

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 shows a Moodle course page for 'KySS Child-Adolescent Mental Health Fellowship Program' at The Ohio State University College of Nursing. The page includes a navigation bar with links for eLearning, My courses, Theme Colors, This course, Administration, and a user profile for 'Troy'. The main content area features the program's logo, a welcome message, and a 'Program Information' section with links to 'Program Overview' and 'Technology Requirements Checklist'. A sidebar on the right contains a 'NAVIGATION' menu with a hierarchical structure of course modules and links to 'My courses' and 'Courses'. The footer includes a 'MESSAGES' section.

THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING

KySS Child-Adolescent Mental Health Fellowship Program

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 Slevin, 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

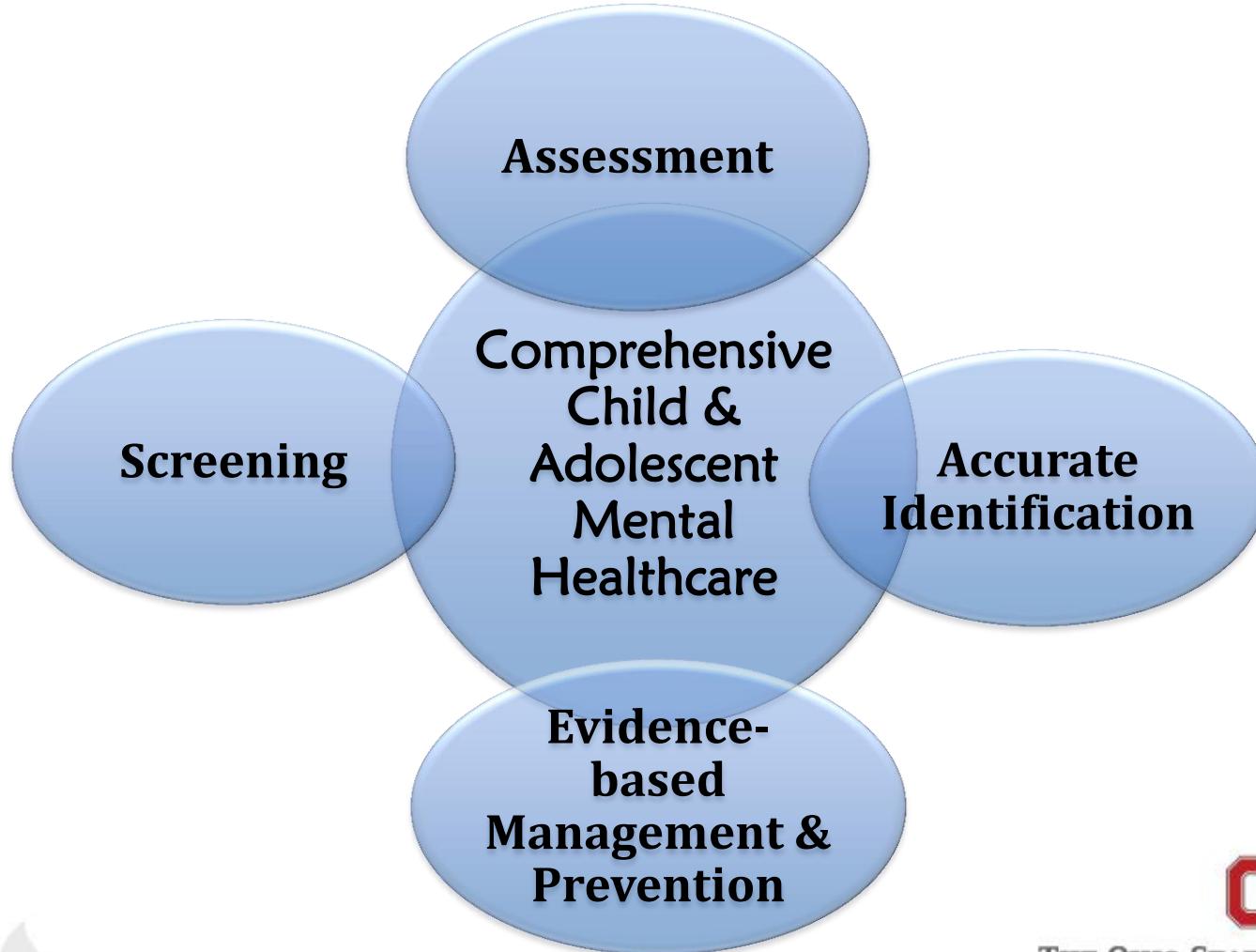
- [Objectives](#)

NAVIGATION

- Home
- Dashboard
- Site pages
- Current course
- KySS-CAMH**
- Participants
- Badges
- General
- Module 1: Overview of Child & Adolescent Mental Health Disorders
- Module 2: Cultural, Ethical and Legal Considerations
- Module 3: Child & adolescent psychopharmacology
- Module 4: Child & adolescent psychopharmacology
- 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

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



THE OHIO STATE UNIVERSITY

TEAMcare Model

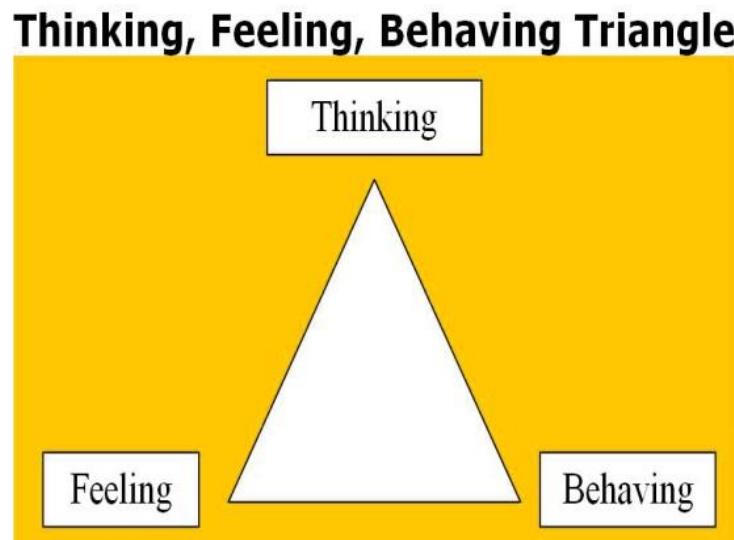
- Patient Centered Focus
- Collaborative Goal Setting
- Practical Care Planning
- Consistent targeted multidisciplinary healthcare team management



(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



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

NATIONAL CANCER INSTITUTE

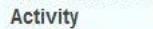
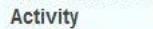
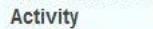
Research-tested Intervention Programs (RTIPs)
RTIPs - Moving Science into Programs for People

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	Highlights
<ul style="list-style-type: none">▪ The Need▪ The Program▪ Community Preventive Services Task Force Finding▪ Time Required▪ Intended Audience▪ Suitable Settings▪ Required Resources▪ About the Study▪ Key Findings▪ Publications	<p>Program Title COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, and Nutrition) Program</p> <p>Purpose Designed to promote healthy dietary habits and physical activity to reduce obesity. (2013)</p> <p>Program Focus Awareness building, Behavior Modification and Self-efficacy</p> <p>Population Focus School Children</p> <p>Topic Obesity, Physical Activity</p> <p>Age Adolescents (11-18 years)</p> <p>Gender Female, Male</p> <p>Race/Ethnicity American Indian, Asian, Hispanic or Latino, White, not of Hispanic or Latino origin</p> <p>Setting School-based</p> <p>Origination United States</p> <p>Funded by NINR (Grant number(s): 1 R01NR012171)</p>

Products	RTIPs Scores	RE-AIM Scores										
 Preview and order the materials from the developer	<p>This program has been rated by external peer reviewers. Learn more about RTIPs program review ratings.</p> <table border="1"><tr><td>Research Integrity 4.5 </td><td>Intervention Impact for Obesity 2.7 </td><td>Intervention Impact for Physical Activity 2.5 </td></tr><tr><td>Dissemination Capability 5.0 </td><td colspan="2">(1.0 = low 5.0 = high)</td></tr></table>	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)		<p>This program has been evaluated on criteria from the RE-AIM framework, which helps translate research into action.</p> <table border="1"><tr><td>Reach 60.0% </td><td>Effectiveness 100.0% </td></tr><tr><td>Adoption 80.0% </td><td>Implementation 71.4% </td></tr></table>	Reach 60.0% 	Effectiveness 100.0% 	Adoption 80.0% 	Implementation 71.4% 
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)											
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



THE OHIO STATE UNIVERSITY