Assessing and Managing Mental Health Problems in Children and Adolescents:
A Mini-Fellowship for Primary Care Clinicians
In Collaboration with the Behavioral Health Education Center of Nebraska BHECN

DESCRIPTION OF PROPOSED PROGRAM
The Mini-Fellowship in Assessing and Managing Mental Health Problems in Children and Adolescents is a state-of-the-art training program consisting of:

- a 15-hour (over 3 days) on-site intensive, interactive workshop, followed by
- 1-hour long case-based conference calls every other week for six months (12 calls)

Purpose
At a time when more pediatric behavioral health care is being delivered by primary care clinicians, many providers—including pediatricians, family physicians, nurse practitioners, and physician's assistants, as well as adult-focused psychiatrists—are recognizing the need for more training in the use of psychiatric medications in children and adolescents. The REACH Institute (REsource for Advancing Children's Health), under the directorship of Peter S. Jensen, M.D., has partnered with leading researchers and practitioners to develop an innovative Mini-Fellowship in pediatric psychopharmacology to help providers achieve confidence in delivering pediatric behavioral healthcare.

Goals
In order to effectively use medications for pediatric behavioral health problems, participants learn to:

1. Correctly identify and differentiate among pediatric behavioral health problems such as childhood depression, ADHD, bipolar disorder, anxiety states (including PTSD), oppositional and conduct disorders, and psychosis, and distinguish these from normal developmental variations.
2. Effectively manage psychopharmacology, including: a) selecting medications for individual patients; b) initiating and tapering dosages; c) monitoring improvements; and d) identifying and minimizing medication side effects.
3. Create and implement a treatment plan by mobilizing existing resources. This includes learning how to appropriately delegate tasks by creating an effective treatment team out of family members, school personnel, and other professional caregivers.
Benefits to Practice
• Lessens chances of litigation stemming from incorrect assessment and therefore treatment
• Practice becomes more family-friendly leading to a decrease in missed appointments
• Improved billing for patient tests, procedures, and time

Workshop Details
The mini-fellowship addresses the practical training needs of busy, working providers within the framework of the typical practice. The fellowship consists of the following innovative elements:
• A dynamic 15-hour (over 3 days) training workshop with a focus on interactive learning, to identify participant’s specific training needs and to build their skills and confidence in diagnosing and treating pediatric behavioral health problems.
• A six-month long, clinical case-based, distance learning program. Using group teleconferences to consult with nationally known psychopharmacology experts on a bimonthly basis, participation in case-based clinical rounds will help participants with the kinds of problems and questions they encounter in their medical practice.
• A comprehensive toolkit and a set of web-based learning tools especially designed for this training. The toolkit includes user-friendly handouts and guides from national expert presenters, along with relevant assessment instruments, dosing and side effect charts, medication comparison tables, and informational handouts for patients and parents. For example, the GLAD-PC toolkit will be discussed and applied with patient vignettes.

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