

DEPARTMENT OF PSYCHIATRY

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Dr. Ron-Li Liaw

APPOINTMENT OF DR. RON-LI LIAW AS DIRECTOR OF THE DIVISION OF CHILD AND ADOLESCENT MENTAL HEALTH, VICE CHAIR OF DIVERSITY EQUITY AND INCLUSION, DEPARTMENT OF PSYCHIATRY, AND INAUGURAL MENTAL HEALTH IN-CHIEF FOR CHILDREN'S HOSPITAL COLORADO

Dear colleagues,

It is my great pleasure to announce the official appointment of Dr. Ron-Li Liaw as Director of the Division of Child and Adolescent Psychiatry, Vice Chair of Diversity Equity and Inclusion, and the Inaugural Mental Health In-Chief for Children's Hospital Colorado. Dr. Liaw received her bachelor's degree in anthropology from Rice University and her medical degree from Baylor College of Medicine with Alpha Omega Honors. She completed her adult psychiatry training at Harvard Medical School, Massachusetts General Hospital, and McLean Hospital, where she served as chief resident. She also completed a research fellowship at the Dana-Farber Cancer Institute and the Mind/Body Institute as well as a clinical fellowship in psychodynamic psychotherapy at the Boston Psychoanalytic Society and Institute. Dr. Liaw trained in child and adolescent psychiatry at NYU Langone Medical Center.

Over the past decade, Dr. Liaw has led the co-design, implementation, spread, and sustained growth of foundational and cutting-edge children's hospital programs, including integrated behavioral health programs across the pediatric care continuum at NYU Langone Health and Bellevue Hospital Center. She led the development and expansion of the Pediatric Psychiatry Consultation Liaison, Psychiatric Emergency, and Early Childhood Services as well as Integrated Behavioral Health Programs within specialty ambulatory care. As Founder/Director of the Sala Institute Center for Child and Family Resilience and in partnership with cross-departmental leaders, youth and family advisors, Dr. Liaw led the development of and sustained interdisciplinary collaboration across Pediatric Palliative Care, Pain Management, Integrative Medicine, Social Work, Child Life and Creative Arts Therapy, and Spiritual Care. As the Director of Pediatric Integration and Quality, Dr. Liaw managed a diverse portfolio of mental health integration, family engagement, safety and quality education, virtual health and digital innovation, resiliency and wellbeing, and equity initiatives across the NYU Langone Health System. Within the Department of Child and Adolescent Psychiatry, Dr. Liaw co-led the Anti-Racism Task Force's strategic pillars for facilitated learning and recruitment and retention of under-represented minority faculty, staff and learners.

Nationally, Dr. Liaw served as a family engagement and improvement science team leader for the American Board of Pediatrics Foundation's Resilience Roadmap Pilot Collaborative, an inaugural member of the Center to Advance Palliative Care's National Pediatric Palliative Care Planning Committee, a member of the Greater New York Hospital Association Clinician Wellbeing Advisory Group, and is actively engaged with the American Academy of Child and Adolescent Psychiatry's Physically Ill Child Committee and Children's Hospital Association's Behavioral Health Leadership Roundtable.

Dr. Liaw is an incredible addition to the Department of Psychiatry in general and to our partnership with Children's Hospital Colorado specifically. As the inaugural Mental Health In-Chief, Dr. Liaw will join hospital leadership to create and implement strategies in the child health space to address the mental health crisis for youth in Colorado and beyond. I'm also pleased that Dr. Liaw is skilled and passionate in the areas of inclusivity and diversity among faculty, staff and trainees in academic and hospital environments. After a period of transition, Dr. Liaw will succeed Dr. Robert Davies as the permanent Vice Chair for Diversity Equity and Inclusion for the Department of Psychiatry. Please, join me in welcoming Dr. Liaw to our Department family.

C. Neill Epperson, M.D.


C. Neill Epperson, M.D.
Robert Freedman Endowed Chair and Professor
Department of Psychiatry | CU School of Medicine

CHILDREN'S HOSPITAL COLORADO DECLARES A CRISIS IN PEDIATRIC MENTAL HEALTH

In May of this year, Children's Hospital Colorado, the home of the Pediatric Mental Health Institute and the primary home of our Division of Child and Adolescent Mental Health, declared that Colorado was in the midst of a "state of emergency" for mental health." Children's Hospital Colorado's CEO, Jena Hausman, said that despite almost a decade focused on expanding our Division's and Institute's mental health services, it has not been enough to address the crisis that the COVID-19 pandemic has created. "Now," Hausman said, "we are seeing our pediatric emergency departments and our inpatient units overrun with kids attempting suicide and suffering from other forms of major mental health illness." Dr. David Brumbaugh, Children's Hospital's Chief Medical Officer, reported "there have been many weeks in 2021 that the number one reason for presenting to our emergency department is a suicide attempt. Our kids have run out of resilience – their tanks are empty."



As Dr. Jenna Glover, Associate Professor in our Division of Child and Adolescent Mental Health and Director of Psychology Training, noted, "despite things getting better in terms of COVID-19, kids have dealt with chronic stress for the past year that has interrupted their development. Now kids are asked to be starting back into life again, and they don't have the resources to do that. They're burnt out, and they feel so behind they don't know how to catch up." The state of emergency declaration supported our advocacy for enhanced support for children's mental health services in Colorado, leading to new laws focused on increased access to preventive, outpatient, crisis, and residential services.



A NEW GARY PAVILION AND HOME FOR THE DIVISION OF CHILD AND ADOLESCENT MENTAL HEALTH

The Division of Child and Adolescent Mental Health and the Pediatric Mental Health Institute is in the midst of an extensive remodeling and new construction project to meet our community's growing need for mental health services and create state-of-the-art healing and therapeutic spaces that our patients and families need and deserve. To stay true to our guiding star and promote the kind of family-centered care for which we are well-known, we are renovating our patient rooms and adding beds for families to sleep overnight and more fully participate in their child's treatment. In this healing environment, families can be more involved in treatment and gain the tools they need to help their child's recovery. Our remodeled inpatient psychiatric facility, with 26 inpatient beds, will be organized into age-related "neighborhoods" so that kids can socialize with peers and have access to developmentally appropriate resources. Also embedded within two of the neighborhoods

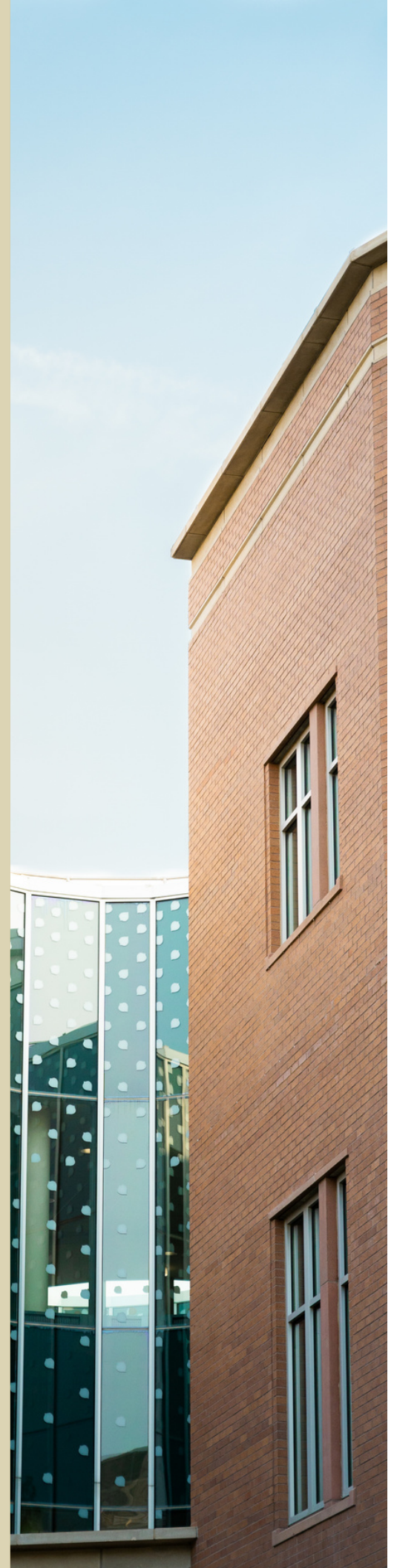
are "high-acuity spaces" designed for patient and provider protection in the event a patient experiences a severe mental health crisis, such as a psychotic event, and needs added safety measures. Our neurodevelopmental inpatient unit and partial hospitalization program, one of only 10 in the United States, is also being renovated and expanded, as are our general psychiatric and eating disorders partial hospitalization program. Our new space will include an expanded Family Respite Center to more fully support families while they are supporting their child, with such features as a bright, fresh suite of rooms that will include bedrooms, lockers, a kitchenette and a lounge area, technology resources so that parents can meet both family and professional responsibilities, and a micro market with vending machines and access to fresh food so that families do not need to leave the building to pick up a meal.

COPPCAP: SUPPORTING PEDIATRIC PRIMARY CARE PROVIDERS IN MEETING THE MENTAL HEALTH NEEDS OF THE CHILDREN THEY SERVE

The Colorado Pediatric Psychiatry Consultation & Access Program (“CoPPCAP”) provides peer-to-peer consultation between child and adolescent psychiatrists and pediatric primary care providers to support their identification and treatment of pediatric behavioral health concerns in the primary care setting. We provide consultations over the phone and through asynchronous e-consults, responding within 30 – 45 minutes of a request. We also help identify resources in the community for the provider’s patients. We believe education is a core function of the work we do. We have developed and delivered two ECHO series for pediatric primary care providers and delivered them a total of 8 times over the last 15 months. We convene Annual Learning Collaborative, a 1-day event that draws on principles of adult learning.

Since starting to offer services in September 2019, CoPPCAP has:

- Enrolled 47 practices representing approximately 326 providers, serving 299,867 children and their families
- Provided 797 consultations
- Delivered our ECHO training to 157 provider participants
- Convened our 1st Annual Learning Collaborative during the pandemic; 38 providers participated
- Organized 55 “Lunch and Learn” training sessions for individual pediatric primary care practices; 550 providers participated in the training
- Launched the CoPPCAP website (coppcap.org). As of June 2021, 2,400 unique visitors from 48 states and 88 countries have visited our site



RESEARCH IN THE DIVISION OF CHILD AND ADOLESCENT MENTAL HEALTH: ADVANCING THE SCIENCE OF PEDIATRIC MENTAL HEALTH

RESEARCH IN OUR CHILD & ADOLESCENT DIVISION CONTINUES TO GROW. HERE, WE HIGHLIGHT THE WORK OF THREE OF OUR RESEARCH LABORATORIES.

Laura Anthony, Ph.D.'s research is primarily focused on developing, testing, and implementing new treatments to improve executive functioning in children with ASD and ADHD.

In her work as co-developer of the school- and home-based intervention Unstuck and On Target (UOT; unstuckandontarget.org), she had meaningfully collaborated with multiple stakeholders using participatory processes. Dr. Anthony has specialized training and research experience using Community Based Participatory Research (CBPR) methods and partnerships to develop interventions, contextualize and disseminate results and implement findings in the community. Currently, she has funding to develop and test a preschool version of UOT (Co-I, Clark Foundation), create free online teacher trainings, implement UOT and estimate the time cost of implementing UOT in 200 elementary schools (PI, PCORI).

Dr. Anthony is also a Co-Investigator for a NIMH Autism Center of Excellence (ACE) investigating sex and gender differences in ASD symptomatology and longitudinal brain development during the transition from adolescence to adulthood. The goals of her part of this ACE are to 1) use participatory processes to conduct social and experiential validity of the diagnostic measures and 2) neuroimaging findings. In partnership with their autistic co-investigators, they have also been creating a new self-report measure of autistic traits using CBPR.



RESEARCH IN THE DIVISION OF CHILD AND ADOLESCENT MENTAL HEALTH CONT.


Sarah Kennedy, Ph.D.'s research is focused on adapting, evaluating, and implementing evidence-based treatments for emotional disorders (e.g., anxiety, depression) in acute mental health treatment settings, such as partial hospitalization programs.

She is a co-developer of the Unified Protocols for Children and Adolescents (UP-C/UP-A), interventions designed to address symptoms of multiple emotional disorder diagnoses concurrently using the same intervention framework. Her research team is studying how well these treatments, which were originally designed for weekly individual therapy, work in acute mental health treatment settings, as well as how they need to be adapted to fit these new contexts. They are also piloting tasks designed to assess how youths' ability to tolerate distress and anxiety sensitivity ("fear of fear") are



related to how well they do in treatment. Results from this line of investigation will be used to inform larger-scale dissemination and implementation of this treatment in acute mental health settings outside the CHCO system. This research is currently funded by the American Psychological Foundation and Children's Hospital of Colorado Research Institute.

In addition to this funded research, Dr. Kennedy is actively involved in publishing and presenting in the areas of youth psychosocial treatment outcomes, treatment adaptation and personalization, and youth psychopathology more broadly. She also regularly provides training and consultation to other hospital systems and healthcare networks in treating youth using the UP-C and UP-A.



RESEARCH IN THE DIVISION OF CHILD AND ADOLESCENT MENTAL HEALTH CONT.

Aviva Olsavsky, MD's research is focused on women who are at higher risk for mental health and substance use problems as they become new mothers.

In the SIMBA Lab (Stress in Moms and Babies), her team studies women who have suffered from stressful early environments and are at higher risk for substance use. They use brain imaging to learn about how mothers process their own infant's cues. The Mama Brain Study was recently funded through a multi-year career development award from the National Institute on Drug Abuse and the American Academy of Child and Adolescent Psychiatry. In this longitudinal study, Dr. Olsavsky will examine how mothers' own early stressful life experiences and cannabis use impact the way that the maternal brain responds to infants.

Her team will use scientific techniques such as brain imaging, a mobile laboratory, and innovative observational behavioral methods to learn how brain function and structure in mothers may impact the way that mothers and infants interact with one another across the first 2 years of life. By understanding these phenomena, they hope to discover novel treatment targets to guide development of preventive and individualized interventions for vulnerable and underserved families.

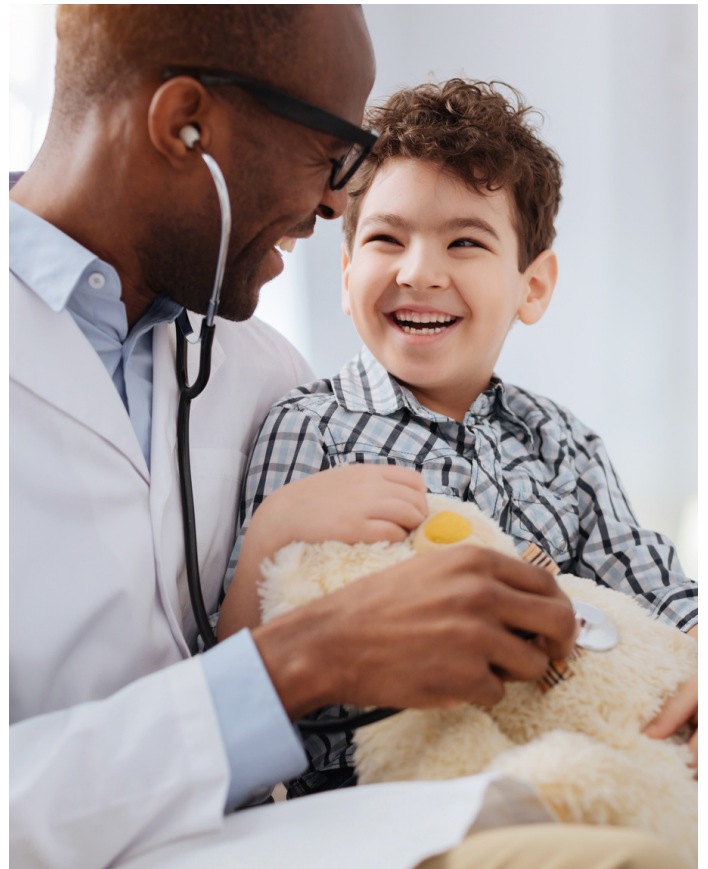
NEW TRAINING DIRECTOR FOR OUR CHILD AND ADOLESCENT PSYCHIATRY FELLOWSHIP



DR. ANNE PENNER

Dr. Anne Penner joined our Division's educational leadership team as the new Child and Adolescent Psychiatry Program Director in July 2021. She has been a faculty in the Department and Child and Adolescent division for the past six years and Associate Program Director for Psychiatry for the past three years. Dr. Penner has a vision to create an environment of excellence in training and supervision in child clinical work, advocacy, prevention, inclusion, and growth in scholarship while balancing physician leadership and wellness within the trainees' individual career trajectories.

She believes that by creating supervision avenues for individuals to achieve their career paths, and by focusing on the person, Colorado's training programs will continue to achieve their mission of training future leaders in psychiatry. Exciting opportunities for the future include balancing the strengths of virtual and in-person teaching and clinical care through the pandemic, addressing diversity, health equity, and inclusion, and supporting our child and adolescent psychiatry fellows in their development as clinicians, educators, and scholars. She is looking forward to taking this program into a new decade!



FACULTY LEAD OUR PARTICIPATION IN AN INTERNATIONAL CONSORTIUM TO EVALUATE THE TRANSITION OF ACADEMIC MENTAL HEALTH CLINICS TO TELEHEALTH DURING THE COVID-19 PANDEMIC



DR. MARISSA SCHIEL

A consortium of eight academic child and adolescent psychiatry programs in the United States and Canada, including our Pediatric Mental Health Institute, examined their rapid pivot from in-person, clinic-based services to home-based telehealth during the COVID-19 pandemic. Information was compiled regarding site characteristics, telehealth practices, service utilization, and barriers to and facilitators of telehealth service delivery prior to and during the early stages of the COVID-19 pandemic. Within two weeks, all sites shifted from primarily in-person services to home-based telehealth services, though some sites experienced delays in conducting new intakes and establishing tele-groups.



DR. JESSICA HAWKS

No-show rates and utilization of telephone versus videoconferencing varied by site. Our investigators on this project, Drs. Marissa Schiel and Jessica Hawks, found that the Pediatric Mental Health Institute had similar no-show rates prior to and after the start of the pandemic, including a comparable time-period in 2019. Sites reported perceived barriers to telehealth service delivery including regulatory and billing limitations. To promote ongoing use of home-based telehealth, Drs. Schiel, Hawks, and their colleagues concluded that academic programs should continue documenting the successes and barriers to telehealth practice to promote equitable and sustainable telehealth service delivery in the future.



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