



Children's Hospital Colorado



School of Medicine

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



Pediatric Mental Health Institute

2018 FACULTY YEAR IN REVIEW

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MESSAGE FROM THE

Chair

Welcome to the 2018 faculty annual report for the Pediatric Mental Health Institute (PMHI) at Children's Hospital Colorado. In many ways, 2018 was a transitional year for our Institute as we took stock of our growth over the last six years — from 45 faculty to more than 100 — and began preparations for further growth in 2019 and 2020.

While 2018 was a transitional year, it was not a static one. We welcomed a new Chair of the Department of Psychiatry, C. Neill Epperson, MD, in the fall of 2018. The University of Colorado Department of Psychiatry is our academic home, and we are thrilled to be a part of Dr. Epperson's greater vision for our department.

In 2018, our long-serving Administrator of the Division of Child and Adolescent Psychiatry, Melissa Sinclair, CPC, MA, was selected to serve as the Director of Finance and Administration for the Department of Psychiatry. In her eight years with the division, she oversaw the doubling of the size of our university faculty and staff and the substantial expansion of our research and training programs. She strengthened the working relationships between the University, Children's Colorado, and the School of Medicine, and built a solid foundation for the growth that we have already experienced, as well as for the additional growth we anticipate over the next two years.

We were fortunate to recruit Christine Hodges, BA, as our new division administrator. She came to us from the Department of OB/GYN, where she served as a business service manager for their Division of Maternal Fetal Medicine since 2013 and was involved in the substantial expansion of clinical services there. She is also a Flight Commander of Operations Support for the Air National Guard based out of Cheyenne, WY, and is working on a master's degree in Organizational Leadership, focusing on leading innovation.

As you'll read in this report, we created a new organizational structure to support our ever-expanding programs. Our clinical, educational, research, and outreach programs reached new heights, with exciting accomplishments in all these areas. Indeed, our faculty are always teaching, always innovating, and always caring.

As always, I feel privileged to be a part of this amazing team.

Regards,

Douglas K. Novins, MD

Cannon Y. & Lyndia Harvey Chair in Child and Adolescent Psychiatry
Chair, Pediatric Mental Health Institute
Children's Hospital Colorado

INTRODUCING

C. Neill Epperson, MD, Chair of the Department of Psychiatry

I could not be more pleased to have joined the University of Colorado-Anschutz Medical Campus family as the new Chair of Psychiatry in September 2018. I am honored to serve a department comprised of so many exceptional faculty, staff, and trainees. Our faculty are uniquely mission-driven in creating state-of-the-art clinical programs, conducting novel and highly significant research, and providing outstanding training opportunities in psychiatry, psychology, social work, and advanced psychiatric nursing. Our staff are essential to our success in all three mission areas: clinical, research, and education. Finally, a diverse array of learners select the Department of Psychiatry for its outstanding residency, fellowships, internships, and practicums that serve to prepare future practitioners and leaders in psychiatry and other mental health care specialties.

It is clear to me as someone new to the department that all of these activities are being pursued with the singular goal of reducing the burden of psychiatric disorders in our society. We are accomplishing this goal by conducting research across the translation continuum, from the bench to populations, testing and applying novel prevention and treatment strategies, creating culturally sensitive and community-informed clinical programs, and training the next generation of clinicians skilled in a range of evidence-based treatments for mental illness.

Our department has great strengths in research, clinical care, and education to address psychiatric disorders across the lifespan. However, despite our considerable accomplishments and widespread impact in all mission areas, we have much more to accomplish. It is unconscionable that suicide is the leading cause of death among adolescents in Colorado, yet 39 of Colorado's 64 counties are without a practicing psychiatrist and 22 are without an active licensed psychologist. I leave you with these sobering statistics to emphasize the significance of our work and the capacity to extend our impact on behalf of our patients and the greater Colorado community. Again, it is my honor to lead this exceptional Department of Psychiatry as we serve the citizens of our great state.

Sincerely,

C. Neill Epperson, M.D.

C. Neill Epperson, MD

Robert Freedman Endowed Professor and Chair
Department of Psychiatry
University of Colorado School of Medicine



39

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22

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Beginning of a New Era

Investment in Strategy Drives Action

Key components of PMHI’s Strategic Plan were funded in 2019 and are described in this report. This includes Partners for Children’s Mental Health (PCMH), which was established to increase capacity, access, and quality of mental health services for the children, youth, and families across Colorado (see page 11). We also established the Colorado Pediatric Psychiatry Consultation and Access Program (CoPPCAP) to support primary care providers as the front-line for children’s mental health services in our state (see page 19). We formed a research governance committee to guide the growth of research within our Institute. With \$6.3 million raised by end of 2018, we’ve made a significant progress in capital campaign to fund renovations to the Gary Pavilion, our home on the Anschutz Medical Campus. This will allow us to serve more children and families and to transform the space to better facilitate our efforts to transform pediatric mental health care. These renovations will include expansion of our inpatient, partial hospitalization, neuropsychiatric special care, and eating disorders programs and will enhance our ability to foster family involvement in these programs.

New Organizational Structure Provides Support for Clinical Growth

CLINICAL PROGRAMS

To ensure the ongoing support of our eight clinical programs and prepare for their growth over the next two years, we organized our programs into three divisions: Intensive Services (includes Intensive Psychiatric Unit, Neuropsychiatric Special Care Unit, and Eating Disorders Unit), Ambulatory Services (includes outpatient clinics, Medical Day Treatment Program, and Partial Hospitalization Program), and Consultative Services (includes psychiatric emergency and consultation-liaison programs).

Leadership of these divisions are shared by faculty from the Division of Child and Adolescent Psychiatry and staff from Children’s Colorado.

Faculty Leaders:

Intensive Services Clinical Director <i>Patrick Romani, PhD, BCBA-D</i>	Ambulatory Clinical Director <i>Jessica Malmberg, PhD</i>
Intensive Services Interim Medical Director <i>Sandra Fritsch, MD</i>	Ambulatory Medical Director <i>Marissa Schiel, MD</i>
Consultative Services Medical Director <i>Beau Carubia, MD</i>	

STRATEGIC LEADERSHIP TEAM

The team meets monthly and guides the implementation of PMHI’s strategic plan. Faculty members include Bruno Anthony, PhD, Beau Carubia, MD, Sandra Fritsch, MD, Jessica Malmberg, PhD, and Douglas Novins, MD. The plan was developed in 2017 and includes the following:

- Improving access to mental health services across Colorado. Initiatives under this component of our strategy include the growth of PMHI’s core clinical programs, providing rapid access to child mental health consultations for pediatric primary care providers, and improving the quality of mental health services provided by primary care providers, school personnel, and specialty mental health providers across the state
- Improving PMHI’s financial performance.
- Advancing our training and research missions, including integration into our clinical programs
- Fundraising to support the renovation of Gary Pavilion

OPERATIONAL LEADERSHIP TEAM

The team meets biweekly and is responsible for coordinating the day-to-day clinical operations across PMHI and providing leadership on our institutional pillar goals. The team includes leaders of each of PMHI’s clinical divisions and PMHI senior operational leadership. It is co-chaired by Sandra Fritsch, MD, PMHI medical director.



SPECIALTY SERVICES

New Programs, Leadership, and Initiatives

Neuropsychiatric Special Care Unit refined therapy programs, researched staff injury

The Neuropsychiatric Special Care (NSC) Unit refined its milieu programming this year. There is an emphasis on applied behavior analysis and modified cognitive-behavioral therapy. Each patient receives two hours of individual therapy and two hours of group therapy supervised by a psychologist or behavioral health clinician. During individual programming, patients receive functional analysis and functional communication training treatment; while during group therapy, patients receive social skills instruction, cognitive behavioral therapy, and creative arts therapy. Behavioral data obtained from the clinic registry is used to evaluate patient outcomes and readiness for discharge. During group therapy, patients receive social skills instruction, cognitive behavioral therapy, and creative arts therapy.

With this new programming in place, patients reduced their problem behavior by an average of 86.8 percent upon discharge from the unit.

As part of an NSC initiative, Patrick Romani, PhD, BCBA, and Merlin Ariefdjohan, PhD, MPH, are collaborating with Occupational Health Services at Children's Colorado to investigate factors that cause staff injury at the unit, and specific patient-related variables that may contribute to such incidences. Data related to incidences of staff injuries at NSC from 2013 to 2018 were extracted from clinic registry. Preliminary statistical analyses showed the frequency of staff injury at the unit was significantly correlated to episodes of restraint and seclusion. Overall, key findings from this study will help design safety guidelines and other intervention that may reduce workplace injury and improve staff safety in the unit.

Psychiatric Pharmacist launched Medication Education Group

Psychiatric pharmacists provide a unique value to patients, their caregivers, and the healthcare systems by playing a key role in translating pharmacologic innovation into improved care. PMHI psychiatric pharmacist, Danielle Stutzman, PharmD, BCPP, serves as a resource for treatment teams and provides a formal education to our pediatric patients and their caregivers. In late 2017, Dr. Stutzman created the Medication Education Group (MED Group) at the Inpatient Psychiatry Unit, which met weekly. As facilitated by Dr. Stutzman, patients participate in game-show style activity to learn pertinent information about psychotropic medications. Through interactive learning, Dr. Stutzman encouraged patients to discuss their medications to minimize stigma related to mental illness, and shared information about side effects, the importance of medication adherence, medication storage and disposal, and other information about psychotropic medications. In 2018, MED Group held 45 sessions, averaging 12 patients per session. This unique clinical educational model received good reviews at the College of Psychiatric and Neurologic Pharmacists Annual Meeting in Indianapolis, IN, and at the Pediatric Research Symposium for Colorado Clinical and Translational Sciences Institute at Children's Colorado. Dr. Stutzman started a similar program for parents in late 2018 after receiving positive feedback from patients and staff at the unit, and requests from parents.

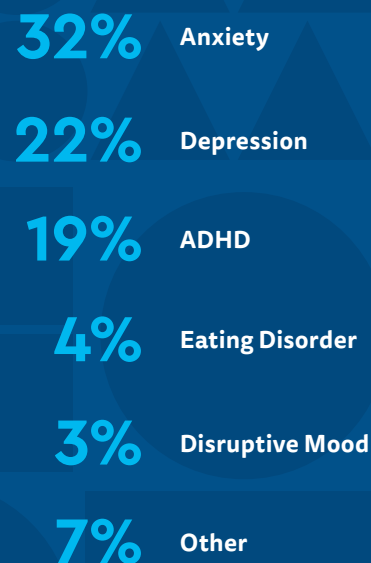
Ambulatory Services saw record growth, added new leadership and initiatives

The outpatient clinic charted new growth in services in 2018. Our locations in Highlands Ranch, Broomfield, and the Anschutz Medical Campus continued to serve patients from birth to 18 years old who presented with a wide range of emotional and behavioral challenges. We served 3,468 unique patients in 2018. Further, the number of completed visits soared to 30,111 in 2018 compared to 19,800 in 2016. Plans are underway for additional locations for our ambulatory services, including Children Colorado's North Campus as well as its new "Health Pavilion." The Health Pavilion will be located one-mile south of our main campus and allows us to co-locate our mental health services with our general pediatrics and adolescent medicine clinics and better serve children and families in Aurora.

We welcomed a new leadership team consisting of Jessica Malmberg, PhD, clinical director, Marissa Schiel, MD, medical director, Lyndsay Gaffey, MA, LPC, clinical manager, and Giuseppa King, MBA, operations manager.

Two important clinical initiatives began: (1) creation of a standardized process for screening and monitoring patients with suicidal/homicidal ideation concerns through use of the Columbia-Suicide Severity Rating Scale (C-SSRS), and (2) the implementation of a standard evidence-based assessment battery for all clinic patients. These initiatives aim to increase the use of evidence-based tools to guide clinical decision-making process in the outpatient clinic, and ultimately, improve the quality of the care provided to patients and families. Outpatient clinicians have done an incredible job embracing these initiatives. The use of evidence-based assessment practices in the clinic significantly increased in 2018; 84 percent of patients and families completed a standardized measure at intake this year compared to 5 percent in 2017.

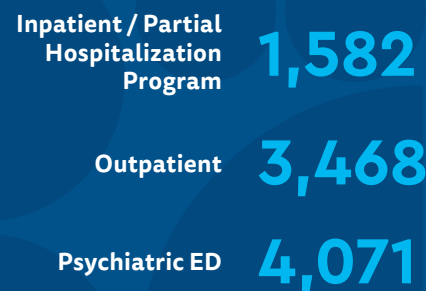
WHO WE SERVE



TOTAL # OF
INPATIENT BEDS

28

UNIQUE PATIENT VISITS



INTEGRATED CARE

Serving Diverse Populations



TRUE Center for Gender Diversity expanded services, provided training

It was a year of significant growth at the TRUE Center for Gender Diversity at Children's Colorado, the only comprehensive multidisciplinary care center for gender diverse children, adolescents and their families in the Rocky Mountain region. In 2018, psychological services expanded to include diagnostic evaluations, short- and long-term psychotherapy, a new THRIVE gender diverse resiliency group therapy modality, psychotherapeutic care coordination, professional/interdisciplinary consultation within Children's Colorado and community providers across Colorado, and the first Behavioral Health Gender Consultation group at Children's Colorado. We also began training Children's Colorado behavioral health providers in gender development and identity diversity. Lead Psychologist at TRUE Center, Sarah Burgamy, PsyD, said she was humbled by the progress of the center in meaningfully addressing a significant healthcare disparity especially since gender diverse (transgender, gender non-binary, gender fluid, cross-gender identified, gender non-conforming) youth and families in urban and rural settings are severely underserved in Colorado. Our psychology team at TRUE Center makes up the first contact for coordinating and providing care services for patients and families. In 2018, the team saw an average of 30 to 40 new patients and families each month.

Project CLIMB helps transform integrated services through BHIPP:0-5

Behavioral Health Integration for Pediatric Populations:0-5 (BHIPP:0-5) is an initiative funded by Community First Foundation that aims to provide equitable access to high quality early childhood integrated behavioral health services in primary care settings

serving diverse populations. The initiative works with primary care practices across metro Denver. To date, approximately 200,000 patients aged birth through 5 years (and their families) have been served across more than 255,000 visits. BHIPP:0-5 targets four early childhood behavioral health integration strategies: (1) screening processes, (2) prevention and health promotion, (3) case-based consultation and intervention, and (4) care coordination and case management.

Melissa Buchholz, PsyD, Bridget Burnett, PsyD, Mindy Craig, MS, Amanda Millar, MSS, Anita Rich, MSW, and Ayelet Talmi, PhD, from Project CLIMB and the Colorado Children's Healthcare Access Program (CCHAP) serve on the practice transformation team.



Implementation data shows a significant increase in services and supports across the four areas with more than 168,000 pregnancy-related depression, developmental, psychosocial, and other screenings conducted. In addition, 9,800 prevention and health promotion activities, 6,800 case-based consultation and intervention activities, and 9,300 care coordination and case management activities to date were completed. Using early childhood behavioral health integration strategies, all practices have transformed the way they provide services to young children and their families.

More than 200 families served through BUILD Health Challenge

We continued our partnership with the BUILD Health Challenge, the national initiative designed to move health care upstream.

Multi-disciplinary care teams at BUILD offered individual, group or phone-based consultation, and our providers worked closely with community health navigators to address the complex psychosocial needs of the families served in these settings.

Throughout 2018, the BUILD project served more than 200 families who utilize the Child Health Clinic/ Young Mothers Clinic (CHC/YMC) and/or the Women, Infants, and Children (WIC) Special Supplemental Nutrition Program. Our work was in its third round of funding until August 2019; now services will be maintained by the Upper Payment Limit (UPL) fund.

As part of our work with BUILD, Kelly Glaze, PsyD, and Catherine Wolcott, PhD, are collaborating on a project designed to connect families seen at the CHCH/YMC and local WIC clinics to preventative and evidenced-based early childhood services in specific zip codes with healthcare disparities (80010, 80011, 80012). They are working with Children's Colorado's community health navigators, Child Health Advocacy Institute, and Assuring Better Child Health and Development. Together, they are delivering a range of early childhood mental health services in the WIC setting, offering trainings on early childhood mental health to WIC staff, and connecting families back to the medical home.



Endowed Chair will support excellence in pediatric mental health care

In November, we celebrated the investiture of Sandra Fritsch, MD, as the Anschutz Chair for Clinical Excellence in Pediatric Mental Health. This Chair was endowed by the Anschutz Foundation to support visionary leadership and innovation in pediatric mental health care and ensure PMHI provides high quality, cutting edge clinical care.

Hosted at the American Museum of Western Art in downtown Denver, Dr. Fritsch noted that "Depression in teens is more common than asthma, yet roughly 60 percent receive no assessment or treatment, and those that do have an average of nine months of suffering before identification and treatment. There are extraordinary workforce shortages in Colorado placing challenges on strategies to address the pediatric mental health crisis. For these and many other reasons, I am privileged to have the opportunity to use the funds associated with this endowed chair to promote clinical excellence for pediatric mental health care."

BEYOND OUR WALLS

School and Community Outreach

Representing PMHI through community engagement

We continue to advocate for stronger statewide mental health infrastructure, easier access to care, and expansion of prevention and community education efforts. Our faculty and staff regularly engage in speaking events and interviews for print or broadcast media and represent PMHI at community events throughout the year to raise awareness regarding mental health and about the services provided at Children's Colorado. In 2018, we participated in more than 200 outreach activities, including:

Elevating the Conversation, Bridging the Divide Suicide Prevention Conference

**Out of the Darkness Walk
(more than \$300,000 for the American Foundation of Suicide Prevention raised)**

Denver Broncos Health and Wellness Expo

Colorado School Counselor Association Conference

National Alliance on Mental Illness Walk-Kids Zone

Denver Zoo Teddy Bear Clinic

Additionally, Lisa Costello, PhD, is actively involved in integrating reflective supervision to mental health professionals working in schools in the Cherry Creek School District. This unique model was published in peer-reviewed journals, and at the Annual Meeting of the Colorado Society of School Psychologists.

Youth Action Board raises awareness, destigmatizes mental health issues

Since the Youth Action Board (YAB) runs on academic cycles, 2018 represents the end of one year and the start of the next. The 2017-2018 cycle culminated with the publishing of *Sonder: Youth Mental Health Stories of Struggle and Strength*. This anthology contains poetry, prose, and visual arts that tell the stories of both the challenges and successes of young people coping with mental health struggles. YAB members, led by Anthony Edelblute, LPC, were responsible for soliciting the stories and helped edit and organize the anthology. A press release reception was organized to celebrate the completion of this project and provided a venue for the youth to read their original work.

Other exciting achievements include the presentation of the YAB Mental Health Toolkit at the Shared Risk and Protective Factors conference in Keystone, CO, and that the board received funding from the Secured Community First Foundation for the 2018-2019 academic year. YAB members are currently conducting a qualitative study to gather adolescents' perspectives on barriers to receiving mental health services. Key findings will be shared in 2019.





Addressing Colorado's No. 1 youth suicide ranking

Mental health issues continue to pose a significant challenge to our adolescents. It is concerning that suicide has become the leading cause of adolescent death in Colorado. Throughout 2018, faculty and clinical team members at PMHI were actively involved in various efforts to raise awareness and mitigate the issue.

One key initiative: Partners for Children's Mental Health (PCMH).

We know that bold action is necessary to tackle the youth mental health crisis in Colorado. That's why PCMH was established in 2018, thanks in part to a \$2.8 million grant from the Colorado Attorney General. PCMH actively collaborates with a team of experts in mental health research, evaluation, training, implementation, data analysis, policy change, and communication.



Over the next few years, PCMH will reach out into every corner of Colorado to identify, scale, and sustain best practices so all children and families can get the mental health services they need.

To help launch and guide its efforts, PCMH facilitated a strategic planning process, convening more than 600 community stakeholders, including families and youth.

These efforts resulted in a strategic plan that identifies and prioritizes a series of actionable goals to improve youth mental health outcomes. This plan also informed Senate Bill 195, a bipartisan initiative to create an accountable pediatric behavioral health system in Colorado.

PCMH is staffed by both Children's Colorado and University of Colorado faculty. The team is led by Shannon Van Deman, MBA, vice president, Bruno Anthony, PhD, chief of Psychology, and Jason Williams, PsyD, associate professor and the operations director.

➔ To learn more and get involved, visit pcmh.org.



Mental Health Education and Awareness through the Media

Chalkbeat: What Do You Say to a Young Child Who Might Be at Risk for Suicide?

Although many adults do not think it is appropriate to talk to a young child about suicide, child psychologist Jenna Glover, PhD, shares how broaching this difficult subject can actually save lives. Dr. Glover also highlighted various efforts to expand suicide prevention in elementary school.

Denver Post: Death of 9-Year-Old Denver Student Reflects Increase in Youth Suicides

In light of a recent suicide by a 9 year old in Denver, Jason Williams, PsyD, and Emily Marcheschi, MD, were interviewed regarding the increase in patients seen at Children's Colorado for suicidal behaviors, as well as how suicide has become the leading cause of death among youths between the ages of 10 and 24.

9NEWS: Balance of Power: National Suicide Prevention Month

Jenna Glover, PhD, spoke with 9NEWS about how to advocate for our children and the difficult conversations we should be having as a community.

Denver Post: Colorado Attorney General Puts \$2.8M Toward New Effort to Address Youth Suicide

Colorado Attorney General Cynthia Coffman announced a \$2.8 million grant to support PCMH in a collaborative effort to address youth suicide rates in Colorado. Shannon Van Deman, MBA, vice president of PMHI and executive director of PCMH, was interviewed by the *Denver Post*, the *Colorado Sun*, *Fox31*, *Denver 7NEWS*, and *CBS4* about this effort.



TRAINING

Cultivating the Minds of the Next Generation of Providers

Psychology Training Program achieves doctoral re-accreditation

The Psychology Training Program experienced exciting developments and growth during 2018. The doctoral internship program completed the process of re-accreditation, which involved a comprehensive program self-study and site visit. As a result of this process, the internship program was granted continued accreditation for the maximum 10 years by the American Psychological Association. In the past decade, the post-doctoral fellowship program grew from two to 11 fellows. Two of those fellowship positions were added during the 2018 training year and are helping increase access to care for underserved populations. The first new fellowship position focuses on providing services and developing research with children and adolescents with autism spectrum disorders and other neurodevelopmental disorders. The second fellowship position is integrated in TRUE Center for Gender Diversity (see page 8), and focuses on assessment, psychoeducation, consultation, and treatment for gender diverse and transgender children and adolescents.



The Psychology Externship Program continues to be a premier training experience for doctoral graduate students throughout our region. During the 2018-2019 recruitment cycle, the externship program received 29 applications from students in eight different doctoral programs. The program accepted 13 students who received training in either a child clinical setting or within a specialty pediatric setting.

Child and Adolescent Psychiatry Training Program receives grants to further reach

The two-year Child and Adolescent Psychiatry (CAP) Training Program is committed to training providers that will be equipped to meet the changing needs of youth in our community. In an effort to meet workforce demands, the program received funding to expand the number of trainees from 12 to 14 in 2021.

The program partners with school-based mental health clinics and pediatric primary care clinics to teach fellows collaborative care models that could expand access to care.

The program recently received grant funding to improve fellowship training in addressing the mental health needs of gender non-conforming youth in our community. As such, TRUE Center for Gender Diversity (see page 8) will serve as a training site for a CAP second-year fellow, which is a similar arrangement for the fellow in the Psychology Training Program. Grant funding has also allowed CAP to partner with rural community providers to expand the education of our trainees to incorporate training related to addressing mental health in rural settings, as well as to provide services. In recognition of this training quality, the national Accrediting Council for Graduate Medical Education commended CAP for meeting training standards. We continue to advance our mentored scholarship program with the aim of preparing graduates to contribute to scientific knowledge base and utilize evidence in their practice. This year, CAP fellows presented their work at national professional conferences and published their manuscripts in peer-reviewed journals. Additionally, more than half of our graduates are pursuing careers in academic medicine. CAP fellows have also been active in advocacy, with initiatives ranging from testifying on legislation that impacts the mental health wellbeing of our youth, to educating the community on issues related to marijuana and its impact to the developing brain. The program is competitive with top tier national programs, as reflected in 2018 application records whereby there were 63 applicants to match for the seven first-year positions.



2018 PMHI PATIENT DEMOGRAPHICS

	Ages 0-11	Ages 12-18	Female	Male
Inpatient / Partial Hospitalization Program	25%	75%	55%	45%
Outpatient	44%	56%	46%	54%

Harris Program in Child Development and Infant Mental Health expands community care

The Harris Program in Child Development and Infant Mental Health graduated eight fellows in 2018. Among the five bilingual fellows that graduated, three were hired to junior faculty positions. Our program continues to provide and expand care in community settings. Warm Connections provides developmental and behavior support to families of young children served in WIC offices.

To date, more than 700 women participating in Denver WIC have been screened for perinatal depression. WIC staff in Denver County participated in a series of six trainings organized by our program.

Our faculty continue to provide ongoing reflective supervision to numerous sites and individual clinicians throughout Colorado. Ayelet Talmi, PhD, and Melissa Buchholz, PsyD, developed and led an intensive master training course that was by the Colorado Association for Infant Mental Health. Additionally, several faculty became master trainers for the course. In this role, they train early care and education providers statewide in the core concepts of infant mental health.

Educating the world through Coursera courses

Catherine Wolcott, PhD, and Lisa Costello, PhD, partnered with a multidisciplinary team of experts to develop the third course in the school health specialization within Coursera titled *Providing Social, Emotional, Behavioral, and Special Education Services in Schools*. In this course, participants learn the connections between social-emotional skills, mental health, and learning, as well as how schools can support social-emotional learning and promote mental health for all students.

Drs. Talmi and Buchholz collaborated with a multidisciplinary team of professionals to create two modules within the Coursera course titled *Supporting Parents of a Newborn Baby*. Dr. Buchholz also developed a module within the course titled *Guidance to Keeping Newborn Babies Safe and Healthy*. In this module, participants learn best practices and concepts on optimal nutrition, maintaining a safe environment, and responding to infant crying. The courses received positive reviews and are now available to national and international audience.

2018 PMHI TOTAL VISITS/PATIENT DAYS





BUILDING A PIPELINE OF FUTURE MENTAL HEALTH PROFESSIONALS

Student Mentorship Program

PURPLE is much more than a color. The third cycle of the Psychiatry Undergraduate Research Program and Learning Experience (PURPLE), directed by Merlin Ariefdjohan, PhD, MPH, and Emmaly Perks, MA, CCRP, took place in 2018. We welcomed six bright and talented undergraduate students from University of Colorado (downtown campus), Regis University, and Colorado State University to join PMHI as summer interns. We celebrated the end of the 12-week program with a PURPLE symposium where our summer interns individually presented their projects as oral and poster presentation to their family, friends, peers, and PMHI faculty. This year's original projects were titled:

- *Hidden links: The relationship between autism spectrum disorder, socioeconomic status, and dental care outcomes*
- *Identifying pregnancy related depression and psychosocial concerns in pediatric primary care*
- *Come and get it! A case study of family member influence on child eating rate in natural settings*
- *Filling the gap: Creating informational pamphlets for Children's Hospital Colorado Pediatric Psychiatric Services*
- *Coping and calories: Exploring the relationship between meal completion and distress in children and adolescents with eating disorders*
- *Evaluations of generalization when training stimulus preference assessments*

“PURPLE was an amazing experience that combined elements of education with the empowering opportunity to plan and execute research which culminated in a project myself and other interns will always be proud of. I learned so much about what it means to work as a team, seek out answers to improve the lives of others, problem solve, and to make connections in a professional environment, skills that will last me far into my professional career.”

- STUDENT INTERN, 2018

Following graduation from their respective academic programs, our PURPLE interns returned to PMHI and Children's Colorado as professional research assistants, student interns, mental health counselors, and registered nurses. Many have gone on to various medical schools nationwide as well.

The Office of Diversity and Inclusion from the Colorado Clinical and Translational Institute at University of Colorado and private donations provided funding support for the 2018 cycle.



RESEARCH

Sharing Knowledge and Advancing the Field



Therapy horses help youth with autism

Robin Gabriels, PsyD, led her research team in conducting the largest randomized controlled trial in the human-animal interaction (HAI) field to date. Recent studies have shown that interaction with animals translates to positive health outcomes in humans, particularly those diagnosed with autism spectrum disorder (ASD). Research related to HAI paves the way for the development of novel therapeutic models in this area.

In Dr. Gabriels' study, researchers determined the efficacy of a 10-week therapeutic horseback riding (THR) in youth with ASD and aberrant behaviors.

In an effort to further advance the HAI field toward understanding the causal mechanisms that support these benefits, Dr. Gabriels' team conducted a feasibility study that collected ambulatory physiological data including electrodermal activity, heart rate, and heart rate variability. These data were collected from participants with ASD when they were undergoing THR at two riding centers in Colorado and Maine. The MJ Simons Foundation funded the pilot study. Results from this study became the foundation for a grant application to the National Institutes of Health and Child Development.



Supporting mothers and babies

Aviva Olsavsky, MD, an adult and child psychiatrist and postdoctoral research fellow, received multiple pilot grants, including one from the American Academy of Child and Adolescent Psychiatry to support *Project SIMBA: Stress in Mothers and Babies*. The study examines how mothers' brains process cues from their infant and how that guides maternal caregiving behaviors. Understanding changes in parenting-related neural networks and their relationship with difficult life experiences may help us to design better interventions to help both mothers and children, and thus affecting two generations at once. In addition to her research activities, Dr. Olsavsky provides psychiatric consultation to the Colorado Adolescent Maternity Program at Children's Colorado, which is an integrated OB/primary care clinic designed specifically to support teen mothers. Dr. Olsavsky recently joined the faculty in the CU Anschutz Department of Psychiatry and PMHI.



Medication assisted treatment for disparate communities

Douglas Novins, MD, is leading two projects to address why American Indian and Alaska Native communities are being disproportionately impacted by the opioid crisis and have limited access to evidence-based interventions. Both projects are funded by the National Institute on Drug Abuse and aim to improve access to medication-assisted treatment (MAT) in these communities. MAT is a cornerstone to help individuals with opioid use disorders and is also effective in the treatment of alcohol use disorders. In the first of these projects, Dr. Novins' team will be conducting a national survey of tribal substance abuse treatment programs to develop a more detailed description of the availability of MAT and other evidence-based interventions, and the specific barriers to providing these critical services. In the second of these projects, Dr. Novins' team will work with two tribal health systems, one in Oklahoma and one in Alaska, to design and test new approaches to improving access to MAT. These projects show real promise to improve care in these underserved communities.

A Muppet with autism, family and peer support, and school based interventions

Laura Anthony, PhD, and Bruno Anthony, PhD, published exciting results about how their autism resources, including the introduction of Julia, the autistic Muppet they developed for "Sesame Street," made an impact on parents of children with autism. Parents of preschoolers without autism gained knowledge about autism and became more accepting of children with autism. Parents of preschoolers with autism felt less strain and felt more comfortable including their child in community activities.



Dr. Bruno Anthony and his colleagues continue to work on identifying key components of family peer support and the impact of this growing part of the mental health service array. For example, they published about the measure they developed, the Family Journey Assessment, which tracks caregivers' progress as a result of these services. He began working with the Colorado Office of Behavioral Health through their Colorado's Trauma Informed System of Care - Substance Abuse and Mental Health Services Administration (COACT-SAMHSA) grant to create a statewide family support infrastructure and alliance among family organizations that will enhance the family voice within the state and improve the lives of families raising children and youth with mental health issues. He and his colleagues also continued their collaboration with the National Council for Behavioral Health to evaluate Mental Health First Aid, a public education program that helps participants understand and respond to people showing signs of mental illness and substance use disorders, with separate curricula focusing on adults and youth.

Dr. Laura Anthony and her colleagues published a new version of their school-based intervention, Unstuck and On Target, now proven to improve executive function among children with either ASD or ADHD. They also published an online parent-training program for parents of children with ASD (unstuckontarget.com), which they demonstrated to be as effective as in-person parent training. Dr. Anthony also collaborated on five publications related to gender issues in ASD, which is also the topic of a current National Institute of Mental Health (NIMH)-funded Autism Center of Excellence award on which she is a site PI. She is also very excited to have published a paper from a different NIMH-funded project showing that a free parent-mediated sex and relationships education curriculum called Charting the Course is successful.

UPPER PAYMENT LIMIT FUND

Improving Access to Care

The Upper Payment Limit (UPL) grant program was initiated in 2018 by CU Medicine. This new program supports academic medical centers such as ours, to improve access to care for individuals with Medicaid. The Division of Child and Adolescent Psychiatry received seven of these grants — more than any other Divisions within the University — representing \$3.4 million in funding. These projects (and the respective project lead) are:

Behavioral Health Services in the Child Health Clinic

Ayelet Talmi, PhD

The objective of this UPL grant is to increase access to high-quality, effective, integrated behavioral health services for children, adolescents, and their families seen in the Child Health Clinic for pediatric primary care. Funding expands staffing to include a behavioral health navigator and additional integrated behavioral health providers, and to enhance workforce capacity through training efforts.

Integrated Behavioral Health Services for Children with Medical Complexity in the Outpatient Setting

Ayelet Talmi, PhD

This UPL grant aims to increase access to integrated behavioral health services for children with medical complexity and their families who are seen in the Special Care Clinic for pediatric primary care. Funding expands staffing to include psychologist, psychiatrist, and postdoctoral fellow-integrated behavioral health clinicians; a combination of which would translate to nearly doubling the access to behavioral health services.

The Young Mothers Clinic

Bethany Ashby, PhD

This clinic provides a comprehensive pediatric, family planning, and well-woman care to mothers under the age of 22 and their children. We were awarded UPL funding to increase access to behavioral health services to serve this vulnerable patient population. This funding supports salaries of psychologist and psychiatrist, as well as to increase the clinic's ability to offer developmental and mental health consultation, psychotherapy, and psychiatric medication evaluation and management.

Youth Suicide Prevention in Pediatric Primary Care

Bruno Anthony, PhD, Douglas Novins, MD

PCMH is consulting with Zero Suicide faculty and community stakeholders to develop a pediatric care pathway for youth suicide prevention in primary care settings. The pathway will focus on universal suicide screening of all pediatric patients as well as safety planning, brief intervention (when appropriate), and connection to community resources and supports, including mental health treatment.

Youth Suicide Prevention in School Setting

Bruno Anthony, PhD, Douglas Novins, MD

PCMH will develop and implement a tiered array of school-based youth suicide prevention programs. Selection of the programming will be based on a series of regional needs assessments and community engagement efforts. PCMH will develop and deliver no-cost training, coaching, and technical assistance to school-based staff across Colorado.

Caring for Children with Cystic Fibrosis (CF)

Emily Muther, PhD

This project seeks to develop an effective and fully-integrated behavioral health care model within the largest pediatric CF Center in the country. This will include specialized mental health professionals trained to work with children with chronic illness and their families, routine screening for anxiety and depression, tracking of mental health symptoms and recommendations and interventions, and the development of brief, evidence-based interventions to address the impact of emotional health on CF outcomes for children and their families.



Colorado Pediatric Psychiatry Consultation and Access Program (CoPPCAP)

Sandra Fritsch, MD, Douglas Novins, MD

This project will provide pediatric primary care providers comprehensive access to rapid telephonic and e-consultations from child and adolescent psychiatrists and training on mental health care in primary care settings. Pediatric primary care providers will also be able to refer their young patients for one-time consultations (either in person or via videoconference) with members of the division's faculty. This project is also supported by a grant from the Health Resources Services Administration in collaboration with the Colorado Department of Health and Environment.

Rural Training in Pediatric Mental Health Care

Douglas Novins, MD, Jenna Glover, PhD, Kimberly Kelsay, MD

This project will provide opportunities for our psychology and psychiatry trainees to work in rural pediatric primary care and rural community mental health settings. The goal is to prepare our trainees to work more effectively in these communities and consider working in and with rural communities after they graduate.

Behavioral Health Services in the Colorado Fetal Care Center and Neonatal Intensive Care Unit

Allison Dempsey, PhD

The goal of this project is to provide much-needed mental health services at these two clinical programs to parents who are experiencing undue stress due to dealing with their children's complex medical conditions. An interdisciplinary team of providers will provide integrated behavioral health services to promote patient and family wellness, encourage adoption of positive health behaviors, foster healthy parent-child attachment and relationships, reduce risk for parental perinatal mood and anxiety disorders, as well as to address child neurodevelopmental and behavioral disorders.



BUILDING A CULTURE OF RESEARCH

Faculty Engagement Programs

Fostering faculty writing and scholarship

Building on the success of Faculty Collaborative Scholarship Program (FCSP), a faculty grant writing class started in 2017, the Innovations Center debuted a new program this year to support faculty writing and scholarship called the Innovations Center Scholars (IC Scholars). Four faculty members participated in the 16-week program, that met monthly with the Innovations Center course instructors (Emmaly Perks, MA, CCRP, lead instructor, and Merlin Ariefdjohan, PhD, MPH, co-facilitator) to gain peer feedback and improve their writing practice. All course materials were curated online, and participants can also connect with the instructor digitally.

What sets IC Scholars apart from traditional faculty writing groups is its focus on project planning and project management. At the beginning of each cohort, faculty members are instructed in developing a work management chart that guides their writing goals and project objectives. Faculty participants found this tool to be instrumental in increasing their writing progress. Program participants felt more supported in their research and scholarship efforts.

Through this program, I have had access to colleagues who have expertise in scholarly work. This has helped me to be able to produce better scholarly products, expand my knowledge, feel more confident in my ability to produce scholarly products, and feel as though there is more of a balance in my ratio of clinical to scholarly job requirements.

- FACULTY PARTICIPANT, 2018

It has also been a productive year for sharing work with colleagues and networking with collaborators. The quarterly "Sip and See" poster symposia that showcased the work of various research teams in the division culminated in the inaugural end-of-year poster session. The session included 18 original presentations by faculty, trainees, and research staff on topics ranging from autism to perinatal depression, and was attended by at least 50 psychiatry team members.



DONOR SUPPORT

Changing Pediatric Mental Health in Colorado

At Children's Colorado, we believe in a better world for children struggling with mental health. Where no kids are hurting. Where no parent wakes up at night worried about what's next.

This is what drives us: A compelling need to make a difference in the lives of children. An unrelenting commitment to ensuring every child receives the right mental health care at the right time. So problems don't escalate to emergencies. And this — this is our mission.

Together, we are catalysts for change. Partnering with donors and like-minded organizations to create a brighter future for kids living with mental illnesses.

As a nonprofit, Children's Colorado is fueled by giving.

Treating every child, regardless of a family's ability to pay. The world-class mental health care we provide. The groundbreaking discoveries we make. The laws we champion. The pediatric psychiatrists we educate. The communities across Colorado we serve. The families we support.

These initiatives simply aren't possible without donor support.

As other pediatric mental health providers across Colorado have been forced to close their doors, we have stepped up. We have made an institution-wide commitment to mental health to address the crisis from every angle.

In just the past 12 months, because of generous support from the community, we have made incredible progress toward a new mental health system, from expanding care within our own walls to establishing the first-ever Center of Excellence for Pediatric Mental Health, that is the Partners for Children's Mental Health (PCMH) (see page 11).

It is a costly and ambitious endeavor to untangle and rebuild our state's mental health system, but we stay true to our north star of doing what is right for kids. Because every child deserves a life full of limitless possibilities.

➔ To learn more and get involved, visit pcmh.org.

PATIENT TO PHILANTHROPIST

Chloe Raises Money and Awareness for Kids Like Her

Chloe has struggled with crippling anxiety and depression for much of her life. She struggled to find help until she entered an inpatient treatment program at PMHI. Through therapy and medication, she began to gain control over her anxiety.

As Chloe has encountered new challenges since, she has returned to PMHI for support. Having experienced other mental health clinics, she believes Children's Colorado is the best place for kids.

Today, Chloe works hard every day to not allow her anxiety to define her and has accomplished more than she ever expected. She will attend Colorado College in the fall and is raising awareness and money for other kids experiencing mental illnesses. You can support Chloe and kids like her at ChildrensColoradoFoundation.org/chloe





PHILANTHROPY

Donor Support Moves Mountains

Climb for Kids

Climbing for Kids returned for the sixth year to raise awareness and support for PMHI. Providers, community members, parents, and teens come together every year to hike Colorado's 14,065-foot Mount Bierstadt in support of children who have much bigger mountains to conquer. In 2018, the event raised \$53,000 for PMHI, more than double the total raised in 2017.

DONOR SUPPORT IN 2018



\$6.3 MILLION

RAISED IN SUPPORT OF PEDIATRIC MENTAL HEALTH

\$3.7 MILLION

Supported Partners for Children's Mental Health (PCMH), Colorado's first-ever Center of Excellence for pediatric mental health. Over half of all 2018 gifts to mental health supported PCMH.

\$500,000

Distributions from endowments supporting mental health in 2018.

\$375,000

Raised to renovate our space to provide the highest-quality, family-centered care to more kids and teens.

\$250,000

Gift supported the previously established Helene & Marshall Abrahams Family Endowed Fund for Research on Bipolar, Depression, Mental Disorders. This endowment supports research of bipolar disorder, depression, and related mental disorders.



The Fun Side of PMHI

Ahoy, Matey! Medical Day Treatment staff celebrate Halloween

The fact that Halloween is a big deal at Children's Colorado is probably lost on no one. Each year, the staff at the Medical Day Treatment (MDT) selects a group theme and works together to bring that theme to life. In years past, the MDT staff have been donned costumes depicting emojis, Disney villains, and Lego characters. In 2018, we brought out the eye patches, hooks, and bandanas to become pirates for the day, to the delight of our patients.

Medical Day Treatment staff recognized with a week of appreciation

MDT started an annual tradition to recognize the three disciplines in the program (nursing, mental health, and academics). Our administrative service coordinator organized MDT Staff Appreciation week, where banners were hung, offices were decorated, cards were delivered from students and staff, and treats were brought in daily to honor our respective team members. This little gesture made a big impact on staff morale.

Diversity and Inclusion Committee supports students and faculty

PMHI Diversity and Inclusion Committee held monthly meetings to discuss and plan activities and initiatives to reach our department and colleagues across the campus throughout the year. A highlight of this year's efforts was the Annual Ruth Fuller Lecture, where Tawara Goode, MA, director of the National Center for Cultural Competence at Georgetown University, was the invited speaker. During her visit, Dr. Goode presented at Grand Rounds and facilitated roundtable sessions to discuss issues related to diversity in research and clinical care. This year, the committee also reinstated the Diversity Dialogue series, which is a forum specifically for team members at PMHI to talk about diversity issues in the professional setting. Another initiative started this year includes redefining clinical and administrative practices at PMHI to reflect our commitment to diversity.

Appendix

Journal Articles

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Research Funding Sources

- American Heart Association
- Caring for Colorado Foundation
- Colorado Department of Human Services
- Colorado Department of Public Health and Environment
- Colorado Health Foundation
- Community First Foundation
- Constellation Philanthropy
- Cystic Fibrosis Foundation
- Children's National
- Denver Foundation, Colorado Health Access Fund
- Developmental Psychobiology Endowment Fund Small Grant Award, University of Colorado
- Department of Surgery Academic

Enrichment Fund, University of Colorado

- Donor Alliance Foundation
- Gary Community Foundation
- Health Resources Services Administration
- March of Dimes
- MJ Simons Foundation
- Morris Animal Foundation
- National Institute of Child Health and Human Development
- National Institute on Drug Abuse (NIDA)
- National Institute of Mental Health (NIMH)
- National Palliative Care Research Center
- Organization for Autism Research (OAR)
- Patient-Centered Outcomes Research Institute (PCORI)
- Piton Foundation
- Research Institute, Children's Colorado Hospital
- Rose Community Foundation
- Simons and Lurie Foundations
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- The BUILD Health Challenge
- The Denver Foundation
- Upper Payment Limit Fund (UPL)
- Walton Family Foundation
- Zero the Three
- Zoma Foundation

Professional Conferences Attended by Faculty

- American Academy of Child and Adolescent Psychiatry (AACAP)
- American College of Neuropsychopharmacology (ACNP)
- American Psychological Association (APA)
- American Transplant Congress (ATC)
- Anxiety and Depression Association of America (ADAA)
- Association for Behavioral and Cognitive Therapies (ABCT)
- Association for Behavior Analysis International (ABAI)
- Association for Contextual Behavioral Science (ACBS) World Conference
- Colorado Association for Behavior Analysis (COABA)
- College of Psychiatric and Neurologic
- Pharmacists (CPNP)
- Colorado Psychological Association Green Symposium
- Colorado Society of School Psychologists
- Four Corners Association for Behavior Analysis (Four Corners ABA)
- Gold Lab Annual Symposium, University of Colorado Boulder
- Hospital Educator and Academic Liaison Association (HEAL)
- International Society for Autism Research (INSAR)
- Mid-American Association for Behavior Analysis (MABA)
- North American Cystic Fibrosis Conference (NACFC)
- North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN)
- Parental Possible Conference
- Pediatric Academic Societies (PAS) Annual Meeting
- Pediatric Research Symposium, Colorado Clinical and Translational Sciences Institute and Children's Hospital Colorado (CCTSI-CHCO)
- Pediatric Pharmacy Advocacy Group (PPAG) Conference
- Pull-Thru Network Conference
- Quality Improvement Symposium, Children's Hospital Colorado
- Rosenberry Conference, Children's Hospital Colorado
- Shared Risk and Protective Factors Conference, Colorado School of Public Health
- Society for Clinical Research Associates (SOCRA)
- Society of Pediatric Psychology Annual Conference (SPPAC)
- Society for Psychophysiological Research (SPR)
- Tri-State Autism Conference
- Women's Health Research Symposium, School of Medicine, University of Colorado
- World Association for Infant Mental Health Biennial Conference
- Zero to Three Conference



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