



# North Carolina Psychiatry Access Line (NC-PAL)

**J. Nathan Copeland, MD, MPH**

Division of Child & Family Mental Health & Community Psychiatry

Duke Center for Autism and Brain Development

Medical Director, Duke Primary Care Behavioral Health Program

Child Psychiatrist, North Carolina Psychiatry Access Line

## The Challenge

Of the 2.3 million youth in  
NC, 364K or **1:6** have a  
behavioral health disorder



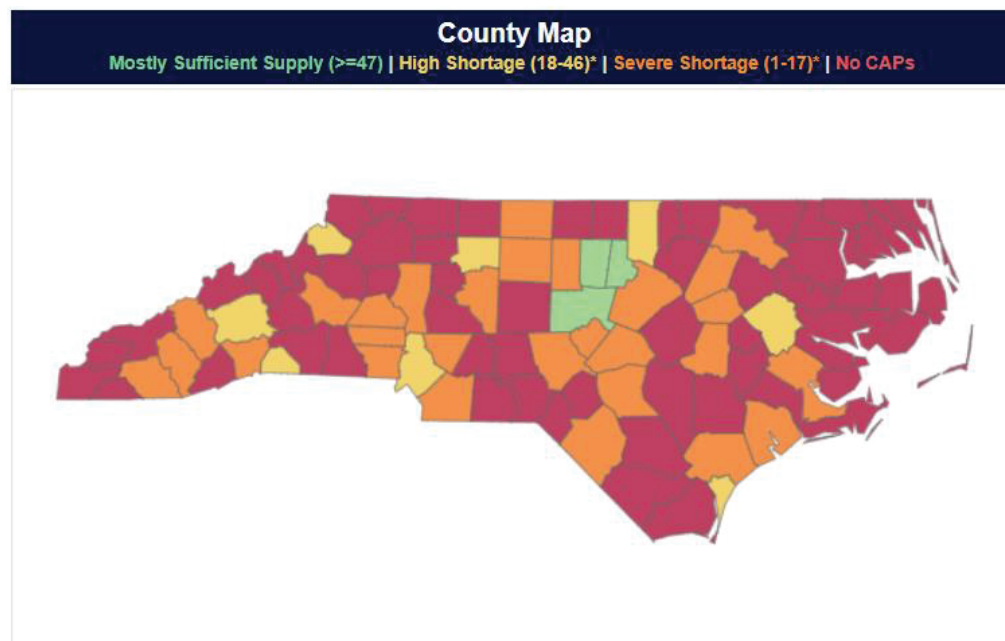
**66%** of pediatricians report  
*a lack of training in  
counseling or medication of  
children with mental health  
problems*

There are **only 288**  
Child and Adolescent  
Psychiatrists (CAP)  
in all of NC

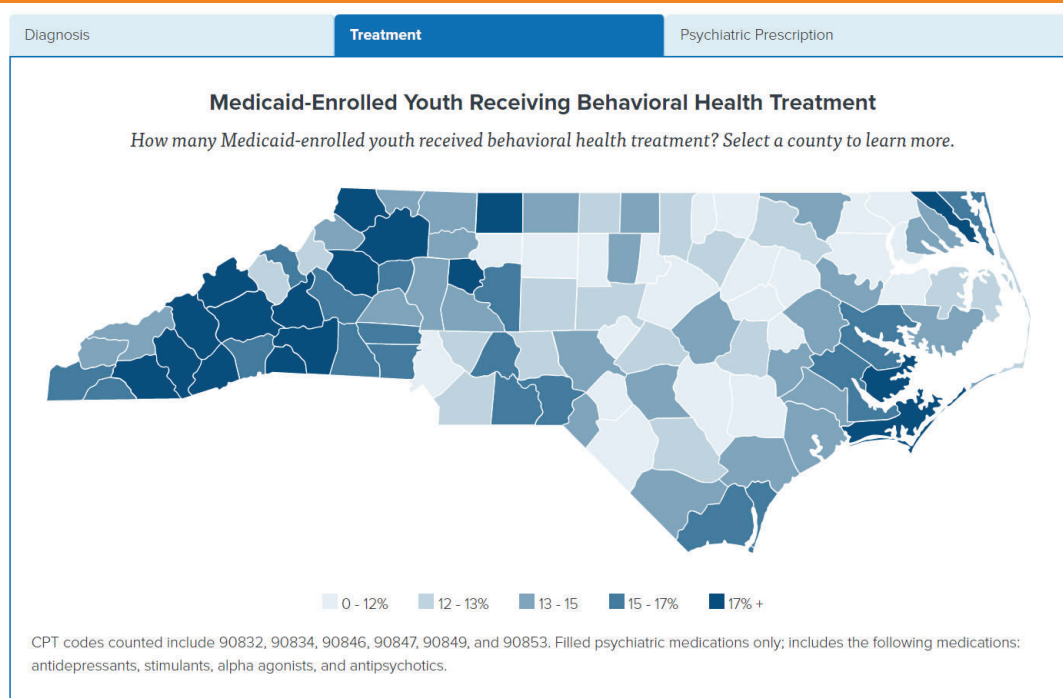
**61/100** counties *don't*  
have a single CAP

The American Academy of Pediatrics has called on PCPs to  
take a more active role in identifying and treating common  
pediatric behavioral health conditions

# Pediatric Mental Health Access

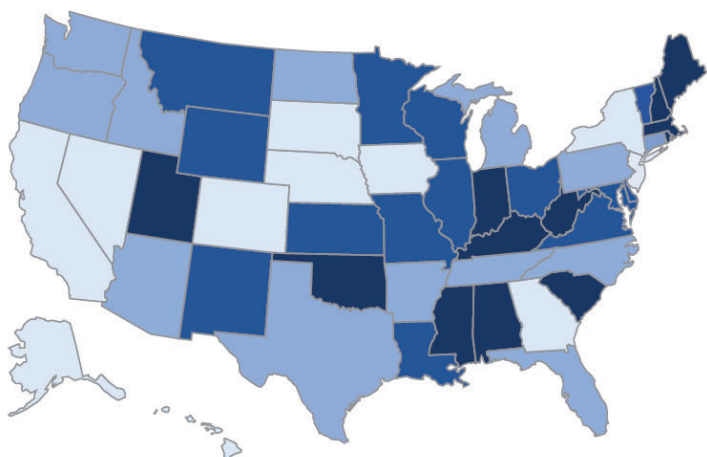


# Pediatric Mental Health Access



# Pediatric Mental Health Access

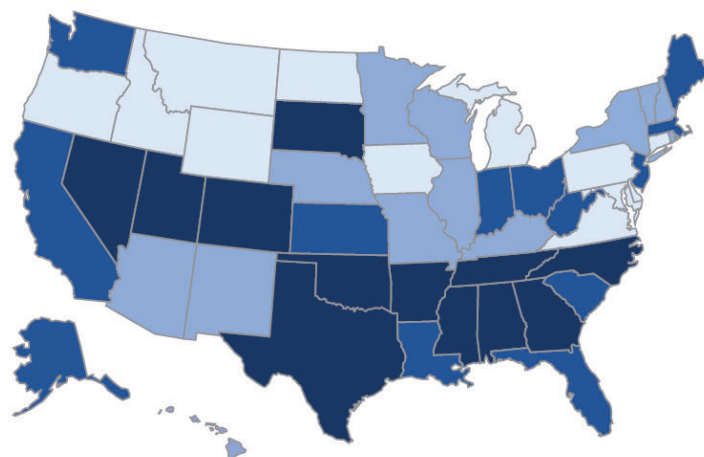
**A** Prevalence of mental health disorders in children



Prevalence quartiles, %

7.6-15.2 15.3-17.7 17.8-19.9 20.0-27.2

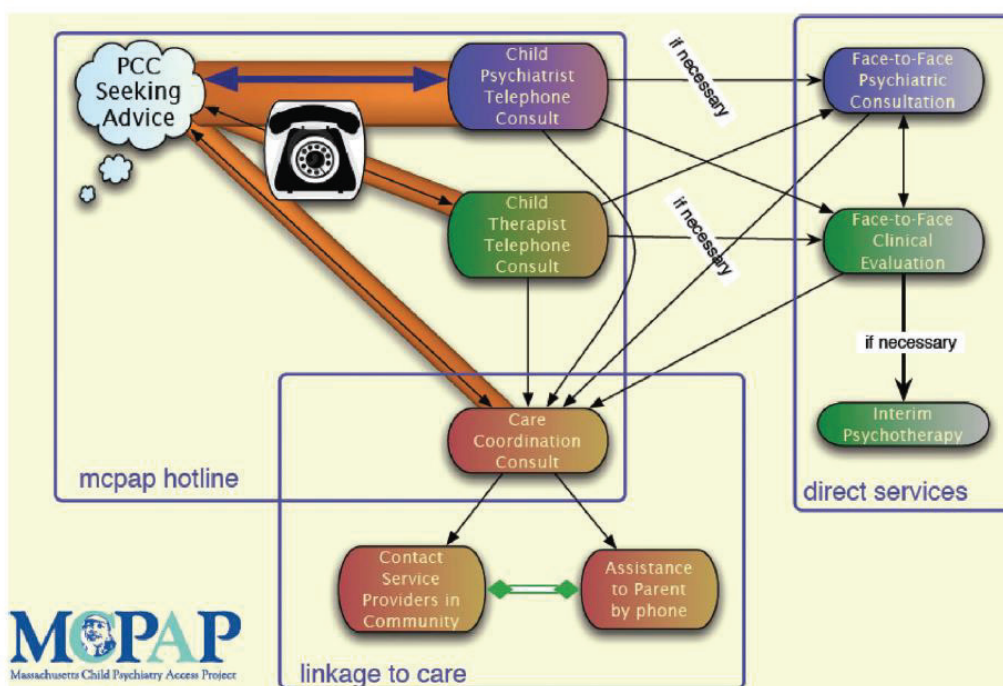
**B** Prevalence of not receiving care in children with mental health disorders



Prevalence quartiles, %

29.5-41.3 41.4-46.6 46.7-53.1 53.2-72.2

## Access Lines



## Pediatric Access Lines

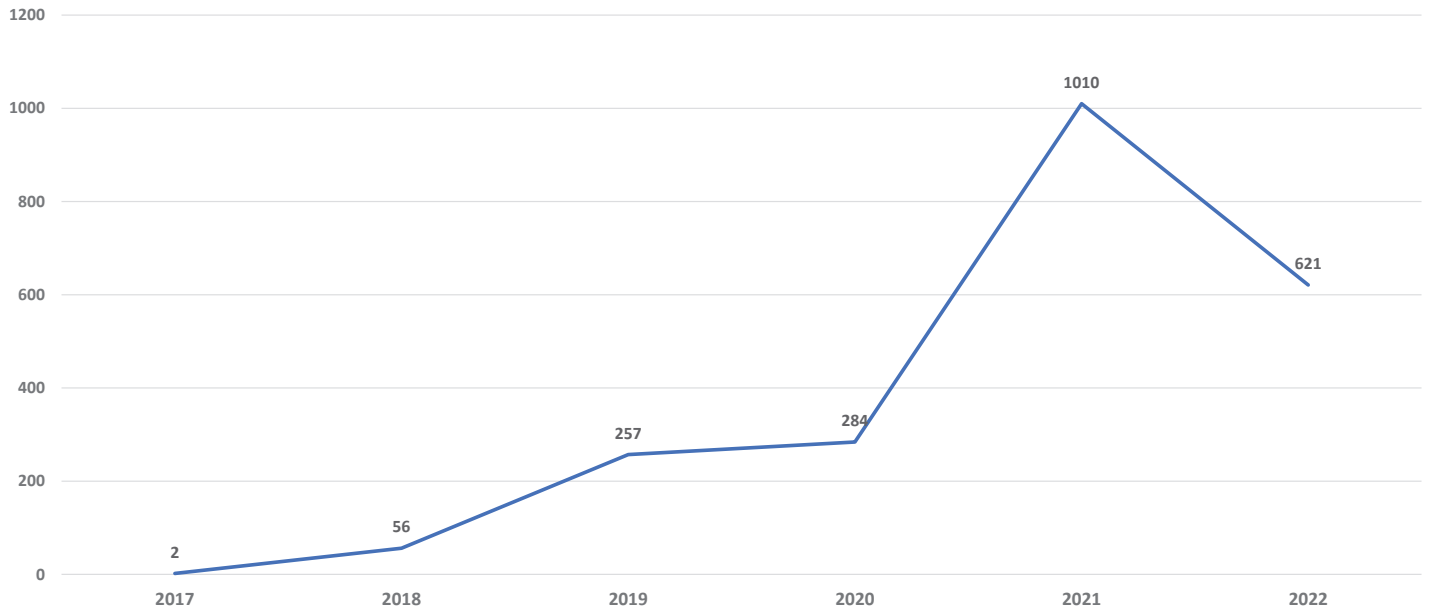
- In 2003, University of Massachusetts launched a program that provided telephone psychiatric consultation to pediatric care providers. This program is now called the Massachusetts Child Psychiatry Access Program (McPAP).
- Through McPAP, pediatric care providers were given access to care coordinators and psychiatrists.
- Pediatric care providers developed increased knowledge and comfort in treating mental health conditions, and prescription of psychotropics decreased.
- At start of McPAP, 8% of pediatricians thought they could meet the psychiatric needs of their patients. After a few years enrolled in McPAP, 63% felt they could meet the needs.
- McPAP now has 95% of pediatric providers enrolled in their services. They cover 1.5 million kids with 6 teams.

## North Carolina Psychiatry Access Line

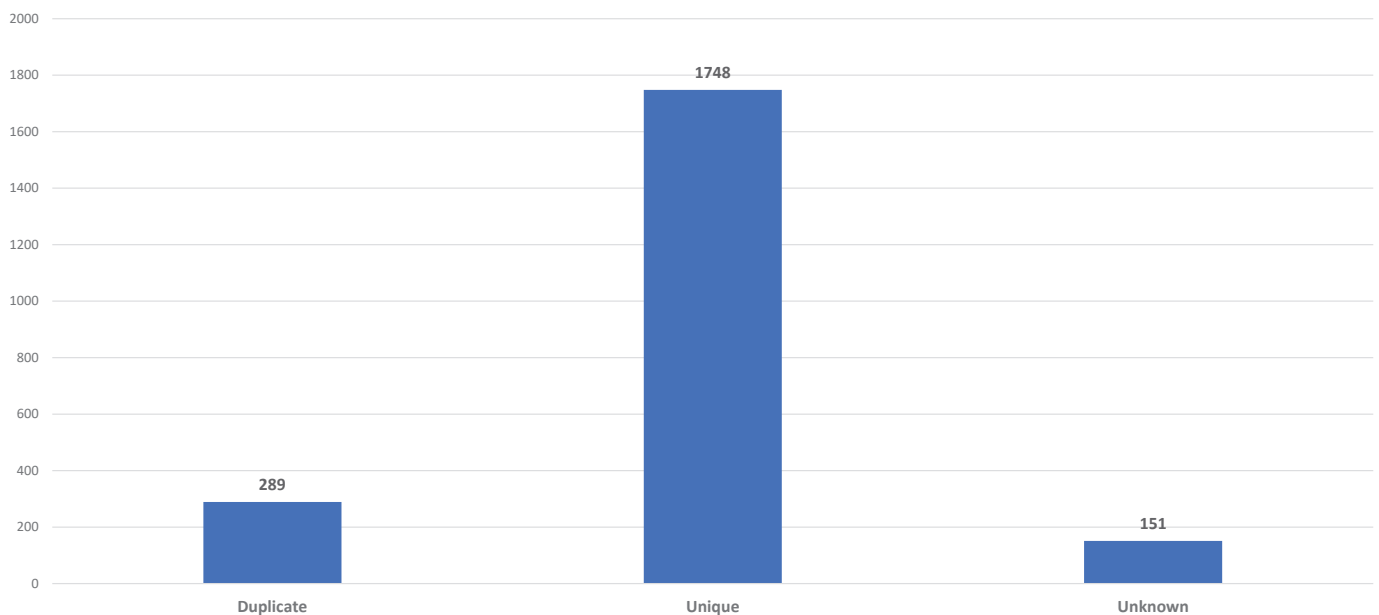


# North Carolina Psychiatry Access Line

October 25, 2017 - July 13, 2022



# North Carolina Psychiatry Access Line



## North Carolina Psychiatry Access Line

99%

- Providers satisfied with service

61%

- Providers more confident in screening

57%

- Providers more confident in diagnosing

82%

- Providers more confident in treating

35%

- Providers reported reduction in patient's need of a higher level of care

## North Carolina Psychiatry Access Line

Providers reported reduction in patient's need of a higher level of care

Type of Higher Level of Care	Count	Percentage
EMS/Ambulance	7	1.3%
Emergency Department	21	3.9%
Mobile Crisis Management	19	3.5%
Psychiatrist/Mental Health Specialist	177	32.6%
No	124	22.8%
Not Sure	193	35.5%
Other	17	3.1%

# Primary Care Pediatric Mental Health Training



The REsource for Advancing Children's Health (REACH) Institute, first incorporated as a non-profit organization in 2006, was formally launched in July, 2007 for the purpose of improving the emotional and behavioral health of children by developing tools and techniques for renewing the practices of professionals, parents and others entrusted with their care.

# Primary Care Pediatric Mental Health Training

185

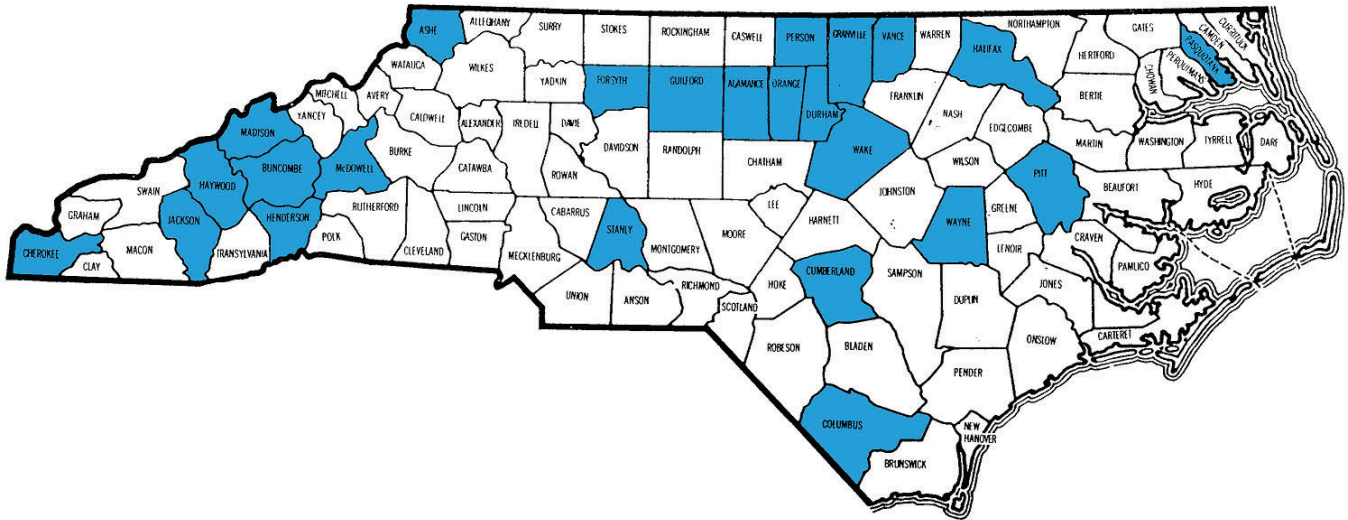
- Providers trained

25

- Counties



# Primary Care Pediatric Mental Health Training



NC-PAL 3.0

**Practice-Focused Programs**

Consultation	Education	Practice Improvement
Pediatric Phone Line	REACH PPP Mini Fellowship	Resource Navigation Support
Perinatal Phone Line	Be ExPeRT Residency Training	IDD Support
Care Guides & Screening Forms	Lectures, Talks & Linkage to Trainings	Collaborative Care Support

**Community-Focused Programs**

Social Services	Schools	Early Childhood /
Collaboration in statewide case reviews and policy development	Collaboration in statewide policy and program development	Collaboration in statewide policy and program development
Consultation & education pilots with select DSS agencies	Consultation & education pilots with select school districts	Consultation to early childhood programs

# Consultation

Pediatric  
Phone Line

Perinatal  
Phone Line

Care Guides &  
Screening  
Forms

## Education

- REACH PPP Mini Fellowship
- Be ExPeRT Residency Training
- Lectures, Talks & Linkage to Trainings

Resource Navigation Support

IDD Support

Collaborative Care Support

## Social Services

- Collaboration in statewide case reviews and policy development
- Consultation & education pilots with select DSS agencies

## Schools

- Collaboration in statewide policy and program development
- Consultation & education pilots with select school districts

## Early Childhood /

- Collaboration in statewide policy and program development
- Consultation to early childhood programs





Department of Psychiatry & Behavioral Sciences

Duke University School of Medicine

Thank you!