Integrating Mental Health Counseling in Pediatric Hospital Settings

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“ACT”-ivity

YOUR VALUES: What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal attributes or qualities do you want to develop?

1. Work/Education: Includes workplace, career, education, skill development, etc.

2. Relationships: Includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

3. Personal Growth/Health: may include religion, spirituality, creative arts, life skills, meditation, yoga, nature, exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs, or overeating etc.

4. Leisure: How you play, relax, stimulate, or enjoy yourself. Activities for rest, recreation, fun and creativity.

THE BULL’S EYE: make an X in each area of the dart board, to represent where you stand today.

I am acting very inconsistently with my values.

I am living fully by my values.

Personal Growth/Health

Relationships

Work/Education

Leisure
My Professional Values

- Increased Mental Health Awareness
- Universal access to mental healthcare services
- Mental Health Parity
- Training students in ethical practice and evidence based interventions
ACTION STAGE-How do you get to the Center of your Bulls Eye?

Grassroots movement - finding partners who share interests and needs

Advocacy/lobbying/legislation

Research, evaluation
Learning Objectives

• Participants will learn the critical need for mental health services within pediatric hospitals.

• Attendees will understand the need for macrosystemic partnerships and advocacy efforts in establishing sustainable, critically needed services in all pediatric hospitals.

• Attendees will be introduced to a model for training a labor force of future mental health counselors skilled in the area of integrated behavioral health.
PROTECTING YOUTH MENTAL HEALTH

The U.S. Surgeon General's Advisory
Pediatric violence victims experience:

• Self and emotional dysregulation
• Report increased drug and alcohol use
• Lower national test scores
• Decreased school attendance
• Lower physical activity
• Suffer from a plethora of long standing mental health disorders such as:
  • Depression
  • Anxiety,
  • PTSD symptoms such as: hyperarousal, disturbed mood and cognition, intrusive thoughts, avoidance and often resort to aggression, oppositional and violent behavior.
TMHC Program to-date provided over 2,000 counseling sessions to 875 children and families using a 2-generation model

- Screening and Initial Consultation
- Ongoing Mental Health Counseling Sessions
  - Inpatient
  - Outpatient
  - Telehealth
Trauma Mental Health Counseling Interventions

• Provide evidence-based and neuroscience-informed interventions focused on lowering physiological arousal levels, stress and symptom reduction, resilience and post-traumatic growth

• Mindfulness Based Stress Reduction

• Interpersonal Social Rhythm Therapy

• Family Therapy & Parenting interventions

• Play and Art Therapy

• Solution-focused brief therapy

• Grief and loss support
Mental Health Assessment and Consultation

Child Stress Disorders Checklist-Short Form

- Physical/Somatic Complaints
- Mood/Cognitions
- Intrusions
- Avoidance
- Hyperarousal
Examining the Incidence and Prevalence of Acute Stress in Pediatric Trauma Patients

Findings:

- Largest study of pediatric trauma patients (617)
- 64.8% of patients met diagnostic criteria for Acute Stress Disorder
- More violent injuries reported greater distress
Sustainability Problems

• Overall lack of parity with regard to mental versus behavioral healthcare coverage
• Unequal managed care practices, poor reimbursement, cumbersome processes
• Create barriers for patients to access the care they need
• American mental health services are insufficient, and despite high demand, the root of the problem is lack of access—or the ability to find care.
• Particularly so in rural areas or those with high poverty.
Early and Periodic Screening, Diagnostic, and Treatment

comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid

**Early:** Assessing and identifying problems early

**Periodic:** Checking children's health at periodic, age-appropriate intervals

**Screening:** Providing physical, mental, developmental, dental, hearing, vision, and other screening tests to detect potential problems

**Diagnostic:** Performing diagnostic tests to follow up when a risk is identified, and

**Treatment:** Control, correct or reduce health problems found.
Advocacy

“routinely screening children for mental health challenges and risk factors, including adverse childhood experiences (ACEs). Screenings can be done in primary care, schools, emergency departments, and other settings.”
Model for Integrated Mental Health Counseling Services

- Partnered with BRAIN Center at University of Memphis
- Training cohorts of 8-10 Advanced Masters and Doctoral Students in Clinical Mental Health Counseling per semester. Students must complete 600 clinical hours
- Prior to start, students complete certification in Interpersonal Social Rhythm Therapy (IPSRT), Mindfulness Based Stress Reduction (MBSR) ACTIVE Parenting, ACEs and Trauma Informed Care
- Provide extensive supervision/similar to residency training in medicine
- Develop infrastructure for billing – student interns will be allowed to bill under the license for mental health services provided in Tennessee beginning July 2022
Outcomes and Future Plans

Provide
- Continue to provide services and publish program evaluation results

Create
- Develop billing processes and infrastructure for service reimbursement

Implement
- With model with partner hospitals

Build
- Build a partnership network to foster advocacy, lobbying, and legislation change
Questions???

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