



04.15.2022 Notes

WELCOME AND INTRODUCTIONS:

Reflection: *Members were invited to share something they were looking forward to about spring or summer!*

Many of the team members shared that they cannot wait for the nice weather to come back so that they can enjoy activities outside again. Many members wish for the windy days to subside and give way to calm warm weather. A couple members stated they love the outdoors and enjoy camping and hikes. Some members enjoy a more comfortable approach to camping preferring to use the comforts of a camper while other members like to “rough & tough” it outdoors at parks such as Estes Park. Several members remarked how they enjoy nature and all the birds and critters that come out once it’s warm again. One member remarked how they were excited for this summer as June will be when their daughter gets married. A couple members remarked that they enjoy walking their much more now that it is slowly starting to warm up again.

CENTERING FAMILIES: (*Nichole Rogert*)

Jenni started the conversation with giving kudos to Mason’s Light, a Facebook page created for parents struggling to find help for their children’s mental health issues. *Jenni* proceeded to read a post from one of the parents on the Facebook page stating how this family adopted their 9 year old child who has been experiencing many outbursts. The family tried to help the child’s needs with love and acceptance to no avail. The child came from a home where they were abused by its parents and was subjected to numerous trauma. The child had been kicked out of 2 daycares for violent behaviors. The parents attempted taking the child to Emanuel but the child is not suicidal and is too young and Children’s keeps them for a couple of days and then the child is released back home. The family has been on the Boys Town wait list for about 2 months now. The child is on medication which works for the most part but a couple times a month the child has an “episode”. The mother asks, “What does it take for a child in crisis to get the help it needs, for the safety of it and others?”

Nichole remarks how this parents’ story is not uncommon. She reached out to this parent and found out that the child is currently in Boys Town but had been on the waiting list for 6 months, which is not an appropriate time for a crisis response for a child and family that is in need.

Nichole stated she has been working in child welfare capacity since 1996 so she has accumulated a wealth of information and resources in regards to the child welfare world. When *Nichole* adopted out of foster care she felt very confident that if any child welfare issues were to arise that she would be able to handle it. That ended up not being the case. Her adopted son started struggling when he was very young and had behavioral issues in school and at home. Multiple providers have been tried and none of them were a right fit. The family reached a point where they were informed by counselors that their child is unsafe to remain at home even though the family knew that as the child has been to Boys Town twice and was denied Emanuel so he was acute impatient. The next day they were called and told to come pick up the child from Boys Town as the insurance wouldn’t cover any further treatment. At age 10 the child was placed in a facility in Utah, the family didn’t get to visit him for a whole year, instead utilizing zoom meetings. Luckily someone donated their travel miles & vouchers to the family so the

parents were finally able to visit the child. It wasn't until then that the child started to make progress. Only after inquiring with the facility was the family informed that insurance would cover for the family to visit every 90 days, no one had told them prior to inquiring. During the child's destructive episodes a good amount of professionals advised to "give the child back". The child was away for 18 months in Utah but is currently back home. Every month *Nichole* had to fight with the insurance to continue the child's treatment as the insurance would review treatments every month to determine if extended stay is needed. Nichole was able to convince the insurance for the child to stay for 18 months whereas the typical stay an insurance would cover was 3 months. Unfortunately professionals have fallen victim to the "this is just how the system works" mentality which does not help children and families in need. Nichole's child that was deemed a "throwaway child" in a lot of people's eyes is currently at home, he's being homeschooled and has started boxing and baseball and is doing great. Many times children who need more attention are pushed through adoption only for the adoptive parents with little knowledge on how to help the child to be stuck in an endless frustrating loop as their child's mental health deteriorates. The parents are expected to succeed without much guidance on resources and once the parents fail, they are blamed and shamed. Parents aren't asking for help because they are scared CPS will take their other kids away. A lot of the families who are part of the Masons Light Facebook group are afraid to post because this is shameful for them and they are afraid of being stigmatized. A lot of the parents reach out to *Nichole* and are desperate because their children are in crises and are about to be kicked out of programs due to lack of progress and there is just no answer for these families since there are no other resources for these families and children. Part of Masons Light is to bring awareness and to help remove the stigma for children's mental health.

ANNOUNCEMENTS:

- NEP-MAP at NE Academy of Physician Assistants – (*Holly Roberts & Jessica Ern*)
Holly Roberts informed the group about having discussions with entry level providers who can affect a child's behavioral health at a very early age. It's encouraging to inform and educate primary care providers who are usually the first access point for families in need of pediatric mental health services. It is hoped that these events will help increase early access to mental health services and educate others on ways on how to manage these types of crises before it becomes difficult with having to include many professionals in the treatment of children.
- NEP-MAP at PMHCA Evaluation Capacity Building webinar April 20 with – (*Jessica Ern*)
Jessica Ern was unable to attend the meeting but sent in a short update from the evaluation team: "*The Evaluation Team at the Center for Reducing Health Disparities at UNMC's College of Public Health has been focusing on disseminating our results from the recent statewide assessment of mental and behavioral health disorders in children in Nebraska. We have recently presented to the Nebraska Division of Behavioral Health Director, the Division of Behavioral Health Advisory Committee, and the Nebraska Association of Physician Assistants Conference. We are now focusing on integrating the data from assessment from the family, primary care providers, and school providers to gather a picture of mental and behavioral health among children in Nebraska.*"

- NEP-MAP at AMCHP May 25-26 with family presentation - (*Jenni Auman*)
Jenni informed the group about her work with Nichole, Tori, Anna and Rachel Fox and how they will present at AMCHP the Association for Maternal Child Health programs, a national conference. It will be held virtual in Washington D.C. There will be a panel of parents plus one NEP-MAP partners to talk about the exact scenarios discussed today to show how the family engagement piece is so important. The recorded presentation may be shared after the conference adjourns.
- NEP-MAP at Rural Health Association May 25 with Sara Kinglehoefer – (*Kathy Karsting, Holly Roberts*)
Kathy informed the group how Holly provided Sara with a slide set from another presentation to be used and Sara will be giving a presentation on May 25th. Sara will be using the presentation time as a behavioral health professional while *Kathy* will be hosting an exhibit table to share copies of NEP-MAP's research findings and the Screening & Referral Guide including some of the mental health awareness material. *Terri* shared info about a group called the Parent Organizations across the State of Nebraska, that each May for children's mental health month organizes an event called the Pony Express. This is where each organization from Scotts Bluff through Omaha has parents write letters to the governor and legislature to describe how children's mental health has affected them and to share their experiences. The Pony Express is a group of volunteer motorcycle riders that will stop along the way to pick up those letters from the families and the children in order to present them to the official that shows up at the capitol on May 21st.

NEP-MAP at AAP CYSHCN SoC June 24 webinar with (*Jenni*)

Discussion on Systems of Care, Pediatricians, and NEP-MAP

Jenni shared about her role and webinar presentation on June 24th for NEP-MAP at AAP CYSHCN SoC. Reiterated was the fact that NEP-MAP is reaching vast audiences including providers, Medicaid members and other systems of care. Continued growth will increase NEP-MAP's reach and influence to better children's and families' lives.

Sharing NEP-MAP Year 3 Highlights: (*Kathy Karsting*)

Kathy shared the work-in-progress NEP-Map Year 3 Highlights graphic to the team and invited input for updates or suggestions to the project. The work and accomplishments are displayed in bullet points on the Year 3 Highlights graphic. The Year 3 Highlights will be displayed on NEP-MAP's website. One notable highlight worth showcasing was that the Tele-behavioral Consultation team provided nearly double the amount of consultations than last year. Discussed were also ways of getting NEP-MAP's screening and Referral tool out to more providers in the state so that it may be utilized better. Partners were encouraged to send the guide to providers that they work with closely as well.

Report from TWG#2: *(Kathy Karsting, Greg Donovan, Christian Klepper.)*

Christian informed the group that the TWG #2 team met a couple of weeks ago and has invited members to join TWG#2 for our next meeting. *Greg* informed the group that with NEP-MAP's provider & family evaluation results, we are now more data driven than before. As we reconvened we focused on the survey results and identified that issues with access including language competency and translator availability, are a major discussion and action step topic. Another topic of discussion was the utilization of carryover funds to support initiatives in local communities. One topic of communication was, who do we have to talk to about these actions steps specifically such as legislature, the media or others?

Special Project Report: *(Kathy Karsting)*

Kathy informed the group about a special project that sprung out from one of the meetings with TWG#2. TWG#2 wants to share with the advisory committee their proposal, not yet finalized but still work-in-progress. In dealing with the NEP-MAP budget unspent funds from Year 3 have been applied for carryover approval to utilize those funds which amount to approximately \$120,000. This project will be short term and the funds will have to be spent by the end of September 2022. In discussing what kind of project to implement and execute, TWG#2 was influenced by the family survey in trying to think of a way to direct these resources to help parents, families and their children's mental health needs, and in that thinking process to turn to the Nebraska Family Helpline. The proposed special project to be developed with them would have them undertake a short term project to place resources into a media boost of coverage to direct message s to parents about recognizing that their child may be experiencing mental health difficulties and that there is a resource where they can find more information. The project will include media coverage including radio and television channels and will be translated into four languages. The project is slated to start in the middle of May or beginning of June.

Infant/Early Childhood Mental Health (I/EMCH) Partners group sponsored by the Nebraska Association for Infant Mental Health (NAIMH) *(Sami Bradley)*

Sami is coming from the Rooted in Relationships project. She is one of the co leads from the Nebraska Association for Infant Mental Health. Sami's background lies in working as a therapist in working with young children. Sami co-leads the Nebraska Association for Infant Mental Health with Dr. Holly Hatton-Bowers with UNL. This organization promotes the mental wellbeing and health of infants and young children across Nebraska. Individuals from Headstart, the colleges, home visitors and certainly mental health professional encompass this organizations members. *Sami* mentioned how they had just started these early childhood mental health meetings including partners meetings that are solely focused on early childhood mental health and are open to all interested partners. Sami mentioned how, in parts due to the pre-school development grant, they were able to join the Alliance for the Advancement of Infant Mental Health on April 6th, which includes collaboration with 35 other states and several other countries in order to be able to offer Infant Mental Health endorsements now in Nebraska.

PROJECT UPDATES:

- Clinical Demonstration Project – (*Holly Roberts and Christian Klepper*)
Holly the project director of the clinical demonstration part of the project, stated the goals of the demonstration project are to enhance early screening, expand and diversify behavioral health provisions especially in rural communities so that we're reaching those that have the fewest opportunities for referral sources and services. One of the ways to accomplish that is through consultations with their psychiatry team, a team of 3 psychiatric professionals. These professionals provide consultation services to primary care providers and managers. Consultations can be accessed through Zoom or phone. There was a slight edit to provider information reporting requirements, which will make it more accessible for primary care providers to report requested information. *Holly* shared that the team had their first NEP-MAP peer-reviewed publication in family systems and health with additional publications forthcoming. One member asked, whether there is systematic data available on the wait times for pediatric mental health appointments. That is a current hot topic issue and all providers are feeling the intensity of the mass influx of referrals. Unfortunately the wait times are much higher right now, especially considering there being a behavioral health workforce worker decline.
- Family-centered Care Coordination training – (*Sarah Swanson*)
Sarah informed the group about students at UNO who have reviewed all the modules and have provided feedback on them. Some feedback has been integrated into the modules. Another addition to the modules will be information on how the school can help a child with behavioral health issues and how to acquire life skills. *Sarah also* informed the group about how she read that CHI is opening a pediatric psychiatric facility in Omaha. https://omaha.com/news/local/new-50-million-behavioral-health-facility-for-kids-planned-for-north-central-omaha/article_86e39f10-b6c3-11ec-9676-6796afeed52d.html

2022 Meetings:

- Friday, July 15
- Friday, October 14