Integrated Behavioral Health Consult Model for Youth in Foster Care

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Background
Traumatic events are common in childhood. For the approximately 400,500 children in foster care trauma is not just common, but often chronic and cumulative. Chronic exposure to trauma can have profound negative impacts on a child’s mental health. Early detection of mental health concerns and referral to evidence based treatments is key to ensure best outcomes for children in foster care. But there is currently limited access to timely child psychiatric services for some of the most at risk youths.

The Foster Care Evaluation Service (FaCES) in Worcester MA provides medical evaluations for children entering or changing placements in foster care in Worcester MA. Working with the departments of pediatrics and psychiatry at UMass, an integrated behavioral health consult service was started in spring of 2014 which sees children referred from FaCES pediatricians for a variety of mental health concerns. This consult service utilizes a system's of care approach focused on family driven and youth guided care to help treat some of the most at risk youth.

Objectives
1) To provide a detailed description of a novel behavioral health consult service that is integrated into a pediatric health clinic for children in foster care.
2) To provide pilot data and experiences to support the importance of ongoing funding for a specialized behavioral health consult service for the foster care population.

Consult Model
- Psychiatry consult program and FaCES collocated within UMass Pediatric Primary Care Clinic.

Consult Cases

<table>
<thead>
<tr>
<th>Race</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>66%</td>
</tr>
<tr>
<td>African American</td>
<td>17%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>17%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sex</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>83%</td>
</tr>
<tr>
<td>Female</td>
<td>16%</td>
</tr>
</tbody>
</table>

| Age range | 6yo-17yo |

Referral Process
- Pt removed/changes placement
- Evaluated by FaCES Pediatric/NP
- Mental health screen during visit
- Urgent MH issue identified
- Referral made to FaCES Psychiatry
- Screened by Psychiatry team for face to face visit
- Visit scheduled with FaCES Psychiatry

Number of Psychotropics Prescribed at Intake
- 3 cases had therapy in place prior to evaluation. Provider recommended therapy for 6 out of 6 cases.
- 1 out of 6 cases had home and community-based services. Provider recommended/established this service for the 5 others.

Overall, the integrated psychiatric consult model for youth in foster care provides the FaCES Psychiatric team with the opportunity and flexibility to individualized evaluations & interventions to emphasize family driven and youth guided care while also having efficient and effective communication and care coordination with the referring FaCES pediatric provider.