



**Boston Children's Hospital**  
Department of Psychiatry  
and Behavioral Sciences

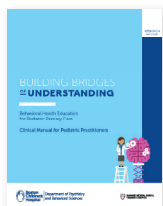
# BEHAVIORAL HEALTH EDUCATION

## for Pediatric Primary Care

A foundational 5-hour web-based video educational course for pediatric primary care practitioners (PCPs) focusing on the identification, assessment, early intervention, and treatment of mild to moderate presentations of anxiety, depression, and ADHD

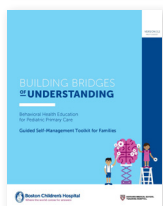
- PCPs completing the course can acquire core mental health competencies developed by the American Academy of Pediatrics<sup>1</sup>
- The course is accredited for 5.0 AMA PRA Category 1 Credits
- The cost for the course is \$250.00
- The course was created by Boston Children's Hospital Department of Psychiatry and is hosted on the Boston Children's Hospital Department of Education website: <https://bostonchildrens.cloudcme.com/buildingbridges>

The video course includes the following downloadable materials:



### CLINICAL MANUAL FOR PEDIATRIC PRACTITIONERS

109 pages summarizing information presented in the course



### GUIDED SELF-MANAGEMENT TOOLKIT FOR FAMILIES

267 pages providing self-management tools for patients and their parents

**CLICK TO REGISTER**



## OBJECTIVE

To increase **access** to behavioral health services for children and adolescents

## AIM

To enhance the **knowledge, skills, and confidence** of pediatric primary care practitioners (PCPs) to provide **safe and effective** management of **mild to moderate** presentations of psychiatric disorders **commonly seen** in their practices (i.e., anxiety, depression, ADHD)

In so doing, to conserve scarce specialty behavioral health resources for the most severe, complex, treatment resistant, and/or unsafe psychiatric disorders

### COURSE SESSIONS ADDRESS:

#### Stepped Care Model

The stepped care model for behavioral health care in the primary care setting (i.e., identification, assessment, primary care management, specialty care management)

#### Screening

Universal behavioral health screening for anxiety, depression, ADHD, and behavior problems

#### Focused Assessment

Focused behavioral health assessment for anxiety, depression, ADHD, and behavior problems

#### Psychosocial Interventions

Evidence-based brief psychosocial interventions for mild to moderate anxiety, depression, ADHD, and behavior problems

#### Psychopharmacology

Evidence-based basic psychopharmacology for mild to moderate anxiety, depression, and ADHD

#### Triage of Care

Indications for triage to specialty care settings for consultation or ongoing care until stable

#### Prevention/Early Intervention Tools

Evidence-based tools for patients and parents for home self-management of mild worries and fears, sad mood, executive skills dysfunction, and behavior problems

<sup>1</sup> Foy JM et al. American Academy of Pediatrics Policy Statement. Mental health competencies for pediatric practice. Pediatrics. 2019;144(5):e20192757.



# CORE COURSE SESSIONS

## Behavioral Health Education for Pediatric Primary Care

### GETTING STARTED

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#### Pre-Course Survey

#### Introduction

DAVID DEMASO, MD — 14 MIN

- Rationale for behavioral health care in pediatric primary care
- Stepped model of behavioral health care

#### Universal Behavioral Health Screening and Clinical Assessment

HEATHER WALTER, MD, MPH — 26 MIN

- Universal screening using the Pediatric Symptom Checklist-17 (PSC-17)

### ANXIETY

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#### Understanding Anxiety

HEATHER WALTER, MD, MPH — 20 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

#### Identifying/Assessing Anxiety

HEATHER WALTER, MD, MPH — 11 MIN

- Universal screening for worries/fears
  - PSC-17
- Focused assessment of anxiety
  - Focused symptom rating scales
    - Scale for Child Anxiety Related Emotional Disorders (SCARED)
    - Generalized Anxiety Disorder-7 (GAD-7)
  - Focused clinical interview
    - History, severity, complexity (medical and psychosocial), safety
    - Categorization of presentation as mild, moderate, or severe

#### Treating Anxiety

HEATHER WALTER, MD, MPH — 28 MIN

- Evidence-based psychosocial intervention
  - Focused cognitive-behavioral intervention

- Evidence-based basic psychopharmacology
  - Safe and effective use of selective serotonin reuptake inhibitors
  - Indications for triage to specialty care
  - Levels of specialty care

## Guided Self-Management for Worries/Fears

KENEISHA SINCLAIR-MCBRIDE, PHD — 10 MIN

- Evidence-based cognitive-behavioral elements for practice at home
  - Fear thermometer
  - Relaxation skills
  - Thinking traps
  - Facing your fears

## DEPRESSION

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### Understanding Depression

HEATHER WALTER, MD, MPH — 16 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

### Identifying/Assessing Depression

HEATHER WALTER, MD, MPH — 15 MIN

- Universal screening for sad mood
  - PSC-17
- Focused assessment of depression
  - Focused symptom rating scales
    - Mood and Feelings Questionnaire (MFQ)
    - Patient Health Questionnaire-9 (PHQ-9)
  - Focused clinical interview
    - History, severity, complexity (medical and psychosocial), safety
    - Categorization of presentation as mild, moderate, or severe

### Treating Depression

HEATHER WALTER, MD, MPH — 27 MIN

- Evidence-based psychosocial intervention
  - Focused cognitive-behavioral intervention
- Evidence-based basic psychopharmacology
  - Safe and effective use of selective serotonin reuptake inhibitors
  - Indications for triage to specialty care
  - Levels of specialty care

### Guided Self-Management for Sad Mood

KENEISHA SINCLAIR-MCBRIDE, PHD — 7 MIN

- Evidence-based cognitive-behavioral elements for practice at home
  - Mood tracking
  - Making time for fun

- Relaxation skills
- Thinking traps
- Problem solving

## ADHD

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### Understanding ADHD

HEATHER WALTER, MD, MPH — 11 MIN

- Phenomenology, prevalence, etiology, comorbidities, course, prognosis, types

### Identifying/Assessing ADHD

HEATHER WALTER, MD, MPH — 10 MIN

- Universal screening for inattention/hyperactivity/behavior problems
  - PSC-17
- Focused assessment of ADHD/disruptive behavior
  - Focused symptom rating scales
    - Vanderbilt ADHD Diagnostic Rating Scale (Vanderbilt)
    - Swanson Nolan And Pelham Scale-IV-26 (SNAP-IV-26)
  - Focused clinical interview
    - History, severity, complexity (medical and psychosocial), safety
    - Categorization of presentation as mild, moderate, or severe

### Treating ADHD

HEATHER WALTER, MD, MPH — 31 MIN

- Evidence-based psychosocial intervention
  - Home- and school-based interventions
  - Focused executive skills training
  - Focused behavioral parent training
- Evidence-based basic psychopharmacology
  - Safe and effective use of stimulants, alpha agonists
  - Indications for triage to specialty care
  - Levels of specialty care

### Guided Self-Management for Inattention/Disorganization

ERICA LEE, PHD — 10 MIN

- Evidence-based executive skills training elements for practice at home
  - Household rules and structure
  - Homework help
  - Daily school check-in
  - How to solve problems
  - How to remember what I need to do
  - How to get things done
  - How to organize my stuff
  - How to manage my time
  - How to feel good about myself

## Guided Self-Management for Disruptive Behavior

ERICA LEE, PHD — 19 MIN

- Evidence-based behavioral parent training elements for practice at home
  - Bonding time
  - Praising good behavior
  - Shifting attention
  - Effective directions
  - Rewarding good behavior
  - Reasonable consequences
  - Getting ahead

## CONCLUSION

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### Summary/Conclusions

HEATHER WALTER, MD, MPH; DAVID DEMASO, MD — 19 MIN

- Review of information presented

## Post Course Survey

## PRESENTERS

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**Heather Walter, MD, MPH**

Professor of Psychiatry,  
Harvard Medical School

Senior Attending Psychiatrist,  
Boston Children's Hospital



**David DeMaso, MD**

Professor of Psychiatry and Professor of Pediatrics,  
Harvard Medical School

Chair of Psychiatry,  
Boston Children's Hospital



**Erica Lee, PhD**

Assistant Professor of Psychology in Psychiatry,  
Harvard Medical School

Attending Psychologist in Psychiatry,  
Boston Children's Hospital



**Keneisha Sinclair-McBride, PhD**

Assistant Professor of Psychology in Psychiatry,  
Harvard Medical School

Attending Psychologist in Psychiatry,  
Boston Children's Hospital

## PUBLISHED OUTCOMES TO DATE

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- Walter HJ, et al. Enhancing pediatricians' behavioral health competencies through child psychiatry consultation and education. Clin Pediatr. 2018;57(8):958-969.
- Walter HJ, et al. Five-year outcomes of behavioral health integration in pediatric primary care. Pediatrics. 2019;144(1):e20183243.
- Walter HJ, et al. Five-phase replication of behavioral health integration in pediatric primary care. Pediatrics. 2021;148(2):e2020001073.
- Arora BK et al. Virtual collaborative behavioral health model in a community pediatric network – two-year outcomes. Clin Pediatr. In press.
- Arrojo MJ et al. Pediatric primary care integrated behavioral health: a framework for reducing inequities in behavioral health care and outcomes among children. Pediatr Clin North Am. In press.

## Clinical Manual for Pediatric Practitioners

109 page clinical manual summarizing information presented in the video course

Cover

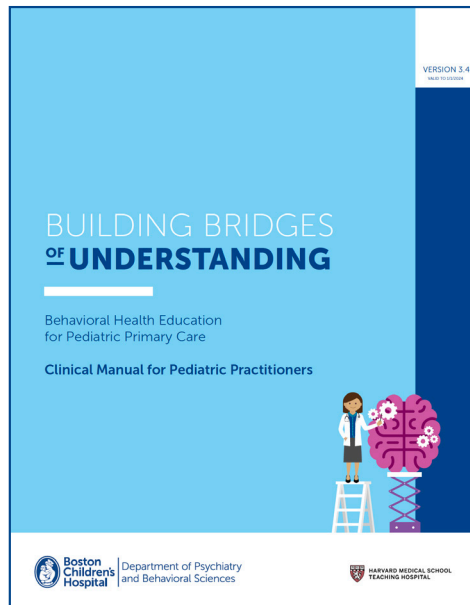
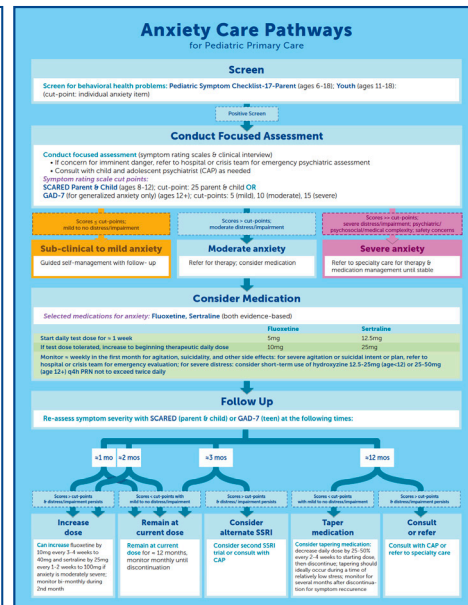


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Anxiety Care Pathways



## Guided Self-Management Toolkit for Families

267 pages providing self-management tools for patients and their parents

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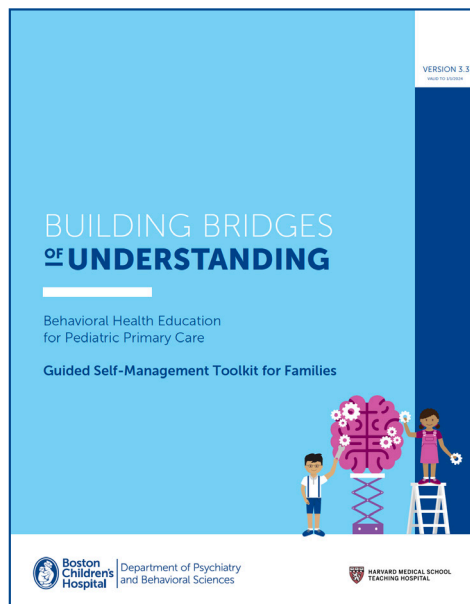


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Anxiety Toolkit Introduction

