

## Colorado Pediatric Psychiatry Consultation and Access Program

**Question:** How do I assess and treat mental health concerns in primary care?

**Answer:** CoPPCAP! CoPPCAP aims to increase the ability and comfort of primary care clinicians to provide basic mental health assessment and treatment for their child and adolescent patients.

### Core Components:

- 1) Telephone consultation (within 45 minutes of a request) with a child psychiatrist or e-consult answered within 24 hrs. **Toll-Free Number: 1-888-910-0153 (Monday - Friday 9:00 AM - 4:30 PM)**
- 2) Access to information about community resources through a clinical care coordinator/navigator.
- 3) Free education opportunities through different formats (see below)
- 4) A toolkit of screening tools and educational materials provided through website.
- 5) Direct face-to-face or telehealth consultation for patients with difficult diagnostic or treatment issues.
- 6) Payor blind, may seek consultation for any patient in practice up to age 25.
- 7) Community of Practice: monthly virtual gathering to discuss cases.

Sample of Free Educational Sessions			
ECHO Core Essentials (8 sessions, 3-4 times/year)	ECHO Beyond Core Essentials (8 sessions, 3-4 times/year)	Learning Collaborative (September)	Lunch & Learn (as requested)
Screening and Assessment	Treatment of Anxiety and Depression: Beyond 2 SSRIs	Motivational Interview	Screening Tools
What is Therapy?	Disruptive Behaviors in Preschoolers	Working with Parents of Preschoolers with Difficult Behaviors	Anxiety
ADHD	Disruptive Behaviors in School Age Children	Applying Acceptance and Commitment Therapy (ACT) in Primary Care	Suicide
Crisis and Chaos in the Primary Care Setting	Substance Use Disorder	Working with Interviewing Teens Around Mood (Depression) and Risk	Depression

### What CoPPCAP participants have said:

- *Maura Capaul, FNP, Lafayette Pediatrics and Internal Medicine:* "I am so happy with your program. I take one piece of information from a consult and it's like a big cascade to apply with so many other patients!"
- *Michele Wallendal, MD, Pediatrics 5280:* "I want you to know that the last family you helped me find local resources for is extremely happy."
- *And always:* "Thanks so much; that was so very helpful."

### Key Contacts:

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### **NOTE: Pediatric provider line; not intended for use by parents**

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