas Tech University Health Sciences Center
Elizabeth Newlin, MD - The University of Texas Health Science Center at Houston and UT Health Harris County Psychiatric Center (HCPC)
Michael Patriarca, MBA - The University of Texas Rio Grande Valley School of Medicine
Steven R. Pliszka, MD - UT Health San Antonio
Alan Podawiltz, DO, MS - The University of North Texas Health Science Center
Rhonda Robert, PhD - The University of Texas M.D. Anderson Cancer Center
Stacey Silverman, PhD - Texas Higher Education Coordinating Board
Dr. Jair C. Soares, MD, PhD - The University of Texas Health Science Center at Houston
Stephen Strakowski, MD - The University of Texas at Austin Dell Medical School
Carol Tammenga, MD - The University of Texas Southwestern Medical Center
Daniel Tan, MD - The University of Texas M.D. Anderson Cancer Center
Peter Thompson, MD - Texas Tech University Health Sciences Center at El Paso
Alexander Vo, PhD - The University of Texas Medical Branch at Galveston
Karen Wagner, MD, PhD - The University of Texas Medical Branch at Galveston
Sarah Wakefield, MD - Texas Tech University Health Sciences Center
Danielle Wesly, MD - Children's Health
Laurel Williams, DO - Texas Children's Hospital and Baylor College of Medicine
Direction from the Budget Rider

- Consortium will develop a plan to implement these programs
  - Plan was approved January 16th, 2020
  - Consortium is administratively attached to the Coordinating Board for purposes of distributing the funds through interagency contracts.
- An institution of higher education designated by the executive committee will support the Consortium’s activities.
  - The University of Texas System was selected for this role
- The Consortium must develop a plan to “promote and coordinate mental health research across state university systems in accordance with the statewide behavioral health strategic plan.”
Duties of the Consortium

**Child Psychiatry Access Network (CPAN)**
Create a network of academic hubs to provide telemedicine-based consultation and training to pediatricians to assist them with identifying mental health issues in their patients.

**Texas Child Health Access Through Telemedicine (TCHATT)**
Create or expand existing telemedicine or telehealth programs to assist school districts with direct care, referrals and training.

**Community Psychiatry Workforce Expansion**
Fund full-time psychiatrists to serve as academic medical directors at community mental health providers and to supervise two new resident rotations at those facilities.

**Expand Child and Adolescent Psychiatry Fellowships**
Geographic Areas of Responsibility for CPAN

1-888-901-CPAN
Texas Child Access Through Telemedicine (TCHATT)

Direct telepsychiatry or counseling to students at schools
Educational and training materials for school staff
State-wide data management system
Centralized Operations Support Hub

1. A centralized communications system linking all CPAN and TCHAT sites

2. A centralized data management system

3. Medical Director

Baylor College of Medicine under the leadership of Dr. Laurel Williams was selected to provide this service
Community Psychiatry Workforce Expansion (CPWE)

• Supported faculty must treat children and adolescents
  ◦ faculty will serve as academic medical director for LMHAs
  ◦ will supervise additional residents trained within LMHA

• Selection of LMHAs
  ◦ Surveyed Texas LMHAs
  ◦ 31 of 40 willing to participate
  ◦ Seventeen LMHA or community mental health providers selected

• Beginning in July 2020
  ◦ Twenty additional psychiatry resident FTEs (which will consist of multiple residents per FTE) a year will rotate through these LMHAs as part of training program
  ◦ 12.25 academic faculty FTEs will be embedded into LMHAs
Child and Adolescent Psychiatry Fellowships

• 19 new fellowship positions available

• 4 new child and adolescent training programs

• Full funding for two-year fellowships to sponsoring institutions at beginning of fellow’s training experience.

• Expansion is aggressive -- some positions may not fill.
Research

Texas-wide research network connecting all of the 12 Texas HRIs in Child Psychiatry.

Research projects in 1) youth depression and suicide and 2) trauma-informed care.

Goal: Regionally-targeted clinical models for short and long-term outcomes associated with youth trauma, depression and suicide.
External Evaluation

• A Texas university or coalition of Texas universities will be selected to carry out an independent evaluation of the programs under the TCMHCC.
  • Texas schools of medicine may not apply

• The evaluation will:
  • center on a systematic approach to planning with program-specific comprehensive evaluations
  • use mixed quantitative and qualitative methods, with a specific focus on implementation science, quality improvement, and health economics
  • include participatory approaches to engage stakeholders affected by the programs

• The overall goal is to provide policymakers and Consortium members with program outcome assessments to guide quality improvement and decision making for future program implementation and dissemination planning.
Texas Child Mental Health Care Consortium (TCMHCC)

All Texas children and adolescents will have the best mental health outcomes possible.

The Texas Child Mental Health Care Consortium (TCMHCC) is dedicated to enhancing the state's ability to address the mental health care needs of its children and adolescents through collaboration with health-related institutions of higher education.
Child Psychiatry Access Network (CPAN)

Laurel L. Williams, DO
Medical Director, Centralized Operational Support Hub (COSH)
Division Head Child & Adolescent Psychiatry
Child & Adolescent Training Director
Associate Professor
Menninger Department of Psychiatry & Behavioral Sciences
Baylor College of Medicine
Child Psychiatry Access Network (CPAN)

1. Background
2. MCPAP
3. Texas CPAN Map
4. T-CPAN Process
5. T-CPAN Enrollment

Toll FREE  1 (888) 901 CPAN (2726)
1. 1 in 4 Children suffer from a mental health disorder
2. 5-9% Children have a Severe Functional Deficit
3. PCPs surveyed continue to indicate lack of knowledge and skill in addressing child mental health concerns
4. AACAP Workforce Indicates --?– Level in Texas
5. Despite attempts at workforce expansion, shortage is not anticipated to improve radically in next decade

Toll FREE 1 (888) 901 CPAN
1. Massachusetts has the longest standing state program in the country (>17 years)
2. [https://www.mcpap.com/](https://www.mcpap.com/)
3. Several studies indicate that MCPAP is well received by PCPs and Families
4. T-CPAN is closely modeled after the MCPAP program

Toll FREE 1 (888) 901 CPAN
Child Psychiatry Access Network (CPAN)

Texas A&M University System Health Science Center
Baylor College of Medicine | The University of Texas Health Science Center at Houston
Dell Medical School at The University of Texas at Austin
The University of Texas Southwestern Medical Center
Texas Tech University Health Sciences Center at El Paso
Texas Tech University Health Sciences Center
The University of Texas Health Science Center at Tyler
University of North Texas Health Science Center
The University of Texas Medical Branch at Galveston
The University of Texas Rio Grande Valley School of Medicine
The University of Texas Health Science Center at San Antonio

Central Hub
888-901-CPAN (2726)
Child Psychiatry Access Network (CPAN)

1. All PCP in Texas (Pediatricians, Family Docs, PA, NPs) will be invited to enroll
2. No Cost to PCPs or Patients
3. CPAN Enrollment collects pertinent information to assist PCP when we are called to ensure the experience is efficient

Toll FREE 1 (888) 901 CPAN
Child Psychiatry Access Network (CPAN)

1. Enrollment can be done BEFORE you call OR with the First Call
2. Each Regional CPAN Hub will offer additional educational activities outside of “the Call”
   1. ECHO Team Based Learning
   2. Webinars
   3. Best Practices Algorithms
3. T-CPAN website is under construction but will be similar in scope to the MCPAP

Toll FREE 1 (888) 901 CPAN
1. CPAN is 3 SERVICES in 1 Team, 1 Phone Call
   1. Resource and Referral Assistance
   2. Behavioral Planning for Youth in the care of the PCP
   3. Educational Psychiatric Consultation in Real Time with a Child and Adolescent Psychiatrist

Toll FREE  1 (888) 901 CPAN
1. Phone call answered within 5 minutes or less
2. Call Triaged to determine which of the 3 routes the PCP is needing
3. Resources and Referral Assistance can help close the loop on locating mental health services in your area
4. Real time behavioral planning
5. Return call from CAP within 30 minutes to consult on:
   1. Assessment
   2. Diagnosis
   3. Treatment Planning including Medications, Labs, Therapies

Toll FREE  1 (888) 901 CPAN
1. QUESTIONS?
2. Toll FREE  1 (888) 901 CPAN (2726)
Thank you!
“The primary care advantage”

• Longitudinal, trusting, and empowering therapeutic relationships with children and families
• Family-centeredness of the medical home
• Unique opportunities for prevention of future mental health problems through promoting healthy lifestyles, anticipatory guidance, and timely intervention for common behavioral, emotional, and social problems encountered in the typical course of infancy, childhood, and adolescence
• Understanding of common social, emotional, and educational problems in the context of a child's development and environment
• Experience working with specialists in the care of children with special health care needs and serving as coordinator and case manager through the medical home
• Familiarity with chronic care principles and practice-improvement methods.

We need to do it for our kids!

- **Clinical skills**
  - Primary prevention
  - Secondary prevention
  - Assessment
  - Treatment

- **Practice enhancement**
  - Establish collaborative and consultative relationships (within practice, virtually, or off-site)
  - Build practice team culture around a shared commitment to embrace mental health care are integral to pediatric practice
  - Establish systems within the practice (and network) to support mental health services

*Pediatrics* 2019, 144 (5)
Questions?

To access CPAN:
Toll free 1-888-901-CPAN (2726)