

Improving Pediatric and Adolescent Mental Health Services and Education *Strategies Used by The Ohio State University*



Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FAAN
Associate Vice President for Health Promotion, University Chief Wellness Officer
Dean and Professor, College of Nursing
Professor of Pediatrics & Psychiatry, College of Medicine



THE OHIO STATE UNIVERSITY

The KySS (Keep yourself Strong & Secure) On-line Fellowship Program

- Launched because approximately 1 out of 4 to 5 children and teens in the United States (U.S.) are affected by mental health/ psychosocial morbidities that impair functioning at home and school, yet only 20 percent receive any treatment



Primary Care Providers are in a Unique Position to Screen, Identify and Provide Evidence-based Management for Mental Health Disorders



Purpose of the KySS On-line Fellowship Program

- Provides access to mental health education and skills building for healthcare providers and health sciences students across the U.S.

The screenshot displays the Moodle interface for the KySS Child-Adolescent Mental Health Fellowship Program. The top navigation bar is red with links for eLearning, My courses, Theme Colors, and This course. The user's name, Troy, is in the top right corner. The main header features The Ohio State University College of Nursing logo and social media icons. A sidebar on the left contains an Administration link. The main content area is titled "KySS Child-Adolescent Mental Health Fellowship Program" and includes a "Your progress" indicator. The page content welcomes users to the 12-module program, provides contact information for the program coordinator, and includes a "Program Information" section with links to the Program Overview and Technology Requirements Checklist. An "Important Note" states that modules are released automatically upon completion of the previous module. The "Module 1: Overview of Child & Adolescent Mental Health Disorders" section is currently active, showing the "Objectives" link. A right-hand navigation pane lists the program structure, including modules on cultural, ethical, and legal considerations, child and adolescent psychopharmacology, mood disorders, bipolar disorder, aggressive and behavior disorders, attention-deficit hyperactivity disorder, somatic disorders, anxiety disorders, maximizing reimbursement, and a final capstone module. A "Turn editing on" button is located in the top right of the main content area.

eLearning My courses Theme Colors This course Troy

Administration

THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING

Home Mental Health KySS Fellowship KySS-CAMH

KySS Child-Adolescent Mental Health Fellowship Program

Your progress

KySS Child & Adolescent Mental Health Online Fellowship

Welcome to the Online Mental Health Fellowship Program. Over the next few weeks you will work your way through 12 modules that will prepare you to identify, assess and manage common mental health problems in primary care settings using an evidence-based approach. Each module will include objectives, readings, online lecture presentation, a post-test and an evaluation survey. In addition, some of the modules are accompanied by required clinical skills building activities. Please refer to the **Program Overview** document in the Content section for more details.

For questions regarding the program content, please contact your assigned faculty mentor.

Contact Caitlin Stevin, program coordinator at kyss@osu.edu if you have any other questions or concerns.

Have a rewarding & enjoyable experience!

Program Information

- Program Overview
- Technology Requirements Checklist

Important Note:

Auto release of the modules has been enabled, the next module will become automatically available to you when you complete the different tasks on the previous module, except for module 1. Here is the completion checklist to successfully move to the next module:

1. If there is a posttest associated with that module, you will need to achieve the 80% passing requirement.
2. For each module, you need to complete and submit the evaluation survey.
3. In each module; if for an activity - you are given the option to manually check and indicate completion, it is important that you check that box once you complete the activity. This tells the Moodle system to open up the next module for you.

Module 1: Overview of Child & Adolescent Mental Health Disorders

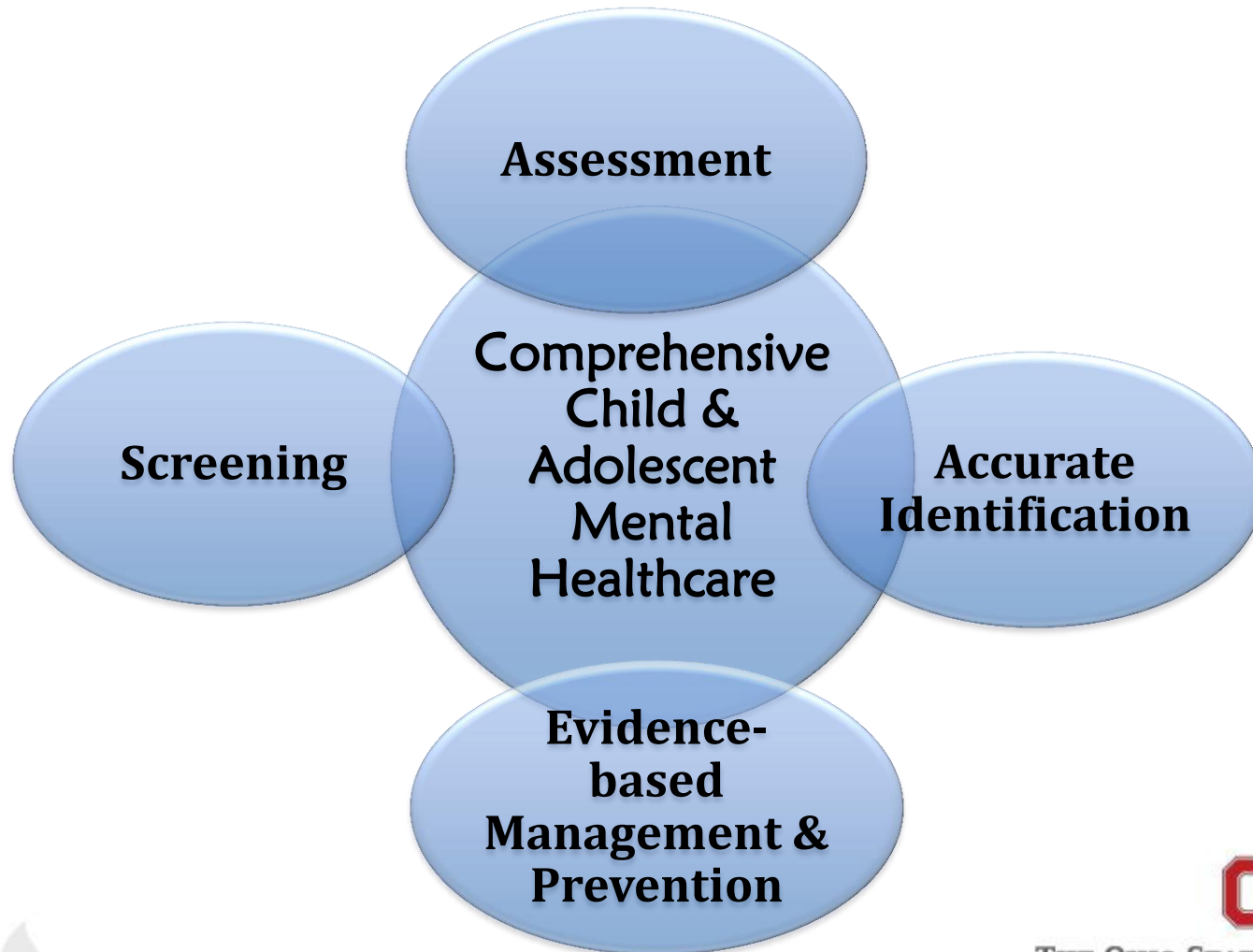
Objectives

NAVIGATION

- Home
- Dashboard
- Site pages
- Current course
- KySS-CAMH**
 - Participants
 - Badges
 - General
 - Module 1: Overview of Child & Adolescent Mental...
 - Module 2: Cultural, Ethical and Legal Considerations
 - Module 3: Child & adolescent psychopharmacolog...
 - Module 4: Child & adolescent psychopharmacolog...
 - Module 5: Mood Disorders & Suicide
 - Module 6: Mood Disorders and Cognitive Behavioral ...
 - Module 7: Bipolar Disorder
 - Module 8: Aggressive & Behavior disorders
 - Module 9: Attention-Deficit Hyperactivity Disorder
 - Module 10: Somatic Disorders
 - Module 11: Anxiety Disorders
 - Module 12: Maximizing Reimbursement
 - Final Capstone Module: Pulling it all together
 - Overall Program Evaluation and Course Certificate
- My courses
- Courses

MESSAGES

Areas of Emphasis in the KySS Fellowship Program



What is Unique About the KySS Fellowship Program?

- The program is self-paced, consisting of 14 online modules to be completed at the fellow's own pace
- All fellows are guided by a faculty mentor with expertise in child and adolescent mental health
- Selected modules are complemented by clinical skills building activities



Who Can Enroll in the KySS Fellowship Program?

- Healthcare professionals practicing in pediatric, adolescent/college, or family primary care, specialty and school health settings, including:
 - nurse practitioners
 - physicians
 - social workers
 - physician assistants
 - other health related professionals
 - health sciences students



OSU Total Health & Wellness Goals

- Sustain a NP-led interprofessional collaborative practice clinic that integrates primary care and mental health services to improve health outcomes in an at-risk underserved population located in East Columbus, Ohio
- Increase the number of nurses and other health professional students skilled in interprofessional collaborative practice, and
- Strengthen the capacity to improve the health outcomes of high-risk patients across the life-span



The Interprofessional Team at Ohio State's Total Health & Wellness



An Emphasis on Evidence-based Practice

- The gap between what we know and what we do is lethal
 - *Dr. David Satcher*
16th U.S. Surgeon General
- We must close the research to practice gap



Interprofessional Education & Practice

- Values Ethics
- Roles/Responsibilities
- Interprofessional Communication
- Teams and Teamwork
- Plus, EBP

Core competencies for interprofessional collaborative practice



TEAMcare Model

- Patient Centered Focus
- Collaborative Goal Setting
- Practical Care Planning
- Consistent targeted multidisciplinary healthcare team management



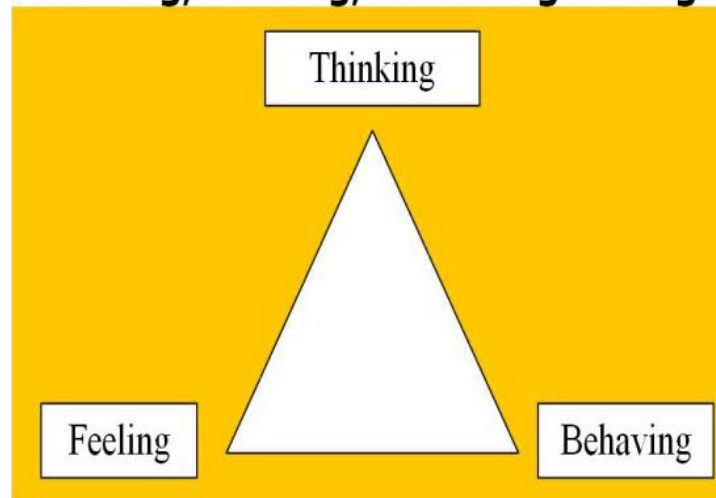
(Katon, Lin, Von Korff, Ciechanowski, Ludman, Young, Rutter, Oliver, McGregor, 2010)



Mental Health Screening and Evidence-based Management

- All patients are screened for depressive and anxiety symptoms
- Patients with elevated depressive and anxiety symptoms are given a thorough mental health assessment and provided a 7-session manualized evidence-based CBT program
- CBT is the “gold standard” treatment for depression and anxiety yet few receive it

Thinking, Feeling, Behaving Triangle



OSU is working with Columbus City Schools to bring this evidence-based CBT program to a high-risk population of youth



Research-tested Intervention Programs (RTIPs)

RTIPs - Moving Science into Programs for People

[RTIPs Home](#) [RTIPs Archive](#) [Frequently Asked Questions](#) [Fact Sheet](#) [Contact Us](#)

[Cancer Control P.L.A.N.E.T. Home](#)

COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, and Nutrition) Program

On This Page

- [The Need](#)
- [The Program](#)
- [Community Preventive Services Task Force Finding](#)
- [Time Required](#)
- [Intended Audience](#)
- [Suitable Settings](#)
- [Required Resources](#)
- [About the Study](#)
- [Key Findings](#)
- [Publications](#)

Highlights

Program Title COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, and Nutrition) Program

Purpose Designed to promote healthy dietary habits and physical activity to reduce obesity. (2013)

Program Focus Awareness building, Behavior Modification and Self-efficacy

Population Focus School Children

Topic Obesity, Physical Activity

Age Adolescents (11-18 years)

Gender Female, Male

Race/Ethnicity American Indian, Asian, Hispanic or Latino, White, not of Hispanic or Latino origin

Setting School-based

Origination United States

Funded by NINR (Grant number(s): 1 R01NR012171)

Products



Preview and order the materials from the developer



Browse more programs on [Obesity](#), or [Physical Activity](#)



Learn more about this program and the P.I. on R2R's [Featured Partner page](#)

RTIPs Scores

This program has been rated by external peer reviewers. [Learn more about RTIPs program review ratings.](#)

Research Integrity

4.5

Intervention Impact for Obesity

2.7

Intervention Impact for Physical Activity

2.5

Dissemination Capability

5.0

(1.0 = low 5.0 = high)

RE-AIM Scores

This program has been evaluated on criteria from the RE-AIM framework, which helps translate research into action.

Reach

60.0%

Effectiveness

100.0%

Adoption

80.0%

Implementation

71.4%



STATE UNIVERSITY

**“...because we always
done it that way.”**

● Anonymous



Contact Information

Bernadette Mazurek Melnyk

614-292-4844

melnyk.15@osu.edu

Follow me on Twitter @bernmelnyk

