

Additional Services

The **Triple P Positive Parenting Program** is available to parents at the MCPAP office (and some PCP offices) by referral from your child's PCP. Triple P gives parents tips to help them handle challenges with their children's behaviors. Some of these behaviors might include temper tantrums, bedtime, mealtime or chore struggles, bullying, homework, and other concerns. The Triple P provider will meet with parents two to four times. These meetings can help make being a parent less stressful and more enjoyable.



Please visit our website: www.mcpap.org

One in eight women report experiencing depression during pregnancy or in the first year after giving birth or adopting.



MCPAP for Moms is a program to help women who are pregnant, or have just given birth, with depression and other mental health concerns. Screening new mothers for depression is an important part of well-baby visits. Your mental health affects the healthy development of your baby and family. If you are a new mom and have concerns about your emotional well-being you should talk to your baby's PCP. S/he will help you coordinate with your own PCP to access the services of **MCPAP for Moms**. You can find more information at mcpapformoms.org on the "For Mothers and Families" tab.



MCPAP Regional Teams

Regional MCPAP teams consist of child psychiatrists, licensed therapists, care coordinators, and appropriate administrative support. Some teams also have an Advanced Practice Registered Nurse (APRN).

Western Massachusetts

Baystate Medical Center

Central Massachusetts

University of Massachusetts
Medical Center

Northeast Region

North Shore Medical Center

Boston/Metro Region I

Massachusetts General Hospital

Boston/Metro Region II

Tufts Medical Center/
Boston Children's Hospital

Southeast Region

McLean Hospital - Southeast



1000 Washington St., Suite 310
Boston, MA 02118-5002

www.mcpap.org

Connecting Primary Care
with Child Psychiatry



We work with your child's primary care provider to meet the behavioral health needs of your child and family.

www.mcpap.org

About MCPAP

MCPAP stands for the Massachusetts Child Psychiatry Access Project. We want to make it easier for children and their families to get treatment for mental health and substance use. MCPAP gives advice to pediatric primary care providers (PCPs) across the state. We work with families to help connect you with services in the community. MCPAP is available to all families through their PCPs regardless of what kind of insurance you have.

MCPAP has six teams across the state to serve PCPs and families locally. Each team includes child psychiatrists, a licensed therapist, and a care coordinator. We work together with your PCP to identify your child's mental health needs. Your PCP may contact us for our specialized expertise with questions or concerns about your child. PCPs call regularly to ask for help with:

- Questions about a diagnosis
- Choosing the right treatment strategies
- Medication treatment: starting/stopping medication, choice of medication, dosages, and side effects
- Connecting families with behavioral health service providers in the community when needed

As a parent, what can I expect from MCPAP?

MCPAP supports your PCP to meet the needs of your child and family. There are a few ways in which we might work with you and your family directly:



- **Your child's PCP is referring you for an evaluation with a member of the MCPAP team.**

Our care coordinator will contact you to schedule the appointment. Your child's insurance will be billed for the cost of this appointment. The appointment will last about 60-90 minutes. It will include both you and your child. After the appointment, we will send a written report to your child's PCP. The report will include recommendations for services that will best help your child. The report will be sent directly to your child's PCP, who will share the results with you.



- **Your child's PCP is asking MCPAP to help find therapy or psychiatry services in the community.**

A MCPAP team member will contact you to begin the process. We make every effort to offer two or more options. We also consider your family's needs and choices. Many times it is difficult to find the right provider who accepts your insurance, has open appointments when you want them, and is close to your home. There are often long waiting lists for mental health and substance use services. The more flexible you can be, the greater chance your child will receive services sooner.

In some situations, the MCPAP therapist may treat your child at the MCPAP office until services become available in your community. He or she may provide other types of support by phone.

It is very important that you understand a few things that MCPAP *does not* do:

- MCPAP is not an emergency or crisis service.
- We do not provide psychiatry or therapy services directly to your child or family. We provide recommendations to your child's PCP about treatment. We will work with the PCP and with you to find the right resources for your child in the community.
- We do not write prescriptions for medicines. We provide advice to your child's PCP about medicines.
- We do not provide evaluations, reports, or letters for schools or courts.

If you have questions or concerns about MCPAP you may speak with your PCP. You may also visit www.mcpap.org for additional information.

Why MCPAP?

MCPAP began over ten years ago because there are not enough child psychiatrists to help children who need behavioral health services. PCPs can treat children with some diagnoses such as ADHD, mild to moderate depression, mild to moderate anxiety, and brief intervention for substance use disorders. MCPAP can provide expert advice to your child's PCP for these and more serious concerns. For more complicated conditions and substance use disorders, MCPAP can help your PCP find resources or connect you and your child with services in your community.