

Florida Medicaid Drug Therapy Management Program for Behavioral Health, University of South Florida

Winter 2015

Program Highlights and Updates — Winter 2015

- ◆ ***New guidelines are now available in print and on our website!*** The **2015 Florida Medication Child and Adolescent Guidelines** were developed to provide a guide to clinicians in using psychotherapeutic medication to treat children and adolescents with behavioral health conditions. The guidelines cover a range of conditions that providers may encounter in their clinical practice including ADHD, anxiety disorders, bipolar disorder, severe or chronic, impulsive aggression, and depression. In addition, this year we have expanded the guidelines to include the treatment of obsessive compulsive disorder (OCD), insomnia disorder, post-traumatic stress disorder in preschool-age children, early onset schizophrenia, and tic disorders. Please contact sabrinasingh@usf.edu if you would like copies mailed to you.
- ◆ ***Workgroup of general and developmental pediatricians reviewed the new child/adolescent guidelines.*** The workgroup was facilitated by Dr. Jennifer Takagishi, a USF Professor and pediatrician, with the goal of determining which of the guidelines would be most appropriate for use by primary care providers. The workgroup members concluded that certain diagnoses such as schizophrenia, bipolar disorder, and OCD are outside the purview of most general pediatricians. Other disorders such as ADHD, insomnia, and anxiety would be within the comfort zone of some general pediatricians who have experience with these children and medications. The group also discussed that many pediatricians may not want to use these guidelines due to a lack of training, comfort, and appropriate payment. Thus, we encourage pediatricians who feel they have the comfort and knowledge to treat these children to use these guidelines. We would also like to remind pediatricians that there is a Child Psychiatry Access Line available to give guidance: 1-866-487-9507.
- ◆ ***Sponsored the NAMI (National Alliance on Mental Illness) Florida meeting “Full Citizenship: The Civil Rights Issues of Our Generation.”*** The NAMI meeting took place in Orlando, FL on December 5-6, 2014. The meeting was attended by NAMI affiliate members across the state. NAMI President Dr. Rajiv Tandon opened the meeting Saturday morning with a rousing call to action. Meeting workshops included “Decriminalizing Mental Illness,” “Ask the Doctor,” and “NAMI Education and State Advocacy.” During the meeting, Dr. Tandon presented Marie McPherson, the Director of the Florida Medicaid Drug Therapy Management Program, with the NAMI Florida “Angel Award” for her assistance in making the annual meeting possible. For a summary of the meeting or to learn more about NAMI, please visit their website at www.namiflorida.org.
- ◆ ***Whole health program*** implemented at Directions for Living in Clearwater, Florida is in its fourth month of programming. The NOW (Total Health Experience: Nurturing our Wellness) Program is a whole health, weight management program designed to improve the physical health of people living with a serious mental illness. The Directions for Living Team includes Jeffrey Baskis and Lori Thomas who are Certified Peer Recovery Specialists and who provide weekly education, support groups, and one-on-one coaching to participants.

Florida Psychotherapeutic Medication Guidelines for Children and Adolescents 2015



USF FLORIDA MEDICAID DRUG THERAPY MANAGEMENT PROGRAM FOR BEHAVIORAL HEALTH
AGENCY FOR HEALTH CARE ADMINISTRATION
medicaidmentalhealth.org



Lori Thomas and Jeffrey Baskis

Florida Medicaid Drug Therapy Management Program for Behavioral Health, University of South Florida

Winter 2015

Program Highlights and Updates — *Winter 2015 continued*

- ◆ **Whole Health Program (continued).** The Research Coordinator at Directions for Living is Nida Stang who conducts assessments with participants and also provides nutritional/health counseling and support to participants. Participants enrolled in the intervention group recently completed a feedback survey and rated the program a 4.6 out of 5 (very helpful) in regard to the helpfulness of the program and their recovery. All those that completed the survey would recommend The NOW Program to others for various reasons including: the all-encompassing format for health and wellness, and the knowledgeable and compassionate peer counselors.
- ◆ **New project on Women's Reproductive Health and Serious Mental Illness.** For women with SMI enrolled in publically funded programs such as Medicaid, little is known about their reproductive health trajectory in terms of family planning, access to and use of prenatal care, and maternal health and birth outcomes. Thus, we propose to conduct a survey of women with SMI enrolled in Florida Medicaid to learn more about their reproductive health experiences. The primary purpose of this project is to identify the reproductive health needs and experience of women with SMI, and document potential gaps in services that may lead to poor maternal and child outcomes, and to thus develop system-wide interventions that are easily replicated and implemented to better serve the needs of this population.
- ◆ **Pediatric Resident Integrated Health Study at All Children's Hospital in St. Petersburg.** Pediatricians are increasingly diagnosing and treating mental health conditions. Recent studies estimate that 10% of pediatric visits results in a mental health diagnosis. Given that most pediatricians are not comfortable in treating mental health conditions, this study aims to provide an integrated model of care designed for primary care clinics to monitor youth on psychotropic medications and treatment of mental illness. This study is targeted at pediatric residents at USF. The primary goal is to educate residents in recognizing and treating mental illness, monitoring for safety and side-effects of psychotropic medications, awareness of psychiatric resources in the community and how to access those resources, and when to recognize that a referral or consultation with child and adolescent psychiatry is necessary. The P.I. for this study is Dr. Justyna Wojas.
- ◆ **Attendance at national and state conferences.** The program Director, Marie McPherson attended the 2014 NEI Psychopharmacology Congress in November 2014 in Colorado Springs, CO. This 4-day meeting covered major advances and the latest evidence-based diagnostic and treatment strategies for major mental health conditions. An important topic of the meeting was on increasing the understanding of the interaction between psychopharmacologic treatment and the genetic make-up of the individual that helps improve the targeting of therapies. Combining this approach with low-cost genetic profiling will improve treatment outcomes. As far as psychopharmacologic therapies are concerned, one size does not fit all. We also attended the U.S. Psychiatric and Mental Health Congress in Orlando, FL in September 2014.
- ◆ **Upcoming meetings we will be attending:**
 - Florida Osteopathic Medical Association (FOMA) Annual Conference, February 18-22, 2015 in Weston, FL. Please visit the FOMA website www.foma.org/convention.htm for more information.
 - Florida Psychiatric Society Spring Meeting, April 17-19, 2015 in Orlando, FL. Please visit the FPS website at www.floridapsych.org for more information.

Florida Medicaid Drug Therapy Management Program for Behavioral Health, University of South Florida

Winter 2015

Program Highlights and Updates — *Winter 2015 continued*

- ◆ The following guidelines are currently available on our website at medicaidmentalhealth.org. Please contact sabrinasingh@usf.edu if you would like copies mailed to you.
 - *Neurodevelopmental Disorders: Psychotropic Medication Recommendations for Target Symptoms in Youth*
 - *A Summary for Monitoring Physical Health and Side-Effects of Psychiatric Medications in the Severely Mentally Ill Population*
 - *Florida Best Practice Psychotherapeutic Guidelines for Adults*
- ◆ **The Florida Pediatric Psychiatry Hotline 1-866-487-9507** was established four years ago to provide timely telephonic psychiatric guidance to primary care clinicians treating children with psychosocial and psychiatric conditions. The program was initiated to respond to the lack of access of child psychiatry due to the shortage of available psychiatrists. Although this situation is not unique to Florida it is a serious and on-going concern for Florida. Nationwide there is a serious shortage of active child and adolescent psychiatrists and this problem is especially acute in rural areas. According to a 2012, survey of 69 children's hospitals in the U.S. families wait about 7.5 weeks on average to be seen by a child psychiatrist. The U.S. Department of Health and Human Services projects that the demand for child psychiatrists' services will have doubled between 1995 and 2020. Some states have very few child psychiatrists, for example, Idaho has 4.9 child psychiatrists per 100,000 children. Waiting lists are very long even in states with more access such as Massachusetts and Washington, D.C.
 - As a result primary care clinicians are increasingly treating a population of children and adolescents with mental health issues and this trend is expected to continue unabated. One concern is that primary care clinicians are not comfortable treating psychiatric conditions and often point to their lack of training in prescribing psychotropic medications. They are also less likely to have established relationships with psychiatrists making it difficult to refer. These limitations are serious barriers to the quality and effectiveness of treatment of mental health issues in this young population.
 - The Florida Pediatric Psychiatry Hotline is a timely intervention designed to help primary care clinicians obtain psychiatry consultation support to treat and manage children with psychosocial and behavioral health needs.
 - The line is a free service and is available to all clinicians throughout Florida.



FLORIDA
MEDICAID DRUG
THERAPY MANAGEMENT
PROGRAM FOR
BEHAVIORAL HEALTH

Program Staff: Marie McPherson, MBA, *Director*
Kai Stauffer LeMasson, PhD, *Assistant Director*
Sabrina Singh, MPH, *Senior Social and Behavioral
Researcher*

Visit our website at <http://medicaidmentalhealth.org> for more information about our programs or contact us at (813) 974-1874.