

**Warm Line (302) 513-0929 M-F 8AM – 5PM**  
**Connecting the Docs!**



**Delaware  
Child Psychiatry  
Access Program**

**DCPAP | MAY | 2020**

**NO HEALTH WITHOUT  
mental health**



May is Mental Health Awareness Month! We recognize the impact that mental health has on the general health and well-being of every person. While one in five people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. As primary care providers, you are an integral part of the mental health system, providing about half of health care for common psychiatric disorders. Your integrated care lowers costs, improves health outcomes and saves lives!

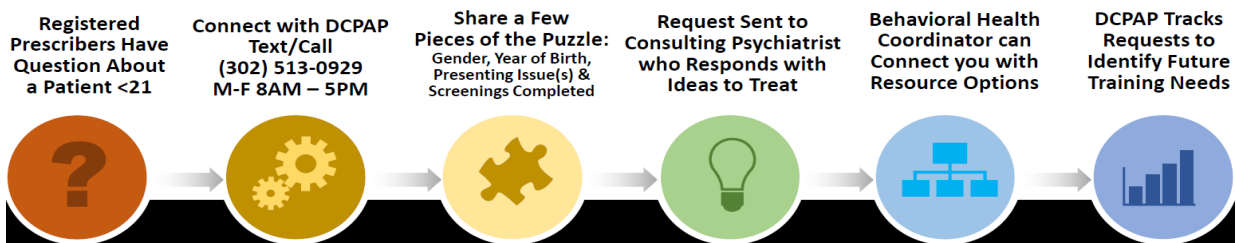
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## **DCPAP Virtual Training**

DCPAP will begin its virtual training schedule in June 2020. Prescribers are invited to participate in biweekly sessions with Mark Borer, MD, Board Certified Adolescent and Child Psychiatrist. Topics will address screening, diagnosis and medication management for ADHD, Anxiety, Depression and Bi-Polar Disorder, as well as how the COVID-19 pandemic affects presentation and treatment planning for each. The training will include 1 hour virtual sessions consisting of a 30 minute didactic with subsequent sample case consultations. Registration will be offered through Zoom. We will hope to offer CME's for training sessions beginning in late summer/early fall. Stay tuned for details!

### **Contact DCPAP Warm Line for Mental Health Consultation**





# COVID-19 & Mental Health – Be Aware & Screen

*Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health. – WHO International*

<https://www.who.int/teams/mental-health-and-substance-use/covid-19>

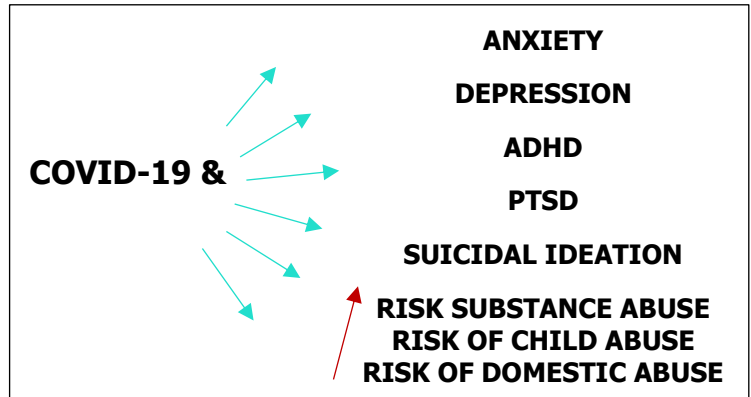
The COVID-19 pandemic has created a significant shift in our daily lives. This shift may exacerbate a variety of mental and behavioral health issues that are pre-existing for some and create issues related to stress for others. Being aware of and screening for these can increase overall health.

**Anxiety** is a normal reaction to uncertainty and things that may harm us. And while we know **depression** as a brain disease, it can also be substantially influenced by environmental stress. Emotional signals of **depression** such as sadness, irritability, emptiness and exhaustion may be easy to identify. Given certain conditions, these experiences take over the body and transform it, sapping motivation and disrupting sleep, appetite and attention. **Depression** can affect our ability to problem-solve, set and achieve goals and function effectively.

Families everywhere are struggling to care for and home-school children cut off from their normal routines and activities during the coronavirus crisis. Children with **ADHD** (regardless of type) may need extra structure and support to manage attention and behavior challenges, reduce any related anxiety and keep on track with learning.

A chronic stressor like COVID can lead to **PTSD**. COVID related trauma can come from current losses and/or trigger trauma of the past.

**Suicidal thoughts** have been associated with social isolation and loneliness, an indirect outcome



of social distancing measures recommended to reduce the spread of the virus. Secondary outcomes of the coronavirus, such as economic stress and decreased access to mental health treatment may increase the risk of **suicidal ideation** for some.

The risk for **substance abuse** or misuse related to increased alcohol and drug consumption during “stay at home” periods is of concern. Individuals with substance addiction issues may also have reduced access to support services or treatment.

The concern for **child and domestic abuse** also increases when time with abuser, stressors, social isolation and substance abuse increases with reduced access to interventions/supports and health care.

Good news! There are interventions that will help to reduce stress, build health and increase resilience for families. Providing early intervention for developing symptomology can help and be enhanced through use of DCPAP consultation and upcoming trainings.



## Resource Spotlight:

Delaware Child Priority Response Line 1-800-969-HELP (4357)

National Suicide Prevention Hotline 1-800-273-TALK (8255)  
<https://suicidepreventionlifeline.org/>

Crisis Textline - Text Home to 741741 or DE to 741-741  
<https://www.crisistextline.org/>

SAMHSA National Helpline (Eng/Span) 1-800-662-HELP (4357)  
<https://www.samhsa.gov/find-help/national-helpline>

Report Child Abuse or Neglect 1-800-292-9582 [iseethesigns.org](http://iseethesigns.org)

DSCYF Access Unit 1-800-722-7710 [www.mentalhealthde.com](http://www.mentalhealthde.com)

DSCYF Intake [General@delaware.gov](mailto:General@delaware.gov) [helpisherede.com](http://helpisherede.com)

### Call 911 in Case of Emergency

<https://www.mentalhealthfirstaid.org> <https://childmind.org/>

<https://www.aacp.org/coronavirus?> <https://www.calm.com/>

<https://mhanational.org/covid19> <https://headspace.com/covid-19>

<https://simplepractice.com/blog/anxiety-relaxation-mindfulness-apps-kids/>

<https://education.com/.worksheet/article/mindfulness-feelings-cards/>

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

<https://www.educationalappstore.com/best-mental-health-and-wellbeing-apps-for-kids>



# DCPAP Practitioner Satisfaction Survey

Within the next few weeks, the DCPAP team will invite you by e-mail to participate in a very brief survey to learn about your experience with the program. We are interested in hearing if you have used DCPAP services, what your experience has been if you did, and what training and education topics would help you better serve your patients' behavioral health needs. With your input, we will continue to enhance DCPAP and the consultation, training and referral resources we can offer you. Thank you in advance!

***"Dear Dr. Borer, Thank you so much for your help.  
We really are grateful to have you and the staff at  
Delaware Child Psychiatry Access Program available to support us.  
It has meant a lot."***

Cem Soykan, MD Associate Chief of the Christiana Pediatric Hospitalists, Bayhealth Team Leader



## What is DCPAP Health Care Coordination?

Mindy Webb, LCSW is a veteran social worker and has been an independent contractor for 12 years with the Division of Prevention and Behavioral Health Services. She has worked as a clinical team lead with wraparound care coordination and with promotion of social emotional wellness and integrated care around early childhood. Mindy coordinates outreach for DCPAP and is the friendly voice on the phone when you request a consultation. In addition, she is able to guide you to community resources and offer information re: therapy or therapists in the community. Mindy can support case coordination and follow-up as needed. Requests for health care coordination information can be made through the DCPAP warm line or via e-mail.



## DCPAP Advisory Council – Our Champions!

The DCPAP advisory council is a committee of stakeholders. The council is led by DCPAP Project Director, Dr. Richard Margolis, M.D., and members of the community with a strong interest in partnership and ensuring that this project is successful and sustainable. We are so grateful for the guidance the council provides to DCPAP' efforts. They are our champions! The next virtual council meeting is 6/12/20-12PM.

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