

Child and Youth Subcommittee: Family Access and Entry Workgroup Update

July 10, 2024

Workgroup Members:, Julie Smythe, Larry Rein, Andrew Weatherill Maria Bledsoe, Sharanda Sipe, Shari Thomas, Susan Barbini, Susan Eby, Sylvia Quintana

Our Purpose

The purpose of this workgroup is to develop recommendations for improving timely access to and engagement in behavioral healthcare services for children and families.

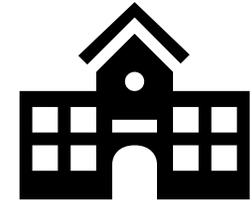
Our “Why”

Access to children’s behavioral health starts with early identification, timely access and availability of resources

Families struggle to locate behavioral health services for their children.

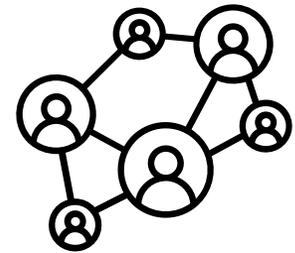
Key Touchpoints for Entry

- **Primary
Care**



- **Schools**

- **Info and
referral
services**



Primary Care

According to the American Academy of Pediatrics (AAP):

9 in 10 children receive regular medical care from a primary care provider, but only 1 in 3 pediatrician's report they have sufficient training to diagnose and treat children's mental health needs.

67% of Pediatricians do not feel they have sufficient training to diagnose and treat children's mental health needs.

- <https://www.cdc.gov/childrensmentalhealth/documents/access-infographic.html>

Recommendation #1

Increase Behavioral Health Integration (BHI) in pediatric primary care through expansion of the Behavioral Health Hubs

Background: The Florida Department of Health, Children's Medical Services (CMS) developed the Florida Pediatric Behavioral Health Collaborative (FPBHC) initiative partnering with universities and health care systems to implement regional pediatric mental health care access teams, also called Regional Behavioral Health Hubs (Hubs)

What is Behavioral Health Integration (BHI)?

- Behavioral Health Integration (BHI) is an approach to delivering mental health care that makes it easier for primary care providers to include mental and behavioral health screening, treatment, and specialty care into their practice. It can take different forms, but BHI always involves collaborations between primary care providers and specialized care providers for mental health.

What are Behavioral Health Hubs?

Evidenced based model supports Florida's pediatric and primary care providers (PCP) in identify and treat children and youth with common mental health needs such as ADHD, anxiety, or depression.

- Hubs offer PCPs telepsychiatry consultation and care coordination services to link children or youth to community behavioral health supports.

In addition, the Florida Pediatric Behavioral Health Statewide Hotline serves providers not enrolled with a Hub.

Florida Pediatric Mental Health Collaborative



Regional Behavioral Health Hubs

FPMHC aims to improve mental health access for children and adolescents by expanding primary care provider capacity and effectively integrating behavioral health services through consultation, coordinated care, or colocation based on regional needs.

- Regional Behavioral Health Hubs
- Supporting families and primary care practices through technical assistance, consultation, and telehealth

The Florida Behavioral Health Collaborative Pediatric Hotline

Offers a coaching experience between child and adolescent psychiatrists and pediatric primary care providers

1-866-487-9507

Consultations are available to all providers regardless of insurance carrier caring for children/youth up to 21 years old.



UNIVERSITY of
SOUTH FLORIDA

College of Behavioral & Community Sciences
Florida Center for Behavioral Health Improvement and Solutions

Recommendation #2

Assess and expand Florida school districts' implementation of school-based behavioral health access through Telehealth.

Why schools, why telehealth?

- **Schools are the place outside of the family home where children spend most of their time.**
- Schools are uniquely positioned to identify children who may be in need of behavioral health services as educators may recognize children who may be struggling with social or emotional stressors before symptoms are apparent at home.
- School Telehealth models already exist in some Florida school districts. Blended funding ensures no cost to families, supports earlier access to behavioral health services, and family inclusion regardless of geography or insurance coverage.



Hazel Health (example)

- School-based provider of physical and behavioral health services delivered through Telehealth.
- Started in Florida in Duval and Polk Counties, now in 16 states, two statewide.
- Available in seven Florida school districts currently, opportunity to expand.
- School Districts pay \$15 per student per year for platform fee; MCO's pay for services.
- Referrals come from school or parents, no cost to family.
- Early assessment, response and treatment; 48 hours “time from referral to contact”
- 7 days “time from referral to first visit”
- Available 7am-7pm; parent inclusion and consent
- 45% of visits with elementary age students; 43% moderate-severe/severe
- Outcomes: 75% of sample size of 3500 students showed statistically significant decrease in depression and anxiety in 6-7 sessions (PHQ, GAD)

Recommendation #3 Information and Referral Services

Expand and pilot collaborations between state and local funders of behavioral health services (Managing Entities, Childrens Services Council's) and local and state information and referral services (211, Hope Florida) that develop and implement family-centered Navigation models.

- .

Broward Behavioral Health Pilot (example)



Navigation/Case Management Pilot

- **Pilot Description:** The Navigation/Case Management Pilot is a partnership between Broward Behavioral Health Coalition, its provider network, the Children's Services Council of Broward County, and 211 Broward to provide short-term behavioral health navigation to children without formal diagnoses and their families until a more permanent connection to mental health services and other social determinants of health support are determined.

Presentations

- Presentations/Materials
 - Behavioral Health Hubs: Joni Hollis, Bureau Chief, Specialty Programs, Title V CYSHCN Director, Children's Medical Services, Florida Department of Health;
 - Infant and Early Childhood Mental Health: Dr. Christine Hughes, Executive Director Florida Association of Infant Mental Health;
 - Broward Behavioral Health Care (BBHC) Pilot; Silvia Quintana;
 - Barriers to Care Survey; Gayle Giese, Amy McClellan;
 - Florida Chamber of Health: Making Florida the National Leader Mental Health and Well-Being Research Report
 - Hazel Health: Statewide Student Mental Health; Andrew Post, President

Thank You