

**The BRAIN TRUST NETWORK [BTN]  
Meeting Notes**

**Tuesday, February 11, 2020**

**4:30-5:30 pm**

**UTEP Health Science Center and School of Nursing Building  
Room 384**

**Attending:**

Maria Carrillo, Luis Chavarria, Valeria Contreras, Jaime Diaz, Dr. Amy Field, Claudia Fuentes, Nicole Gonzales, Rene Hurtado, Dr. Jacob Martinez, Dr. Holly Mata, Enrique Mata, Kristen Ortega, Dr. Krista Powell, Guadalupe Quezada, Claudia Fuentes, Christine Zimmerly

**Welcome and Introductions:**

Dr. Holly Mata convened the meeting at 4:35 pm and called for brief introductions.

**Special Presentation - "What is the Child Psychiatry Access Network (CPAN)" Sarah Martin, M.D., Texas Tech Health Science Center El Paso Department of Psychiatry Chief, Division of Child and Adolescent Psychiatry, Director, Psychiatry Residency Training Program, and Assistant Professor,** provided a presentation on the opportunity developing as a result of the passing of Senate Bill 10 during the 86<sup>th</sup> Legislative Session. She summarized the events leading to the development of the Texas Child Mental Healthcare Consortium made up of Chairs of Psychiatry and other state leaders. Their charge is to implement a model program to share research among the medical schools and increase availability of child psychiatry consults for primary care and pediatric providers to care for their patient's mental health needs. Dr. Martin responded to numerous questions resulting in a lively discussion from the group. Presentation slides are included with these notes.

**Updates:**

Punto de Partida is coordinating with Project Vida and El Pasoans Fighting Hunger to provide food packs at their location.

El Paso Child Guidance Center is providing trainings in Trauma Informed Care. The trainings are offered in 10 sessions 2 hours per session per week. For more information contact Guadalupe Quesada at 915-562-1999.

Emergence Health Network is working hard to provide CIT trainings for law enforcement. They are also working with the El Paso Jewish Federation to provide a training entitled "The Israel Trauma Coalition's Emergency Preparedness and Response Workshop for First Responders, faith-based leaders and area clinicians."

UTEP School of Nursing's new Dean is Dr. Leslie Robbins, and long-time member of the Brain Trust and the reason the Brain Trust can meet in Room 384 of the UTEP College of Health Sciences and School of Nursing Building.

**Congratulations Dean Robbins and thank you for your ongoing support of the Brain Trust!**

**Next Meeting:**

The Brain Trust now has a standing meeting time of 4:30 pm every 2<sup>nd</sup> Tuesday of the month.

**The Next Brain Trust Network meeting is scheduled for 4:30 pm, Tuesday, March 10<sup>th</sup> in room 384 at the UTEP Health Sciences Center and School of Nursing Building.**



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# Texas Tech Department of Psychiatry, Division of Child and Adolescent Psychiatry

Sarah Martin MD



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MEADOWS  
MENTAL HEALTH  
POLICY INSTITUTE

Texas Child Psychiatry Access Network (CPAN)

Melissa Rowan | September 2019

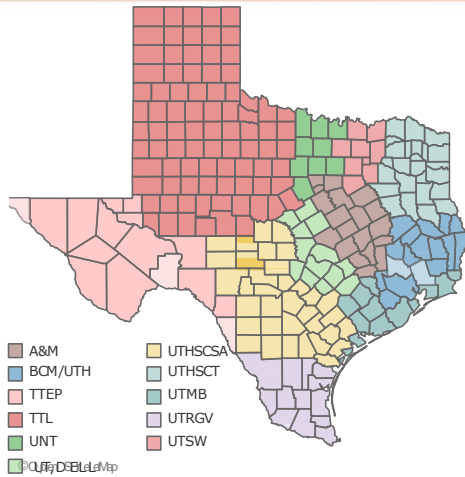


# Child Psychiatry Access Network

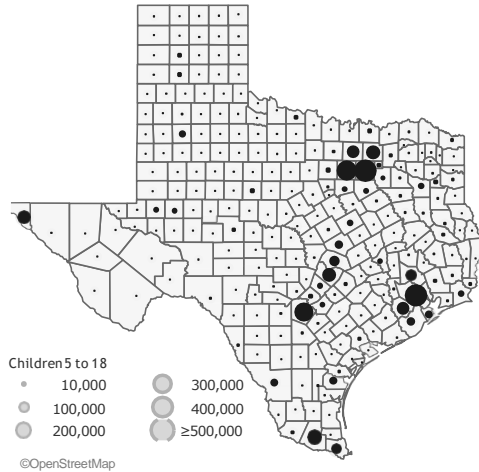
- Senate Bill 11-school safety
- Texas Child Mental Health Care Consortium
- 12 medical schools
- Each medical school has its own region
- Critical shortage of child psychiatrists



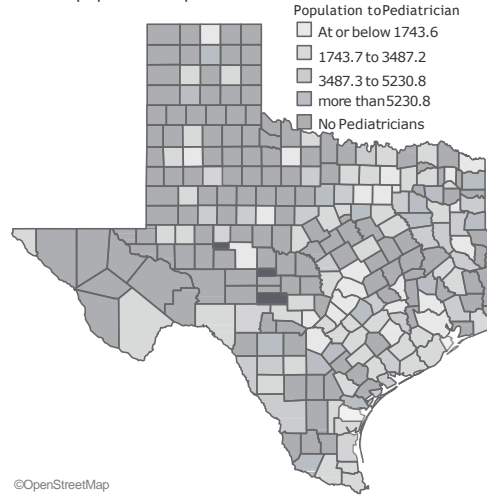
## Catchment Areas



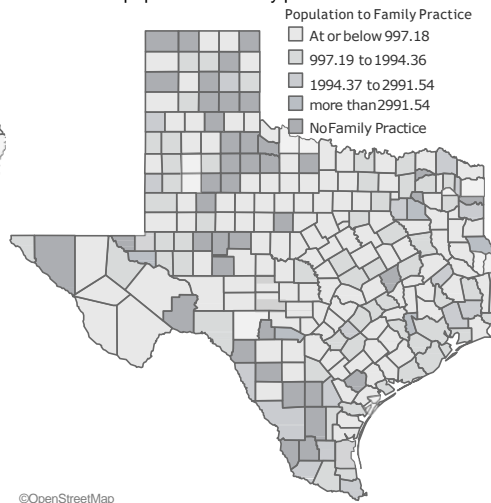
## Population of Children between 5 and 18 Years Old



## Ratio of population to pediatrician

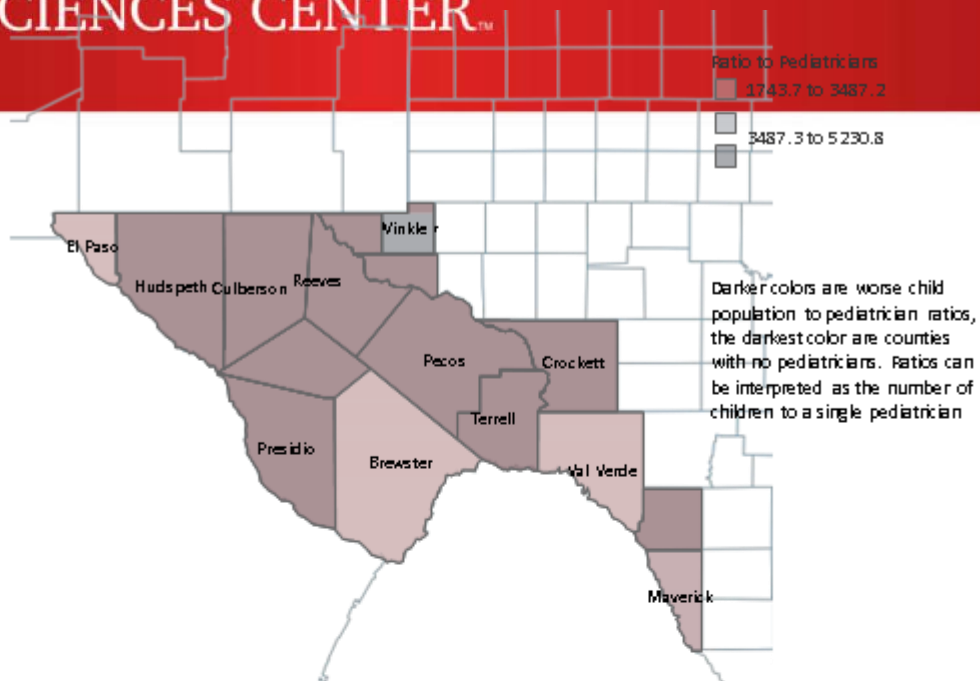


## Ratio of child population to family practice

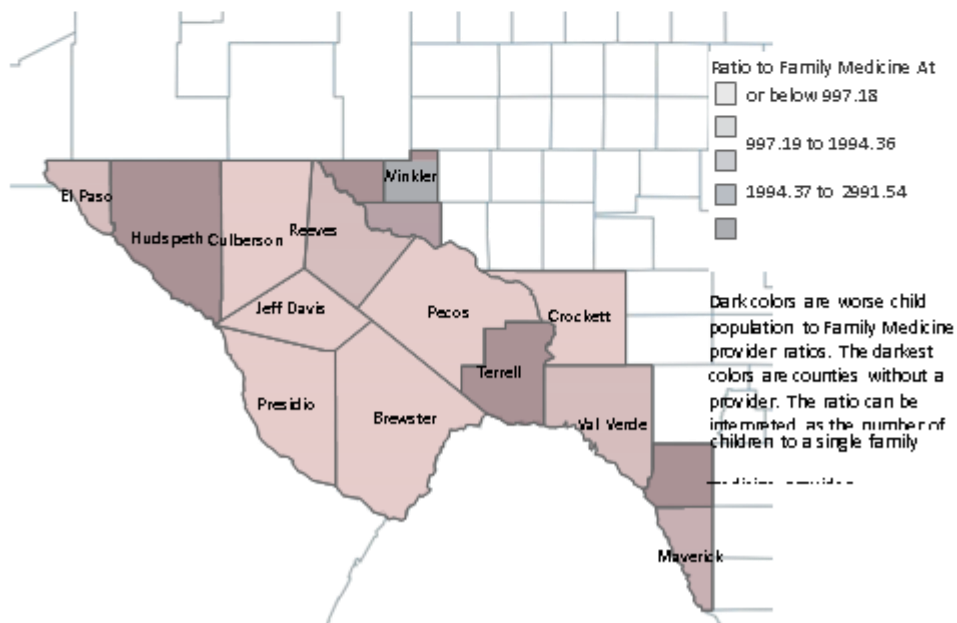




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Ratio of child population to family medicine & family practice





## Early Intervention

Half of all mental health conditions manifest by age 14.

Interventions work best at this early stage, when symptoms are *less severe, more treatable, and more readily prevented from escalating* to more complex conditions.

By young adulthood, 75% of lifetime cases have presented.

Early  
Detection and  
Intervention



Appropriate  
Treatment





## How Mental Health Needs Present in Primary Care

- Anxiety
- Depression
- ADHD
- Trauma
- Substance Use
- Psychosis





Nearly 30 states have implemented Child Psychiatry Access Programs (CPAPs).

The Massachusetts Child Psychiatry Access Program (MCPAP), established in 2004, is the longest running program.

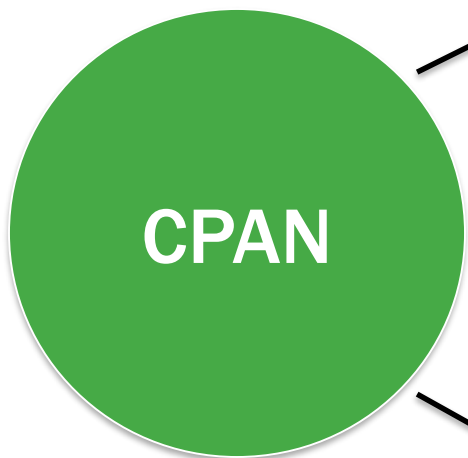
The cost of MCPAP is approximately \$2 a year per child.

MCPAP has three academic hubs across the state that provide consultation to PCPs for the mild to moderate mental health needs of their patients. Each hub covers up to 500,000 children and youth.

The Child Psychiatry Access Network (CPAN), the Texas CPAP model, will be a statewide system of regional children's behavioral health consultation and referral hubs located at academic medical centers.



CPAN is a network of regional behavioral health consultation hubs located at academic medical centers across Texas. An example of staff within a regional CPAN hub includes the following: child psychiatrists, a behavioral health clinician, a referral specialist, and a program coordinator.



Telephonic clinical consultation during business hours with a child psychiatrist or behavioral health clinician.



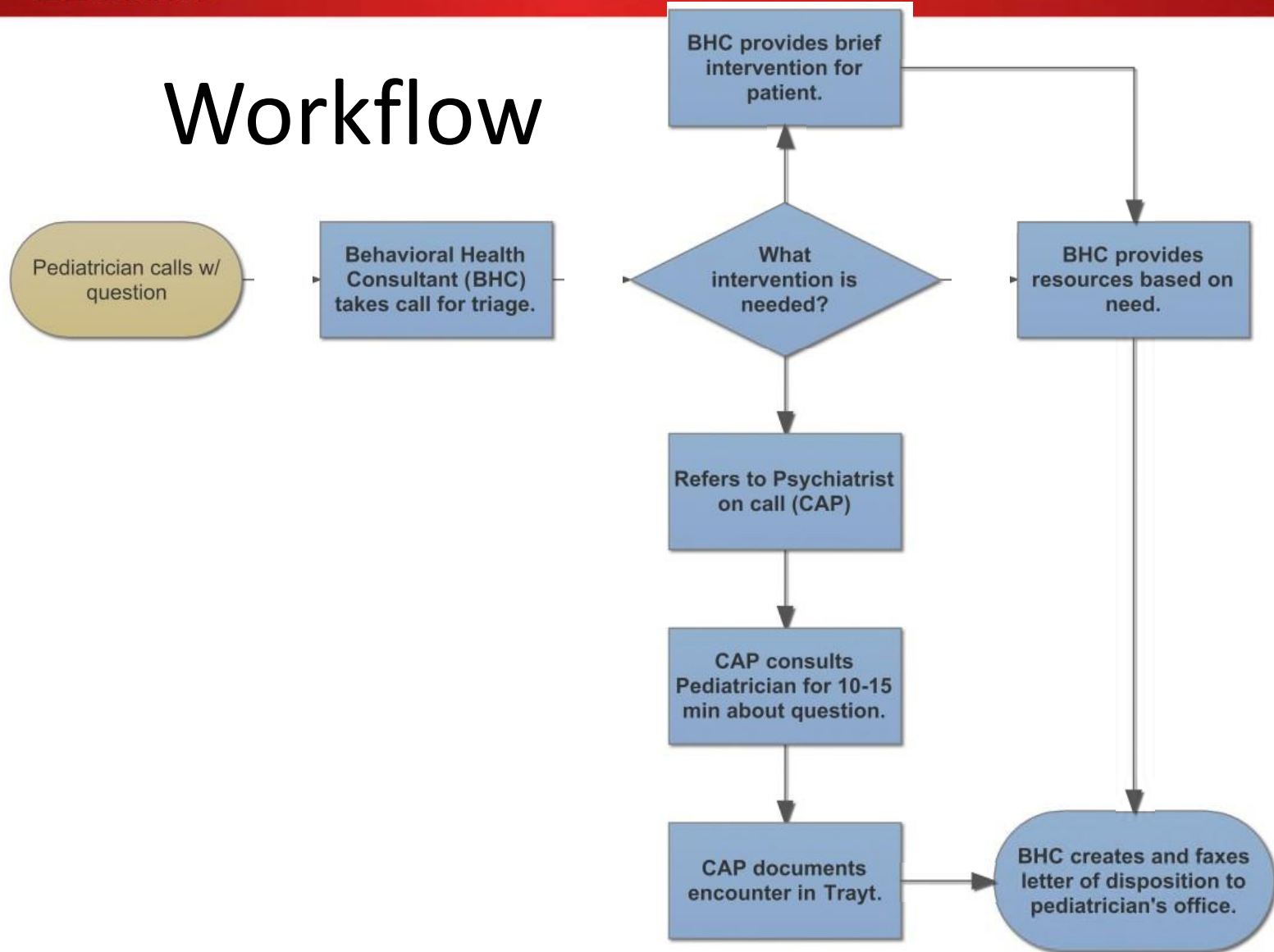
Care coordination for assistance with referrals to community mental health services.



Continuing professional education designed for primary care providers.



# Workflow





# Texas Child Health Access Through Telemedicine (TCHATT)

- The TCHATT component of SB 11 is intended to fund the establishment of telehealth programs for identifying and assessing behavioral health needs and providing access to mental health care services in the schools
- Students referred to this program will receive a comprehensive evaluation and referral for continuing services
- Target population- at risk for violence
- If medication is indicated, we will work with students' pediatricians



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# Texas Child Health Access Through Telemedicine (TCHAT)

A Texas initiative to improve the  
mental health of our children



# TCHATT

- Texas legislature funding child psychiatry services- Senate Bill 11
- Services in our region will be provided by Texas Medical Schools
- High Risk children are the focus
- Maximum of 4 sessions (Comprehensive evaluation and/or brief treatment)





**August 23, 2019**

First meeting of Texas Child  
Mental Health Care Consortium

**November 30, 2019**

Implementation plan for SB 11  
provisions, including identifying  
CPAN hubs, due to LBB

**January 1, 2020**

Funding flows to hubs

**December 1, 2020**

Biennial legislative report, due  
every even-numbered year



# Purpose

- School shootings- brought the attention
- Focus on those at risk for illegal behavior
  - Legal problems
  - Alternative school placements
  - Suspensions
  - Absenteeism especially if at risk of not graduating
  - Psychiatric problems contributing to behavior
  - Not intended for those already in psychiatric treatment



# Implementation

- Insurance is not required
- Schools will need to
  - Identify students
  - Gather info
  - Obtain initial consent
  - Provide private space



# Implementation

- Space: can be centralized or by school
- Start in the high schools
- Therapist → initial evaluation
- Additional 3 sessions (if needed)
- Referrals to other existing programs



## Information needed prior to appointment

- Consent for evaluation from parents
- Vanderbilt (ADHD)
- PHQ-9A (depression)
- SCARED (anxiety)



## Information needed prior to appointment

- IEP/ARD or 504
- Psychiatric History form completed by parents
- Grades
- Disciplinary history
- Attendance record



## After the 4 sessions

- A comprehensive treatment plan will be produced
- If therapy is recommended
  - Community therapist
- If medication is part of the treatment plan
  - Primary Care provider