



KSKidsMAP Newsletter

Pediatric Mental Health Access

A program for primary care physicians and clinicians in Kansas through a telehealth network

ISSUE 10 | WINTER 2023

Meet KSKidsMAP participant Chris Brown, M.D.

Family medicine physician

Ellinwood, Kansas

Please tell us about you and your family.

I am a Kansas City native, and my wife is from Topeka. My practice site is Ellinwood Hospital and Clinic. We have a son, Ethan, who is a junior at K-State and a daughter, Lilianna, who is a senior at Salina Central High School. We are a family that each has very individual interests but enjoy coming together to share in each other's pursuits and accomplishments.

Where did you go to medical school/residency?

The University of Kansas School of Medicine; Smoky Hill-Salina Family Medicine Residency.

How long have you been practicing?

Almost twenty years now!

What is your favorite aspect of practicing medicine?

Getting to know a wide array of amazing people of different backgrounds, strengths and needs. Having people come to see me with their health concerns gives rare insight into the remarkable, quiet resilience that many endure daily.

What is your favorite thing to do outside of work?

I enjoy movie night with the family and doing basic maintenance on cars.

How has KSKidsMAP helped you within your medical practice?

KSKidsMAP has been a game-changer in terms of accessing experts in pediatric mental health. Our patients have directly benefited from resources, diagnostic and therapeutic guidance. KSKidsMAP, to me, is an unqualified successful program to reach underserved rural areas. In a time where resources remain constrained, KSKidsMAP works quickly to schedule consultations. Return communication is often very rapid also. Beyond the provider consultations, however, KSKidsMAP is also very dynamic and a Kansas leader when it comes to provider support, mental health and education. There are a dizzying array of programs and innovations available, limited only by our time to pursue them. It truly is a wonderful program, and I encourage more providers to give it a try—you will be pleasantly surprised by this great team of professionals!



Meet Djuna Harris, M.A.

KSKidsMAP program coordinator
Sedgwick County, Kansas

I started working for KUSM-Wichita KSKidsMAP in February 2022. My work includes being the liaison for KDHE and HRSA, facilitating team meetings, and assisting with implementation of day-to-day operations and program development for KSKidsMAP. I enjoy working for a caring interprofessional team that's compassionate about their work, assisting community partners by consulting and providing resources for treating adolescents with mental and behavioral health needs.



I'm married to Dean Harris, and we have 11 children, 25 grandchildren and one great-grandchild. I received my graduate degree from Wichita State University. The majority of my career has been in social services assisting families in need of community resources. I'm very involved in church and community outreach. My pastimes include crafts, decorating, and most of all I love spending quality time and enjoying precious moments with my family.



Don't miss your chance to
become part of the network.

ENROLL NOW!

CASE SUMMARY

The KSKidsMAP pediatric mental health team met with an urban pediatrician to discuss initiation of psychopharmacological treatment for an early elementary school patient who is diagnosed with autism spectrum disorder and an underlying neurological condition. The patient is nonverbal, aggressive towards teachers/peers at school and engaging in self-harming behavior (hitting, pulling hair out and head banging). Special education services at the public school are provided through an IEP (individualized education plan). The patient gets minimal sleep (about four hours) at night and caregiver is giving the child 20 mg of melatonin. Patient is not taking any other medications. A pediatric neurologist follows the patient for the underlying neurological condition where there are brain abnormalities noted in the MRI. The patient is on a waiting list to see a child psychiatrist, but it will be several months before appointment can be scheduled.

During the virtual consultation with the urban pediatrician, our child and adolescent psychiatrist on the KSKidsMAP team recommended the initiation of an alpha 2 agonist such as guanfacine (which has a four-six-hour active half-life) starting at 0.5 mg at breakfast and 0.5 mg after school (1 mg BID). The main side effect is sedation, the PCP could monitor symptoms through regular follow-up. It was also recommended that the large dose of melatonin could be causing the

patient to stay awake at night. The recommended dose in children would be 1-3 mg and not going any higher than 5 mg at night. If sleep continues to be a concern, the PCP could add another dose of the guanfacine (0.5 mg). Children with ASD and other comorbid diagnoses are more sensitive and irritable to psychotropic medication. For long-term treatment, the patient could be followed by a child psychiatrist. Other recommendations made by the child psychologist and the social worker included reviewing sleep hygiene routines, referral for applied behavioral analysis (ABA) therapy, accessing Families Together (special education advocacy group for parents/caregivers), the Oasis Training Program, services from the community developmental disability organization which can provide respite and crisis care, transportation reimbursement through the Kancare MCO, and visual aids to increase communication with the patient and caregiver.

A month later, the KSKidsMAP team social worker followed up with the pediatrician to see if the recommendations were helpful. The PCP initiated the recommended medication: alpha 2 agonist and the patient responded very well. So much so, there wasn't a need to give the additional dose of medication. Patient is still on the waiting list to see the child psychiatrist; however, the PCP was able to initiate psychopharmacotherapy, manage the medication and the patient's symptoms greatly improved.





INTRODUCING:

KSKidsMAP - Autism, Neurodevelopmental Disorders, Intellectual Disabilities (KANDID)

Are you treating children, adolescents and young adults with autism, intellectual disability or other neurodevelopmental disorders in your primary care practice?

KSKidsMAP, a child psychiatry access program for physicians and clinicians across the state, provides consultative services to primary care practitioners who see patients in their practice with neurodevelopmental disorders through a new program called KANDID. Due to the complexity of these disorders, our pediatric mental health team recognizes the difficulties of early diagnosis and ongoing treatment in primary care. KANDID, a branch of KSKidsMAP, provides access to child and adolescent psychiatrists, psychologists, developmental and general pediatricians, and social workers with expertise in caring for this population.

To kick off the new KANDID program, KSKidsMAP is offering a **FREE one-day interactive workshop on Friday, June 2, at the University of Kansas School of Medicine-Wichita campus** to equip primary care practitioners with tools to screen, diagnose, evaluate, treat and refer children, adolescents and young adults with neurodevelopmental disorders. Come learn from experts in the field, engage with other primary care clinicians, and participate in interactive, case-based activities to enhance the care you provide to this population in your practice.

Free lunch and CMEs provided!
More information coming soon.



For more information about KSKidsMAP, visit wichita.kumc.edu/KSKidsMAP, email KSKidsMAP@kumc.edu or call **1-800-332-6262**.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,134,666 with 20% financed with non-governmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS or the U.S. Government.



KSKidsMAP

Pediatric Mental Health

KSKidsMAP already responds to your concerns about youth with neurodevelopmental disorders and their families, but we know you need more! To address these concerns on a deeper level, we're expanding KSKidsMAP to include a new arm -

KSKidsMAP for Autism, Neurodevelopmental Disorders and Intellectual Disabilities (KANDID)

To kick off our new expansion program, we are offering a one day workshop for physicians and clinicians to learn next steps in assessing, screening, diagnosing and treating kids who may be affected by neurodevelopmental disorders/disabilities.

Please save the date for this free interactive workshop that will provide tools to treat children and youth in your practice.

*Save
the date!*

KANDID Workshop

Friday, June 2
9 a.m-4 p.m.

KU School of Medicine-Wichita
Meadowlark Conference Room

CME and lunch
provided!