

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



**Delaware
Child Psychiatry
Access Program**

DCPAP | NOVEMBER | 2020



National Health
Observances

Family Health History Day 11/26/20

The idea is to discuss family health history when together for Thanksgiving. This year will see a different style of celebration, with many families staying home or connecting virtually. It is more important than ever to share health information with our loved ones, keeping up to date about our health needs/risks and being aware of genetic family issues, including mental health.



Bipolar DO Series: New Dates

**Rescheduled for Fri., Dec. 4th & Tues., Dec. 8th.
Bipolar Disorder in Youth With An Eye On COVID-19**

with Mark Borer, MD, DLFAPA, DFAACAP
Board Certified Child and Adolescent Psychiatrist
Series covers screening, diagnosis, medication
management and treatment planning.

Each 1 hour session includes didactic presentation.

**Seeking a case example from participants for real
time sample consultation during training session.**

Send case example or questions ahead of time.

Free CME credits.

Register via e-mail or send case example/questions to:
DSCYF_DCPAP@delaware.gov.

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Looking Ahead To 2021 DCPAP Training Series:

Autism Spectrum Disorder

Early Psychosis

Trauma & PTSD

Future Topic Suggestions Welcome!

All Sessions on Zoom 12:30 – 1:30 PM

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

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








"Ask The Doc" Sample Case Consultation with DCPAP

We strive to make it as easy as possible to obtain a curbside case consultation with DCPAP. Call, text or e-mail DCPAP through our warm line at #302-513-0929 or to DSCYF_DCPAP@deleware.gov.

When you "Ask The Doc" with DCPAP, what does it look like?

-  • PCP called the warm line and spoke to Mindy Webb, Behavioral Health Care Coordinator.
-  • Provided some initial de-identified information: Male, Age 12, Year of Birth 2008, Issues & Screenings
- Mindy Webb sent text sent to Dr. Borer who responded directly by phone to PCP within 24 hours.
-  • Following consultation, an encounter form summary was sent to requesting PCP for their records:

Presenting Issues: 12 yo with mood disorder who was improving on aripiprazole 2mg BID until a few months ago. Now worsened insomnia and moodiness. He is still on waiting list for psychiatry appointment.

He had been depressed and suicidal, referred to Psychiatric Facility in December, 2019. In January could not get into hospital due to COVID.

Sleeps a lot, but may go to bed late. Positive interaction with sibs for play, but can become teary and sad easily. Dad has Bipolar Disorder and had similar features when young. (Note that kids more than adults may have positive mood reactivity around peers or siblings, even when they are depressed).

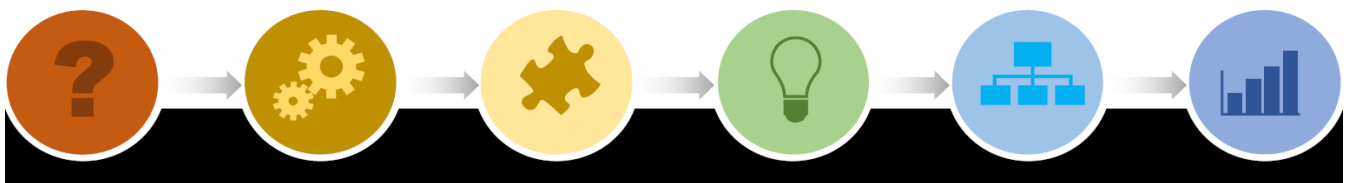
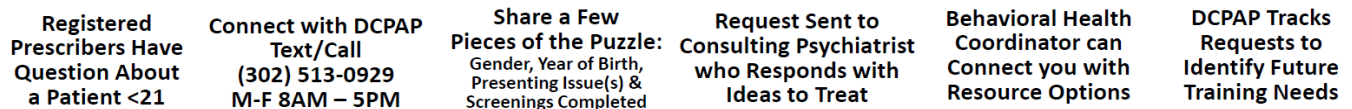
Diagnostic Considerations: MDD, Aggravated by Adjustment Disorder, Family History of Bipolar Disorder.

Treatment Considerations:

- 1) Can give aripiprazole on a once-a-day basis.
- 2) Monitor for high energy mood swings based on family history.
- 3) Monitor for further weight gain on aripiprazole, metabolics, akinesia, akathisia.
- 4) Explore for adolescent or other changes or stresses or SUD or bullying or academic issues aggravating his mood. Referral for additional therapy recommended due to history of suicidal ideation.
- 5) Recommend increase aripiprazole to 5 mg once a day, and if necessary can go toward 10 mg. If weight gain continues (he was obese and gained more before aripiprazole), consider a switch to ziprasidone, perphenazine, or lurasidone in place of aripiprazole.
- 6) Labs pending for update on his liver enzymes and HbA1c.
- 7) Consider adding bupropion 75-100 mg for additional antidepressant benefits if aripiprazole is not sufficient. It will work as an adjunct to help depression, but be less likely to set off hypomania or mood swing with the aripiprazole already on board. Patient can stop it if he feels agitated.
- 8) If sleep problems persist consider clonidine 0.1 mg to fall asleep or doxepin 10 mg for a good duration of sleep. Neither should have significant interactions with the other medication.
- 9) Continue to assess progress. Consider ongoing screening and check-ins for depression, suicidal ideation, (Bipolar Disorder).
- 10) Thanks for collaborating! Please call the warm line again if additional support is needed.

Follow Up: Continued follow-up by PCP along with therapy and school support resources.

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





Resource Spotlight – The Mental Health Association



COVID 19
Information &
Mental Health
Resources

The mission of the Mental Health Association in Delaware is to promote the mental health of Delawareans through advocacy, education and support plus ->

ADVOCACY:

MHA supports legislation that bolsters our mission by improving the community's understanding of mental health, increases mental health parity, improves access to treatment and support, allocates much-needed funding to the mental health system in Delaware, and improves the community's awareness of suicide as a public health problem. We believe that community collaboration is integral to making lasting change. Because of this, we chair and work collaboratively with many different organizations and collaborations such as the Behavioral Health Consortium and the Delaware Suicide Prevention Coalition.

EDUCATION:

MHA provides numerous annual events including our Higher Education Suicide Prevention Conference, Community Mental Health Conference, Military and Veterans Mental Health Conference, Peer Support Learning Collaborative, and coordination of National Depression Screening Day in Delaware. We provide regular, ongoing, evidence-based suicide prevention trainings to thousands of people annually throughout the state, as well as a great deal of education for peer specialists - those living in recovery from a mental health and/or substance use disorder, who are working to support others living with these disorders - including Peer Certification Training.

SUPPORT:

MHA provides information and referral to thousands of individuals each year through our website and phone - we are open to answer questions from 8 to 4, Monday to Friday - and through distribution of booklets and brochures in English and Spanish. MHA supports the mental health court by providing peer support mentors to clients who are moving through the mental health court system. We also facilitate peer-lead community- based wellness groups throughout the state for those who have been diagnosed with depression or anxiety disorders, or for those who have lost loved ones to suicide. We also provide therapeutic Seeking Safety groups, mostly for individuals who are homeless.

If you are interested in registering for any of MHA's educational opportunities or support group meetings, please call the office at 302-654-6833 or visit www.mhainde.org.



The MHA maintains the mentalhealthde.com website & Facebook page, providing information, support (including COVID related) and resource information around mental health needs across the span of childhood and transition to adulthood.

The Mental Health Association (MHA) is a partner of the the Division of Prevention and Behavioral Health Services (DPBHS) & the Delaware Child Psychiatry Access Program (DCPAP).

Thank you to the MHA for your participation through membership with DCPAP's Advisory Council!

Resources:

mentalhealthde.com namidelaware.org

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 HOPE Line 24 Hours/7 Days Week
Re: COVID Support/Resources 1-833-946-7333

de.gov/gettested ↓ Delaware Helpline – 211

COVID Support:

Holiday Mental Health for Kids & Teens
Online Facebook Live Event Re: COVID & Social Loss
Wednesday, November 18th 12 – 12:30 PM
with ChristianaCare Psychologist, Dr. Suzanne Bauer
<https://fb.me/e/6G28wz6dZ>



howrightnow.org - Partner Supported Site
Need Help Right Now?

This has been a challenging year.
Find help and ideas right now.

KNOW YOUR
COVID-19 STATUS



Governor Carney and the Delaware Division of Public Health announced that the Delaware will partner with Nemours Children's Health System, the Delaware Chapter of the American Academy of Pediatrics, and other pediatric care providers to make rapid COVID-19 tests available for children and adolescents statewide. **Note that DCPAP can offer consultation to PCP's around mental health needs presented by their patients resulting from COVID related stressors, and link providers to community support resources.**



Provider Spotlight – Kathy McDaniel, RN, MSN, CPNP

Kathy McDaniel has worked for 28 years in pediatrics; 18 of those years as a pediatric Nurse Practitioner. She has been with Nemours Children's Health System for almost 15 years, and is currently working in primary care at the Nemours Newark office. In addition, she functions as the primary care nurse practitioner supervisor for all the Delaware Valley Nemours primary care sites. Kathy's main areas of interest are newborns/NICU, adolescents, mental health, and teaching/education. She is married and has two children, ages 15 and 18. Obviously a hard working nurse and mom! Kathy and her team in Newark are the most recent registrants with DCPAP. We look forward to welcoming Kathy's colleagues and yours to DCPAP!



What's New for DCPAP in 2021? Check Out Below:

The DCPAP team is seeking to grow our service array and impact for providers and patients in 2021 through:

- **Outreach** to over 800 primary care providers to invite participation with DCPAP and increase impact.
- **App** being created for quick access to DCPAP consultation requests and resource/referral information.
- **Webpage** creation for DCPAP within the website for DPBHS to include program information/resources.
- **Intern** application with UD's Department of Family Development & Human Sciences in process.
- **Learning Management System** being coordinated to house training library to offer enduring CME's.
- **Sustainability** efforts always at the epicentre of program planning seeking long term funding sources.

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Email the DCPAP Team:
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