



Boston Children's Hospital
Department of Psychiatry
and Behavioral Sciences

BEHAVIORAL HEALTH EDUCATION

for Pediatric Primary Care

A foundational 5-hour web-based video educational course for pediatric primary care practitioners (PCPs) focusing on the identification, assessment, early intervention, and treatment of mild to moderate presentations of anxiety, depression, and ADHD

- PCPs completing the course can acquire core mental health competencies developed by the American Academy of Pediatrics¹
- The course is accredited for 5.0 AMA PRA Category 1 Credits
- The cost for the course is \$250.00
- The course was created by Boston Children's Hospital Department of Psychiatry and is hosted on the Boston Children's Hospital Department of Education website: <https://bostonchildrens.cloudcme.com/buildingbridges>

The video course includes the following downloadable materials:



CLINICAL MANUAL FOR PEDIATRIC PRACTITIONERS

109 pages summarizing information presented in the course



GUIDED SELF-MANAGEMENT TOOLKIT FOR FAMILIES

267 pages providing self-management tools for patients and their parents

CLICK TO REGISTER



OBJECTIVE

To increase **access** to behavioral health services for children and adolescents

AIM

To enhance the **knowledge, skills, and confidence** of pediatric primary care practitioners (PCPs) to provide **safe and effective** management of **mild to moderate** presentations of psychiatric disorders **commonly seen** in their practices (i.e., anxiety, depression, ADHD)

In so doing, to conserve scarce specialty behavioral health resources for the most severe, complex, treatment resistant, and/or unsafe psychiatric disorders

COURSE SESSIONS ADDRESS:

Stepped Care Model

The stepped care model for behavioral health care in the primary care setting (i.e., identification, assessment, primary care management, specialty care management)

Screening

Universal behavioral health screening for anxiety, depression, ADHD, and behavior problems

Focused Assessment

Focused behavioral health assessment for anxiety, depression, ADHD, and behavior problems

Psychosocial Interventions

Evidence-based brief psychosocial interventions for mild to moderate anxiety, depression, ADHD, and behavior problems

Psychopharmacology

Evidence-based basic psychopharmacology for mild to moderate anxiety, depression, and ADHD

Triage of Care

Indications for triage to specialty care settings for consultation or ongoing care until stable

Prevention/Early Intervention Tools

Evidence-based tools for patients and parents for home self-management of mild worries and fears, sad mood, executive skills dysfunction, and behavior problems

¹ Foy JM et al. American Academy of Pediatrics Policy Statement. Mental health competencies for pediatric practice. Pediatrics. 2019;144(5):e20192757.



CORE COURSE SESSIONS

Behavioral Health Education for Pediatric Primary Care

GETTING STARTED

Pre-Course Survey

Introduction

DAVID DEMASO, MD — 14 MIN

- Rationale for behavioral health care in pediatric primary care
- Stepped model of behavioral health care

Universal Behavioral Health Screening and Clinical Assessment

HEATHER WALTER, MD, MPH — 26 MIN

- Universal screening using the Pediatric Symptom Checklist-17 (PSC-17)

ANXIETY

Understanding Anxiety

HEATHER WALTER, MD, MPH — 20 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

Identifying/Assessing Anxiety

HEATHER WALTER, MD, MPH — 11 MIN

- Universal screening for worries/fears
 - PSC-17
- Focused assessment of anxiety
 - Focused symptom rating scales
 - Scale for Child Anxiety Related Emotional Disorders (SCARED)
 - Generalized Anxiety Disorder-7 (GAD-7)
 - Focused clinical interview
 - History, severity, complexity (medical and psychosocial), safety
 - Categorization of presentation as mild, moderate, or severe

Treating Anxiety

HEATHER WALTER, MD, MPH — 28 MIN

- Evidence-based psychosocial intervention
 - Focused cognitive-behavioral intervention

- Evidence-based basic psychopharmacology
 - Safe and effective use of selective serotonin reuptake inhibitors
 - Indications for triage to specialty care
 - Levels of specialty care

Guided Self-Management for Worries/Fears

KENEISHA SINCLAIR-MCBRIDE, PHD — 10 MIN

- Evidence-based cognitive-behavioral elements for practice at home
 - Fear thermometer
 - Relaxation skills
 - Thinking traps
 - Facing your fears

DEPRESSION

Understanding Depression

HEATHER WALTER, MD, MPH — 16 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

Identifying/Assessing Depression

HEATHER WALTER, MD, MPH — 15 MIN

- Universal screening for sad mood
 - PSC-17
- Focused assessment of depression
 - Focused symptom rating scales
 - Mood and Feelings Questionnaire (MFQ)
 - Patient Health Questionnaire-9 (PHQ-9)
 - Focused clinical interview
 - History, severity, complexity (medical and psychosocial), safety
 - Categorization of presentation as mild, moderate, or severe

Treating Depression

HEATHER WALTER, MD, MPH — 27 MIN

- Evidence-based psychosocial intervention
 - Focused cognitive-behavioral intervention
- Evidence-based basic psychopharmacology
 - Safe and effective use of selective serotonin reuptake inhibitors
 - Indications for triage to specialty care
 - Levels of specialty care

Guided Self-Management for Sad Mood

KENEISHA SINCLAIR-MCBRIDE, PHD — 7 MIN

- Evidence-based cognitive-behavioral elements for practice at home
 - Mood tracking
 - Making time for fun

- Relaxation skills
- Thinking traps
- Problem solving

ADHD

Understanding ADHD

HEATHER WALTER, MD, MPH — 11 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

Identifying/Assessing ADHD

HEATHER WALTER, MD, MPH — 10 MIN

- Universal screening for inattention/hyperactivity/behavior problems
 - PSC-17
- Focused assessment of ADHD/disruptive behavior
 - Focused symptom rating scales
 - Vanderbilt ADHD Diagnostic Rating Scale (Vanderbilt)
 - Swanson Nolan And Pelham Scale-IV-26 (SNAP-IV-26)
 - Focused clinical interview
 - History, severity, complexity (medical and psychosocial), safety
 - Categorization of presentation as mild, moderate, or severe

Treating ADHD

HEATHER WALTER, MD, MPH — 31 MIN

- Evidence-based psychosocial intervention
 - Home- and school-based interventions
 - Focused executive skills training
 - Focused behavioral parent training
- Evidence-based basic psychopharmacology
 - Safe and effective use of stimulants, alpha agonists
 - Indications for triage to specialty care
 - Levels of specialty care

Guided Self-Management for Inattention/Disorganization

ERICA LEE, PHD — 10 MIN

- Evidence-based executive skills training elements for practice at home
 - Household rules and structure
 - Homework help
 - Daily school check-in
 - How to solve problems
 - How to remember what I need to do
 - How to get things done
 - How to organize my stuff
 - How to manage my time
 - How to feel good about myself

Guided Self-Management for Disruptive Behavior

ERICA LEE, PHD — 19 MIN

- Evidence-based behavioral parent training elements for practice at home
 - Bonding time
 - Praising good behavior
 - Shifting attention
 - Effective directions
 - Rewarding good behavior
 - Reasonable consequences
 - Getting ahead

CONCLUSION

Summary/Conclusions

HEATHER WALTER, MD, MPH; DAVID DEMASO, MD — 19 MIN

- Review of information presented

Post Course Survey

PRESENTERS



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PUBLISHED OUTCOMES TO DATE

- Walter HJ, et al. Enhancing pediatricians' behavioral health competencies through child psychiatry consultation and education. *Clin Pediatr*. 2018;57(8):958-969.
- Walter HJ, et al. Five-year outcomes of behavioral health integration in pediatric primary care. *Pediatrics*. 2019;144(1):e20183243.
- Walter HJ, et al. Five-phase replication of behavioral health integration in pediatric primary care. *Pediatrics*. 2021;148(2):e2020001073.
- Arora BK et al. Virtual collaborative behavioral health model in a community pediatric network – two-year outcomes. *Clin Pediatr*. In press.
- Arrojo MJ et al. Pediatric primary care integrated behavioral health: a framework for reducing inequities in behavioral health care and outcomes among children. *Pediatr Clin North Am*. In press.

Clinical Manual for Pediatric Practitioners

109 page clinical manual summarizing information presented in the video course

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Anxiety Care Pathways

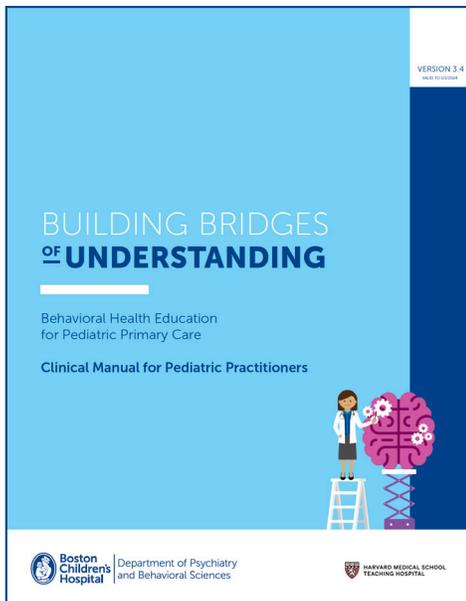
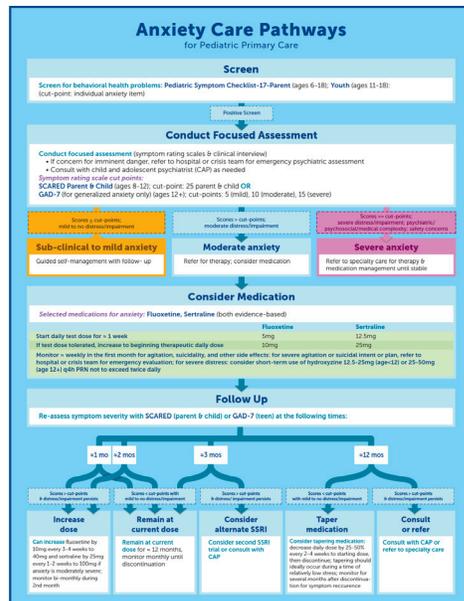


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Guided Self-Management Toolkit for Families

267 pages providing self-management tools for patients and their parents

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Anxiety Toolkit Introduction

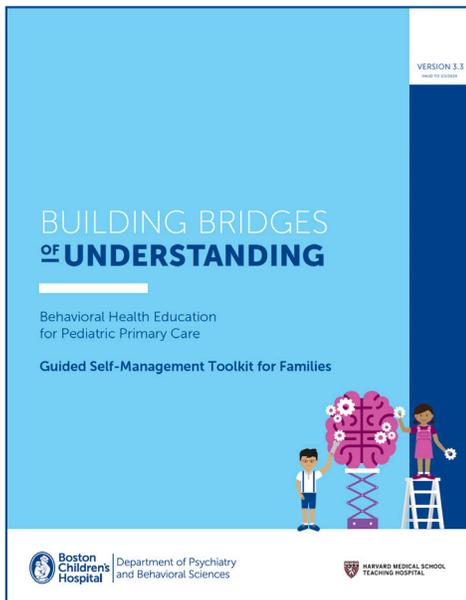


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