

# Wisconsin Child Psychiatry Consultation Program (CPCP) 2018 Brief Report

The Department of Health Services created the Child Psychiatry Consultation Program (CPCP) in December 2014 through a contract and partnership with the Medical College of Wisconsin. This brief report provides cumulative outcomes since the program's inception.

## Parent Testimonial

*"My son's pediatrician told me of the CPCP services that she was enrolled in and how it worked. She said my son's treatment was outside the scope of her practice but that she could consult with child psychiatrists through this program. I agreed and trusted her. It was a quick turn-around in which my son's pediatrician called me to discuss medication and treatment options. He is currently stable and doing great in school, and he is even excelling in math! I have more respect for my pediatrician for seeking out assistance and using CPCP because we all don't know everything and need help. As the saying goes: It takes a village to raise a child."*

## Primary Care Provider testimonial

*"As a family physician, I am usually the initial contact person for any ailment that my patient has. Prior to CPCP, any pediatric mental health concerns were stressful for me because I didn't know how to help these families, short of issuing a behavioral health referral. I would have moms crying in my office because their kids were being expelled, grades dropping, thoughts of self-harm, etc. Not only is CPCP supportive of my needs as a practicing community doc, but the providers and staff of this program are so responsive, often emailing me back by the end of the business day. I am given more than enough guidance to care for this vulnerable population until they can establish with psychiatry, from diagnosis, management and treatment tailored for my patient, but also continuing medical education and resources to use in the office. My patients have expressed gratitude to me for helping them until they can see a specialist, and I pass that gratitude on to CPCP. This really should be available nationwide!"*

## Problem

A shortage of child and adolescent psychiatrists across Wisconsin.

## Response

The Wisconsin Legislature addressed this shortage by funding the creation of CPCP in 2014 (Wisconsin Act 127), and funding was increased in the 2017-2019 Biennial Budget to expand CPCP.

## Activities

Wisconsin CPCP offers consultative services to primary care providers in 33 counties. In 2018, CPCP continued expansion efforts through targeted outreach to providers in counties not being served.

## Outcomes

Increased PCP's capacity to support behavioral health needs of Wisconsin children and families through:

- 1) **Consultation** with primary care providers regarding diagnosis and management options for children and adolescents with mental health problems.
- 2) **Referral** support system for pediatric patients to other mental health professionals and community resources.
- 3) **Education** and training in mental health issues for primary care providers.

159  
clinics enrolled



645  
providers enrolled



2,492  
consults provided



1,190 hours  
of PCP education



# Cumulative CPCP Outcomes

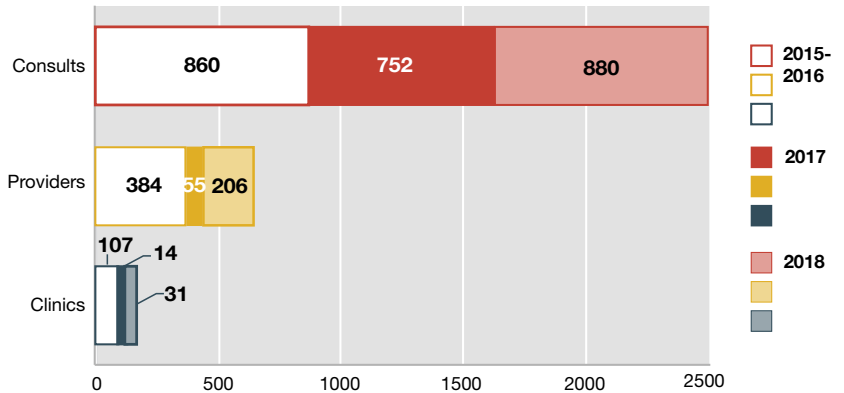
(CPCP outcomes are related to both infrastructure and service.)



CPCP continues to enroll clinics and primary care providers in the northern and southeast areas of Wisconsin, and expanded enrollment efforts to the northwest and northeast areas in 2018.

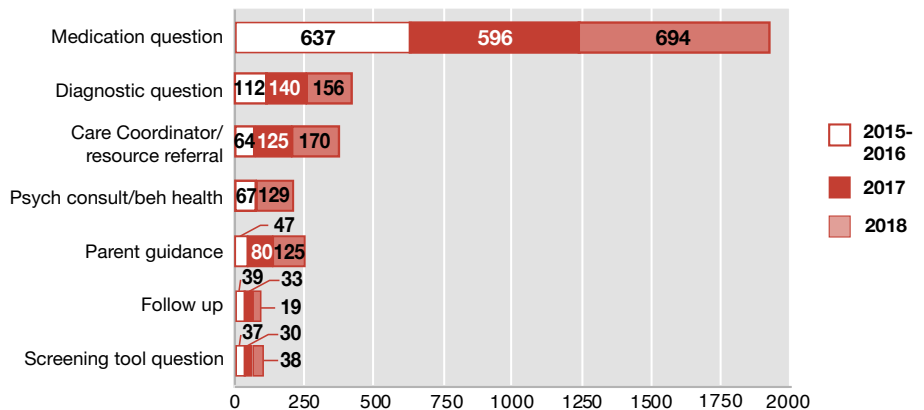


### CPCP Consults, Providers and Clinics Enrollment



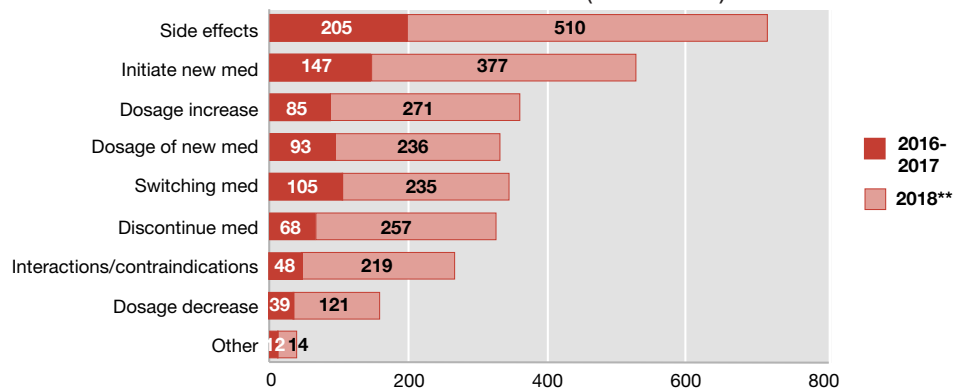
Providers contact CPCP for numerous reasons. The top reason for consult is to have medication questions answered. Other reasons include: diagnostic questions, resource referral, and parent guidance.

### CPCP Consults



Data suggest that providers are calling not only for help in prescribing medications, but also for managing use and side effects of currently prescribed medications. The top question was related to side effects.

### CPCP Consults (continued)



\*data collection started in June 2016

\*\* estimated

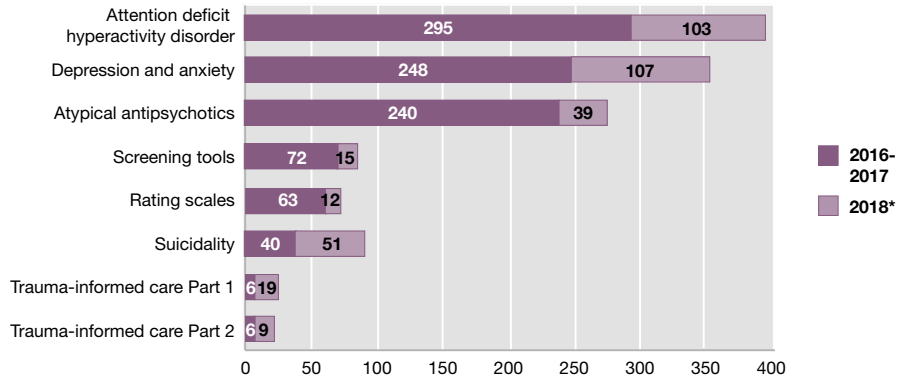
# Cumulative CPCP Outcomes

(continued)



CPCP continues to ensure PCPs increase knowledge, self-efficacy, and confidence in providing care for children with behavioral health needs. This graph indicates how many hours of behavioral health education PCPs received. Each module is one hour of continuing medical education.

Hours of CPCP Provider Education

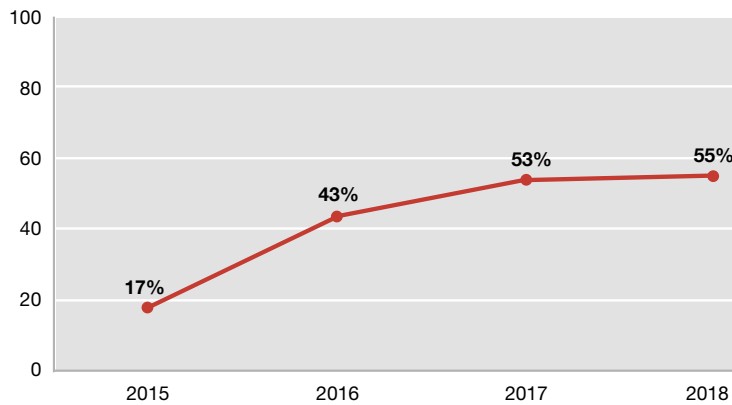


\*This is an undercount due to database changes in 2018.

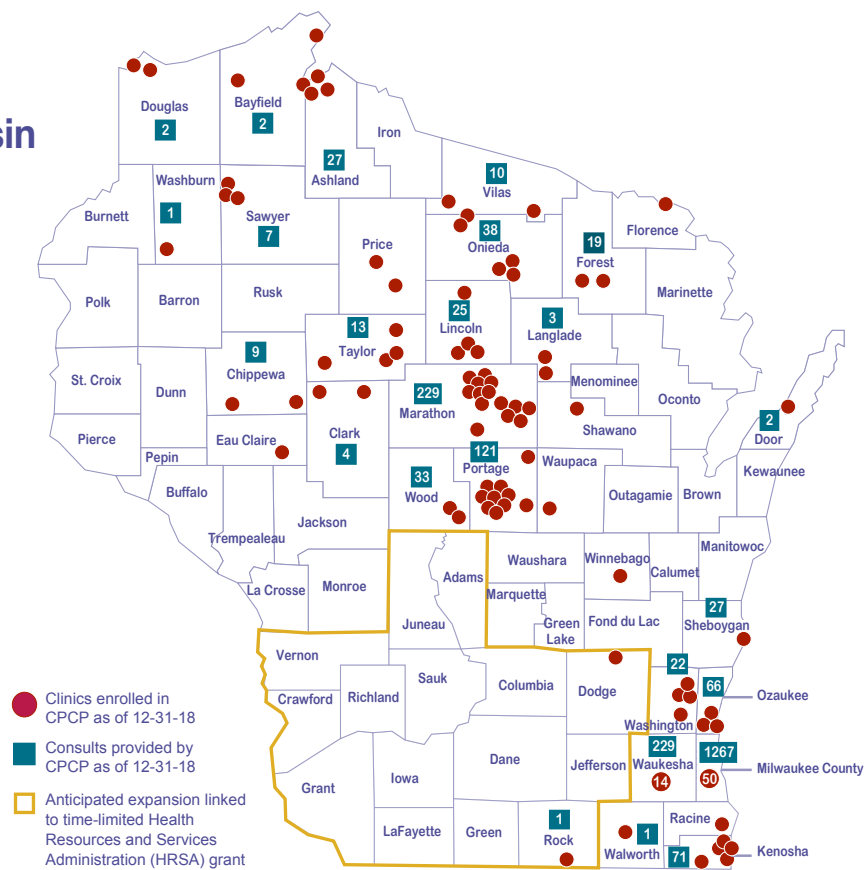
## Community Resources and Referrals

In 2018, there were 483 consults that involved community resources and referrals (55% of all consults).

Percent of Consults that Involved Referrals to Community Resources



## CPCP in Wisconsin



## Conclusion

The Wisconsin Department of Health Services, Division of Public Health, continues a collaborative relationship with the Medical College of Wisconsin (MCW), along with Children’s Hospital of Wisconsin, to implement the Child Psychiatric Consultation Program (CPCP). Since the inception of CPCP, the number of providers served by this vital service has grown steadily. CPCP is now available in 33 counties in the state with over 645 primary care providers (PCPs) enrolled in the program. In addition, these PCPs have continued to receive ongoing education and training by skilled mental health professionals on a number of critical topics and have been assisted in making referrals to local mental health staff and other community resources to provide ongoing care, treatment, and support.

The PCPs enrolled in CPCP continue to have an ongoing trusting relationship with a child psychiatrist and receive efficient and timely expert consultation to improve care for the children with

mental health issues they serve. Through our collaborative efforts, we continue to modify our tracking system to be able to capture more data on the effects this program is having on children and families currently not able to see a psychiatrist in their local community. Tracking yearly progress and cumulative outcomes will continue to inform program improvements and possible changes.

Additional funding was secured through a Health Resources and Services Administration (HRSA) grant in September of 2018. This is a five-year grant that will be used to expand CPCP to the Southern Department of Health Services region, an area that is currently not being served. Additional funding will be required to expand CPCP to all 72 counties across Wisconsin. CPCP continues to embrace future opportunities to meet the behavioral health needs of the children and their families in Wisconsin.