

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



**Delaware
Child Psychiatry
Access Program**



DCPAP | DECEMBER | 2020



In This Issue:

- 1 Stress Free Holiday Month**
- 1 DCPAP Website is Live!**
- 1 2021 DCPAP Training Series**
- 1 Help Us Help You!**
- 2 COVID: Mental Health Needs**
- 2 Thank you, Front Line Team!**
- 2 Resource Spotlight: NAMI DE**
- 3 Resources & COVID Support**
- 3 Provider Spotlight- Dr. Testa**

*See Holiday Blues Event 12/22/20 pg.2

National Stress Free Holiday Month

No matter how you celebrate the holidays this year or with who, remember the following tips to maintain mental wellness: **sleep, eat well and exercise.** It is also a time to **give yourself a break, practice patience and set realistic expectations** for what makes a holiday. Holidays can quickly become overwhelming and increase feelings of depression or anxiety. Seek support or reach out for professional help if these symptoms persist: **changes in sleeping or eating patterns, irritability, fatigue or aches, inability to cope, feelings of sadness, hopelessness, isolation or suicidal ideation.***



DCPAP Website is Live!

We are excited to share that the DCPAP website is now live! <https://kids.delaware.gov/pbhs/pbhs.shtml>
The site is housed within the Department of Services for Children, Youth and Their Families (DSCYF) through the Kids Department at kids.delaware.gov. Providers can register to participate with DCPAP, submit a request for consultation/referral support/resources and access additional diagnostic/screening tips and information. The catalog of DCPAP newsletters and related communications are also available.

DCPAP Training Series Spring 2021:

Autism Spectrum Disorder Early Psychosis Trauma & PTSD

Help Us Help You!



We want to offer training content that is useful at convenient times.

Look out for our upcoming Survey Monkey so you can share your preferred training times and topics.



COVID: Mental Health Needs

The mental and social health implications related to the COVID-19 pandemic are varied and far reaching. Issues related to stress, anxiety, depression, isolation, remote learning (especially for those with ADHD or special needs), suicidal ideation, joblessness, homelessness, financial insecurity, substance abuse, domestic abuse and more lay the foundation for short and long term needs. The full impact it has created in terms of presentation and need in children and families will not be known for some time. Check out mcpap.com, nih.gov. and our resource review on page 3 for links to resources for both providers and families around addressing these needs. Link to the Mental Health Care Package for pediatric providers, a review on mental health and COVID-19 plus downloadable sharable infographs that you can share with patients in your practice regarding self-care and addressing children's anxiety. While there is much need, there is also much help available. Contact DCPAP for consultation/resources.

Thank you Front Line Team!



You are the front line team! You may hear the thanks from your patients and the community for your efforts or you might not. Please know that you are appreciated and your work makes a difference. You are helping to keep children and families connected to care, community resources and a sense of calm during an uncertain time. Please take care of yourself; fill your own cup so you have more to give.



Resource Spotlight: NAMI Delaware



NAMI Delaware's mission is to support, educate, and advocate until there is a cure for severe and persistent mental illness. **Helpline 1-888-427-2643 Español 1-302-415-4356 namidelaware.org**

Education/Support for those impacted by mental illness as peers or loved ones –
NAMI Basics, Family Support Group, NAMI Connection, and NAMI Family & Friends

Awareness for general community members, leaders, and organizations seeking to understand, support, and intervene early -

Youth and Adult MHFA; Ending the Silence for parents, staff, and students; customized trainings on mental health awareness, self-care and community resources.

All programming is currently being offered virtually, and they could find more information about upcoming virtual programming at <https://www.namidelaware.org/virtual-programs>

NAMI offers COVID-19 local and national resources. Link to information about managing crisis, treatment options and resources for those affected by the pandemic as well as mental health information for children, families and providers.

*Visit NAMI on Facebook for this live event 12/22 →



Resources:

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
COVID Support/Resources 1-833-946-7333

de.gov/gettested Delaware Helpline – 211

www.wilmingtonde.gov/government/covid-19-resources

COVID Support:

<https://www.coronavirus.gov>

<https://www.nih.gov/coronavirus>

<https://www.nimh.nih.gov/covid19>



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

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

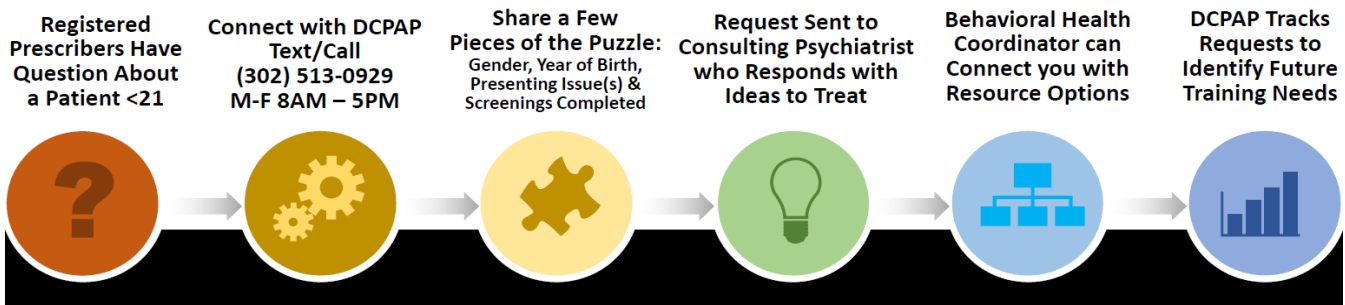


Provider Spotlight – Karla Testa, MD, FACP, FAAP

Karla Testa is a Med-Peds physician practicing primary care at Westside Family Healthcare in the Wilmington office since she graduated from her residency at ChristianaCare's Med-Peds program. Dr. Testa is the Director of Pediatrics and Special Populations (also focusing on Hepatitis C and HIV initiatives) at Westside Family Healthcare. In her spare time, Dr. Testa is a mom to 3 fun-loving kids. She loves running, hiking and hopes to, one day, travel again. In the interim, she has been one of the most prolific users of the Delaware Child Psychiatry Access Program (DCPAP). Dr. Testa shares, **"DCPAP has been an amazing resource that has helped me feel more empowered in caring for my patients within the medical home, as well as assisting to connect them with community resources and a higher level of care when needed. The program has been a wonderful addition to my toolkit as a primary care physician."**



Contact DCPAP via website or warm line #513-0929



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