



Characteristics of Patients Served by a Statewide Child Psychiatry Access Program (CPAP)

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Maryland-Behavioral Health Integration in Pediatric Primary Care (MD-BHIPP)

Background

A growing gap exists between the need for and availability of pediatric mental health services. Child Psychiatry Access Programs, like Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP), have been instrumental in addressing this need. BHIPP supports providers in addressing pediatric mental health concerns in their practices through provider education and 3 patient-specific services: telephone consultation with a psychiatrist, referral support, and social work co-location.

Purpose

This study describes characteristics of patients for whom PCPs sought support via BHIPP and examines whether patient characteristics vary by service.

Methods

N= 9,261 patient-specific contacts with BHIPP from October 2012- March 2020 were examined using the following measures:

- Service type (e.g., face to face social-work visit)
- Patient demographics (e.g., gender)
- Patient presenting problems and medication use
- Clinical severity rating by BHIPP consultant/social worker using CGI-S

Descriptive statistics were used to examine patient characteristics by BHIPP service. Latent class analysis using presenting symptoms as class indicators was conducted to identify subgroups of patients for whom PCPs sought BHIPP services. Logistic regression was used to examine class differences on demographic and clinical service variables.

Results

Table 1. Characteristics of Patients for Whom PCPs Sought BHIPP Services by Service Type

Characteristics	Consultation (N=1885)	Referral (N=2379)	Social work (N=4997)	Chi Square
Sex				74.38*
Male	993 (52.7%)	1104(46.4%)	2123 (42.5%)	
Female	875 (46.4%)	1223 (51.4%)	2734 (54.7%)	
Other/Unknown	17 (0.9%)	51(2.1%)	140 (2.8%)	
Age				360.56*
0 – 5 years	185 (9.8%)	223 (9.4%)	894 (17.9%)	
6 – 12 years	753 (39.9%)	927 (39.0%)	2277 (45.6%)	
13 – 18 years	797 (42.3%)	1059 (44.5%)	1589 (31.8%)	
> 18 years	143 (7.6%)	145 (6.1%)	122 (2.4%)	
Unknown	7 (0.4%)	25 (1.1%)	115 (2.3%)	
Patient Insurance Type				1058.2*
Private or both	867 (46.0%)	1456 (61.2%)	1392 (27.9%)	
Public	573 (30.4%)	838 (35.2%)	2046 (40.9%)	
None/unknown	445 (23.6%)	85 (3.6%)	1559 (31.2%)	
Already Receiving Mental Health Services				1148.1*
Yes	1302 (69.1%)	514 (21.6%)	1596 (31.9%)	
No	562 (29.8%)	1712 (72.0%)	3200 (64.0%)	
Unknown	21 (1.1%)	153 (6.4%)	201 (4.0%)	
Taking Medications				2282.65*
Yes	1112 (59.0%)	369 (15.5%)	829 (16.6%)	
No	689 (36.6%)	1162 (48.8%)	3630 (72.6%)	
Unknown	84 (4.5%)	848 (35.6%)	538 (10.8%)	
CGI-S Rating by BHIPP**				2387.67*
Normal	9 (0.5%)	1 (0.4%)	539 (10.9%)	
Borderline mentally ill	30 (1.7%)	11 (4.6%)	1915 (38.6%)	
Mildly ill	176 (9.8%)	47 (19.5%)	1228 (24.8%)	
Moderately ill	1019 (56.5%)	116 (48.1%)	1012 (20.4%)	
Markedly ill	463 (25.7%)	49 (20.3%)	215 (4.3%)	
Severely ill	91 (5.0%)	15 (6.2%)	35 (0.7%)	
Extremely ill	17 (0.9%)	2 (0.8%)	13 (0.3%)	

Notes. *p<.001; **CGI-S only available for N=7003 case-specific contacts.

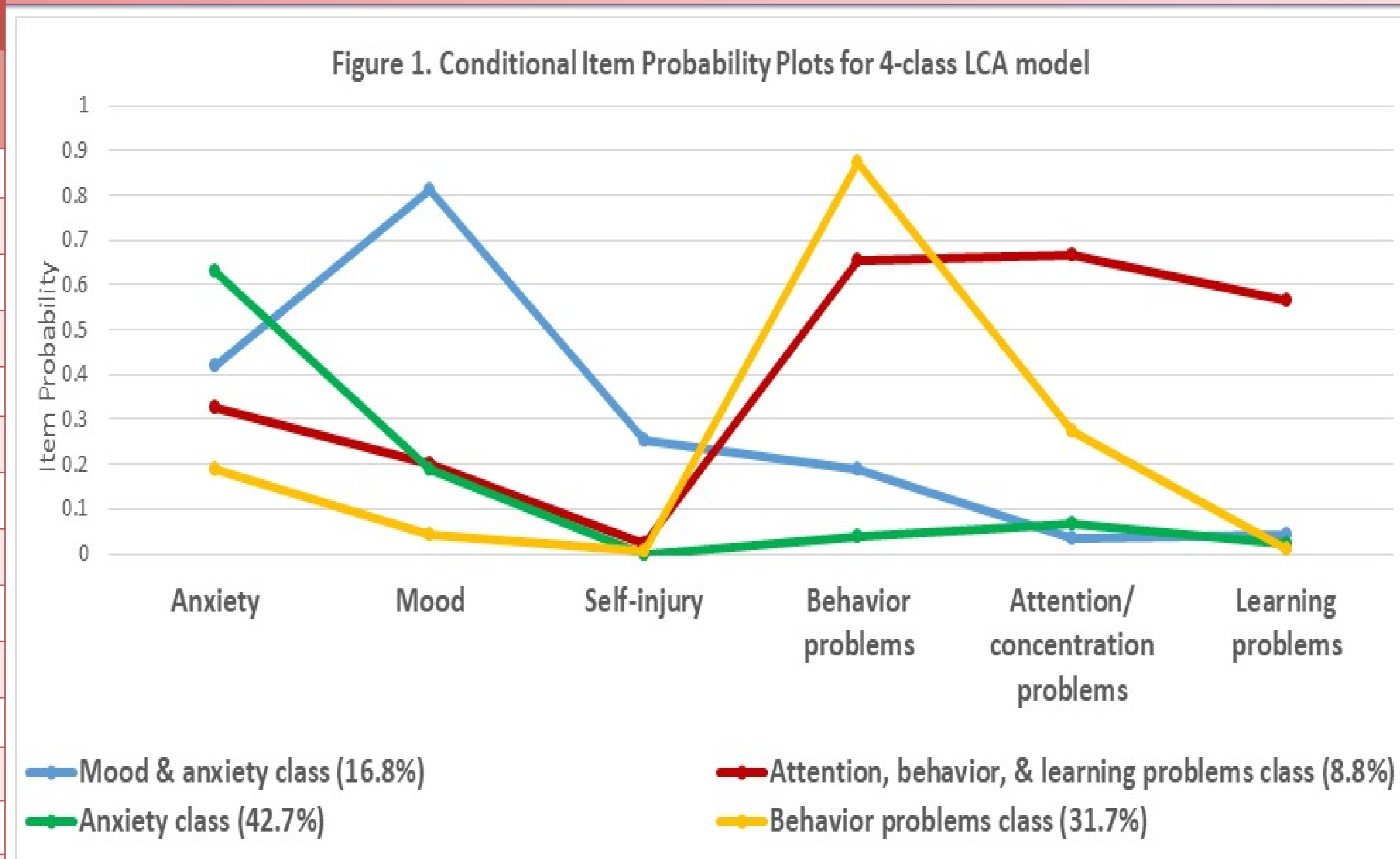


Table 2. Latent Class Differences on Characteristics

Patient Characteristic	Mood & Anxiety Problems	Attention, Behavior & learning Problems	Behavior problems only	Anxiety only
Male	0.75*	3.34**	3.17**	Ref.
< 8 years old	0.00**	1.33	5.80**	
Has private insurance	0.54**	0.40**	0.44**	
Already receiving mental health services	1.94**	2.12*	1.69**	
Received BHIPP social work visit	2.26**	0.55*	0.81	

Notes: Values shown in table are Odds ratios and the largest class (anxious class) is the reference group. *p<.05; **p<.01

Conclusions

PCPs are seeking CPAP support for patients with common internalizing and externalizing symptoms. Social work services are sought more for patients with mild internalizing symptoms whereas consultations with a psychiatrist are used more often for moderate to severely ill patients with externalizing symptoms who are more often taking medication. Findings will inform allocation of CPAP services to patients with diverse presenting problems and severity levels.