



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

Expanding Integrated Behavioral Health into Pediatrics

ARMANDO HERNÁNDEZ, PhD

Collaborative Culture Consulting LLC

drarmandohernandez@gmail.com

2. ADHD

1. Emotional Wellbeing

3. Well Child Visits



4. Screening

6. Care Coordination

5. Chronic Illness

Emotional Wellbeing

- Mental Health Concerns: **depression, anxiety, trauma, behavioral issues, etc.**
- Brief, evidenced-based, and collaborative interventions: **CBT, MI, Mindfulness-based**
- **“Mini Intakes”**
- **Functional Orientation**



PRIMARY CARE BEHAVIORAL HEALTH (HEALTH & BEHAVIOR)

ASSESSMENT

13 year old presents for Initial-Scheduled consultation regarding anxiety influenced by poor emotional coping and poor distress tolerance. Pt will likely benefit from cognitive-behavioral strategies, mindfulness, and watchful waiting.

Stage of change: Action

PLAN

1. Follow-up plan with PCBH: 1 month
2. Additional resources recommended: Follow-up with PCP
3. Behavioral recommendation(s):
 - A. Label emotions and and rate them 1-10.
 - B. Develop quick relaxation strategies (mindfulness): use "Stop, breath & think" app for 1-2 weeks.

SUBJECTIVE

OBJECTIVE

Time spent with patient in exam room: 28 minutes.

Other(s) present in the room: Mom.

Behavioral Health Consultation provided using motivational interviewing and parenting consultation techniques.

Consult source: PCP

Additional notes: None

Emotional Wellbeing

- **Responsive to PCP referral**
 - Infant MH: Post-partum Depression
 - Parenting
 - Balance agendas
- **Simple Interventions**
 - Space to vent
 - Problem solving
 - Psychoeducation

Motivational Interviewing

- Assess “**Stage of Change**”
- Parenting & behavioral management:
Collaboration
- Adolescents and pre-teens:
Respect Autonomy
- Family systems change:
Rolling with Resistance
- **Focus on Strengths!**

Chronic Illness



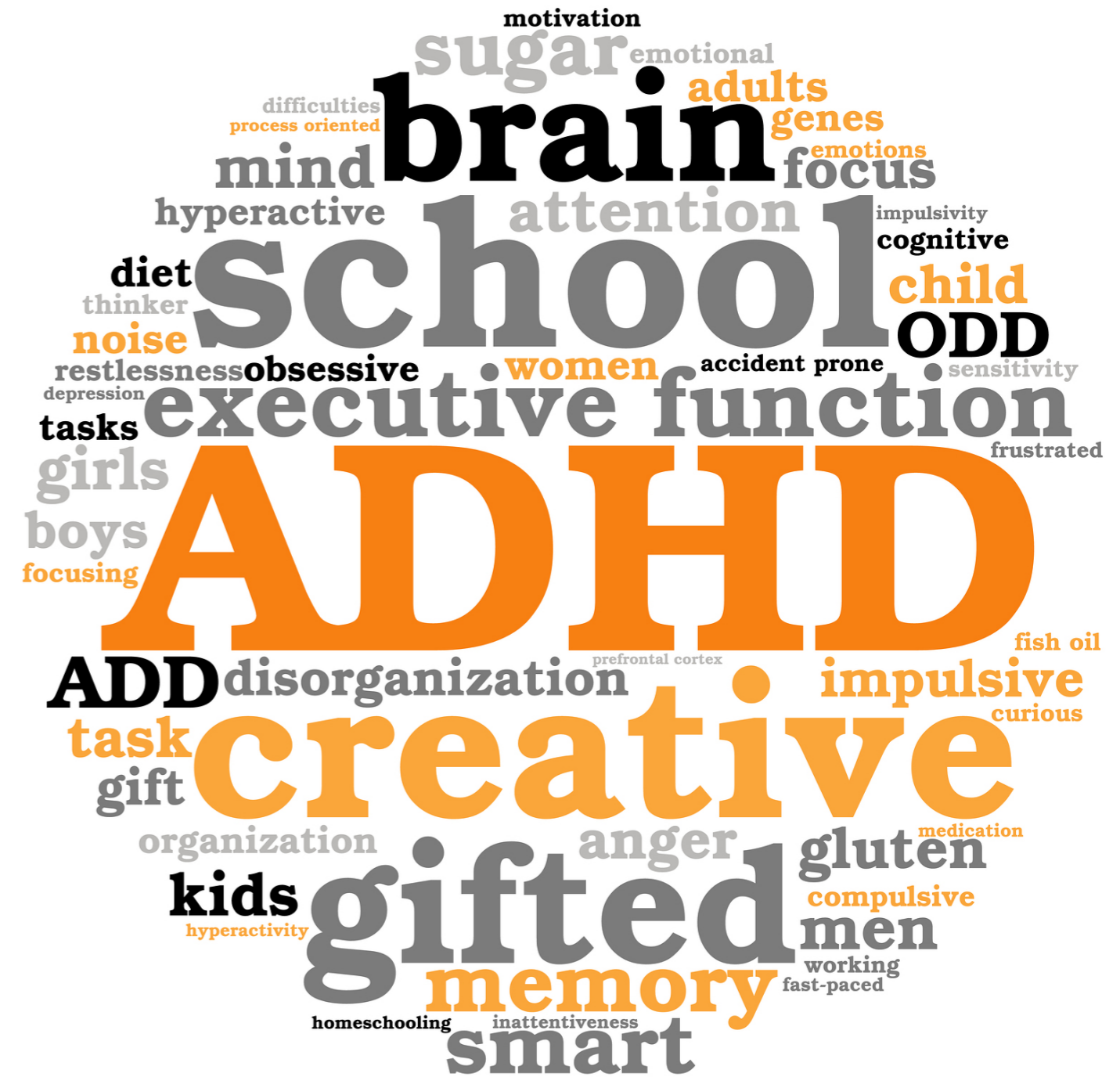
- Avoid the “one-trick mental health pony” (Miller et al 2014)
- **Team-based care**
 - Injury
 - Secondary Grief
 - Adherence
- Expertise? **Transferable skills**

Chronic Illness Management

- **Slow down:** How are you doing with this? Explore emotions and thoughts.
- **Support:** Do you need more support? Family systems.
- **Readiness:** Are you ready, confident? Explore strengths & potential barriers (stress, mood).
- **Communication:** What questions do you have?
 - **Clarify & facilitate PCP-patient communication.**
 - **SMART Goals. Enhance motivation.**

ADHD: Recommendations

- Slow down the process
- Gather supportive evidence
- Improve diagnostic clarification
 - Family assessment
 - Mood, anxiety, stress
 - Role of trauma
- Use of Screeners: Vanderbilt
 - Free, Teacher/Parent forms
 - Rule-out: mood, anxiety, etc.



Well Child Visits

- **Prevention**
- **Tracking growth and development**
- **Discuss concerns**
- **Team approach**



Developmental Surveillance

- **Developmental assessment** - 9, 18, and 30 months
- **Autism Screening** - 18 or 24m
- **Psychosocial/Behavioral Assessment** - All ages
- **Alcohol & Drug Use Assessment** -11 y.o.
- **Depression Screening** -11 y.o.

Anticipatory Guidance & Social Determinants of Health

- **Strengths and Protective Factors**

- Maternal and Family Support
- Parent-Infant Relationship
- Family Relationship
- Childcare

- **Risks**

- Living Situation and Food Security
- Environmental Risks (mold, lead, etc.)
- Intimate Partner Violence
- Tobacco, Drug and Alcohol Use

Screening



- **Early identification & prevention**
- **Current practices**
 - **EMR**
 - **Medical History Forms**
 - **Current screeners**
- **Important: Brief and “Primary Care Friendly”**

Pediatric Screeners

- **Vanderbilt - ADHD**
- **M-CHAT - Autism - 18 months (Follow-Up)**
- **Pediatric Symptom Checklist - 17 items, psychosocial impairments, 4+ y.o. Three subscales.**
- **Strengths & Difficulties Questionnaire - 25 items, behavioral issues, 3-16 y.o.-16. Five subscales.**

Pediatric Screeners

- PHQ-9 Modified for Adolescents
- PHQ-4 - Universal Screener

PHQ-4				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? <i>(Use "✓" to indicate your answer)</i>	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3

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Care Coordination

- **Role flexibility:** From Consultant to Advocate?
- Connection with **external agencies**
- Coordination with **schools**
- **Multiple perspectives:** collaborative care
- **Natural and community supports**
- **Mental health referrals**

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Pediatric Mindset

- **Systems orientation**
- **Being dynamic & flexible**
- **Start with Provider**
 - **Communication**
 - **Team-based care**
 - **Warm handoff**
 - **Strategic**





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