

Warm Line (302) 513-0929 M-F 8AM – 5PM



Connecting the Docs!



**Delaware
Child Psychiatry
Access Program**

DCPAP | FEBRUARY | 2021

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Early Psychosis Training

Christine Hannah-Ronald, MSN, PMHNP-BC
& Mark S. Borer, MD, DLFAPA, DFAACAP Present
**Early Onset Psychosis
& Childhood Schizophrenia:
Hope Through Early Detection & Intervention**
Part 1 Friday, March 19th 12:30 – 1:30 PM
Part 2 Thursday, March 25th 12:30 – 1:30 PM
Each 1 hour session includes didactic presentation.

Free CME credits.

Register via e-mail at

DSCYF_DCPAP@delaware.gov

Welcome DCPAP Student Interns! Daria Mazziotti and Maxwell Judd from the University of Delaware will assist DCPAP this spring semester. They will help with the creation of a Standard Operating Procedures Manual and a Resource/Referral Manual by topic and county plus support the DCPAP's 2021 training series. 

For Black History Month, AACAP (aacap.org) celebrates the life of Dr. Margaret Morgan Lawrence, a pediatrician and child psychiatrist who was also the first Black woman in the United States to become certified by the American Board of Pediatrics; to be certified in psychoanalysis at Columbia University's Columbia Psychoanalytic Center; and to complete a residency at the New York Psychiatric Institute. She was also the first practicing child psychiatrist in Rockland County, New York. Born in 1914, Lawrence knew she wanted to be a doctor from a young age. Lawrence grew up during a period of extreme overt racism, when society and its institutions were very much segregated, and faced a myriad of challenges when she earned her degrees, like rejection from programs with racist excuses; working as a maid while at Cornell in order to live near the school (as she was barred, as the only Black undergraduate, from living on campus); or being accepted into programs with the condition that white patients could discriminate and refuse to be seen by her, a resident doctor at the time. Despite the dual challenges she faced as a Black woman in the mid 1900s, Dr. Lawrence had an extremely expansive career as a pediatrician and child psychiatrist. She developed some of the first child therapy programs in schools, day care centers, and hospital clinics, and was devoted to child mental health. Sadly, she passed away in December of 2019. This excerpt doesn't do justice to the kind of person that Dr. Lawrence was. **Read about her life, including an interview with her at https://cfmedicine.nlm.nih.gov/physicians/biography_195.html.**

**DELAWARE
CENTER FOR
JUSTICE**

*Healing
Spaces*

HEALING SPACES IS A FREE SUPPORT GROUP FOR BLACK PEOPLE TO SHARE PERSONAL EXPERIENCES WITH RACISM, PROCESS RACIAL TRAUMA, AND GET SUPPORT AND FEEDBACK. BLACK ACTIVISTS, ADVOCATES, AND ORGANIZERS ARE ENCOURAGED TO JOIN.

EVERY THIRD WEDNESDAY OF THE MONTH
7:00PM-8:30 PM; VIRTUAL

1/20/21	5/19/21	9/15/21
2/17/21	6/16/21	10/20/21
3/17/21	7/21/21	11/17/21
4/21/21	8/18/21	12/15/21

FOR MORE INFO AND REGISTRATION:
302-298-5635
JRICH@DCJUSTICE.ORG

Child Psychiatrist Resource Desert in Delaware



Legend

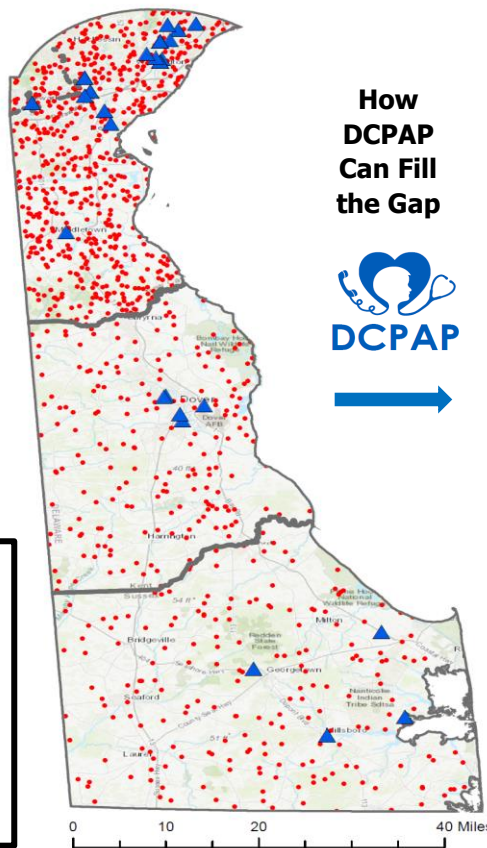
▲ Location of Child Psychiatrists

County Adolescent Pop. Density

• 1 Dot = 250 adolescents (under 18)

This map is designed to showcase the little number of child psychiatrists in the state of Delaware. There are currently only 35 active child psychiatrists in the state of Delaware to serve an under 18 population of 255,667.

*The true number of child psychiatrists is lower as this map includes all registered child psychiatrists, some of whom are no longer working in Delaware and others are only treating adults. Of the child psychiatrists shown, a number are dedicated to hospital work, with less availability for outpatient treatment or consultation.



How DCPAP Can Fill the Gap



The State of Delaware, Division of Prevention and Behavioral Health Services (DPBHS), through a five year \$2.225 million grant, developed the Delaware Child Psychiatric Access Program (DCPAP) to allow pediatric primary care providers to access child psychiatry tele-consultation and educational services to provide better and more prompt treatment for their patients as access to care is often delayed by several months due to the shortage of child psychiatric practitioners. That is how we got started and reached out to you. Your participation in DCPAP allows for patient care to be provided without the need for specialized services. Our goal is to sustain these types of consultation services beyond the life of the grant. Our value is our usefulness in supporting your work. Utilize DCPAP to address the mild to moderate behavioral challenges for your patients birth to age 21.

The DCPAP Consultation "How To" - Quick & Easy!

Registered escribers Have question About a Patient <21

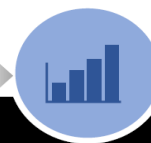
Connect with DCPAP Text/Call (302) 513-0929 M-F 8AM - 5PM

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



DCPAP By The Numbers: Year 2 In Review 10/2019 - 9/2020



170 Enrolled Providers

81 Pediatricians
56 Family Medicine
29 Nurse Practitioners
4 Physician Assistants



73 Consultation Requests

25 Registered PCP's Requested Consultation of 53 Patients:
21 Ages 0 - 11
32 Ages 12 - 21



18 Resource Referrals

Outpatient TX
Support Groups
Parent Support/Other
School Based Service



6 Training Sessions

3 Training Topics:
ADHD, Anxiety & Depression
25 Registered PCP's Attended at least 1

You Care For Others But Who Cares For You? Self-Care Is A Necessity For Everyone!

The pandemic has created challenges beyond the norm for many professionals. Both primary care and mental health professionals have been presented with some unexpected and increased needs for their patients and often, themselves. Increased caseloads, the switch to telehealth and the evolution of new stressors have had an impact on providers and patients alike. This collective community trauma combined with individual losses can be correlated with increased stress, anxiety, depression, substance abuse and suicidal ideation, as well as provider burnout. As the pandemic continues and even as it subsides, needs will continue to rise. Long term changes in how services are coordinated, availability, areas of focus and outcomes will be affected. Self-care for all is needed now, more than ever. It can range from simple personal acts such as talking it out, mindfulness, taking time off or time out to seeking professional mental health support. Help is available for everyone. Reach out to DCPAP for a psychiatric consultation or resource and referral information for your patients. Do not hesitate to seek professional supportive care for yourself. Providers affected by the COVID-19 crisis can access help at no cost. **The Emotional PPE Project** <https://www.emotionalppe.org> or **Project Parachute** <https://www.eleos.health/parachute>, connecting providers, free of charge, with licensed mental health professionals via telehealth. Remember that there is no health without to mental health. Make self-care a priority. You cannot care for others until you care for yourself.



Provider Self-Care Resource Spotlight

U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) any time day or night, or chat online.

Crisis Text Line provides free, 24/7, confidential support via text message to people in crisis - dial 741741.

National Alliance on Mental Illness has support groups for people living with mental illness.

See Additional Resources On Page 4.



Self-Care Resource Review:

<https://healthleadsusa.org/resources/self-care-resources-during-covid-19/>

<https://www.aafp.org/membership/benefits/physician-health-first/practice-self-care.html>

<https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19>

<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/self-care>

aap.org aacap.org nami.org namide.org

Additional Resources:

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

mentalhealthde.com

Delaware Helpline – 211

cdc.gov/coronavirus

coronavirus.delaware.gov

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



Provider Spotlight: Dr. Kerry Kirifides with Just Kids Pediatrics

Dr. Kerry Kirifides has been in practice for 25 years and trained in Delaware at AI DuPont and Christiana Care. After residency, she worked with a family practice and in 2007, started Just Kids Pediatrics in Newark. Since that time, Dr. Kirifides has been voted as one of Delaware's Top Docs in 2010, 2012, 2014, 2015, 2016, 2018, 2019 and 2020 by Delaware Today Magazine. She shares that *"over the years our practice has participated in many quality care improvement projects, including partnering with the State of Delaware in the Delaware SIM behavioral Health Integration Pilot program. This is how we first met Dr. Borer and learned of his vision to enhance access to psychiatric consultation in the state. Through this program we have been able to expand the care we provide our patients. Knowing we can reach out to the Delaware Child Psychiatry Access Program (DCPAP) when we need to consult about a patient has been wonderful. I have had the opportunity to utilize the program and together we were able to develop a plan for safety and make medication changes that helped the patient and family take the next steps to improved mental health. We can't thank you enough for this support. The educational opportunities have been great and have expanded both our knowledge and confidence in caring for mental health in the primary care setting."*

Connect to DCPAP by App, Phone, E-Mail & Website!

DCPAP Disclaimer Details: Requests to DCPAP result in the sharing of clinical concerns and considerations based on information presented during professional-to-professional psychiatric consultation. It does not infer a direct patient contact by the consulting psychiatrist nor a direct psychiatric evaluation of a specific patient. Clinical assessment may not be complete and may require further direct patient and record assessment by the treating clinician, or referral of the patient for direct assessment by a psychiatrist or appropriate mental health professional.

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DCPAP Website

<https://kids.delaware.gov/dcpap/dcpap.shtml>



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Email the DCPAP Team:
DSCYF_DCPAP@delaware.gov

