Launch and Initial Evaluation of the Indiana Behavioral Health Access Program for Youth (IN-BeHAPY) in Pediatric Primary Care

Are You Interested in Having Increased Access to Riley Child/Adolescent Psychiatry Specialists?

We are recruiting pediatric primary care practices who are interested in serving as initial test sites for IN-BeHAPY for a 1-year pilot evaluation, to launch Summer 2018.

Problem:
• Over half of U.S. youth will experience clinically significant behavioral health problems before age 18, yet fewer than 2 in 5 youth who need treatment ever receive it.
• A major barrier to youth and families accessing quality behavioral health assessment and treatment services is a severe lack of specialists (psychiatrists, psychologists, social workers), especially in rural and other underserved areas.
• Many families seek behavioral health care in pediatric primary care clinics, but primary care clinics rarely have the staff or resources to meet the complex clinical needs of those patients.
• Child Psychiatry Access Programs (CPAPs) link primary care clinics with behavioral health specialists via telephone and videoconference consultation. Twenty-eight states have CPAPs, but not Indiana.

Current Project:
• Our team was awarded a grant from the IU Health Values fund to develop, launch, and conduct a preliminary open pilot feasibility trial of the Indiana Behavioral Health Access Program for Youth (IN-BeHAPY) – a CPAP – to boost Hoosier families’ access to quality behavioral health care and increase support to primary care clinics through telemedicine consultations and possibly direct care.
• The long-term goal of this research program is to reduce the burden of behavioral health problems among Indiana families by optimizing a practical, effective, and sustainable technology-enhanced system for delivering best-practice services.
• To date, we have completed focus groups with several Indiana primary care practices and is surveying providers statewide to finalize the initial design of an Indiana CPAP to be launched in select IU Health practices. We will conduct a 1-year pilot evaluation to refine policies and procedures, assess acceptability, and prepare for subsequent scale-up.

More Details:
• Selected sites will have direct access to Riley pediatric behavioral health specialists (psychiatry) for telephone consultation on assessment, diagnosis, medication management, treatment planning, community resources, and related challenges encountered in primary care.
• Consultations may be conducted in real-time during clinic or at scheduled appointments.
• We will provide orientation and training in IN-BeHAPY procedures as well as ongoing technical and operational support to improve program procedures.
• Because this is a research study, we also will be gathering survey, focus group, and interview data throughout the year from providers and patients to characterize reactions to IN-BeHAPY, as well as to identify key barriers and facilitators of program impact ahead of possible scale-up.
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