

This newsletter is supported by the Kubly Family and the Wisconsin Department of Health Services
www.chw.org/cpcp • Spring, 2016

Welcome to this newsletter of the Wisconsin Child Psychiatry Consultation Program (CPCP).

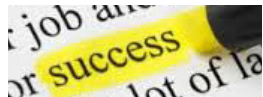
This publication is specifically aimed at our enrolled providers, to disseminate updates about the project, announcements from around the state, and also educational materials concerning mental health treatment you may find useful in your practice.

STRATEGIES FOR CHILDHOOD ANXIETY

In this issue, we will discuss strategies for identifying and addressing mild to moderate childhood anxiety. Anxiety is usually easy to identify through a clear expression of fear. Sometimes, however, anxiety can be less obvious, and what may look like oppositional or hyper-focused behaviors can actually reflect anxiety. For a more expanded version of this article including how to help youth struggling with anxiety and stressful situations, please visit the CPCP website link: <http://www.chw.org/~media/Files/Medical%20Care/Psychiatry/Psych%20Consult%20Site/Tools2016%203%2025.pdf> and view the printable handout for yourself or a caregiver. In addition to the anxiety-reduction strategies identified in this newsletter, you may also email or call the CPCP access line to discuss questions or clinical direction, and we will be happy to assist you.

Matthew Jandrisevits, PhD

Psychologist, Children's Hospital of Wisconsin



MENTAL HEALTH HIGHLIGHT

Presenting Problem: Enrolled provider emailed in regards to a 10 year old boy that had been on three previous ADHD medications, now on Adderall 15 mg in AM and has developed motor tics.

Outcome: Recommendation was to add/switch to Guanfacine. If ADHD symptoms aren't sufficiently targeted with an optimized dose of Guanfacine, then re-challenge with a stimulant.

Psychology & Behavior Teaching Points: A September, 2015 article in *JAACAP* did a meta-analysis of controlled trials, which did not support an association between psychostimulants and new onset/worsening of tics. Patients/families, however, generally remain skeptical of this and still insist on coming off the stimulant.

FACTS ABOUT EVEKEO

Evekeo® is a new amphetamine-based stimulant medication FDA approved (2014) for treatment of ADHD in ages 3 and older that blocks reuptake of Dopamine and Norepinephrine. It is effective in reducing ADHD core symptoms: inattention, hyperactivity, and impulsivity. For more information about the drug Evekeo, visit the CPCP website link:

<http://www.chw.org/~media/Files/Medical%20Care/Psychiatry/Psych%20Consult%20Site/Newsletters/Medication%20Evekeo%20CPCP%20Newsletter.pdf>

CREATING & MANAGING YOUR ETHOS PROFILE FOR CME CREDITS

Please note the new process to obtain CME credits for successfully completing the CPCP online education modules. Before starting the CPCP online education modules, please create your EthosCE profile through the Medical College of Wisconsin. Step-by-step directions: <http://www.chw.org/~media/Files/Medical%20Care/Psychiatry/Psych%20Consult%20Site/EthosCE%20Creating%20Your%20Profile.pdf> or visit the Medical College of Wisconsin's Office of Continuing and Professional Education website at: <http://ocpe.mcw.edu>. If you already have an EthosCE account, you will be able to view and print your CME credits for CPCP education modules successfully completed.

Easiest method to obtain CME credits:

- Set up EthosCE account
- Complete module of choice
- Obtain notice from your regional clinical coordinator (Jonathan or Sara) by email that you either passed the online module quiz or you did not
- If you passed the quiz, go to your EthosCE account to view and/or print the CME credit
- If you did not pass the quiz, review and retake the quiz for credit

Online modules can be accessed at: <http://healthykids.chw.org/> using your unique login and password previously emailed to you by your regional clinical coordinator. If you would like your login and password sent to you again, contact Jonathan at: JBlake@mcw.edu (Northern Region) or Sara at: SHerr@mcw.edu (Milwaukee/Southeastern Region).

Online Module Series I:

- Diagnosing and Treating Attention Deficit/Hyperactivity Disorder (ADHD)
- Pharmacological Treatment of Depression and Anxiety
- Atypical Antipsychotic Medication Use and Monitoring in Pediatrics

Online Module Series II:

- General Screening Tools
- Specific Rating Scales
- Suicidality

Bonus Modules—Trauma Informed Care (TIC)

- Awareness of the Impact of Traumatic Events
- Safe, Compassionate, Respectful Partnering

RESOURCE CORNER

PHQ RESPONSE SHEDS LIGHT ON SUICIDE RISK

How a patient answers a certain item on the Patient Health Questionnaire (PHQ) depression module may provide a glimpse into his or her risk of suicide over the next couple of years.

Read more here:

<http://www.psychcongress.com/article/phq-response-sheds-light-suicide-risk-26800>



NORTHERN REGION RESOURCE

Marathon County Health Department (MCHD) works to protect and improve the health of our local communities. Call 715-261-1099 if you have questions or would like additional information.

Address: 1000 Lake View Dr., Suite 100, Wausau, WI 54403-6781

Department Hours: Monday-Friday 8:00 am to 4:30 pm

<http://co.marathon.wi.us/Departments/HealthDepartment.aspx>

WEBINAR SERIES: REDUCING TOXIC STRESS AND INCREASING RESILIENCE IN YOUNG CHILDREN

Learn how to support young children's social and emotional development ages birth through 5. Check out the Reducing Toxic Stress and Increasing Resilience in Wisconsin's Young Children nine-part webinar series.

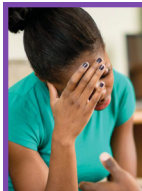
To listen to the **FREE** webinars, visit: <http://www.wismhi.org/wismhi/About-Us/ECCS/WebinarSeries>. ECCS is a project within the Wisconsin Medical Home initiative of Children's Health Alliance of Wisconsin, with funding through the Wisconsin Department of Health Services' Maternal Child Health Program, Division of Public Health.

WIAPP OPEN FORUM

Join us for the **WIAAP Open Forum: Future of Quality Improvement in Pediatrics**. This full day free event features Dr. David Nichols, MD, President and CEO of the American Board of Pediatrics (ABP) and will provide important updates in pediatric Quality Improvement measures for Wisconsin, and what pediatricians can expect moving forward.

Register at the WIAAP website, or at:

<http://www.wiaap.org/events/EventDetails.aspx?id=764990>



ASK: MENTAL HEALTH HELP

What do you know about mental health? Are you or a loved one feeling hopeless or overwhelmed?

ASK: Access, Support and Knowledge is a free series on mental health that will present information on signs and symptoms, advocacy, and where to turn for help in facing issues involving mental illness.

You are not alone. There is help and hope. Get the facts.

In Milwaukee:

Saturday, April 23, June 11

10:30 am–12 pm

Capitol Library
3969 N. 74 St.

Saturday, August 20

10:30 am–12 pm

Villard Square Branch
5190 N. 35th St.

Saturday, June 25

2–3:30 pm

Atkinson Library
1960 W. Atkinson Ave.

Saturday, Nov. 19, Dec. 17

1–2:30 pm

Center Street Library
2727 W. Fond du Lac Ave.



ANXIETY AND DEPRESSION RESOURCE FOR PARENTS AND PROVIDERS

One online resource that is a good option for parents and providers alike is the Anxiety and Depression Association of America (ADAA) website located at www.adaa.org. It offers **material for parents** seeking to read up on their child's recent diagnosis of an anxiety disorder, and symptoms of what anxiety might look like. There are fact sheets that address many anxiety diagnoses from generalized anxiety to phobias, myths of anxiety, and when to seek professional help. **For professionals**, there are links that will address clinical practice management, as well as a link to AACAP (American Academy of Child and Adolescent Psychiatry) <http://www.aacap.org/> for articles on related topics. You can also locate a therapist or treatment facility based on a search by zip codes.

In addition, you may email or call the CPCP access line to inquire about resources within your community as we are happy to assist you.

Rich Robinson, MA

Intake Coordinator, Children's Hospital of Wisconsin

This newsletter is supported by the Kubly Family Wisconsin Department of Health Services, Department of Psychiatry and Behavioral Medicine, Medical College of Wisconsin

Jon A. Lehrmann, MD, Chairman and Professor • Michelle R. Broaddus, PhD, CPCP Program Director

Newsletter Team: Jonathan Blake • Thom Ertl • Sara Herr

For more information, visit the CPCP website at www.chw.org/cpcp

Please note: Topics covered in newsletter are for educational purposes only. The content is to inform, not to encourage use or endorse. The CPCP team has no financial conflicts of interest regarding this material. This project is funded through Wisconsin Act 127. The Charles E. Kubly family provided a generous donation to start a CPCP specifically in Milwaukee County prior to 2013 Act 127. The Kubly family provided another donation to augment the state funds in this first year of the CPCP pilot thus, the title of this program includes the Kubly name to offer acknowledgement and gratefulness.