



**CENTER FOR BEHAVIORAL
HEALTH INTEGRATION**

COLLEGE OF MEDICINE

Effective Behavioral Health Integration Models In Pediatrics, Obstetrics And Family Medicine

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CBHI
Center for Behavioral Health Integration

FL BH IMPACT

Improving Maternal Behavioral Health through Statewide Integration of Evidence Based Care

MATERNAL & PERINATAL MENTAL HEALTH

Works with providers to improve the identification and treatment of pregnant and postpartum women who experience mental health and substance abuse disorders.

PEDIATRIC BEHAVIORAL HEALTH

Works with Pediatricians and Pediatric practices to help build capacity to detect, refer and treat kids and families for behavioral health care

BH DATA INTEGRATION

SUBSTANCE USE

PAIN/ OPIOIDS

DWELLINGS PROGRAM

Behavioral Health Integration Models are effective and moving toward sustainability in the US

“A practice team of primary care and behavioral health clinicians working together with patients and families, using a systematic and cost-effective approach to provide patient-centered care for a defined population. This care may address mental health and substance abuse conditions, health behaviors (including their contribution to chronic medical illnesses), life stressors and crises, stress-related physical symptoms, and ineffective patterns of health care utilization.”

Collaborative Care Model:
PCP; behavioral health care manager; consulting psychiatrist; use of a targeted and clinically useful patient registry is key

Psychiatric Access Model:
PCP has easy access to consultation / coaching with a psychiatrist as well as care navigation



Florida BH IMPACT

Improving Maternal and
Pediatric Access, Care and
Treatment for Behavioral Health

1.833.951.0296 • FLBHimpact.org

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Psychiatric Access & Care Coordination Models: Core elements for Maternal and Pediatric Program

- Partner and register health care clinics and clinicians
- Integration readiness assessment
- Behavioral health training and technical assistance
- Provider-to-Provider Psychiatric Access
- Care coordination/ care navigation
- Outcomes tracking and reporting
- Community education

Quick Stats: Pediatric Behavioral Health

1 in 5 (21.7%) children ages 3-17 have one or more mental, emotional, developmental, or behavioral problems.

Validated screening tools are recommended by AAP, however, clinical integration of tools and next-step workflow decisions are not used by all clinicians

Even as the COVID-19 pandemic has likely increased this number, only about half (52.6%) of children receive treatment or counseling.

Pediatric Behavioral Health Integration: Child and Adolescent Psychiatry Access Programs



National mental health workforce shortage has increased the need for pediatric PC to expand services



PCPs diagnose most mental health conditions in children and provide sole care for one-third of pediatric mental health patients in outpatient settings



PCPs have often cited inadequate training in [child and adolescent psychiatry](#) and discomfort in providing mental health treatment for children as barriers to providing mental health care in primary care settings



Primary care treatment plans and prescribing practices are more likely to deviate from best-practice guidelines

CPAP's Impact and Effectiveness



Pediatric Mental Health Integration Statewide: Florida Department of Health Pediatric Mental Health Collaborative

Florida Pediatric Mental Health Collaborative



Regional Behavioral Health Hubs

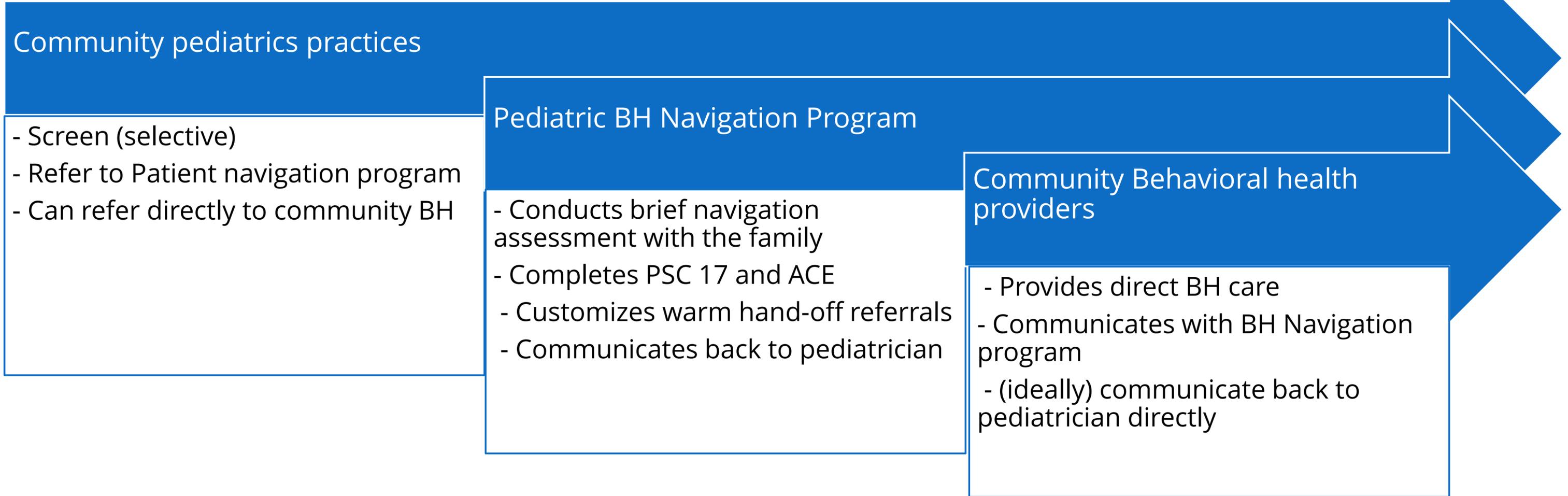
FPMHC aims to improve mental health access for children and adolescents by expanding primary care provider capacity and effectively integrating behavioral health services through consultation, coordinated care, or colocation based on regional needs.

Program Evaluation

Florida Pediatric Mental Health Collaborative

- Regional Behavioral Health Hubs
- Supporting families and primary care practices through technical assistance, consultation, and telehealth
- Data analysis of uniform measures across all sites by External Evaluation Team
- Peer learning, continuous quality Improvement
- Statewide Advisory Workgroup led by CMS-Title V CYSHCN
- State Agencies, Family/Youth Voice, Behavioral Health Hubs, Clinicians, Community Stakeholders, Payers...

FSU Pediatric BH Hub



Most common reasons
for referral from primary
care: Suspected

ADHD

Disruptive/impulse
control/conduct disorder

Mood/ Anxiety

Autism Spectrum Disorders

Pediatric Hub Outcomes at a Glance

236 physicians referring (Pediatricians, Family Medicine)



5,800 kids referred to the program



Approximately 50 referrals and service connections per month



Family and PCP contacted within 48 hours of referral to the hub

Maternal Mental Health

Up to 1 in 5 women at risk for mental health of substance abuse in the perinatal period

Mood and anxiety disorders documented to be among the most disabling conditions globally

Suicide and overdose are leading preventable causes of maternal morbidity and mortality

Most women do not get adequate care for behavioral health issues around in the perinatal period

Interventions include support for psychiatric medications, psychotherapy, and access to address social determinants of health

Universal screening using validated tools with adequate linkage to treatment is widely recommended and evidence-based

Behavioral health integration models in obstetrics settings are vital as the majority of women see obstetrics clinicians during pregnancy

The goal of “Psychiatric Access” programs like BH Impact are to build prenatal and behavioral health provider capacity statewide



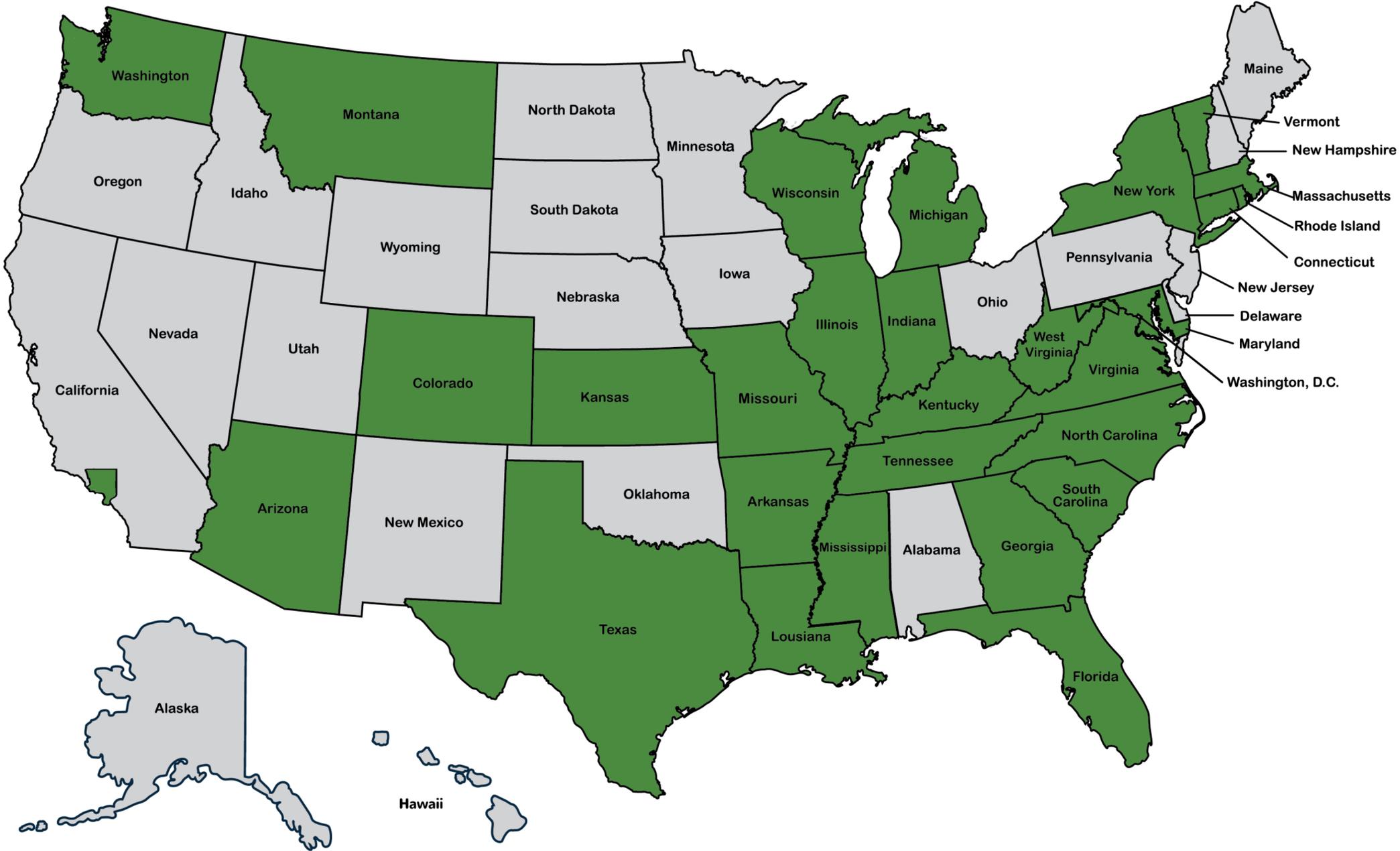
Lack of access to behavioral health care leads to maternal mortality and morbidity.

Access programs:

- exist because of the lack of access to perinatal behavioral health care
- increase access to evidence-based treatment that parents often cannot access.
- increase provider self-assessed competency.
- do not cost a lot of money for how many patients are covered.

Clinicians find these programs essential for them to address mental health and substance use disorders

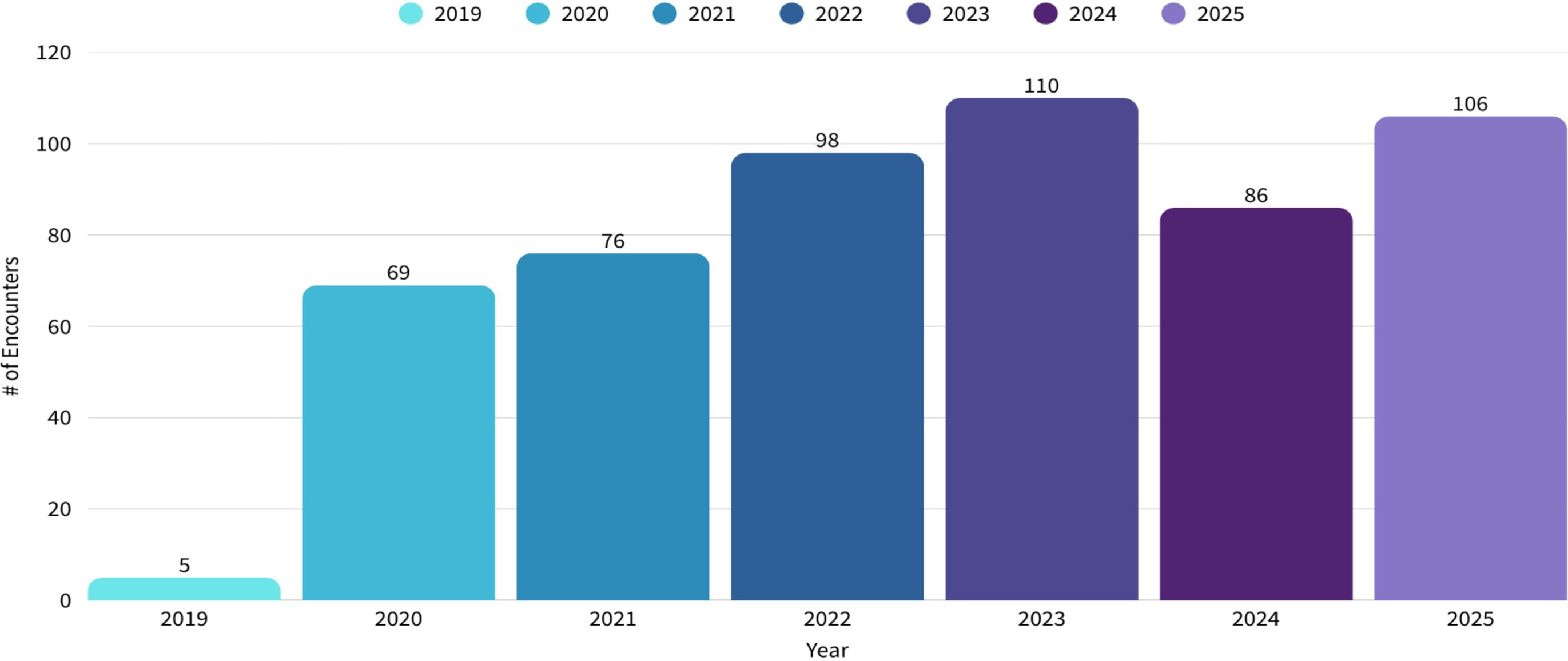
There are 29 statewide or regional Perinatal Psychiatry Access Programs with the potential to cover 2.5 million or 68% of the 3.7 million births in the US



As of January 2024

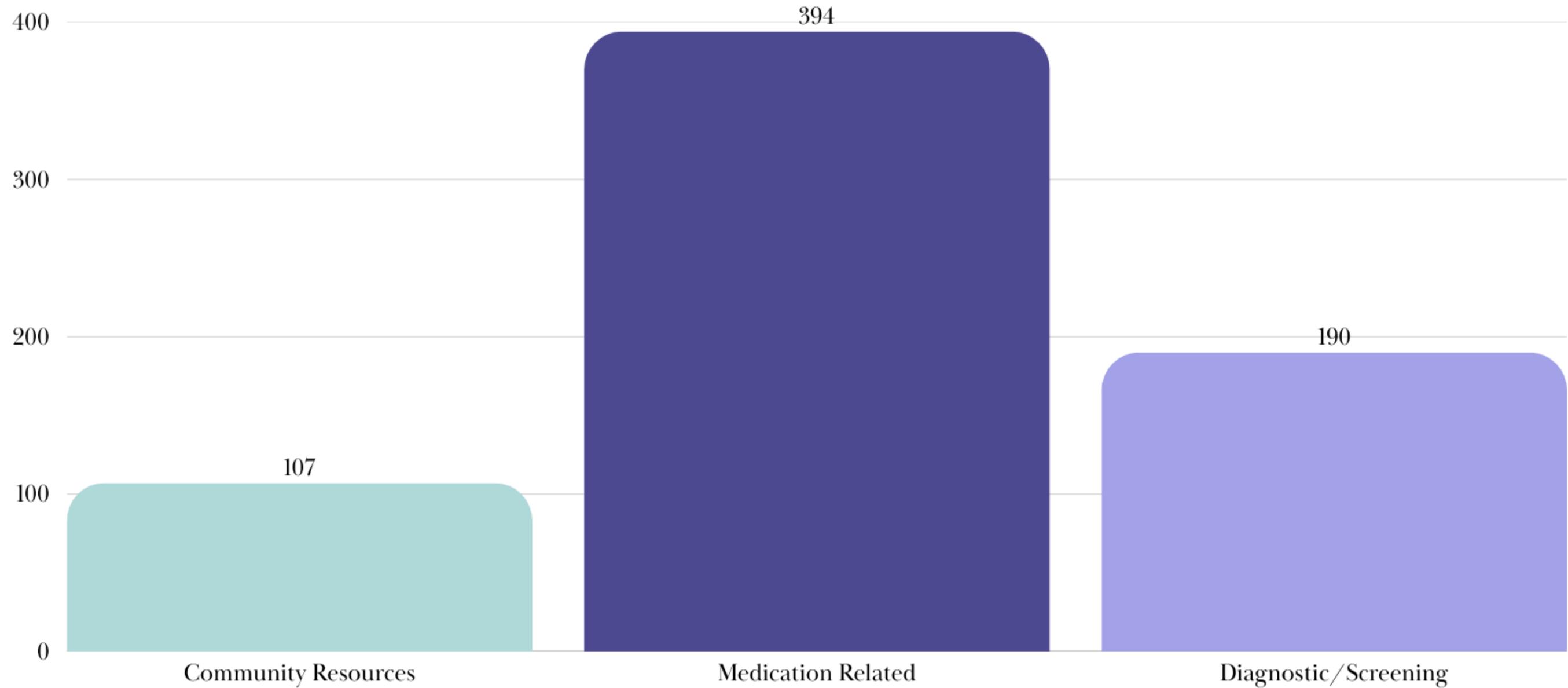
Active Programs

Florida BH IMPACT Maternal has had **550 encounters** since Q4 2019 with annual increases as expected. Return callers are consulting on increasingly more complex behavioral health treatment questions, indicating increased behavioral health treatment capacity among obstetrics providers



BH Impact: Statewide Maternal Program

Reasons for Contacting the Program



Maternal BH Practice Training and Engagement

Over 3,200
Providers Trained in
102 Training Events

Over 45 Program Calls from Providers

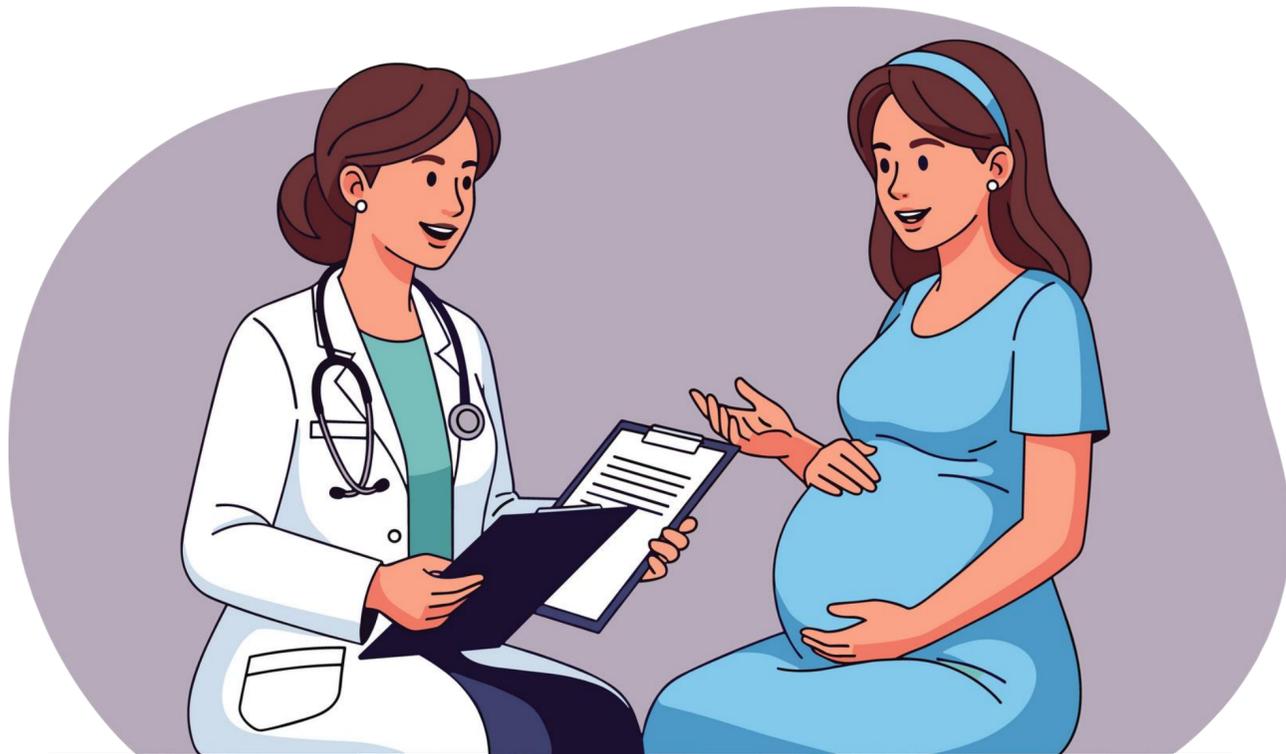
Physician	146	34%
Resident	156	36%
NP	66	15%
Midwife	29	7%
BH, RN, SW	30	7%

Topics include:

- General Program Information
- PMADs, Depression, Anxiety, and Substance Use in Pregnancy
- Therapeutic Approaches (e.g., CBT, IPT)
- Motivational Interviewing
- Trauma Informed Care
- Other topics as requested by practices

“

“What I really love is that [the BH IMPACT consulting psychiatrist] is able to come from the obstetric background, talk through the different medication options available and the safety profile of the medications, so you feel very empowered, or I should say educated when you go back to your patients to discuss the recommended care regime.”



- CERTIFIED NURSE MIDWIFE &
FL BH IMPACT ENROLLED PROVIDER

Overall BH Impact: Maternal

- Reached patients and clinicians in nearly half of counties in Florida and expanding now
- Provided BH consultation to over 450 obstetrics clinicians, including residents
- Provided perinatal BH training to over 3,200 clinicians
- Created a highly utilized statewide maternal mental health resource directory; expanding now
- Currently 550 calls to the consultation line and expanding
- Partners with the FLMMHC and many key collaborators statewide including the FDOH TMC program and FAHSC
- Known nationally as a model psychiatric access program in the US

Exercise

Postpartum depression

Empowering Moms with Resources for Resilience and Recovery



Statewide Maternal Mental Health Directory:

<https://flmomshealth.org/>

- A comprehensive listing of active and qualified maternal and pediatric behavioral health providers.

- Online, public facing and filterable for women and families in need of mental health and substance use supports.

- [Florida's Maternal Behavioral Health and Social Services Resource Directory](https://flmomshealth.org/)

Connect with Services

Find a Clinician or Resource

Are you pregnant? Or do you have a child under two years old?

Search our directory to find providers and other resources in Florida to support your mental and behavioral health.

That includes help with post-partum depression, anxiety, substance use disorder, and other conditions.

Connect with services that fit personal healthcare desires, preferred payment type, insurance status, and location.

We also welcome clinicians and other providers seeking resources for their patients.



Register Now

If you are a provider and would like to be included in this directory, register here.

Provided by BH Impact

To learn more about maternal mental health, postpartum depression, substance use disorders, and related concerns, visit Florida BH Impact.

For help managing emotional stress and mental health, contact a healthcare provider.

For Immediate Assistance

Medical or Psychiatric Emergency

Call 9-1-1

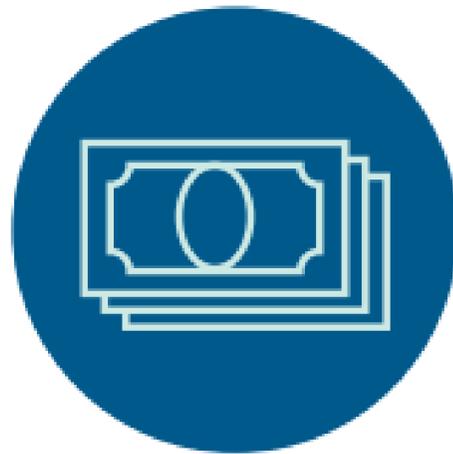
Mental Health Crisis

Dial 9-8-8 to reach the Suicide & Crisis Lifeline.
988lifeline.org

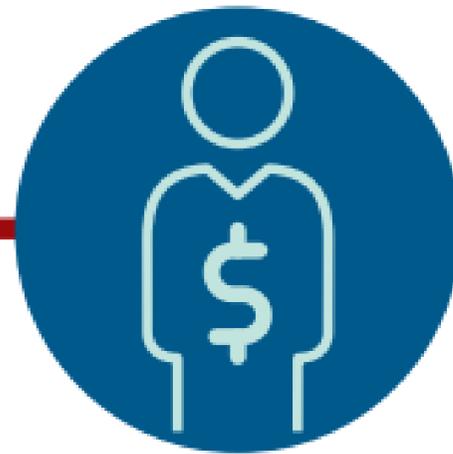
Non-emergency

Call 1-833-TLC-MAMA (1-833-852-6262)
Free, 24/7, confidential National Maternal Mental Health Hotline helping pregnant and new moms in English and Spanish.

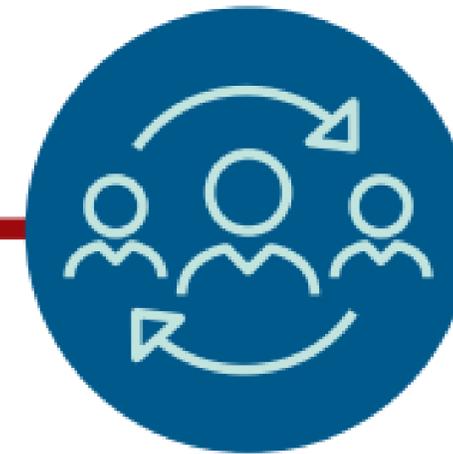
Program Sustainability from a Population Health Perspective



**Cost of
untreated
illness**



**Cost of
program
per patient**



**Patients covered
by enrolled/
participating providers**

Florida projected costs \$4.50 per year or 37 cents per month per patient covered



Program cost

÷



deliveries or children

=

Annual cost for patient covered

\$1,000,000

÷

220,000

=

\$4.50 per year

\$4.50 per patient/per year

÷

12 months

=

37 cents per month per patient covered

With Statewide coverage in Florida, this formula is projected to lead to \$1,056,000,000 in untreated costs

FORMULA:



deliveries per year

x



20%

x



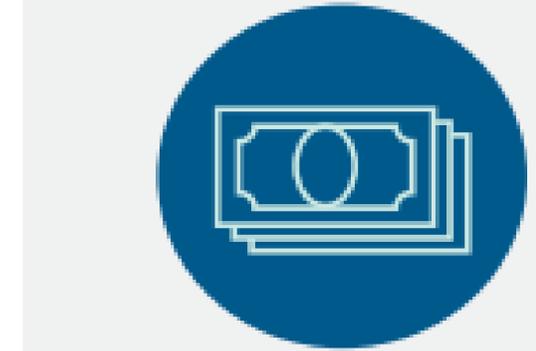
75%

x



\$32,000

=



Cost of untreated illness

deliveries per year

x

% with mood or anxiety disorder

x

that will not receive treatment

x

Cost of \$32,000 per mother-child dyad per year for untreated illness

=

Cost of untreated illness

222,000

x

20%

x

75%

x

\$32,000

=

\$1,056,000,000 in untreated costs



Florida BH IMPACT
Improving Maternal and
Pediatric Access, Care and
Treatment for Behavioral Health

**FREE Psychiatric Consultation
and Support Services**
CALL: 1.833.951.0296

Call the Florida BH IMPACT Line When You Have Questions About:

- Best-practices for management of pregnant and postpartum patients with behavioral health concerns (e.g., detection, assessment and treatment of depression and anxiety)
- Community resources
- Pregnancy loss, complications, or other difficult life events
- Risks of psychiatric medications and non-medication treatments

What You Need Before Your Call:

- All calls are answered by our resource/referral specialist. In addition to providing your phone number and email, if you'd like to request a consultation regarding a specific patient, the specialist will also need the following patient information:
- Name, Age/DOB, Zip code
 - Pregnancy status/gestation
 - Behavioral health diagnosis (if any), and previous mental/behavioral health screenings and scores
 - Confirmation of informed consent

Talk with a Psychiatrist

The information obtained by the resource/referral specialist during the initial call is entered and a message is then sent to our consulting psychiatrist notifying her of a consultation request. Our consulting psychiatrist will return your call as soon as possible.

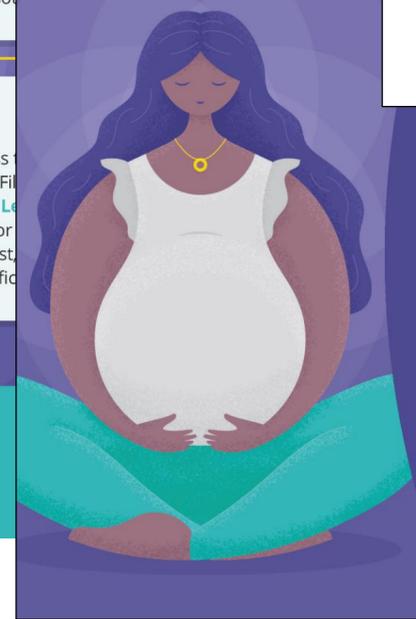


Access Resources & Referrals

The specialist will need patient information (as referenced above) if the request is for a specific patient. If the request is for general information, the specialist will provide you with a list of resources in your area.

Enroll Your Practice

If you haven't already enrolled your practice, you can continue to gain access to free, certified support services and resources by enrolling in one easy step. Fill out a one-page form provided by the specialist and return via email to our office. **Less than 5 minutes and you're done!** Once enrolled, you will receive our newsletter for providers, be invited to schedule a practice-level training with the psychiatrist, and subscribe to the FLBHimpact.org provider portal for more provider-specific information.



About the Florida Perinatal Behavioral Health Screening & Treatment Program

The Florida BH IMPACT Program is an initiative by the Florida Department of Health (DOH), Florida State University (FSU) College of Medicine, and the Florida Maternal Mental Health Collaborative (FLMMHC) to provide direct supports to promote maternal and child health by building the capacity of health care providers who are addressing these critical issues with their maternal patients.

PSYCHIATRIC CONSULTATION LINE:
1.833.951.0296
ONLINE: FLBHimpact.org

Supports for Your Practice Include:

- Direct clinician access to telephone consultation with a psychiatrist during normal business hours
- Access for patients and clinicians to comprehensive referral resources and services in the region for behavioral health and substance use
- Use of valid screening tools for depression, anxiety and substance use
- Training of Obstetric providers in best practice maternal behavioral health screening, treatment and risk issues
- Tracking and reporting of information and measures related to the program's processes and outcomes



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Enroll Your Practice

By calling the hotline, your practice can receive **FREE** psychiatric consultations, community referrals, and on-demand responses to behavioral health questions. **Enrollment takes less than five minutes.**

Call **1.833.951.0296**.

Request an Enrollment Packet from the Resource & Referral Specialist.

Complete & return via email.

Schedule a **FREE** practice-level clinical behavioral health training from our consulting Florida BH IMPACT Psychiatrist, Dr. Kay Roussos-Ross.

Enjoy **FREE** access to the Psychiatric Consultation Line and community resources specific to your patients via **FLBHimpact.org**



Enrollment is simple, quick and provides you and your practice access to all of the program's free services. Enrollment takes less than five minutes via a one-page form. The goal of enrollment is to track the success of the program and to inform future improvements.

Q: WHAT HAPPENS WHEN I CALL FL BH IMPACT?
A Resource and Referral specialist with expertise in perinatal behavioral health will answer the provider's call, gather pertinent information and help determine the need for a telephone or face-to-face consultation with a FL BH IMPACT Psychiatrist. If the request requires consultation with a FL BH IMPACT Psychiatrist, the resource and referral specialist will send a contact request to the Psychiatrist. The Psychiatrist will return the call as soon as possible to speak with the provider who requested the consultation.

Q: CAN I CALL?
No. FL BH IMPACT is available during normal business hours. We recommend you call if there is an emergency.

*Psychiatrist call times are limited based on availability.



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About the Florida Perinatal Behavioral Health Screening & Treatment Program

The Florida BH IMPACT Program is an innovative initiative by the Florida Department of Health (DOH), the Florida State University (FSU) College of Medicine and the Florida Maternal Mental Health Collaborative (FLMMHC).

The program expands screening for: depression, anxiety, and substance use; and access to needed services for prenatal, pregnant, and postpartum women. The program aims to promote maternal and child health by building the capacity of health care providers to address these critical issues through professional development, expert consultation and support, and dissemination of best practices.

OUR GOAL: Improving the identification and treatment of pregnant and postpartum women who experience behavioral health and substance use disorders

FREE psychiatric consultations, community referrals, and on-demand responses to behavioral health questions for prenatal care providers

PSYCHIATRIC CONSULTATION LINE: 1.833.951.0296
ONLINE: FLBHimpact.org

Free and Trusted Support for Obstetric Clinicians Caring for a Mother's Behavioral Health

Supporting prenatal care providers to enhance behavioral health care for patients:

- Direct clinician access to telephone consultation with a psychiatrist during normal business hours
- Access for patients and clinicians to comprehensive referral resources and services in the region for behavioral health and substance use
- Use of brief, valid screening tools for depression, anxiety and substance use
- Training of Obstetric providers in best practice maternal behavioral health screening, treatment and risk issues
- Tracking and reporting of information and measures related to the program's processes and outcomes

This publication was produced by the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau under grant number U54MC02242. This publication lists non-federal resources in order to provide additional information to consumers. The views and content in these resources have not been formally approved by the U.S. Department of Health and Human Services (HHS) or the Health Resources and Services Administration (HRSA). Listing these resources is not an endorsement by HHS or HRSA.



FLORIDA BH IMPACT

Free and Trusted Support for Obstetric Clinicians Caring for a Mother's Behavioral Health

Get **FREE** psychiatric consultations, community referrals, and on-demand responses to behavioral health questions for your practice.

- 1 Call **1.833.951.0296**.
- 2 Request an Enrollment Packet from the Resource & Referral Specialist.
- 3 Complete & return via email. **Less than 5 minutes and you're done!**
- 4 Schedule a **FREE** practice-level clinical behavioral health training from our consulting Florida BH IMPACT Psychiatrist, Dr. Kay Roussos-Ross.
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Patient Materials

1 in 8 women
report symptoms of depression
during pregnancy or after
giving birth.

*You are not alone. Maternal mental
health concerns can be treated.*



Moms can experience changes
in their mental health such as
anxiety, depression, feelings of
being overwhelmed, and a loss
of interest in things they once
enjoyed, during or after pregnancy.

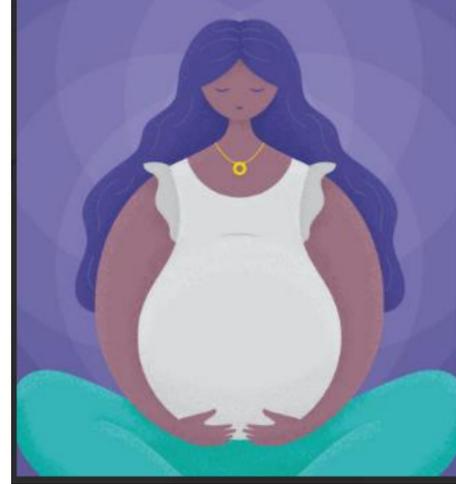
*If you are experiencing these
symptoms, you are not alone.
Connect with a health care
provider in your area by
visiting FLBHimpact.org.*

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1 de cada 8 mujeres
tiene síntomas de depresión
durante el embarazo o después
del parto.

*No está sola. Los problemas de salud
mental de las madres pueden tratarse.*



Las madres pueden experimentar
cambios en su salud mental, como
ansiedad, depresión, sensación de
agobio y pérdida de interés por
las cosas que antes disfrutaban,
durante o después del embarazo.

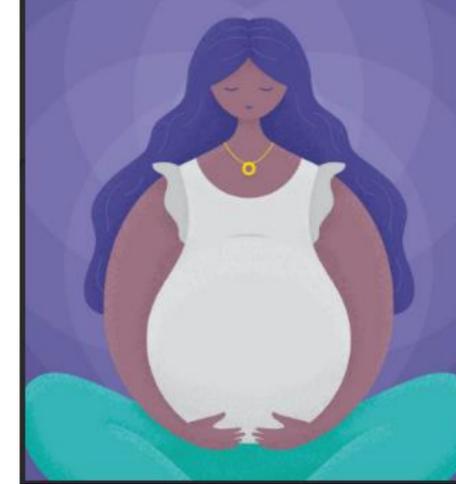
*Si tiene estos síntomas, no
está sola. Comuníquese con
un proveedor de atención
médica en su área visitando
FLBHimpact.org.*

Florida HEALTH  **Florida BH IMPACT**

Esta publicación fue hecha por el Departamento de Salud y Servicios Humanos de los EE. UU. (U.S. Department of Health and Human Services), la Administración de Recursos y Servicios de Salud (Health Resources and Services Administration) y la Oficina de Salud Materna Infantil (Maternal and Child Health Bureau) con el número de subvención UK3MC32242. Esta publicación presenta recursos no federales para dar información adicional a los consumidores. Las opiniones y el contenido de estos recursos no tienen la aprobación formal del Departamento de Salud y Servicios Humanos de los EE. UU. (HHS) ni de la Administración de Recursos y Servicios de Salud (HRSA). La presentación de estos recursos no implica la aprobación del HHS ni de la HRSA.

1 fanm sou 8
rapòte sentòm depresyon
pandan gwosès oswa apre
akouchman.

*Ou pa pou kont ou. Pwoblèm sante
mantal manman an ka trete.*



Manman yo ka genyen kèk
chanjman nan sante mantal yo
tankou enkyetid, depresyon,
santiman ke yo akable, yo ka
pèdi enterè nan bagay yo te konn
renmen, pandan oswa apre
gwosès la.

*Si ou gen sentòm sa yo, ou pa
poukont ou. Konekte ak yon
founisè swen sante nan zòn ou
an lè ou vizite FLBHimpact.org.*

Florida HEALTH  **Florida BH IMPACT**

Piblikasyon sa a te pwodwi pa Minisè Sante ak Sèvis Sosyo Etazini, Resous Sante ak Administrasyon Sèvis, Biwo Sante Matènel ak Timoun (U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau) sou nimewo sibvansyon UK3MC32242. Piblikasyon sa a bay lis resous ki pa federal yo nan lòd pou yo bay konsomatè yo enfòmasyon adisyonèl. Opinyon ak kontni resous sa yo pa te apwouve ofisyèlman pa Minisè Sante ak Sèvis Sosyo Etazini (HHS), oswa Resous Sante ak Administrasyon Sèvis (HRSA). Lis resous sa yo pa siyifi HHS oswa HRSA pwomouvwa li.

FSU Pediatric Behavioral Health Hub

FSU:

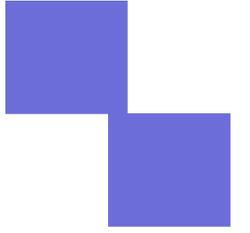
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Yumi Kovic , MD

Whole Child Leon:
J'ere Clark, LCSW
Caroline Gardner, MSW

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- Florida Hospital Association

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