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 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.
Areas of Emphasis in the KySS Fellowship Program

Comprehensive Child & Adolescent Mental Healthcare

- Assessment
- Screening
- Accurate Identification
- Evidence-based Management & Prevention
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.

[Diagram: 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.
“...because we've always done it that way.”

Anonymous
Contact Information

Bernadette Mazurek Melnyk
614-292-4844
melnyk.15@osu.edu
Follow me on Twitter @bernmelnyk