



Boston Children's Hospital
Department of Psychiatry
and Behavioral Sciences

BEHAVIORAL HEALTH EDUCATION

for Pediatric Primary Care

A foundational 5-hour web-based video educational course for pediatric primary care practitioners (PCPs) focusing on the identification, assessment, early intervention, and treatment of mild to moderate presentations of anxiety, depression, and ADHD

- PCPs completing the course can acquire core mental health competencies developed by the American Academy of Pediatrics¹
- The course is accredited for 5.0 AMA PRA Category 1 Credits
- The cost for the course is \$250.00
- The course was created by Boston Children's Hospital Department of Psychiatry and is hosted on the Boston Children's Hospital Department of Education website: <https://bostonchildrens.cloudcme.com/buildingbridges>

The video course includes the following downloadable materials:



CLINICAL MANUAL FOR PEDIATRIC PRACTITIONERS

109 pages summarizing information presented in the course



GUIDED SELF-MANAGEMENT TOOLKIT FOR FAMILIES

267 pages providing self-management tools for patients and their parents

CLICK TO REGISTER



OBJECTIVE

To increase **access** to behavioral health services for children and adolescents

AIM

To enhance the **knowledge, skills, and confidence** of pediatric primary care practitioners (PCPs) to provide **safe and effective** management of **mild to moderate** presentations of psychiatric disorders **commonly seen** in their practices (i.e., anxiety, depression, ADHD)

In so doing, to conserve scarce specialty behavioral health resources for the most severe, complex, treatment resistant, and/or unsafe psychiatric disorders

COURSE SESSIONS ADDRESS:

Stepped Care Model

The stepped care model for behavioral health care in the primary care setting (i.e., identification, assessment, primary care management, specialty care management)

Screening

Universal behavioral health screening for anxiety, depression, ADHD, and behavior problems

Focused Assessment

Focused behavioral health assessment for anxiety, depression, ADHD, and behavior problems

Psychosocial Interventions

Evidence-based brief psychosocial interventions for mild to moderate anxiety, depression, ADHD, and behavior problems

Psychopharmacology

Evidence-based basic psychopharmacology for mild to moderate anxiety, depression, and ADHD

Triage of Care

Indications for triage to specialty care settings for consultation or ongoing care until stable

Prevention/Early Intervention Tools

Evidence-based tools for patients and parents for home self-management of mild worries and fears, sad mood, executive skills dysfunction, and behavior problems

¹ Foy JM et al. American Academy of Pediatrics Policy Statement. Mental health competencies for pediatric practice. Pediatrics. 2019;144(5):e20192757.



CORE COURSE SESSIONS

Behavioral Health Education for Pediatric Primary Care

GETTING STARTED

Pre-Course Survey

Introduction

DAVID DEMASO, MD — 14 MIN

- Rationale for behavioral health care in pediatric primary care
- Stepped model of behavioral health care

Universal Behavioral Health Screening and Clinical Assessment

HEATHER WALTER, MD, MPH — 26 MIN

- Universal screening using the Pediatric Symptom Checklist-17 (PSC-17)

ANXIETY

Understanding Anxiety

HEATHER WALTER, MD, MPH — 20 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

Identifying/Assessing Anxiety

HEATHER WALTER, MD, MPH — 11 MIN

- Universal screening for worries/fears
 - PSC-17
- Focused assessment of anxiety
 - Focused symptom rating scales
 - Scale for Child Anxiety Related Emotional Disorders (SCARED)
 - Generalized Anxiety Disorder-7 (GAD-7)
 - Focused clinical interview
 - History, severity, complexity (medical and psychosocial), safety
 - Categorization of presentation as mild, moderate, or severe

Treating Anxiety

HEATHER WALTER, MD, MPH — 28 MIN

- Evidence-based psychosocial intervention
 - Focused cognitive-behavioral intervention

- Evidence-based basic psychopharmacology
 - Safe and effective use of selective serotonin reuptake inhibitors
 - Indications for triage to specialty care
 - Levels of specialty care

Guided Self-Management for Worries/Fears

KENEISHA SINCLAIR-MCBRIDE, PHD — 10 MIN

- Evidence-based cognitive-behavioral elements for practice at home
 - Fear thermometer
 - Relaxation skills
 - Thinking traps
 - Facing your fears

DEPRESSION

Understanding Depression

HEATHER WALTER, MD, MPH — 16 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

Identifying/Assessing Depression

HEATHER WALTER, MD, MPH — 15 MIN

- Universal screening for sad mood
 - PSC-17
- Focused assessment of depression
 - Focused symptom rating scales
 - Mood and Feelings Questionnaire (MFQ)
 - Patient Health Questionnaire-9 (PHQ-9)
 - Focused clinical interview
 - History, severity, complexity (medical and psychosocial), safety
 - Categorization of presentation as mild, moderate, or severe

Treating Depression

HEATHER WALTER, MD, MPH — 27 MIN

- Evidence-based psychosocial intervention
 - Focused cognitive-behavioral intervention
- Evidence-based basic psychopharmacology
 - Safe and effective use of selective serotonin reuptake inhibitors
 - Indications for triage to specialty care
 - Levels of specialty care

Guided Self-Management for Sad Mood

KENEISHA SINCLAIR-MCBRIDE, PHD — 7 MIN

- Evidence-based cognitive-behavioral elements for practice at home
 - Mood tracking
 - Making time for fun

- Relaxation skills
- Thinking traps
- Problem solving

ADHD

Understanding ADHD

HEATHER WALTER, MD, MPH — 11 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

Identifying/Assessing ADHD

HEATHER WALTER, MD, MPH — 10 MIN

- Universal screening for inattention/hyperactivity/behavior problems
 - PSC-17
- Focused assessment of ADHD/disruptive behavior
 - Focused symptom rating scales
 - Vanderbilt ADHD Diagnostic Rating Scale (Vanderbilt)
 - Swanson Nolan And Pelham Scale-IV-26 (SNAP-IV-26)
 - Focused clinical interview
 - History, severity, complexity (medical and psychosocial), safety
 - Categorization of presentation as mild, moderate, or severe

Treating ADHD

HEATHER WALTER, MD, MPH — 31 MIN

- Evidence-based psychosocial intervention
 - Home- and school-based interventions
 - Focused executive skills training
 - Focused behavioral parent training
- Evidence-based basic psychopharmacology
 - Safe and effective use of stimulants, alpha agonists
 - Indications for triage to specialty care
 - Levels of specialty care

Guided Self-Management for Inattention/Disorganization

ERICA LEE, PHD — 10 MIN

- Evidence-based executive skills training elements for practice at home
 - Household rules and structure
 - Homework help
 - Daily school check-in
 - How to solve problems
 - How to remember what I need to do
 - How to get things done
 - How to organize my stuff
 - How to manage my time
 - How to feel good about myself

Guided Self-Management for Disruptive Behavior

ERICA LEE, PHD — 19 MIN

- Evidence-based behavioral parent training elements for practice at home
 - Bonding time
 - Praising good behavior
 - Shifting attention
 - Effective directions
 - Rewarding good behavior
 - Reasonable consequences
 - Getting ahead

CONCLUSION

Summary/Conclusions

HEATHER WALTER, MD, MPH; DAVID DEMASO, MD — 19 MIN

- Review of information presented

Post Course Survey

PRESENTERS



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PUBLISHED OUTCOMES TO DATE

- Walter HJ, et al. Enhancing pediatricians' behavioral health competencies through child psychiatry consultation and education. Clin Pediatr. 2018;57(8):958-969.
- Walter HJ, et al. Five-year outcomes of behavioral health integration in pediatric primary care. Pediatrics. 2019;144(1):e20183243.
- Walter HJ, et al. Five-phase replication of behavioral health integration in pediatric primary care. Pediatrics. 2021;148(2):e2020001073.

Clinical Manual for Pediatric Practitioners

109 page clinical manual summarizing information presented in the video course

Cover

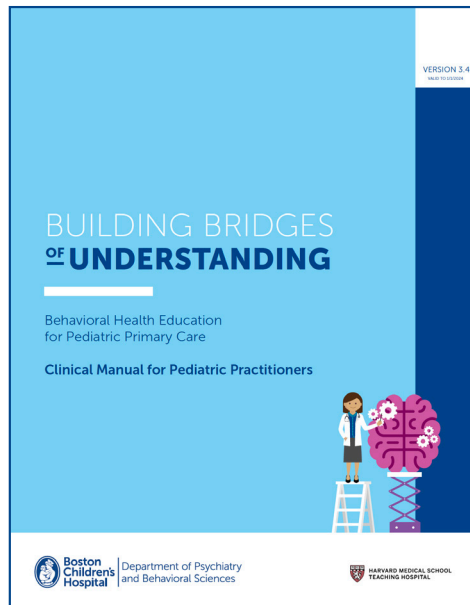
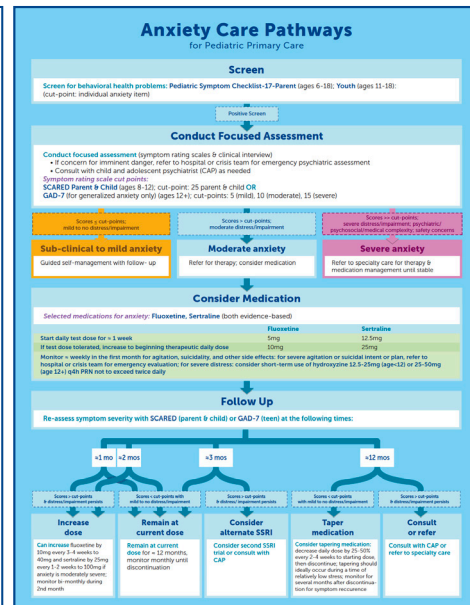


Table of Contents

Pages	Page Number
Background	11
Manual Purpose & Intended Use	12-13
Manual Research & User Testimonies	14-17
Evidence-Based Care	18
Stepped Model for Behavioral Health Care in Pediatrics	19-20
Behavioral Health Screening	21-24
Focused Behavioral Health Assessment	25-28
Guided Self-Management Overview	29
Behavioral Health Treatment	30-32
ADHD & Disruptive Behavior Care Guide	33-39
Overview	34-36
Symptom Rating Scales	37-51
Evidence-Based Treatments	52-54
Medication Guide	55-58
Care Pathways	59
Anxiety Care Guide	61-77
Overview	62-64
Symptom Rating Scales	65-71
Evidence-Based Treatments	72-75
Medication Guide	76-76
Care Pathways	77
Depression Care Guide	79-97
Overview	80-82
Symptom Rating Scales	83-91
Evidence-Based Treatments	92-93
Medication Guide	94-96
Care Pathways	97
Overview of the Psychiatric Continuum of Care	98-99
Appendix I: Evidence Base for Manual Information	102-105
Appendix II: Patient Health Questionnaire-4 (PHQ-4)	107
Appendix III: Screening to Brief Intervention (S2BI)	108-109

Anxiety Care Pathways



Guided Self-Management Toolkit for Families

267 pages providing self-management tools for patients and their parents

Cover

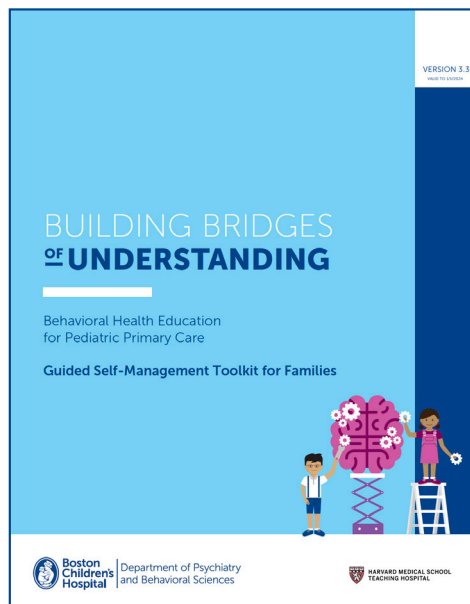


Table of Contents

Pages	Page Number
Overview	
Background	10-11
Purpose and Intended Use	12
Research	13
Guided Self-Management Tools	
Anxiety Toolkit	14
Child & Parent (1-18)	
Teen (19-36)	
Parent of Teen (37-54)	
Depression Toolkit	69
Child & Parent (1-21)	
Teen (22-42)	
Parent of Teen (43-63)	
ADHD Toolkit	133
Child & Parent (1-40)	
Teen (41-67)	
Parent of Teen (68-102)	
Disruptive Behavior Toolkit	236
Child & Parent (1-22)	
Appendix I: Information About Diagnoses for Parents	258
Anxiety (1-2)	
Depression (3-4)	
ADHD (5-6)	
Disruptive Behavior (7-8)	

Anxiety Toolkit Introduction

