

Systems of Care to Access Behavioral and Developmental Health Services.

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Woodland Clinic[™]

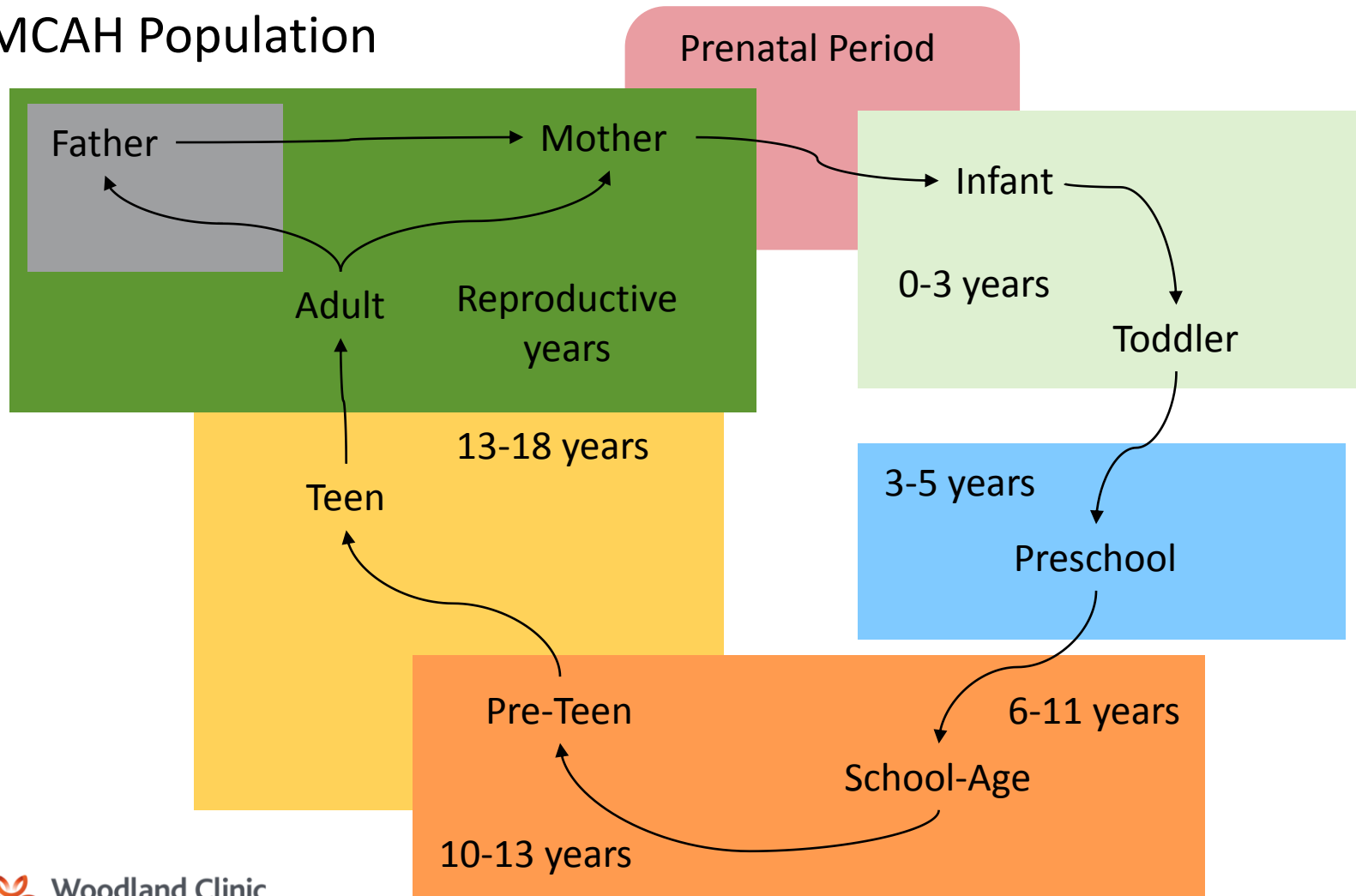
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Objectives:

- Identify Common Behavioral and Developmental Health Conditions that impact our MCAH population
 - Identify conditions based on:
 - Age
 - Socio-economic effects
 - Genetic Influences
- Understand the Process for Accurate and Timely Diagnosis, Treatment and Monitoring
 - Understand differences based on:
 - Age
 - Condition
 - Insurance

Behavioral Health and Developmental Conditions

MCAH Population



Behavioral Health and Developmental Conditions

- Prenatal Period – Preconception to delivery

Preconception Health

Maternal Overall Health

Nutrition

Financial security

Domestic security

Mental Health

Domestic Violence

Substance use

Age

Paternal Health

Involvement

Mental Health

Substance Use

Planning

Supports

Genetic Risk Factors

Pregnancy

Maternal

Nutrition

Health

Financial security

Domestic security

Mental Health

Domestic Violence

Substance use

Paternal Health

Involvement

Mental Health

Substance Use

Supports

Prenatal Care

Delivery

Term Delivery

Complications

Infections

Early Positive

Attachment

Breast Feeding

Supports

Mental Health

Stress

Financial

Social

Domestic

Substance use

Mental Health

Behavioral Health and Developmental Conditions

- Newborn to Infant to Toddler (0-3) - Expectations

Newborn Period (0- 3 months)

Strong Attachment
Effective Feeding
Learning Cues
Understanding
 Temperament
Maternal Support
Maternal Well-being
Loving environment

“Sets the opening scenes of the play that can determine plot”

Infant (3 – 15 months)

Ongoing dependency and increasing demands.

Dyadic relationships
Motor Skills
Social Awareness
Language Emergence
Social-Emotional
 Regulation
Secure Attachment

“Laying the foundation of early character development and security for later complex development”

“700 brain connections being made per second during first 12 months of life”

Toddler (15- 36 months)

Increased mobility, learning and understanding of the world.

Secure attachment
Language explosion
Social-Emotional Regulation
Attention demands
Expansion of play
Explosion in Learning

“Laying the foundation of early character development and security for later complex development”

“Rapid pruning and refining of functional connections within the brain to be the foundation for a full life of love, learning and happiness.”

Behavioral Health and Developmental Conditions

- Newborn to Infant to Toddler – Problems

Newborn Period (0- 3 months)

Poor Attachment
Feeding Problems
Difficult Temperament
Maternal Depression
Domestic Violence
Shaken baby
Substance Abuse
Neglect
Financial Stress
Housing Insecurity

“Triggers the adaptive changes to push the balance neuroendocrine system toward survival reactivity”

Infant (3 – 15 months)

Neglect or Under-stimulated
Social Deprivation
Language Delays
Social-Emotional
Dysregulation
Insecure Attachment
Emergence of Behavioral Challenges
Domestic Violence
Emotional Reactivity

“Fewer Connections being stimulated in the brain”

Toddler (15- 36 months)

Ongoing Neglect
Insecure attachment
Language Delays
Social-Emotional
Dysregulation
Attention
Emergence of Autism
Severe behavioral challenges
Parenting challenges increase

“Rapid pruning of under-stimulated connections may lead to difficulty with learning and emotional regulation over a life-time .”

Behavioral Health and Developmental Conditions

- Newborn to Infant to Toddler – What do we do?

Newborn Period (0- 3 months)

Close medical monitoring and supports from Primary Care.

Monitoring for Maternal Depression and rapid evaluation and Treatment

Parenting Supports and positive parenting education

Community social supports

Where? Medical-Mental Health supports and Community.

Infant (3 – 15 months)

Early Positive parenting education and supports.

Infant-mother support groups

Early access to mental health for maternal depression

Regional Center services for early signs of motor, communication or social deficits.

Where? Universal Screening using the Help Me Grow, Yolo! Program. Regional Center and Primary Care. Family Hui.

Toddler (15- 36 months)

Early Positive parenting Supports

Toddler play groups with parent supports.

Universal Screening for signs of Language, Social, Motor or problem solving delays.

Where? Help Me Grow, Yolo!, Regional center, Primary Care, Family Resource Centers, Yolo Library, Incredible Years!

Autism concerns?

Where? Regional Center for Early Start. Medical Insurance for Autism Evaluation and referral.

Resources for Infant-Toddler

- Help Me Grow, Yolo! – www.helpmegrowyolo.org
 - Universal Developmental and Social-Emotional Screening
 - Call Center to connect to community supports
 - Community education and outreach.
- Center on the Social and Emotional Foundations for Early Learning – www.csefel.Vanderbilt.edu
 - Information and parent information – bilingual
 - Infant toddler development
 - Parent and Early Educators.
- CDC: Learn the Signs. Act Early. - www.cdc.gov/ncbddd/actearly/index.html

Behavioral Health and Developmental Conditions

- **Preschool (3-5 years of age)**

Behavioral

Parenting Challenges

Executive Function Deficits

Externalizing Behaviors

Social Deficits

Trauma

Where? Community Supports to help with preschool experiences, positive parenting and educational supports. Mental Health providers and primary care are also resources for evaluation and treatments.

Developmental

Language Delays

Social Delays

Autism Spectrum Disorder

Cognitive Delays

Motor Delays

Sensory Integration

Where? School-based services through preschool special education program. Including, speech, psychological, occupational and behavioral interventions. Primary Care and Mental/Behavioral health Programs.

Mental Health

ADHD

Anxiety

Depression

Trauma/PTSD

Autism Spectrum Disorder

Where? Primary care physician, mental health providers, community supports and school based services are all resources.

Mental Health also provides for in-home behavioral interventions for Autism Spectrum Disorder.

Behavioral Health and Developmental Conditions

- Primary School-Age Children and Pre-Teens (6-12 years of age)

Behavioral

Parenting Challenges

Executive Function Deficits

Externalizing Behaviors

Social Deficits

Trauma

Where? Community Supports to help with preschool experiences, positive parenting and educational supports. Mental Health providers and primary care are also resources for evaluation and treatments.

Educational

Learning Disabilities

Language Pragmatics

Social Pragmatics

Autism Spectrum Disorder

Academic Problems

Bullying

Where? School-based services through preschool special education program. Including, speech, psychological, occupational and behavioral interventions. Primary Care and Mental/Behavioral health Programs.

Mental Health

ADHD

Depression

Anxiety

OCD

Trauma/PTSD

Autism Spectrum Disorder

Where? Primary care physician, mental health providers, community supports and school based services are all resources.

Mental Health also provides for in-home behavioral interventions for Autism Spectrum Disorder.

Behavioral Health and Developmental Conditions

Primary School-Age Children and Pre-Teens (6-12 years of age)

- Educational Concerns
 - Discuss concerns with Primary Care Physician
 - Request a Student Study Team or Parent Teacher Conference
 - Consider requesting a comprehensive Psychoeducational Assessment to determine eligibility for an Individualized Education Plan
 - Specific Learning Disability
 - Speech and Language Impairment
 - Autism
 - Intellectual Disability
 - Emotional Disturbance
 - Other Health Impairment
- Behavioral or Mental Health Concerns
 - Discuss concerns with Primary Care Physician
 - Isolated or mild mental health concerns can begin with primary care physician.
 - May suggest further evaluation with mental health provider
 - Contact Mental Health Insurance Network for Intake or Assessment
 - Psychologist (PhD/PsyD) or Therapist (LMFT/LCSW) can do a comprehensive diagnostic evaluation
 - Child and Adolescent Psychiatrist or Developmental and Behavioral Pediatrician should also be considered (MD/DO)
 - Common to be seen by both a therapist and a physician
 - Schools also provide mental health services and can provide therapy at school.
 - Need to request an evaluation for an IEP.

Behavioral Health and Developmental Conditions

- Teenagers (12-19 years of age)

Behavioral

Parent Conflict

Executive Function Deficits

Externalizing Behaviors

Risk taking behaviors

Substance use/abuse

Gangs

Violence

Educational

Learning Disabilities

Academic Failure

Conduct Problems

Autism Spectrum Disorder

School Refusal

Bullying

Mental Health

ADHD - Complicated

Depression

Anxiety / OCD

Eating Disorders

Substance abuse

Conduct Disorder

Bipolar Disorder

Schizophrenia

Trauma/PTSD

Autism Spectrum Disorder

Behavioral Health and Developmental Conditions

Teenagers (12-19 years of age)

- Behavioral or Mental Health Concerns
 - Discuss concerns with Primary Care Physician
 - Isolated or mild mental health concerns can begin with primary care physician.
 - May suggest further evaluation with mental health provider
 - Contact Mental Health Insurance Network for Intake or Assessment
 - Psychologist (PhD/PsyD) or Therapist (LMFT/LCSW) can do a comprehensive diagnostic evaluation
 - Child and Adolescent Psychiatrist or Developmental and Behavioral Pediatrician should also be considered (MD/DO)
 - Common to be seen by both a therapist and a physician
- Behavioral or Mental Health Concerns (cont.)
 - Schools also provide mental health services and can provide therapy at school.
 - Need to request an evaluation for an IEP.
 - Additional Educational supports or Continuation Programs may be required
 - Substance Abuse Counseling
 - Referral for specialist for Substance abuse counseling
 - Eating Disorder
 - Referral for comprehensive eating disorder evaluation.
 - Violent or Gang-related Problems
 - Contact Local Law Enforcement about Diversion or Gang Taskforce Interventions
 - Early Signs of Psychosis
 - UC Davis Department of Psychiatry Early Psychosis Program (EDAPT Clinic)
 - Yolo County Mental Health Services

Behavioral Health and Developmental Conditions

- Maternal and Reproductive Ages

Educational – Occupational

Academic Failure

Unemployment

Underemployment

Workplace violence

Behavioral / Socioeconomic

Substance use/abuse

Food Insecurity

Financial Stress

Housing Insecurity

Risk taking behaviors

Domestic Violence

Unstable relationships

Victim of Violence

Unplanned Pregnancy

Teen Pregnancy

Mental Health

ADHD - Complicated

Depression

Anxiety / OCD

Eating Disorders

Substance abuse-
dependency

Conduct Disorder

Bipolar Disorder

Schizophrenia

Trauma/PTSD

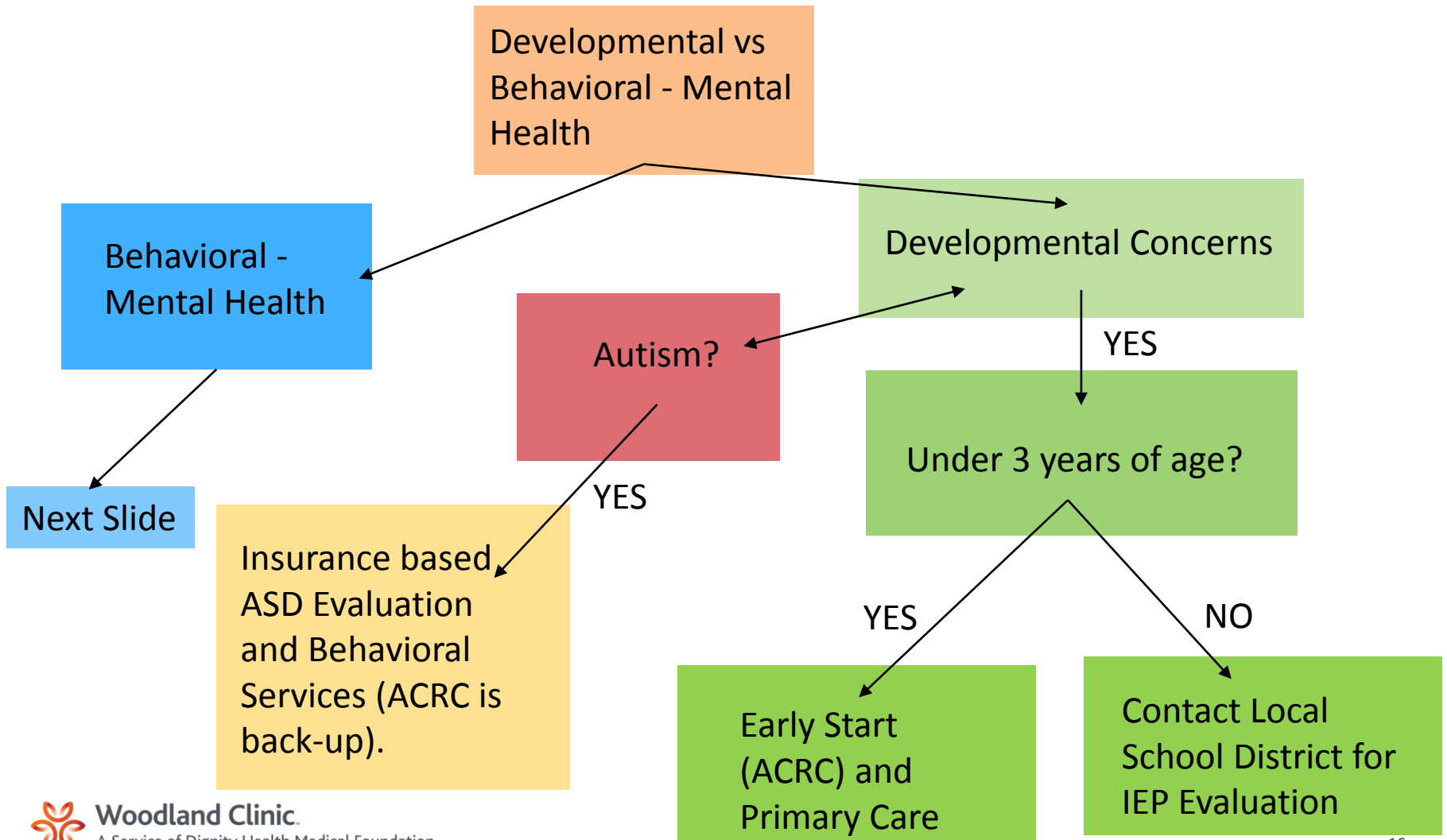
Autism Spectrum Disorder

Behavioral Health and Developmental Conditions

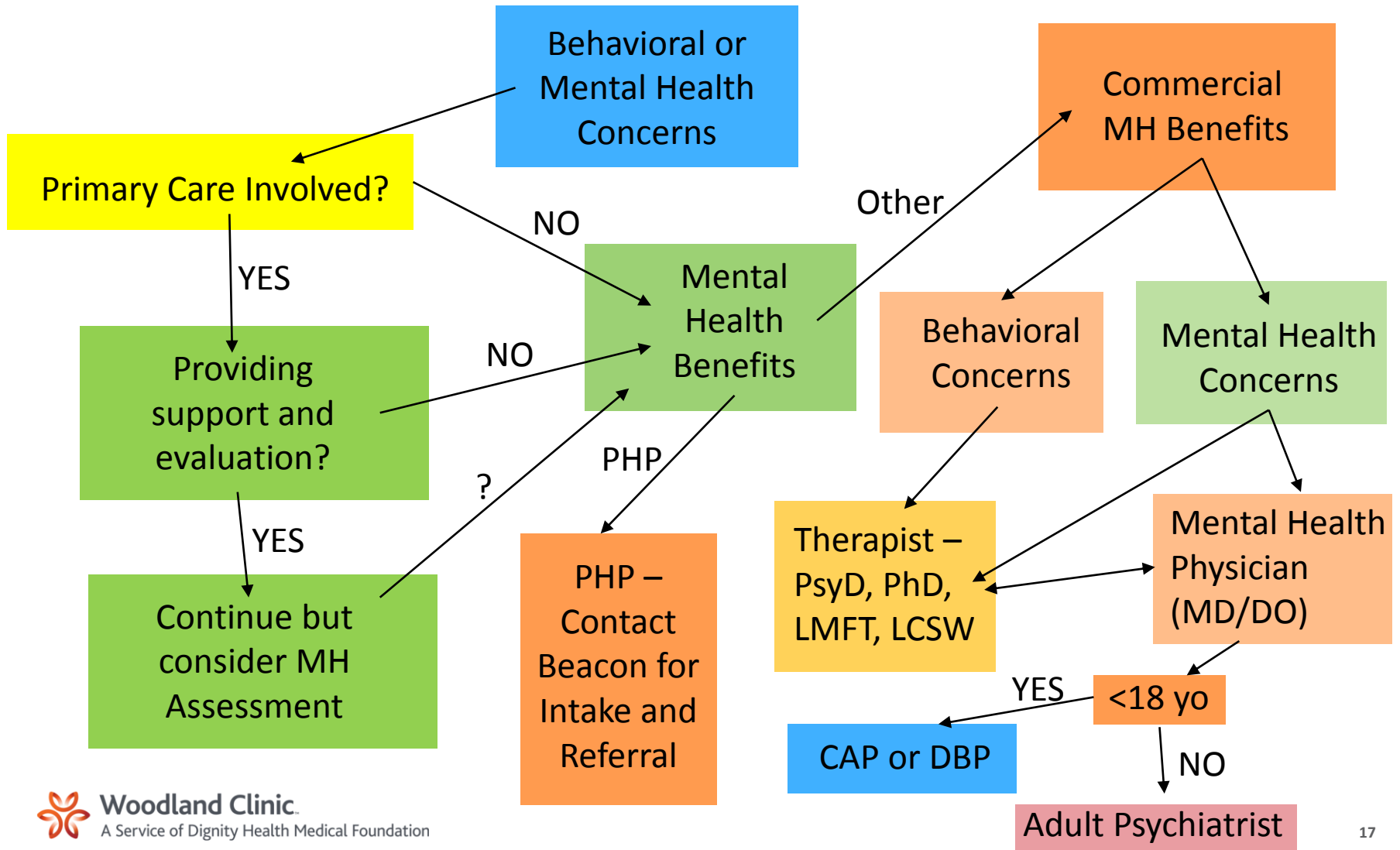
Maternal Reproductive Ages

- Behavioral or Mental Health Concerns
 - Discuss concerns with Primary Care Physician
 - Isolated or mild mental health concerns can begin with primary care physician.
 - May suggest further evaluation with mental health provider
 - Contact Mental Health Insurance Network for Intake or Assessment
 - Psychologist (PhD/PsyD) or Therapist (LMFT/LCSW) can do a comprehensive diagnostic evaluation
 - Psychiatrist should also be considered (MD/DO)
 - Common to be seen by both a therapist and a physician
 - Call Anna Sutton's Team!
- Behavioral or Mental Health Concerns (cont.)
 - Department of Rehabilitation may provide job training
 - Adult Education or Community College Educational opportunities
 - Substance Abuse Counseling
 - Referral for specialist for Substance abuse counseling
 - Eating Disorder
 - Referral for comprehensive eating disorder evaluation.
 - Violence or Sexual Assault
 - Contact Local Law Enforcement
 - Empower Yolo!
 - Early Signs of Psychosis
 - UC Davis Department of Psychiatry Early Psychosis Program (EDAPT Clinic)
 - Yolo County Mental Health Services

Behavioral Health and Developmental Referral



Behavioral Health and Developmental Referral



Questions?

Comments?

Thank you!



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