

Session E05

Addressing and Dismantling Stigma: Promotion and Strategies in a Pediatric Integrated Care Setting

- Presenters: Anne Bird, MD, Isamar Cortes, LCSW, Melanie Goldman, LCSW, Sarah Porras, LCSW and Camille Ramirez, LPCC
- Co-Authors: Isabelle Santos



Rady
Children's **Transforming
Mental Health**

CFHA  COLLABORATIVE
FAMILY HEALTHCARE
ASSOCIATION



CFHA Annual Conference
October 24th-26th, 2024

Faculty Disclosure

The presenters of this session have NOT had any relevant financial relationships during the past 12 months.

Learning Objectives

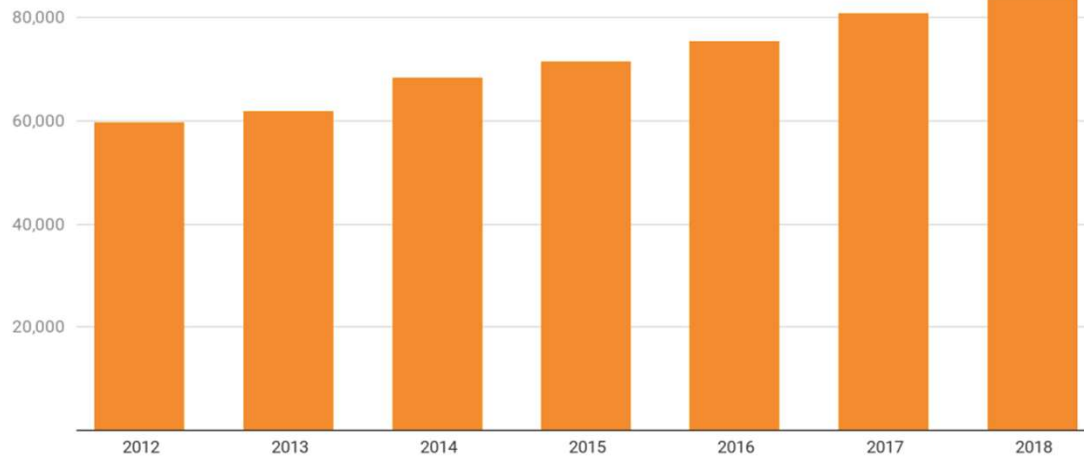
In this session, presenters will provide strategies of care that can help to decrease mental health stigma. Previous research has shown that stigma may discourage patients from accessing vital mental and behavioral health treatment. Presenters will describe the ways in which providers, organizations, and systems can implement interventions to decrease various levels of stigma.



Youth Mental Health Crisis

California Youth In Mental Health Crisis

In 2018, California emergency rooms treated 84,584 young patients ages 13 to 21 who had a primary diagnosis involving mental health. That is up from 59,705 in 2012, a 42% increase, according to the Office of Statewide Health Planning and Development.



Credit: Phillip Reese for California Healthline

Source: California Office of Statewide Health Planning and Development • Created with Datawrapper

Kids at risk

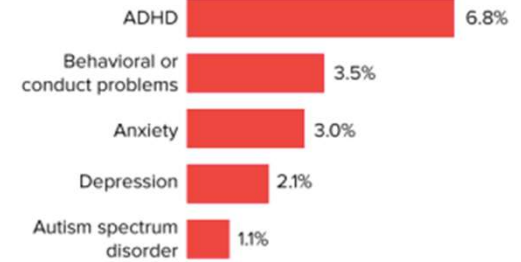
Suicide is the second leading cause of death among young people, aged 10 to 24

1 in 5, or 15 million, American children and young adults up to age 25 struggle with a mental illness or learning disorder

And 2/3 or 10 million are undiagnosed or untreated



Children ages 3-17 diagnosed with:



Source: Centers for Disease Control and Prevention



Social Stigma Around Mental Health

Mental health is stigmatized for many reasons, including:

- Feeling there is a lack of understanding and education, causing:
 - o Invalidation
 - o Minimizing presentation of mental health symptoms and impact on functioning
- Social stigma
 - o Social media
 - o Peer acceptance
- Familial beliefs/cultural beliefs
- Personal stigma



Mental Health STIGMA

Ever wonder why every other part of our bodies get yearly check ups except for our brain? It's not! Especially since our mental health is so important and mental illness isn't that uncommon.

DID YOU KNOW...

| | |
|--|---|
| 50% 50% of children age 8-15 experiencing a mental health condition don't receive treatment. | MENTAL ILLNESS IS RANKED AS THE MOST STIGMATIZED ILLNESS |
| 10 Years The average delay between the onset of symptoms and treatment for mental illness is 10 years. | 20% of youth age 13-18 live with a mental health condition. |
| 4 in 5 people think it's harder to admit having a mental illness than any other illness? | 1/2 of all lifetime cases of mental illness begin by age 14. |

North Central Health Care
Providing the Care You Deserve

Accessibility of Youth Mental Health Services

Estimate of Needed Versus Available Mental Health Professionals in 2025

The Substance Abuse and Mental Health Services Administration estimates that by 2025, the U.S. will have shortages of several mental health professionals.

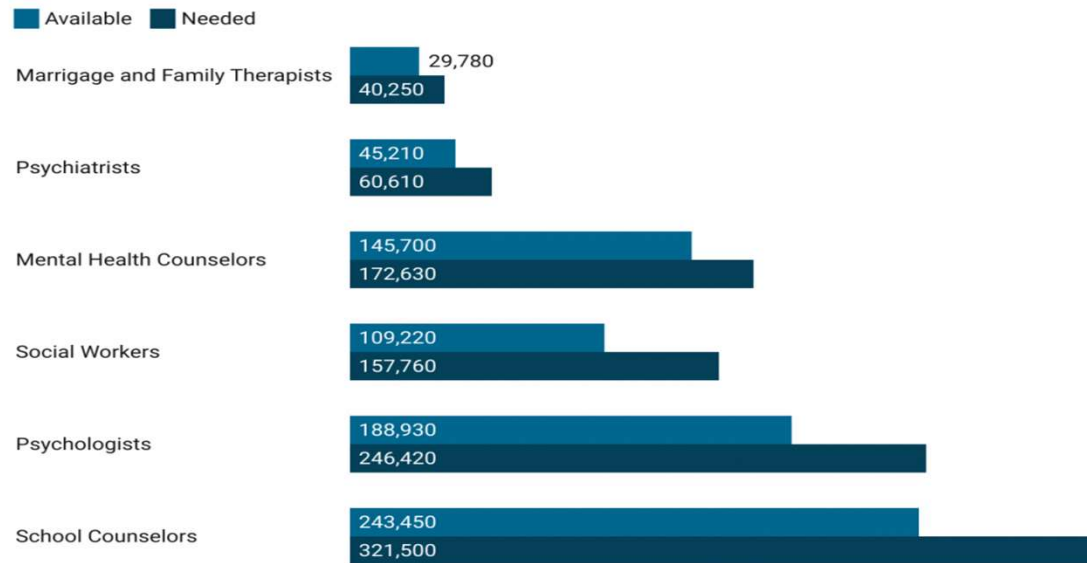
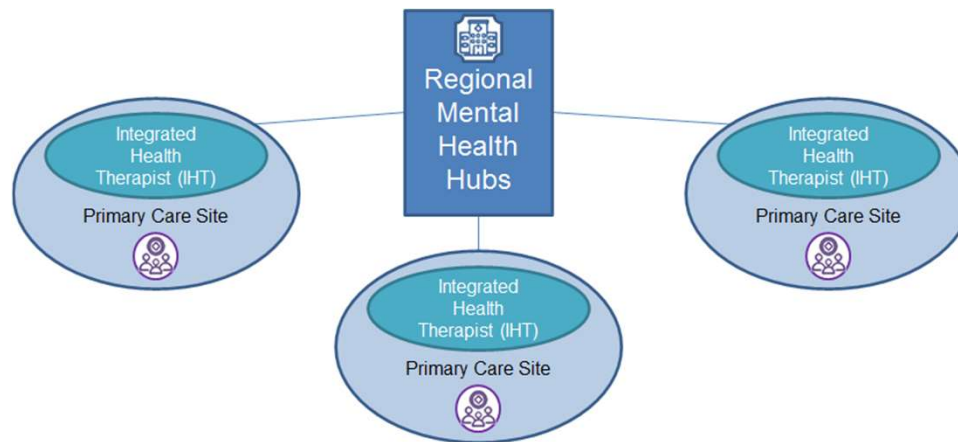


Chart: Beacon Media + Marketing • Source: Health Resources and Services Administration • Created with Datawrapper

Mental Health Integration Hub and Spoke Model



Primary Care Spokes

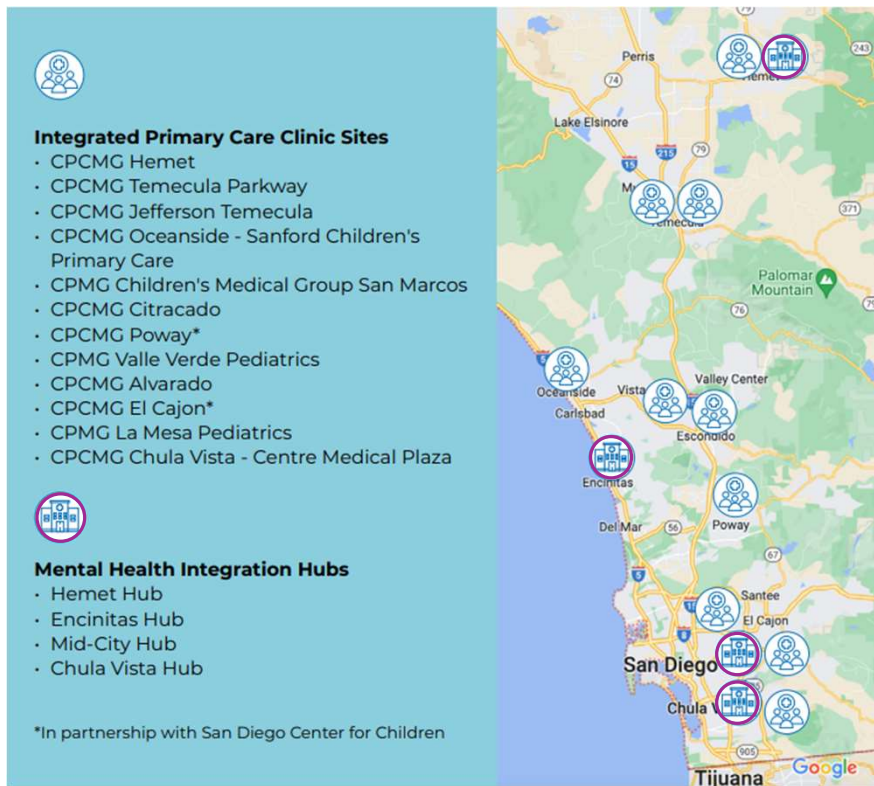
- Warm Hand Offs
- Assessments
- Brief goal/solution-focused therapy (4-6 visits)
- Care Coordination
- Preventative work and lower complexity
- **Co-manage with PCP**

Mental Health Integration Hubs



- Brief goal/solution-focused therapy (<12 visits) +/- Groups
- Psychiatric consultations
- Care Coordination
- More complex pathology, higher risk
- **Co-manage with PCP**

Primary Care Mental Health Integration Site Map



Collaborative Strategies to Reduce Mental Health Stigma

- Warm Hand-Offs (WHOs)
- Services offered in home clinic where patients are comfortable/familiar
- Mental Health Integration flyers in exam rooms
- Adjusting language to make therapy/psychiatry more consumable (ex: “I have a colleague here that can help with that”)
- Weekly Registry Conference Meetings





MENTAL HEALTH CARE IS AVAILABLE HERE

Ask your pediatrician about Mental Health Integration (MHI) services!

Benefits of our program:

- Fast and easy access to services right here, in this office
- Short-term care for behavioral and/or mental health questions
- We are here, where your family comes for other appointments
- Telehealth appointments also available
- Advice on resources, if needed



AQUÍ LE OFRECEMOS ATENCIÓN PARA LA SALUD MENTAL

¡Pregunte a su pediatra sobre los servicios de Integración de la Salud Mental (MHI)!

Beneficios de nuestro programa:

- Acceso fácil y rápido a los servicios aquí mismo, en esta oficina
- Atención a corto plazo para preguntas conductuales y/o de salud mental
- Estamos aquí, donde su familia viene para otras citas
- Citas de tele salud también disponibles
- Consejos sobre recursos, si es necesario

Utilizing Dyadic Services to Dismantle Stigma

- Effective January 1, 2023
 - Medi-Cal members under the age of 21
- Serve both parent(s) or caregiver(s) and child together as a dyad
 - Treatment that targets family well-being to support healthy child development and mental health.
- Provided during primary care visit
 - Identify behavioral health interventions and other needs
 - Provide referrals
 - Anticipatory guidance



Utilizing Dyadic Services to Dismantle Stigma

- 406 dyadic codes dropped from May 1, 2024 to September 6, 2024
- Saves time for PCPs during well child visits
 - Meet with family while waiting for PCP
 - Address non-medical concerns
- Dyadic services are offered to all our patients regardless of insurance
 - No prior authorization
 - Patients will NOT receive a bill
 - Currently advocating for broader reimbursement



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There's No Health Without Mental Health

- Normalization of Treatment

- Being integrated at the PCP sites (may reduce barriers and stigma regarding scheduling therapy)
- Offering short term therapy
- Physically inviting space in PCP sites and Hubs (i.e. signs/posters about mental health and inclusivity)
- Questionnaires and discussion of mental health in Well Child Visits helps families view mental health care as an essential component of comprehensive medical care, rather than separate from routine care



There's No Health Without Mental Health



Patient-Centered Communication

- Inclusive, considerate language (i.e. preferred name and pronouns in shared EHR)
- Importance of flexibility; clinician's ability to shift into a different way of framing the issue depending on patient's response and values
- Transparency on open notes in chart

There's No Health Without Mental Health

Treatment Planning

- Shared decision making
- Working together with caregivers on how to support Pt, highlighting parent self-care (i.e. caregiver-only appointment)
- Obtaining history of mental health services, any barriers or challenges experienced
- Providing guidance with resources/referrals (i.e. care coordinators for support in connecting families to community resources, intro to psychiatry if needed)



Team Culture: Stigma Free



Combat Stigma through...

- Education
- Advocacy
- Awareness
- Partnerships



INTEGRATED HEALTH TOPIC SERIES

| | | | |
|--|---|--|---|
| | Depression Management in the Primary Care Setting by Joshua Gibney, MD Tuesday, July 23 12:00 - 12:30 pm | | Introduction to School-Based Referral Process by Yashia Vargas, LCSW Tuesday, January 14 12:00 - 12:30 pm |
| | Anxiety Management in the Primary Care Setting by Jason Schweitzer, MD Wednesday, February 5 8:30 - 9:00 | | Advanced ADHD Management in the Primary Care Setting by Jason Schweitzer, MD Thursday, March 6 12:00 - 12:30 pm |
| | Psychology's Role in Solid Organ Transplantation by Alexandra Harth, PhD Wednesday, August 7 10:00 - 11:30 am | | Trauma Management in the Primary Care Setting by Joshua Gibney, MD Tuesday, April 8 8:00 - 8:30 pm |
| | Exposure Approaches for Pediatric Anxiety by Catherine Santiago, PhD Thursday, September 12 10:00 - 12:30 pm | | Evaluation and Management of Eating Disorders by Psychology Fellows Wednesday, May 7 10:00 - 10:30 pm |
| | Behavioral Strategies for Managing Constipation and Toileting Issues by Jeanne Holt, PsyD Tuesday, October 8 8:00 - 8:30 pm | | Disruptive Behavior Management in the Primary Care Setting by Jason Schweitzer, MD Thursday, June 5 10:00 - 11:30 am |
| | Special Considerations in Working with Foster/Adoptive Youth by Melanie Goldman, MSW, LCSW Wednesday, November 14 12:00 - 12:30 pm | | |

Parenting Pointers

6 tips to support your child's emotional growth

- Give Praise**
 - Giving praise helps your child feel understood and recognizes their own emotions.
 - Compliments what you like about how your child is playing, sharing, or communicating.
 - Be as specific as possible.
 - Mix it up with "Thank you for..." and "I appreciate you..."
- Special Time**
 - Special time is also known as **ONE ON ONE** time.
 - Setting aside this time with your child is the key to strengthening your relationship with them.
 - Schedule 30-35 minutes of special time, at least 3 times per week.
 - Allow your child to lead this time, let them pick the activity.
 - Give praise and ignore unwanted behavior.
- Validate**
 - To validate means to understand someone's experience, thoughts, feelings, and emotions by accepting them as real and true.
 - All emotions are OK.
 - "I see you, I hear you" can be so powerful in validating your child's emotions. By validating your child's emotions, they feel understood and can recognize their own feelings.
 - Doing this first will help them be calmer, listen, and problem solve.
 - Example: "I see you're upset about losing the game, you have been trying so hard."



Supporting Our Youth

Free Mental Health Webinar Series for Parents and Caregivers in 2024

This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives. It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital-San Diego. Rady Children's is on the forefront of youth mental health and wellness and is dedicated to improving the mental health of all children. Spanish interpretation will be provided.

All webinars 5:30 to 6:30 p.m.
Followed by an optional, 15-minute question and answer session with the presenter.

| | | | |
|----------------|---|-----------------|--|
| Jan. 24 | Social Media's Impact on Youth Mental Health Hilary Bowers, MD, FAAP sdcoe.k12zooms.org/818-243823 | April 24 | Cultivating School-Life Balance to Support Academic Success Katherine Nguyen-William, PhD sdcoe.k12zooms.org/818-243822 |
| Feb. 7 | Mental Health 101: Everything Parents Need to Know to... | May 15 | When Anxiety Attacks... |

Mindfulness

Stop, breathe, and focus on the moment
This can be done anywhere, at any time

Why be Mindful?
Mindfulness can...
• Improve focus and memory
• Relieve stress and anxiety
• Increase emotional balance
• Strengthen relationships
• Better your physical health
• Enhance self-awareness

How can I be Mindful?
Take some deep breaths
Listen to calm music
Write out your thoughts
Go for a walk
Spend some time in nature
Declutter your space
Put your phone in airplane mode





Q&A



Thank you!
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