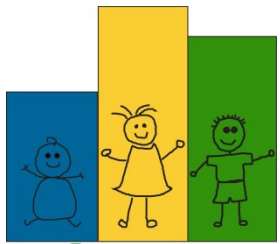


# Improving Pediatric Mental Health in NH through Collaboration and Community

Corina Chao, BA  
Holly Tutko, MS



**nhpip**  
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# Learning Objectives

- Describe opportunities for primary care to learn evidence-based, equity-focused, and community-integrated approaches to common pediatric mental health conditions
- Use tools and trainings to support clinical care delivery and family engagement
- Utilize the claims data analysis to inform clinic decisions about pediatric mental health



# Acknowledgements

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# State of Emergency Declared...

“Today's declaration is an urgent call to policymakers at all levels of government — we must treat this mental health crisis like the emergency it is.”

Lee Savio Beers  
President, AAP



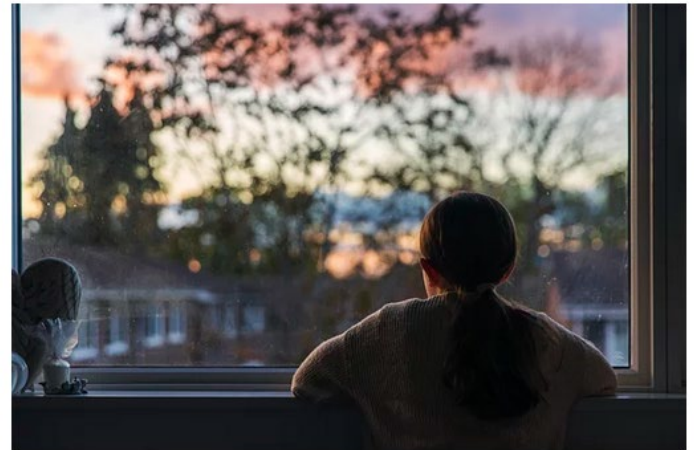
NEWS ARTS & LIFE MUSIC PODCASTS & SHOWS SEARCH

CHILDREN'S HEALTH

Pediatricians say the mental health crisis among kids has become a national emergency

October 20, 2021 · 3:50 PM ET

DEEPA SHIVARAM



A girl looks out of her bedroom window as the sun is setting.  
Justin Fager/Getty Images



## Promote behavioral health integration in pediatric primary care by providing:

1. Training to support clinicians in assessing and treating common pediatric mental health conditions (ECHO)
2. Clinician-to-clinician teleconsultation services
3. Referral directory of pediatric mental health services.
4. Additional training and tools, as feasible

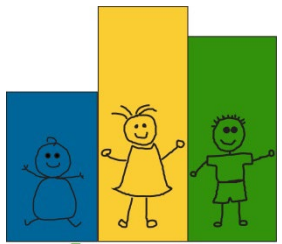
Time period: 2019-2023



# MCAP ECHO Years 1, 2, &3

- Year 1 – Depression and Anxiety
  - 14 Practices, 30 Participants
- Year 2 – Trauma and ADHD
  - 15 Practices, 23 Participants
- Year 3 – Promoting Child and Family Resilience and Healing During a Pandemic
  - 16 practices, 39 participants
- Open to Pediatric Providers, Family Practice, and Integrated Mental Health
- Teleconsults made available to all participants for the duration of the project

# Referral Directory



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# Referral Directory

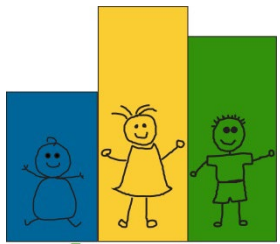
- <https://www.nhpip.org/referrals>
- Currently includes publicly funded resources
- Updated annually
  - See information that needs to be updated? Let us know
- Search by keyword, service type, county, or if they accept Medicaid
- Printable PDF version available



SEARCH	SERVICE TYPE	COUNTY	ACCEPTS MEDICAID		
<input type="text"/>	Behavioral Health ▼	Merrimack ▼	Yes ▼	<b>APPLY</b>	<b>RESET</b>

Organization	Service Type	County	Accepts Medicaid
<b>HealthFirst Family Care Center</b>	Behavioral Health, Substance Use Disorder	Belknap, Merrimack	Yes
<b>Riverbend Community Mental Health</b>	Behavioral Health, Crisis, Substance Use Disorder	Merrimack	Yes

# Supplemental Work



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# Additional Trainings

- Medical & Education System Confidentiality Policies Webinar
  - Impact of HIPAA and FERPA on communication of school nurse, PCP, & families about student mental health
  - Brief summarizing HIPAA/FERPA policies available at
  - <https://scholars.unh.edu/cgi/viewcontent.cgi?article=1062&context=ihpp>
- “Water We Swim In” three-part training series
  - Health equity training series tailored specifically for medical clinicians
  - Contact Southern NH AHEC if interested in offering
- Telehealth for Special Populations ECHO
  - Implementing telephonic/telehealth care with pediatric populations
  - <https://chhs.unh.edu/institute-health-policy-practice/project-echo>



# Claims Data Analysis

Descriptive analysis of pediatric mental health including:

- The burden of mental health conditions
- Utilization of mental health services by children/teens with mental/behavioral health conditions
- Top twenty therapeutic classes of drugs for children/teens, with a focus on treatment of mental health conditions

Snapshot today, full brief forthcoming.



# Claims Data Analysis

- Data
  - Medical claims submitted for insurance payment
    - Medicaid: enrollment & claims from NH DHHS
    - Commercial: claims from the NH Healthcare Information System (NH CHIS)
  - Analytic period: 2019, trends 2016-2019
- Methods
  - Population: youth 0-17 years who live in NH and had at least 9 months of continuous eligibility
  - Unable to look at race/ethnicity rates due to data limitations
  - Treatment rates do NOT include the diagnosis, evaluation, & mgt claims
  - Analysis of claims by drug class
    - *Wolter Kluwer's UpToDate® software was used to identify Drug Classes. © 2020 UpToDate, Inc. and/or its affiliates. All rights reserved*

Mental health diagnoses were common and stable over time.

Theme One

NOTE: This is pre-pandemic data.





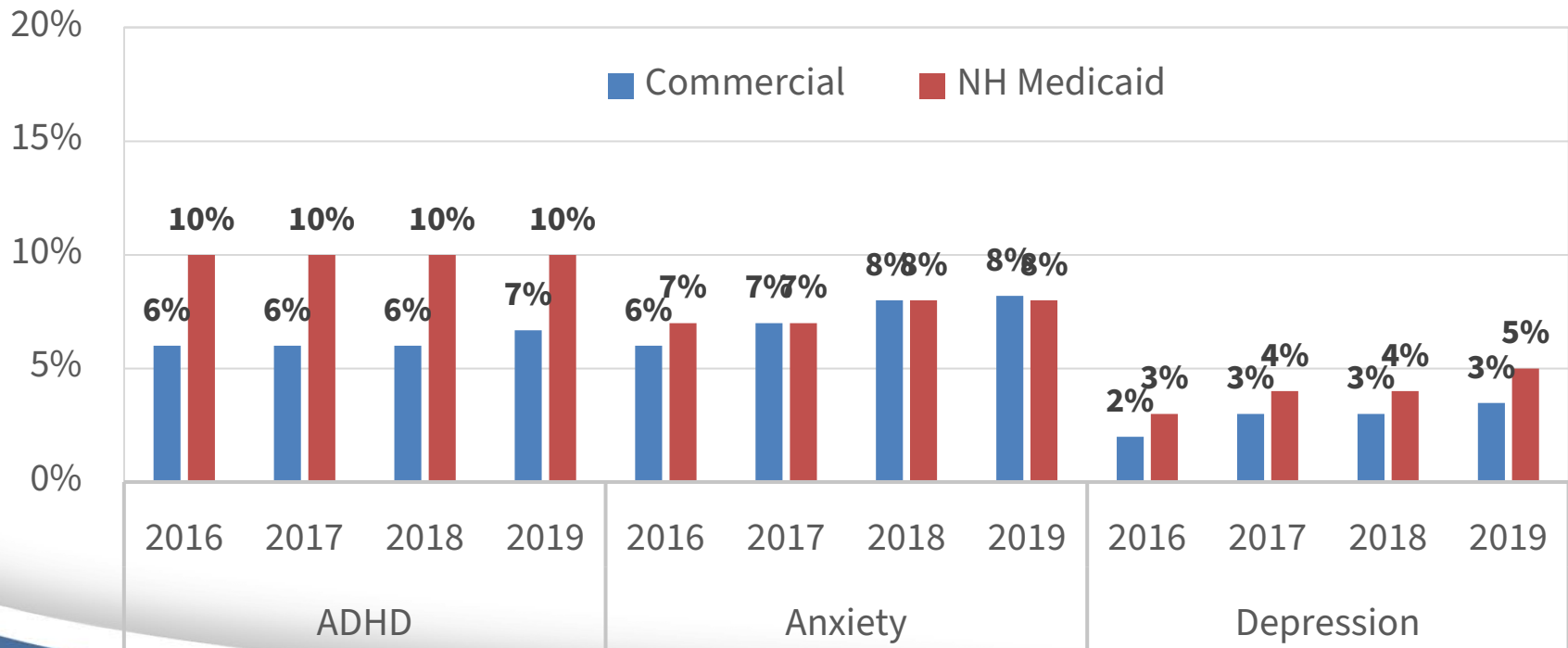
# Percent of NH children/teens with a mental health condition by county & insurance type, 2019

County	Percent of Medicaid-insured members with a mental health condition, 2019	Percent of Commercially-insured members with a mental health condition, 2019
Belknap	24%	16%
Carroll	25%	17%
Cheshire	25%	15%
Coos	30%	18%
Grafton	26%	16%
Hillsborough	22%	17%
Merrimack	25%	18%
Rockingham	26%	18%
Strafford	25%	18%
Sullivan	27%	14%
<b>State</b>	<b>24%</b>	<b>17%</b>





# Percentage of NH Children/Teens With Selected Mental Health Conditions, by Condition and Insurance Type, 2016-2019



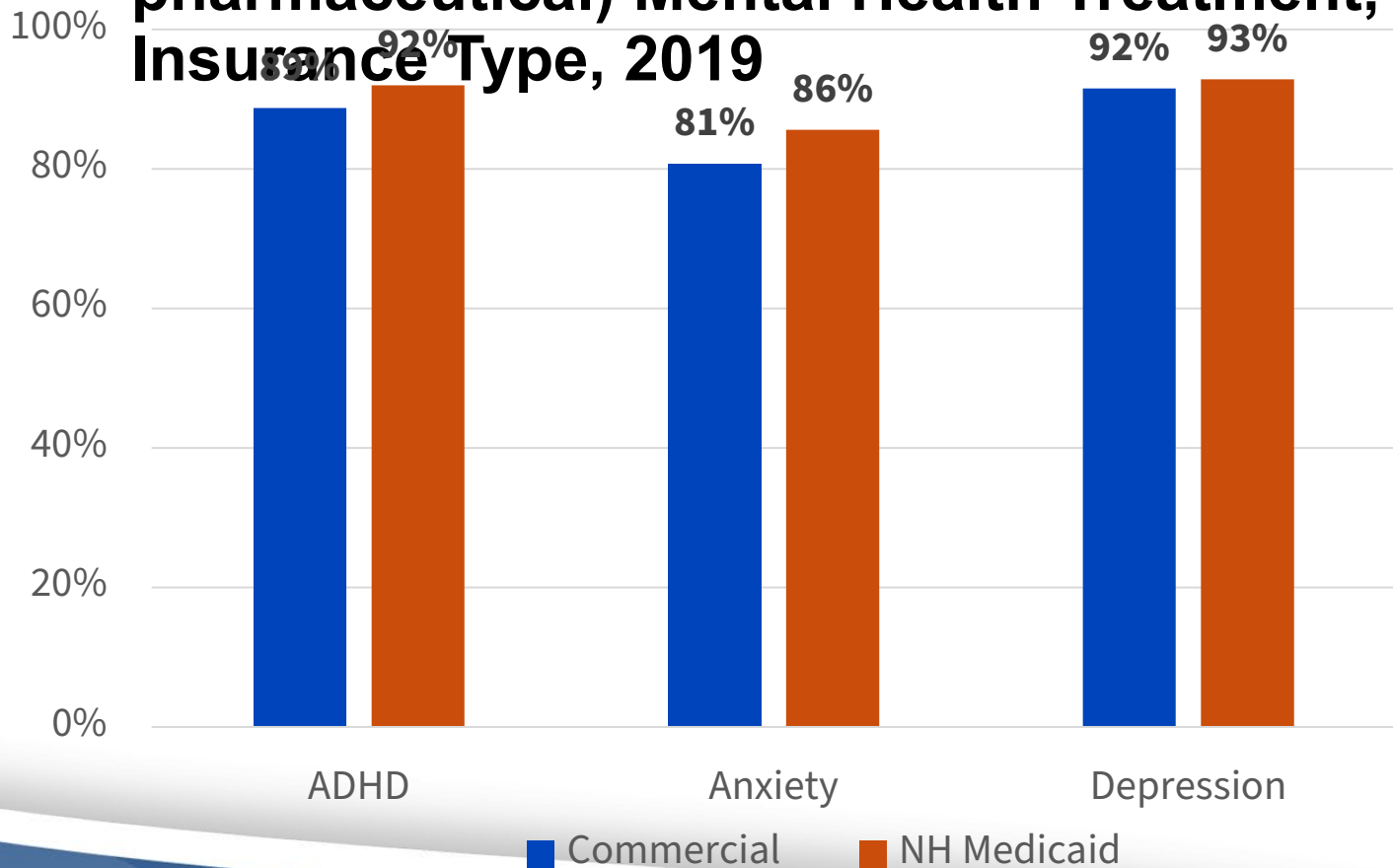
The majority of children/teens with a mental condition received at least one mental health service or pharmaceutical.



Theme Two



# Percentage of NH Children/Teens With Selected Mental Health Condition and at Least 1 (Pharmaceutical or Non-pharmaceutical) Mental Health Treatment, by Insurance Type, 2019



# Mental health-related pharmaceuticals were commonly prescribed to NH children and teens



Theme Three



# Top 20 Drug Classes by Script Volume, Medicaid, 2019 vs. 2020

Drug Class	Prescriptions per 1,000 for the Top 20 Drug Classes by Total Scripts in 2019	Prescriptions per 1,000 for the Top 20 Drug Classes by Total Scripts in 2020	Percent Change from 2019 to 2020
CNS Stimulants	853.12	821.95	-4%
Antidepressants	493.34	525.55	7%
Antiadrenergic Agents, Centrally Acting	421.04	460.73	9%
Penicillins	362.35	193.36	-47%
Bronchodilators	322.72	271.08	-16%
Dermatological Agents	305.53	284.17	-7%
Antihistamines	236.30	227.59	-4%
Anticonvulsants	235.50	236.51	0%
Antipsychotics	153.16	164.44	7%
Sex Hormones	144.06	141.04	-2%
Leukotriene Modifiers	128.35	119.49	-7%
Cephalosporins	118.37	74.66	-37%
Adrenal Cortical Steroids	106.00	72.14	-32%
Anxiolytics, Sedatives, and Hypnotics	105.91	112.37	6%
Respiratory Inhalant Products	101.48	98.01	-3%
Ophthalmic Preparations	98.27	64.62	-34%
Analgesics	94.42	79.60	-16%
Nasal Preparations	82.24	72.47	-12%
Macrolide Derivatives	79.98	38.38	-52%
Laxatives	74.42	73.32	1%



# Top 20 Drug Classes by Script Volume, Commercial, 2019

Drug Class	Prescriptions per 1,000 for the Top 20 Drug Classes by Total Scripts in Previous Period (2019)
CNS Stimulants	468.76
Antidepressants	363.41
Penicillins	359.74
Dermatological Agents	301.35
Sex Hormones	219.28
Bronchodilators	203.70
Anticonvulsants	126.56
Antiadrenergic Agents, Centrally Acting	119.70
Cephalosporins	115.78
Ophthalmic Preparations	103.03
Adrenal Cortical Steroids	102.32
Macrolide Derivatives	90.70
Leukotriene Modifiers	86.46
Respiratory Inhalant Products	73.82
Analgesics	72.56
Antipsychotics	65.02
Minerals and Electrolytes	62.29
Vasopressors	52.23
Antiviral Agents	46.25
Otic Preparations	45.37



# Questions or Comments??

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