

The Barrier Buster Meeting: Creating Space for Interdisciplinary Stakeholders in San Diego County

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No Conflicts of Interest

BACKGROUND

- Children with mental illness often have a variety of stakeholders and care teams involved, including psychiatry, psychotherapy, school, and state agencies.
- Communication and coordination between different care teams can prove difficult, which is to the detriment of the child and family.
- For children in crisis, particularly those whose treatment is publicly funded, lack of coordination between teams can cause delay in effective treatment and utilization of higher levels of care.

SAN DIEGO COUNTY

- About one-third of youth in San Diego County receive Medi-Cal (Medicaid) coverage.
- The most common primary diagnoses among youth were: Depressive disorders (30.9%), Stressor and Adjustment disorders (29.7%), Anxiety disorders (15.7%), and ADHD (8.9%).
- Mental health services are available in various forms, including outpatient programs, juvenile/forensic services, in-home Therapeutic Behavioral Services (TBS), wraparound programs, Short-term Residential Therapeutic Programs (STRTP), shelter and respite services, crisis stabilization services, crisis outpatient programs, emergency services, and Inpatient care.

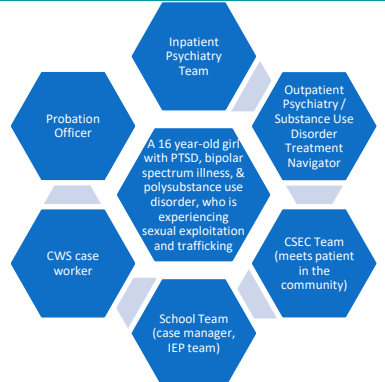
THE BARRIER BUSTER MEETING

- The County of San Diego's Youth and Families Behavioral Health Services Department has instituted a way to improve interdisciplinary communication among care teams of publicly insured youth via the "Barrier Buster Meeting."
- This meeting can be called by any component of the youth's team, including the school system, probation services, case management, child and family wellbeing services (formerly known as child welfare), and mental health team, among others.
- Once the meeting is called, these stakeholders all meet in a timely manner, usually within three business days, and discuss the case. The meeting is centered around a "barrier" that is causing difficulty in caring for the youth.
- By bringing all the care teams together, it is possible to create an integrated plan for the youth. The youth and their families are not included in this meeting in order to facilitate interdisciplinary collaboration.
- However, after the meeting, the youth and their families are informed of the new plan and how the various teams will work together to address barriers to care.

BENEFITS TO THE SYSTEM

- This approach allows for open and timely communication between various systems with which a youth interacts, allowing for systems integration.
- It also allows for interprofessional education, augmentation of cultural competence and promotion of a family's goals.
- Additionally, interagency and interdisciplinary teams have increased contact with one another, allowing for improved networking and overall collaboration for all youth
- The Barrier Buster Meeting offers an opportunity to allow systems partners who are often siloed from each other to communicate and collaborate on how to better meet a youth's needs and foster their goals, while also mitigating any barriers that may exist.

VISUALIZING THE MEETING



REFERENCES

1. CYF annual system of care report FY 20-21.PDF. (n.d.). <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/TRL/CYF%20Annual%20System%20of%20Care%20Report%20FY%2020-21.pdf>
2. Larson, J., Kazura, A., Fortuna, L., French, W. P., Hodas, G. R., Metz, P., ... & Walter, H. J. (2023). Clinical update: Child and adolescent behavioral health care in community systems of care. *Journal of the American Academy of Child & Adolescent Psychiatry*, 62(4), 367-384.