



# **Building Mental Wellness Learning Collaborative Year 2**

---

## **PRACTICE RECRUITMENT PACKET**

---

## **BUILDING MENTAL WELLNESS**

Thank you for your interest in participating in the Building Mental Wellness Learning Collaborative (BMW). The Ohio Chapter of the American Academy of Pediatrics will coordinate the planning, implementation, and evaluation of the BMW project. The project will be designed to improve the delivery of children's mental health services, including anticipatory guidance, screening, early diagnosis and management of social-emotional problems in primary care, while integrating resources from the Pediatric Psychiatry Network (PPN).

Participating practices will work with a multi-disciplinary "core team" of clinical and administrative staff from their office to achieve optimal mental wellness for children in Ohio. Practice teams will participate in an 2 day Learning Session to learn strategies to promote protective skills, screen and identify mental health issues earlier, provide office-based interventions, link with community resources and appropriately use psychotropic medications. Lodging and travel expenses for 3 team members from each practice will be provided. Teams will be supported by the Mental Health Expert Workgroup and will be introduced to various community resources in the state. Practices will collect and record data monthly that address the outcome measures as determined by the Mental Health Expert Workgroup. Families will be asked to provide input regarding appropriate measures that match the determined aims.

To get started, we are providing you with this recruitment packet which includes a checklist to help you understand the requirements, information on the informed consent form which is attached separately as Appendix A, and a link to enroll your practice in the learning collaborative. Should you have any questions, please do not hesitate to contact any of the Chapter Leadership Team listed below.

We look forward to your participation in Building Mental Wellness!

**John C. Duby, MD, FAAP**  
*Medical Director*  
Akron Children's Hospital  
(330) 543-8790  
[jduby@chmca.org](mailto:jduby@chmca.org)

**Rebecca Baum, MD**  
*Principal Investigator*  
Nationwide Children's Hospital  
(614) 722-2435  
[Rebecca.Baum@nationwidechildrens.org](mailto:Rebecca.Baum@nationwidechildrens.org)

**Sean O'Hanlon**  
*Project Manager*  
Ohio Chapter, AAP  
(614) 846-6258  
[sohanlon@ohioaap.org](mailto:sohanlon@ohioaap.org)

## Practice Checklist

This checklist serves as a guide in helping you understand the requirements of BMW, and gauging your practice's readiness for participation.

- All physicians within a practice must agree to support the project and sign the consent form, but not necessarily actively participate. One or more physicians within a practice must agree to actively participate.

Active participation is defined as a physician who:

- Attends monthly practice meetings
- Collects, enters and reviews improvement data on a monthly basis
- Intends to complete the requirements for American Board of Pediatrics, Maintenance of Certification Part 4 Credit by participating in the project \*\*
- When necessary, represents the practice at learning sessions and monthly conference calls

*Rationale: Although the QI work will start with one lead physician (on a small scale), it will later need to be spread to other physicians' work in the practice. When you get general participation agreements from all physicians in the beginning, you help the practice manager and lead physician for the Project spread their improvements when the time is right for them.*

A supportive, non-active physician will:

- Be supportive of changes, and of the overall project
- Potentially adopt some changes for QI
- Not intend to complete the requirements for American Board of Pediatrics, Maintenance of Certification Part 4 Credit by participating in the project

- Senior practice leaders should support the BMW project.

*Rationale: The office administrator, director, and physician partners all need to support and help remove barriers for the practice team in order for the practice team to meet their goals.*

- Identify a practice QI team or "QI core team." The team consists of a physician leader, a nurse/nurse practitioner or someone with clinical responsibility, and administrative staff/office manager. One of the team members must commit to being the day-to-day contact. In addition, the QI team members need to formally devote some of their time to the project.

---

\*\* The CME/MOC credit provided for the Building Mental Wellness Learning Collaborative is funded by the Ohio Chapter, American Academy of Pediatrics and does not receive any contributions from MEDTAPP federal funds. \*\*

*Rationale: A multidisciplinary team is a key to practice success. The leader of the practice needs to help carve out time for each team member to do this work.*



Once recruited into the project the entire practice core QI team must attend the 2 day Learning Session and participate in monthly conference calls. (If it is not possible for all members of the practice QI team to attend the learning session, please do not let this be an immediate distraction to your participation. Feel free to contact one of the physician co-leaders or the project manager to discuss your participation.)

*Rationale: This is critical for the success of the practice. Large amounts of information are covered at the learning session. Also, the learning session allows devoted periods of time for the team to work together and plan. This time is lost if the leader or the day-to-day person most familiar with the details is not present.*



Ensure access to internet at office.

### **Important Dates for Starting the Building Mental Wellness Learning Collaborative**

---

The *Building Mental Wellness Learning Collaborative* will host a series of three informational calls and two additional pre-work calls prior to the Learning Session to answer questions from practices regarding the nine-month quality improvement project, as well as to review the work that is required of practices in preparation for the Learning Session.

The **Informational Calls** will provide overall information on the *Building Mental Wellness Learning Collaborative*, expectations from practices and individual providers, and a timeline of important dates throughout the Learning Collaborative. The Informational Calls will be held:

- September 13, 2012 from 12:15-1:00 p.m.
- September 18, 2012 from 12:15-1:00 p.m.
- September 20, 2012 from 8:00-8:45 a.m.

The informational calls will incorporate both an audio portion and a webinar portion. To access the audio portion you will use this information:

**Phone #: 800.920.7487**

**Code: 3296364**

To access the webinar portion, you will use the same information listed (Phone # and Code), however you will enter the information into the webinar site, listed here:

**Website:** <https://www.accuconference.com/customer/join/>

For the “Conference Dial-In Number”, use the above phone number without the periods. For “Conference Code”, use the above code. When asked for a screen name, you can enter your name and the name of your practice.

---

\*\* The CME/MOC credit provided for the Building Mental Wellness Learning Collaborative is funded by the Ohio Chapter, American Academy of Pediatrics and does not receive any contributions from MEDTAPP federal funds. \*\*

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Ohio Chapter

**Pre-Work Calls** will allow practices to ask any additional questions they have regarding the *Building Mental Wellness Learning Collaborative*, and their participation. These calls will also provide practices with an opportunity to discuss the work that needs to be done prior to the two-day Learning Session that will be held on November 14 and 15, 2012 at the Mid-Ohio Foodbank in Grove City, Ohio. The Pre-Work Calls will be held:

- October 17, 2012 from 12:15-1:15 p.m.
- October 18, 2012 from 8:00-9:00 a.m.

Pre-Work Calls are anticipated to last less than one hour, but could run longer depending on the questions asked of the participants. Practice leaders and identified Quality Improvement Core Team members are invited to participate, and **attendance at only one of these calls is required.**

The two-day Learning Session to kick off the Building Mental Wellness Learning Collaborative will be held at the Mid-Ohio Foodbank at 3960 Brookham Drive, Grove City, OH 43123 on:

- Wednesday, November 14, 2012 – 4:00-8:30 p.m. *Registration is at 4pm and dinner will be served.*
- Thursday, November 15, 2012 – 7:30 a.m.-4:30 p.m. *Breakfast is at 7:30am and lunch will be served.*

The Building Mental Wellness Learning Session be held in Columbus and more information will be made available once your practice has officially registered to participate in the Building Mental Wellness Learning Collaborative.

### **Consent Form Administration**

All physicians within a practice and members of the QI core team will be asked to complete a consent form. You will find the consent form in Appendix A, attached separately.

The rationale for the signing of the consent form by all practice physicians is to assure that all members of the practice are aware of the project and understand the role of the practice within the project.

Please note that all physicians within a practice are required to sign the consent form but are not required to actively participate in the project. Physicians who are actively participating in the project will be required to:

- Attend practice monthly meetings
- Collect, enter and review improvement data on a monthly basis
- Intend to complete the requirements for American Board of Pediatrics, Maintenance of Certification Part 4 Credit by participating in the project
- When necessary, represent the practice at learning sessions and monthly conference calls

Once your practice has agreed to participate in the *Building Mental Wellness Learning Collaborative*:

1. Obtain all the necessary signatures and make a copy of the consent form for all the signing individuals

---

\*\* The CME/MOC credit provided for the Building Mental Wellness Learning Collaborative is funded by the Ohio Chapter, American Academy of Pediatrics and does not receive any contributions from MEDTAPP federal funds. \*\*

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Ohio Chapter

2. Make a copy of the completed consent form for the Project Manager to keep on file
3. Send the original signed consent form to the Ohio Chapter, AAP:

Ohio Chapter, American Academy of Pediatrics  
Attention: Sean O'Hanlon  
Building Mental Wellness Learning Collaborative  
450 W. Wilson Bridge Road  
Suite 215  
Worthington, OH 43085

You may also bring the signed original copy of the consent form to the Learning Session on November 14, 2012.

4. Complete the online *Building Mental Wellness Learning Collaborative Practice Enrollment Form*:

<http://www.surveymonkey.com/s/BMWRegistration>

### **Practice Enrollment Form Administration**

A brief, online enrollment form must be completed by each of the participating practices prior to the Learning Session on November 14-15, 2012. To ensure your practice's information is included, please complete the practice enrollment form no later than Wednesday, October 10, 2012. (See link to online enrollment form above.)

**Please note that data should only be entered into the form for the practice core team members and for those physicians who are actively participating in the project** (entering data and joining monthly practice calls). The following information will be collected from active physicians for the sole purpose of enrollment and to document meaningful participation for the American Board of Pediatrics, Maintenance of Certification Program:

- Physician Name
- Physician e-mail Address
- Practice Address
- AAP Identification Number
- American Board of Pediatrics Identification Number (can be located by logging into the ABP's website, [abp.org](http://abp.org))
- Date of birth

Practice administrators should be prepared to enter the above information prior to beginning entry into the online practice enrollment form.

---

\*\* The CME/MOC credit provided for the Building Mental Wellness Learning Collaborative is funded by the Ohio Chapter, American Academy of Pediatrics and does not receive any contributions from MEDTAPP federal funds. \*\*

## **Definitions for ABP Maintenance of Certification Meaningful Participation Requirements**

---

The Ohio AAP is seeking ABP Maintenance of Certification credits. The total amount of points will be determined and announced closer to the Learning Session.

### **Building Mental Wellness Aims**

The BMW Learning Collaborative will work to integrate the science of child and adolescent brain development and the science of adverse childhood experiences into a model for promoting healthy social and emotional development and mental health in two developmental stages of childhood:

- Birth to age 6  
In this age group the focus will be on social-emotional health promotion, screening and early identification, and office-based intervention.
- Ages 7 to 18  
In this age group the focus will be on screening, early identification, linkages with community resources, including the Ohio Pediatric Psychiatry Network (PPN) and management, including appropriate use of psychotropic medication.

The BMW learning collaborative has five “Gears”. A Gear is a key driver that must be utilized by the practice in order to improve process and/or outcomes. The BMW gears are as follows:

1. Gear 1: Implementation of Anticipatory Guidance focused on Building Protective Skills
2. Gear 2: Implementation of Surveillance and Screening in Infancy and Adolescence
3. Gear 3: Implementation of Practice-Based Intervention
4. Gear 4: Collaboration and Coordination of Care with other Professionals and Schools  
\*required by all practices
5. Gear 5: Evidence Informed Pharmacotherapy

Practices are required to utilize Gear 4: Collaboration and Coordination of Care with other Professionals and Schools and will be expected to work on at least one of the other gears as well. Practices can select Gear(s) 1, 2, 3 or 5 depending upon their practice population and needs.

Below is the Key Driver Diagram (KDD) that provides a visual depiction of this quality improvement project.

---

\*\* The CME/MOC credit provided for the Building Mental Wellness Learning Collaborative is funded by the Ohio Chapter, American Academy of Pediatrics and does not receive any contributions from MEDTAPP federal funds. \*\*

Revision Date: June 1, 2012

**KEY DRIVER DIAGRAM**  
 Project Name: Building Mental Wellness (BMW)  
 Lannon, MD

Team Leader: John Duby, MD, Becky Baum, MD, Carole

**SMART AIM**

By June 30, 2013, all practices will develop and implement a family centered system of care for building mental wellness that achieves:

- 50% increase over baseline in number of contacts with PPN (Pediatric Psychiatry Network)
- 25% increase from baseline in parent report of the practice's level of readiness to address their child's emotional and behavioral issues
- 60% of patients identified with anxiety or depression referred for community services will successfully complete referral within 8 weeks
- 15% decrease in children under 6 years of age being prescribed any psychotropic medication
- 15% decrease in children being prescribed any atypical antipsychotic medication
- 15% increase in children being appropriately prescribed an SSRI medication
- 85% of children who initiate atypical antipsychotic treatment will have a baseline lipid panel, glucose, and BMI

**GLOBAL AIM**

To achieve optimal mental wellness for all of Ohio's children and families as soon as possible

**KEY DRIVERS**

- Implementation of Anticipatory Guidance focused on Building Protective Skills
- Implementation of Surveillance and Screening in infancy and adolescence
- Implementation of Practice-Based Intervention
- \*Collaboration and Coordination of Care with other Professionals and Schools
- Evidence Informed Pharmacotherapy
- Benefits of Participation

Key

\* Required by ALL practices. (practices should then choose at least one other key driver to work on)

**INTERVENTIONS**

- Frequency/use of specific Anticipatory guidance for Building Protective Skills at the 2, 9, 18 and 36 mo visits.
- Practice environment that promotes early literacy
- Parents of children improve their knowledge of strategies for building protective skills
- Screen for caregiver depression with 3 question screen
- Screen for family health habits during infancy that may adversely affect child development using Kemper's model
- Screen for alcohol use in 9-18 year olds guided by the NIAAA practitioner's Guide
- Screen for depression in 9-18 year olds using 2 question screen
- Enhance communication skills that help build the therapeutic alliance and assist with assuring a successful referral process.
- Enhance communication skills that promote family-centeredness.
- Develop practice-based strategies for identification and initial management of anxiety and depression
- Utilize Wisrow Common Factors approach
- Know the "red flags" for bipolar disorder
- Identify online treatment options
- Utilize PPN (Pediatric Psychiatry Network) web site
- Utilize AAP Mental Health toolkit
- Co-location and collaborative practice models
- Community Resource Directories
- Internet Resources
- Linkages with community service providers
- Peer-to-peer consultation using PPN (Pediatric Psychiatry Network)
- Utilize a log tracking referrals for anxiety and depression
- Use of the Riddle Guide to Psychopharmacology
- Utilize evidence informed decision making for the use of psychotropic medication in children under 6 years of age.
- Utilize evidence informed decision making for the use of and monitor of frontline pharmacological treatments for anxiety and depression.
- Utilize evidence informed strategies for monitoring the metabolic risks associated with the use of atypical antipsychotics.
- Consult with PPN (Pediatric Psychiatry Network) for specific treatment plans, especially when considering initiation of atypical antipsychotics or mood stabilizers
- CME and MOC provided by Ohio AAP
- AAP Mental Health Toolkit
- Practice Readiness Inventory
- Peer to Peer Consultations
- Participation in monthly Webinars

The CME/MOC credit provided for this conference is funded by Ohio AAP, and does not receive any contributions from MEDTAPP federal funds.

The Building Mental Wellness project is funded by the Ohio Medicaid Technical Assistance and Policy Program (MEDTAPP) and the Ohio Department of Health to improve health services for children served by Ohio Medicaid.

\*\* The CME/MOC credit provided for the Building Mental Wellness Learning Collaborative is funded by the Ohio Chapter, American Academy of Pediatrics and does not receive any contributions from MEDTAPP federal funds. \*\*