

### Summary of Issue

---

“Today’s behavioral health landscape for children and youth is grim, with rising rates of youth and adolescent depression and illicit drug use. The rates of mental illness and substance use rise as youth move into young adulthood, while studies show that people with serious mental illnesses and substance use disorders die earlier than the general population, in large part due to unmanaged physical health conditions. To close the early mortality gap, there must be a shift in focus from treatment of chronic disorders to prevention, and greater emphasis on identifying early onset of behavioral health concerns among children and youth. Many factors point to the need for prevention and early identification strategies by primary care clinicians (PCC) in integrated care systems.” ([http://www.integration.samhsa.gov/integrated-care-models/13\\_June\\_CIHS\\_Integrated\\_Care\\_System\\_for\\_Children\\_final.pdf](http://www.integration.samhsa.gov/integrated-care-models/13_June_CIHS_Integrated_Care_System_for_Children_final.pdf))

Aurora has the opportunity to enhance existing programs that address integrated care for pediatric patients and their families while working towards novel solutions to address identified gaps.

### Data\*

---

2015 Colorado Health Report Card

- 1 of 4 high school students struggles with depression, with teen girls twice as likely as boys to report feeling depressed

MCH Issue Brief on [Mental Health Among Children and Youth in Colorado Youth Risk Behavior Survey and Healthy Kids Colorado Colorado Child Health Survey Data](#)

*\*Lack of Aurora-specific data remains a challenge at this time and suggests an opportunity moving forward*

### Current initiatives that address issue

---

#### **Behavioral Health Consultants in medical homes (Rocky Mountain Youth Clinics)**

- Some medical homes, including Rocky Mountain Youth Clinics, has placed behavioral health consultants (varying levels of training) in the clinic to provide short-term behavioral interventions while providing connection to community mental health centers

#### **Behavioral health screenings in medical homes**

- Use of age-appropriate mental health screening tools in certain primary care medical homes

#### **Colorado Psychiatric Access and Consultation for Kids (C-PACK)**

- This service, launched in 2013, provides a consultation hotline for primary care pediatricians to contact psychiatric specialists for complex cases

#### **Aurora Mental Health Center**

- Aurora Mental Health Center provides diverse services for children and their families, including individual child therapy, child group therapy, family therapy and parent support/guidance, and other psychological and psychiatric services.

#### **Colorado Access/RCCO and Behavioral Healthcare Inc. (contracted Behavioral Health Organization)**

- Coordinates mental health services for Medicaid clients in Aurora area
- <http://bhicares.org/>

#### **Children’s Hospital Colorado**

- Psychiatry and Behavioral Sciences: <http://www.childrenscolorado.org/departments/psych>

#### **Asian Pacific Development Center – Integrated Care Services**

- Asian Pacific Development Center's (APDC) Integrated Care Services is a blending of our existing services with primary care medical services to create a coordinated, comprehensive system of assistance for APDC's clients. While intended to serve the Asian American Pacific Islander (AAPI) communities in general, Integrated Care Services will target the indigent, refugees and first-generation immigrants.

### **CCHAP**

Behavioral health is a major focus area for CCHAP and will be a priority over the coming years. CCHAP's behavioral health vision is that all children in Colorado will have early access to comprehensive, preventive behavioral health care in their medical home. The CCHAP goals for comprehensive preventive behavioral health care of children parallel the goals of the Colorado State Health Innovation Plan.

- By 2019, 80% of medical homes for children will have an integrated behavioral health care provider.
- By the end of 2016, 76% of medical homes for children will have incorporated evidence-based methods for providing preventive behavioral health care including early screening, early intervention, appropriate care coordination and attention to socioeconomic barriers.
- <http://cchap.org/our-services/behavioral-health/>

### **Massachusetts Child Psychiatry Access Project**

- Program that teaches pediatricians strategies for assessing mental health conditions and helps them connect patients to community mental health centers