

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



**Delaware
Child Psychiatry
Access Program**




DCPAP | OCTOBER | 2020

**Depression & Mental
Health Screening Month
Health Literacy Month
ADHD Awareness Month
Bullying Prevention Month**

**STAMP OUT
STIGMA**

**Week of Oct. 4-10
Mental Health Awareness
Oct. 11-17 OCD Awareness
Week of Oct. 18-24
Health Education Awareness**

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Bipolar Disorder Training

Join Mark Borer, MD, DLFAPA, DFAACAP Board Certified Child and Adolescent Psychiatrist for the next DCPAP training series for providers and professionals:
Tuesdays November 10th and November 17th
Bipolar Disorder in Youth With An Eye On COVID-19
Series covers screening, diagnosis, medication management and treatment planning.
Each 1 hour session includes didactic presentation.
Share a case query for real time sample consultation during training session. Free CME credits.
Register via e-mail at DSCYF_DCPAP@delaware.gov.

We need your feedback!
**Complete the Health Care
Provider Survey!**

And remember—participate in your program & shape its development in the future!



2020 Training Session Calendar:
Bipolar Disorder 11/10 & 11/17
Trauma & PTSD 12/4 & 12/8
Autism Spectrum Disorder in 2021!
All Zoom sessions 12:30 – 1:30 PM.

Be on the lookout for DCPAP promotional items!
Our team is working hard to share a note of thanks and SWAG to all registered prescribers & practices.





Bipolar Disorder Review – PCP’s Role in Tx

Excerpt from <https://www.mcpap.com/Provider/BipolarDisorder.aspx>

Introduction

Bipolar disorder is a brain based diagnosis that impairs one's ability to regulate emotions and behaviors. Bipolar disorder typically begins with either symptoms of mania or depression but can present with a mixed state, a combination of both symptoms of mania and depression. In children and adolescents bipolar disorder often presents as chronic mood instability frequently characterized by significant irritability and aggression. It is differentiated from depressive disorder(s) by the presence of discrete episodes of mania.

Diagnosis

The lists below provide possible signs and symptoms, but not all children with bipolar disorder have all symptoms. Like children with depression, children with bipolar disorder are likely to have a family history of the illness.

Symptoms of Mania:

- Elevated, expansive, or irritable mood
- Decreased need for sleep
- Racing speech and pressure to keep talking
- Grandiose delusions
- Excessive involvement in pleasurable but risky activities
- Increased physical and mental activity
- Poor judgment
- In severe cases, hallucinations
- Racing thoughts or flight of ideas
- Explosive behaviors, including tantrums and aggression
- Rage
- Increased distractibility

Symptoms of Depression:

- Pervasive sadness and crying spells
- Sleeping too much or inability to sleep
- Agitation and irritability
- Withdrawal from activities formerly enjoyed
- Drop in grades and inability to concentrate
- Thoughts of death and suicide
- Low energy
- Significant change in appetite

Clinical Guidelines

Individuals with bipolar disorder are at increased risk for academic difficulties, substance abuse, legal troubles, and suicide. Furthermore, symptoms generally affect functioning in all areas of an individual's life. This diagnosis should not be treated by the PCP without consultation or referral. *AACAP Practice Parameter for the Assessment and Treatment of Children with Bipolar Disorder Vol 6 January 2007*

Rating Scale

Young Mania Rating Scale (YMRS)

Bipolar Disorder/Mania

Parent Version of the Young Mania Rating Scale (P-YMRS)

- For children 5 - 17 years old
- 11 items for parent
- 15 - 30 minutes to complete
- Parent completes questionnaire
- Free

Parent Information Handouts

The Depression and Bipolar Support Alliance has printable materials that may be downloaded and printed. These include [pediatric bipolar fact sheets and information](#).

[AACAP Facts for Families: Bipolar Disorder in Children and Teens](#)

[National Institute of Mental Health \(NIMH\) - Bipolar Disorder in Children and Adolescence](#)

Additional Resources

Depression and Bipolar Support Alliance (DBSA)
<https://www.dbsalliance.org/>

NAMI and NAMI Delaware
<https://www.nami.org/Home>
<https://www.namidelaware.org>

Mental Health Association Delaware (MHA)
<https://www.mhainde.org/>

National Institute of Mental Health (NIMH)
<https://www.nimh.nih.gov/health/find-help/index.shtml>

DCPAP in the News!

DCPAP is in the news! Thank you to Jen Rini, Community Relations Coordinator for the Department of Services for Children, Youth and Their Families (DSCYF) for helping us get the word out about DCPAP. A press release about the program resulted in two interviews:



Project links pediatricians, child psychiatrists – featuring Dr. Stacey Fox, Beacon Pediatrics
<https://delawarestatenews.net/health/project-links-pediatricians-child-psychiatrists/>
Brooke Schultz 10/1/2020



Delaware Children's Department wants to expand access to behavioral health for children
<https://www.delawarepublic.org/post/delaware-childrens-department-wants-expand-access-behavioral-health-children>
Roman Battaglia 10/3/2020



Resource Spotlight: Delaware Healthcare Association

The Delaware Health Care Association is a state-wide trade and membership services organization that exists to represent and serve hospitals, health systems, and related health care organizations in their role of providing a continuum of appropriate, cost-effective, quality care to improve the health of the people of Delaware. The primary role of the Association is to serve as a leader in the promotion of effective change in health services through collaboration and consensus building on health care issues at State and Federal levels.

DHA's vision is to be the leading and respected voice for hospitals and health care delivery systems in Delaware working together to deliver compassionate, accessible, high quality, financially sustainable health care to the patients and communities they serve. Their mission is to provide policy and advocacy leadership in creating an excellent environment for enabling every Delawarean to be as healthy as they can be.

The Delaware Healthcare Association, in a joint providership with the Healthcare Leadership Network of the Delaware Valley, and Bayhealth, presents:

The 24th Annual Delaware Healthcare Forum Thursday, October 29, 2020 A Virtual Event

DCPAP is among the sponsors for this event. Agenda topics include: Telehealth, a key tool in providing care during the Pandemic; A Pandemic Rises, Hospital leaders recount the early days and weeks of the Pandemic (a CEO panel); A SHOC to the System, what a State Health Operations Center does during a Public Health Emergency; Financial Implications, the push from inpatient to outpatient care; and Government Review, State and Federal waivers, executive orders and legislation.

The Forum offers Continuing Education Credits to attendees: Bayhealth is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91). Nurses will receive a certificate of completion for 5.75 contact hours; and ACHE II – Qualified Education Credits, 4 Hours (Apply Online).

For more information and to register, please visit: <https://www.deha.org/Forum/Annual-Healthcare-Forum>

Register Now
24th Annual Delaware Healthcare Forum
Thursday, October 29, 2020
Virtual Event

The banner features a background image of a large conference room with many people seated at tables, facing a stage with a presentation screen. The text is overlaid on this image.



Resources:

mentalhealthde.com

Child Priority Response 1-800-969-4357

Text DE to 741741 for the Crisis Text Line for an anonymous conversation – Free 24 Hours a Day

Call Police or Medical Emergency at 911

Delaware Helpline – 211

Delaware HOPE Line 24 Hours/7 Days Week

Re: COVID Support/Resources 1-833-946-7333

cdc.gov/coronavirus

<https://coronavirus.delaware.gov/>



Provider Spotlight – Dr. Harry A. Lehman III

“I am a Board Certified Pediatrician serving Sussex County for the past 34 years. Since 2016 I have been part of the Nemours Primary Care Network and for the last year our site in Millsboro has had an on-site psychologist integrated into the practice. Having a psychologist on-site has greatly added to our ability to provide patients with behavioral health diagnostics and counseling. However, there are times when I need a little help from my colleagues, the pediatric psychiatrists. And that is where DCPAP has been invaluable. The ever changing landscape for psychiatric medications for children has always required a continued educational effort on my part. But, even with continuing education and 34 years of experience I have found myself reluctant to take the next step in medication management for a few of my patients. So I appreciate the rapid access to Dr. Mark Borer through DCPAP. Dr. Borer has been kind enough to give me specific feedback on my initial therapeutic regimen and then provided a road map with a specific plan and pharmacokinetic rationale for the plan.”

Don't forget the DCPAP Consultation "How To"

Call for Psychiatry Consultation, Resources & Referral Information! #302-513-0929

Registered Prescribers Have Question About a Patient <21

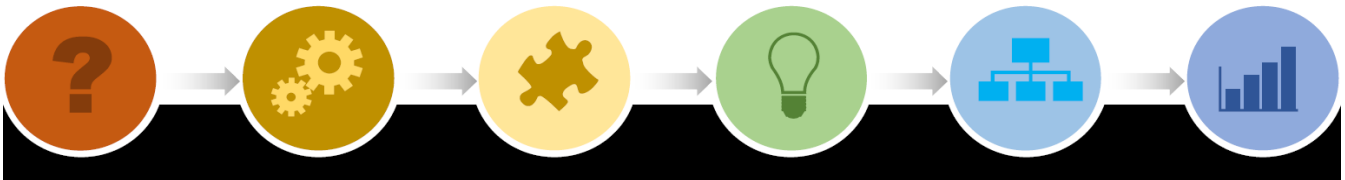
Connect with DCPAP Text/Call (302) 513-0929 M-F 8AM – 5PM

Share a Few Pieces of the Puzzle: Gender, Year of Birth, Presenting Issue(s) & Screenings Completed

Request Sent to Consulting Psychiatrist who Responds with Ideas to Treat

Behavioral Health Coordinator can Connect you with Resource Options

DCPAP Tracks Requests to Identify Future Training Needs



Richard Margolis, MD, Project Director richard.margolis@delaware.gov

Joseph Hughes, MBA, Project Manager joseph.a.hughes@delaware.gov

Mindy Webb, LCSW, Behavioral Health Care Coordinator mindy.webb@delaware.gov

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Warm Line: Call or Text
302-513-0929 M-F 8-5



Email the DCPAP Team:
DSCYF_DCPAP@delaware.gov