



CHILD PSYCHIATRY: LEVELS OF CARE AND TRIAGE

Karyn Horowitz, MD
Director, PediPRN

CHILD PSYCHIATRY LEVELS OF CARE

- Outpatient Treatment
 - Therapy- Individual, Family, and/or Group
 - Medication Management
 - Evaluation
 - Care Manager
- Enhanced Outpatient Services (EOS)- family intervention
- Home Based Treatment Services (HBTS)- 3 to 20 hours a week
- Intensive Outpatient Program- (3 hours/day & 3 days/week)
- Partial Level of Care- (4-6 hours/day)- diversion/step-down
- Acute Residential Services
- Inpatient Psychiatric Admission- Voluntary/Involuntary
 - 24 hour RN care/RTC observation
 - Multi-disciplinary treatment to children/families, psychiatric assessment and diagnosis, individual therapy, group therapy with focus on coping skills development, milieu therapy, and nursing assessment and care

WHAT IS THE BRADLEY HOSPITAL ACCESS CENTER?

- **Bradley Hospital's Access Center fields over 5,000 calls per year from physicians, parents, schools and community providers**
- **All calls answered by a master's level clinician**
- **The staff of clinicians is specially trained to perform evaluations for children and adolescents in crisis to determine the appropriate “least restrictive” level of care**
- **Bradley Access Center helps to coordinate admissions and transfers to/from Hasbro Children's Hospital and Bradley Hospital Inpatient and Partial programs**
- **Families can contact Bradley Access Center to schedule safety evaluations and place their children on the partial day program wait lists**
- **401-432-1364**

WHAT IS KIDS' LINK RI?

Kids' Link RI™ is a hotline for children in emotional crisis. A program offered in collaboration with Gateway Healthcare, Lifespan, Hasbro Children's Hospital and Bradley Hospital, Kids' Link RI is available 24 hours a day, seven days a week for children suffering from behavioral problems or psychiatric illness.

Call 1-855-543-5465 if your child is:

- **Feeling excessive anger or sadness**
- **Lashing out at siblings, friends, and adults**
- **Having behavior problems at school**
Having severe worries
- **Hurting himself/herself or others**



The free hotline, 1-855-543-5465, connects parents and caregivers to children's services in Rhode Island, and helps parents determine the best place to go for treatment and counseling.

With this confidential hotline, parents and caregivers can dial a toll-free number, to speak to an experienced clinician

INPATIENT PSYCHIATRIC HOSPITALIZATION

- **Bradley Hospital Inpatient Services** for children in need of short-term stabilization, assessment and treatment who are at risk for injury to themselves/others or unable to function due to the severity of their symptoms
 - Children's Inpatient Unit (4-10yo)
 - Adolescent Inpatient Unit (11-18yo and still in high school)
 - Center for Autism and Developmental Disabilities (CADD) (5-21yo)
- **Butler Hospital:** The Adolescent Treatment Unit provides psychiatric treatment and support for teenagers (13-19yo) in a safe and caring environment. Treatment programs are offered for depression, anxiety, addictions, and other mental illnesses. Support is also provided for teens who have thoughts of suicide or self-harming behaviors.
- **Arbour Fuller System:** Adolescent Inpatient treatment at Arbour Fuller and Pembroke Hospital in Massachusetts
- Other potential out of state facilities include McLean Hospital and Boston Children's Hospital

INPATIENT ADMISSIONS TO SELYA 6 (HASBRO 6 GREEN)

- **Medical Psychiatric Program at Hasbro Children's Hospital**
- **Children and adolescents 10-18yo**
- **Co-morbid psychiatric and medical illness**
- **Need ongoing medical care- films, IV treatments, subspecialty care, ECT**
- **Diagnoses may include gastrointestinal illnesses, eating disorders, diabetes, asthma, seizures, pain syndromes, somatoform disorders, and complex presentations needing diagnostic evaluations**

CAMBPER: WHAT DOES CAMBPER MEAN?

- CAMBPER= **c**hild **a**dmitted to a **m**edical **b**ed for **p**sychiatric **e**mergency **r**easons
- No open psychiatric beds in the state
- What is needed to complete this process here at Hasbro?
 - The psychiatric team calls all hospitals and confirms that there are no psychiatric beds in the state
 - The psychiatric team obtains insurance authorization for admission to a medical bed as a CAMBPER
 - If patient and family is a voluntary admission, this form will only be completed upstairs by the Psychiatric Consult Liaison team once bed has been located for patient.
 - If patient admission is on a Emergency Certification, against patient or family, this 3 page form will be completed by the psychiatric team in the Hasbro ED
 - Initial psychiatric observation level for CAMBPERs will be determined by the psychiatric clinician in discussion with Attending Psychiatrist

ACUTE RESIDENTIAL TREATMENT SERVICES (ARTS)

- **The Bradley Center ARTS:**
 - 16-bed residence in Cranston that provides short-term intensive treatment for boys and girls ages 12 to 17
 - 3 tracks
 - mental health treatment (depression, anxiety, and oppositional defiant disorder)
 - treatment for co-occurring disorders (psychiatric and substance use)
 - treatment for substance use disorders- serves as residential rehabilitation program with long-term stay option
- **St Mary's Acute Residential Treatment Services (ARTS) - Harding Program**
 - Located in North Providence and provides short-term intensive stabilization for boys (6-13yo) and girls (6-18yo)
 - Hospital step-down for children no longer needing in-patient care and hospital diversion
- **The Groden Center RITE (Residential Intensive Treatment & Evaluation) PROGRAM:**
 - Serves persons with a developmental disability or a developmental disability and psychiatric disorder
 - Hospital step-down for children no longer needing in-patient care and hospital diversion

In Massachusetts, ARTS level of care is referred to as CBAT or Community Based Acute Treatment and is an option for patients who are residents of Massachusetts

PARTIAL LEVEL OF CARE

Bradley Hospital:

- *The Pediatric Partial Hospital Program* is a highly specialized family-based day treatment and comprehensive evaluation program for very young children from infancy through age seven, who have serious emotional, behavioral, feeding, sleeping or relationship problems.
- *The Children's Partial Hospital Program* is a specialized program that provides comprehensive evaluation and intensive treatment for children ages 7 through 12 and their families
- *The Adolescent Partial Hospital Program* is a specialized program that provides comprehensive evaluation and intensive treatment for adolescents from age 13 through 18.
- *The CADD Partial Program* is a highly specialized day treatment program for children and adolescents ages 5 to 18 who have autism or developmental disabilities with a co-existing emotional or behavioral disorder.
- *The Intensive Program for OCD* provides treatment to children and adolescents, ages 5 to 18, who experience significant impairment in their daily lives due to OCD and obsessive-compulsive spectrum disorders.
- *SafeQuest* is an intensive outpatient after-school program for adolescents who are at risk for self-harm and/or who are suffering from significant mood and/or anxiety disorders.

Hasbro Children's Hospital:

- *The Hasbro Children's Partial Program* addresses the needs of children and adolescents, ages 6 to 18, who are struggling with both psychiatric and medical illness. Diagnoses may include gastrointestinal illnesses, eating disorders, diabetes, asthma, seizures, pain syndromes, somatoform disorders, and complex presentations needing diagnostic evaluations.

Providence Center Partial:

- *The Providence Center's programs* for teens ages 12 to 17 offer solutions. Services help teens develop coping skills, manage their emotions and behaviors and improving communication skills. The result is better school performance, positive behaviors and improved relationships with family, friends and teachers.

HOME BASED TREATMENT SERVICES (HBTS) VS. ENHANCED OUTPATIENT SERVICES (EOS)

- **HBTS Definition:** Medically necessary, intensive services that can help families of children with moderate to severe behavioral health, developmental or physical disabilities
- **Goals of HBTS:**
 - Maximizing the child's ability to live at home
 - Participate as valued members of their family/community
 - Improve the child's ability to function in the least restrictive level of care
 - Improve the child's ability to transition to adulthood
- **Enrollment Criteria:**
 - Medicaid eligible
 - Under 21yo and living with family/legal guardian
 - Chronic and moderate to severe cognitive, physical, developmental and/or psychiatric conditions
 - Lack of benefit from other intensive OP services
 - At risk for hospitalization or out of home placement

HOME BASED TREATMENT SERVICES (HBTS) VS. ENHANCED OUTPATIENT SERVICES (EOS), CONTINUED

- **EOS Definition:** home/community based clinical services provided for up to 5 days per week; 4 hours per day by a team of specialized licensed therapists and case managers to children who have Serious Emotional Disturbance and their families
 - **Goals of EOS:** Enhanced Outpatient Services are intended to stabilize members who are at risk of admission to Inpatient or a Residential Treatment Center, or are used to assist members who are transitioning from Inpatient or Residential Treatment Center back into the community
 - **Enrollment Criteria for EOS:**
 - Requires engagement and support in order to remain in the community
 - The member is at risk of admission to Inpatient or a Residential Treatment Center.
 - The member requires a coordinated transition back into the community after treatment in Inpatient or a Residential Treatment Center.
 - The member is a child or adolescent who meets criteria for a Serious Emotional Disturbance
- **“Medically necessary services”** refers to medical, surgical, or other services required for prevention, diagnosis, cure, or treatment of a health-related condition, including such services necessary to prevent a detrimental change in either medical or mental health status. Medically necessary services must be provided in the most cost effective and appropriate setting and shall not be provided solely for the convenience of the member or service provider.

RI ENHANCED OUTPATIENT SERVICES

Gateway Mental Healthcare CFTO (Child and Family Therapeutic Outreach):

- Adolescent Substance Use Specialty Team
- Autism Spectrum Disorders Team
- South County Team
- Complex Pediatric Illness and Co-Occurring Behavioral health Disorders
- Early Childhood Treatment program
- Grief and Trauma Specialty Team
- Insurance Accepted: Rite Care United, NHP, Tufts, BCBSRI, some UBH

North American Family Institute (NAFI) EOS:

- **Population served:** Ages 2 to 17
- **Program:** Outpatient, home-based, Family Oriented
- **Insurance Accepted:** Rite Care, NHP and UBH

Kaleidoscope Family Solutions

- **Population served:** 3-21 yo with physical, behavioral, intellectual, and developmental delays
- **Program:** In-home and community-based support

****Most Community Mental Health Centers in Rhode Island such as Providence Center, Kent Center, Community Care Alliance (CCA), and Inner You are able to provide home based services in Rhode Island****

CRISIS CLINIC AT BRADLEY HOSPITAL

- **Bradley Outpatient program for children and adolescents with no current mental health providers**
- **Urgent need to be seen for a psychiatric evaluation and crisis stabilization**
- **No imminent risk but cannot wait more than 48 hours for an evaluation**
- **Evaluation scheduled no more than 48 hours ahead of time**
- **Family-based intervention**
- **Multidisciplinary team: child and adolescent psychiatrist, senior clinical psychologists and trainees (child psychiatry fellows/triple board residents, and psychology post-docs)**

OUTPATIENT SERVICES PRINCIPLES

- Local providers
- Types of therapists: LMHC, LICSW, PhD, PsyD
- Types of prescribers: Child & Adolescent Psychiatrists, PMH-NP
- Evaluations: psychological, neuropsychological, autism, “ADHD”
- Treatment modality depends on presenting problem- family, individual, group
- Type of therapy depends on presenting problem(s)- Family therapy, CBT, DBT-A, IPT-A, psychodynamic psychotherapy, parent training, PCIT and more