



Update on OPAL-K

February 19, 2015

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Oregon Access Line about Kids (OPAL-K)
Child and Adolescent Division
OHSU Department of Psychiatry

OPAL-K Mission Statement

The mission of OPAL-K is to expand the availability of timely, high-quality mental health treatment to youth in Oregon through support of the patient-centered medical home.

OPAL-K History

The Oregon Psychiatric Access Line about Kids arose out of collaboration between the Oregon Pediatric Society (OPS) and the Oregon Council of Child and Adolescent Psychiatry (OCCAP), which began in 2006. At that time, both groups recognized the need for better mental health access in the medical home.

OPAL-K History, continued...

- The 2013 legislature authorized new investments in children's mental health (under the advice of Addictions and Mental Health), including pilot funding for OPAL K
- OHSU developed the program over a period of six months and began taking calls in May 2014 through a pilot with COPA in Bend, and launching statewide in June 2014

OPAL-K is in Collaboration with:



Goals of OPAL-K

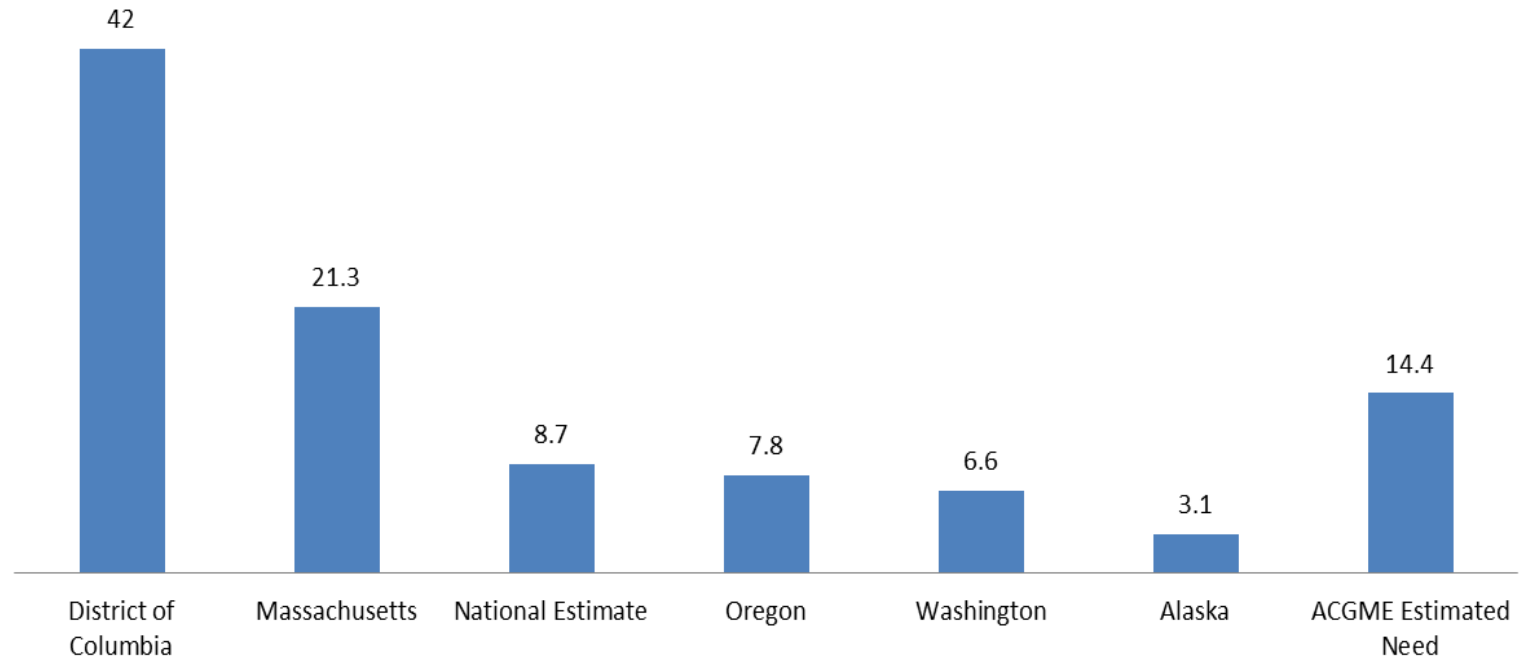
- Improve child psychiatry access for primary care providers and create opportunities for mentoring, education and consultation
- Create a service that is blind to insurance and provides care for all youth in Oregon
- Improve access to children's mental health services in primary care medical homes, school based settings and public health programs

Presently, OPAL-K...

- Provides same-day psychiatric phone consultation to primary care providers
- Utilizes evidence-based and informed guidelines
- Is focused on understanding and supporting youth from a biopsychosocial perspective
- Intends to improve ACCESS to high QUALITY identification and treatment of psychiatric and developmental challenges, thereby improving the EXPERIENCE of youth and their family

Child Psychiatrist Comparisons

Rate of Child Psychiatrists/100,000 population
Source: Thomas & Holzer 2006



Psychiatric Staff Years of Experience

Average Years of Experience = 20



[Child & Adolescent Psychiatry](#)

[Clinical Services](#)

[Current Research](#)

[Faculty](#)

[Collaborative Problem Solving](#)

[OPAL-K](#)

[OPAL-K Doctors and Staff](#)

[OPAL-K Collaboration](#)

[Mental Health Care Guide](#)

[Register for OPAL-K](#)

OPAL-K

Welcome to www.ohsu.edu/OPALK. The OPAL-K Call Center is open 9 a.m. to 5 p.m., Monday through Friday.

Oregon Psychiatric Access Line about Kids (OPAL-K)

OPAL-K provides free, same-day child psychiatric phone consultation to primary care clinicians in Oregon.

OPAL-K is a collaboration between OHSU's Division of Child and Adolescent Psychiatry, the Oregon Pediatric Society (OPS) and the Oregon Council of Child and Adolescent Psychiatry (OCCAP).

The program expands the availability of high-quality mental health treatment to Oregon youth via timely psychiatric consultation, clinician education, primary care treatment processes and connections with mental health professionals throughout the state.

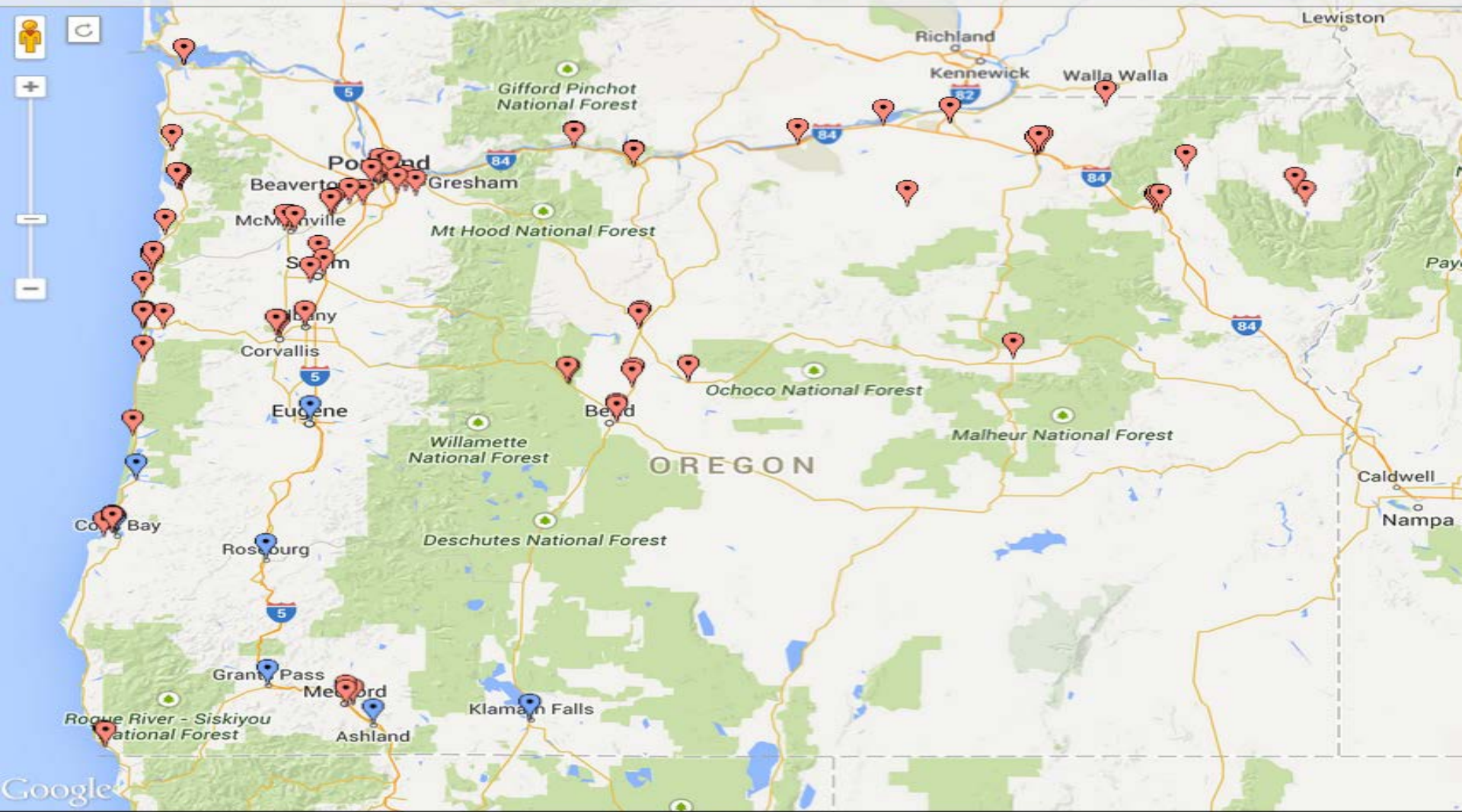


Number of Enrollments and Consult Calls

Clinicians Enrolled= 813

(MD, DO, PA, PAC, FNP, PNP, LCSW)

Consult Calls= 270

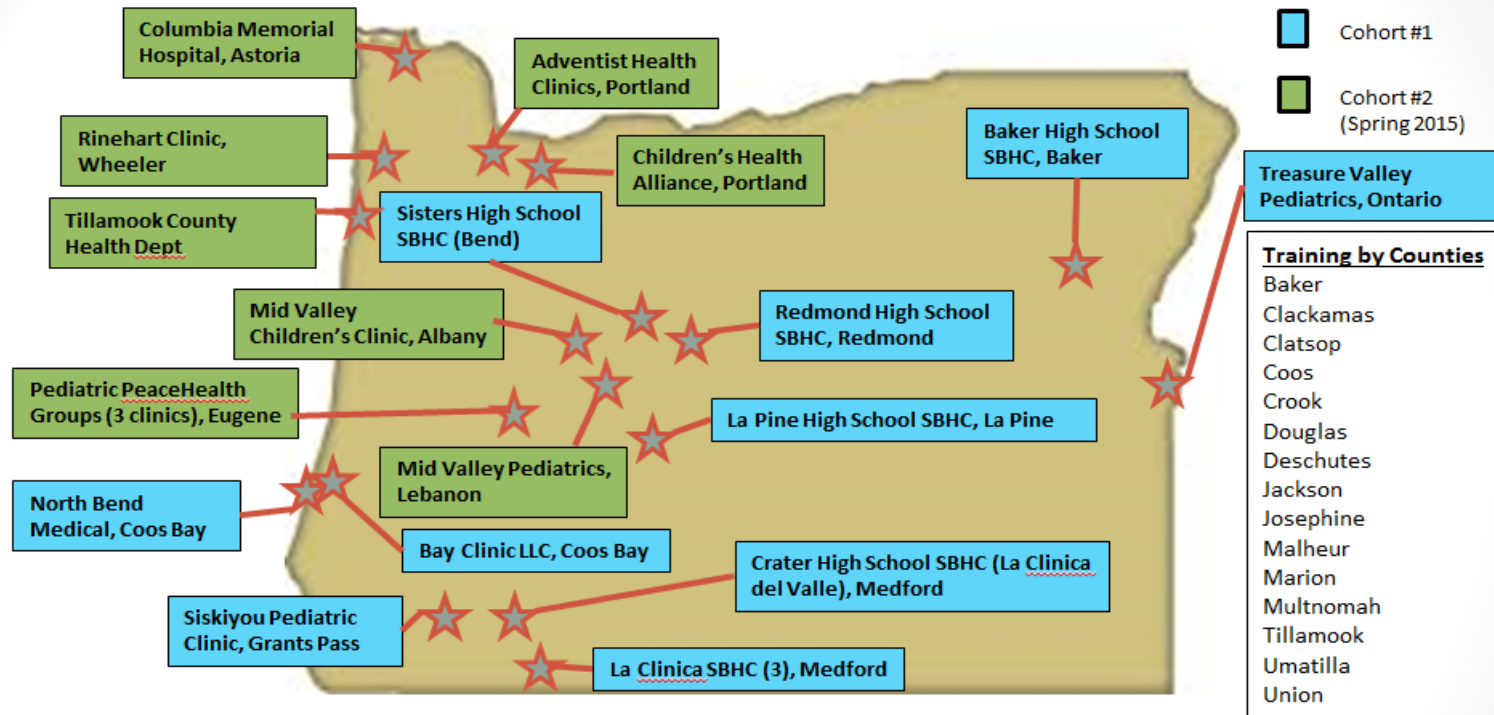


Group 2014 Outreach 2015 Outreach Scheduled

OPAL-K Outreach locations 2014 and scheduled Outreach for March 2015

START

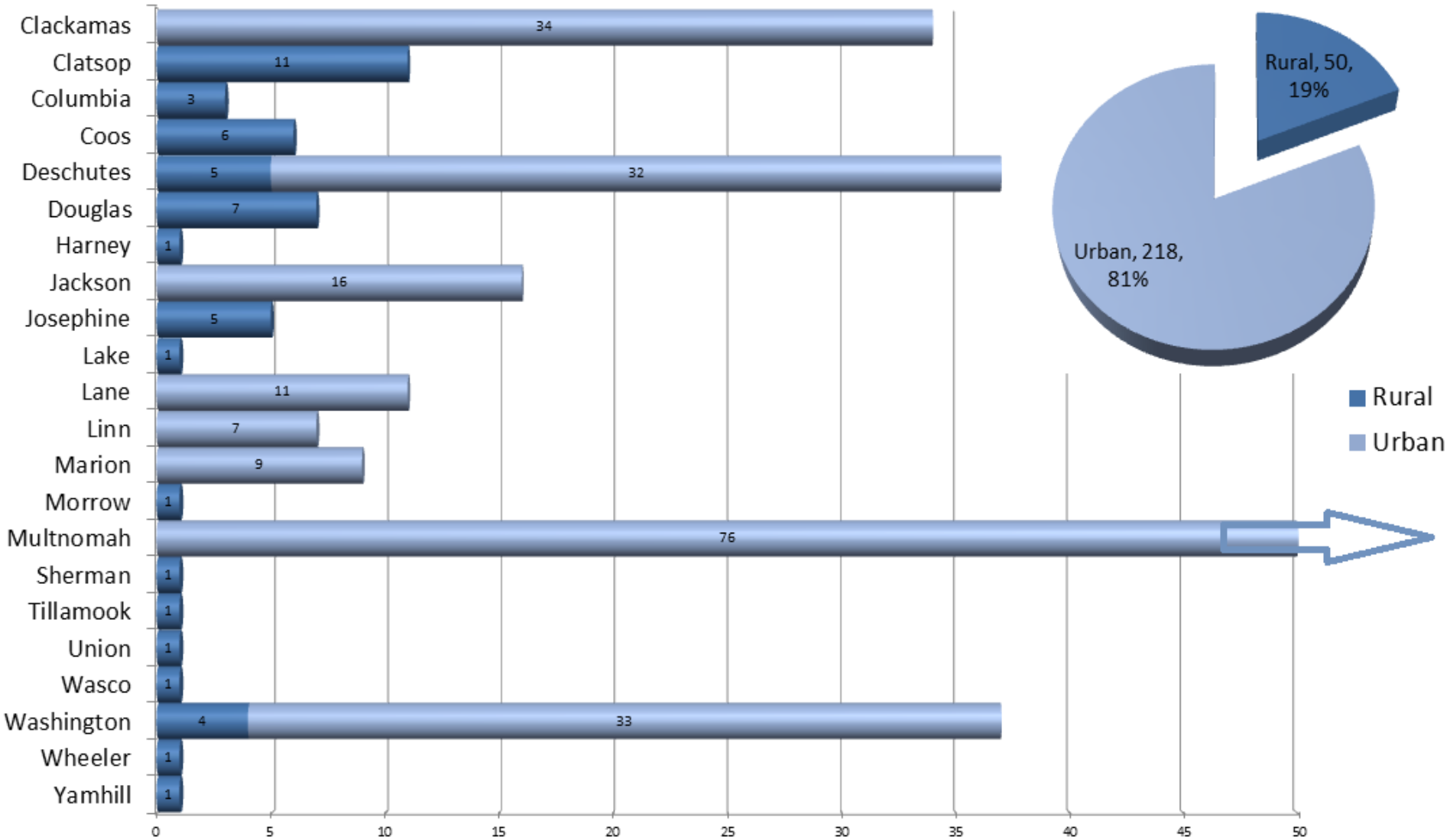
Adolescent Health Project



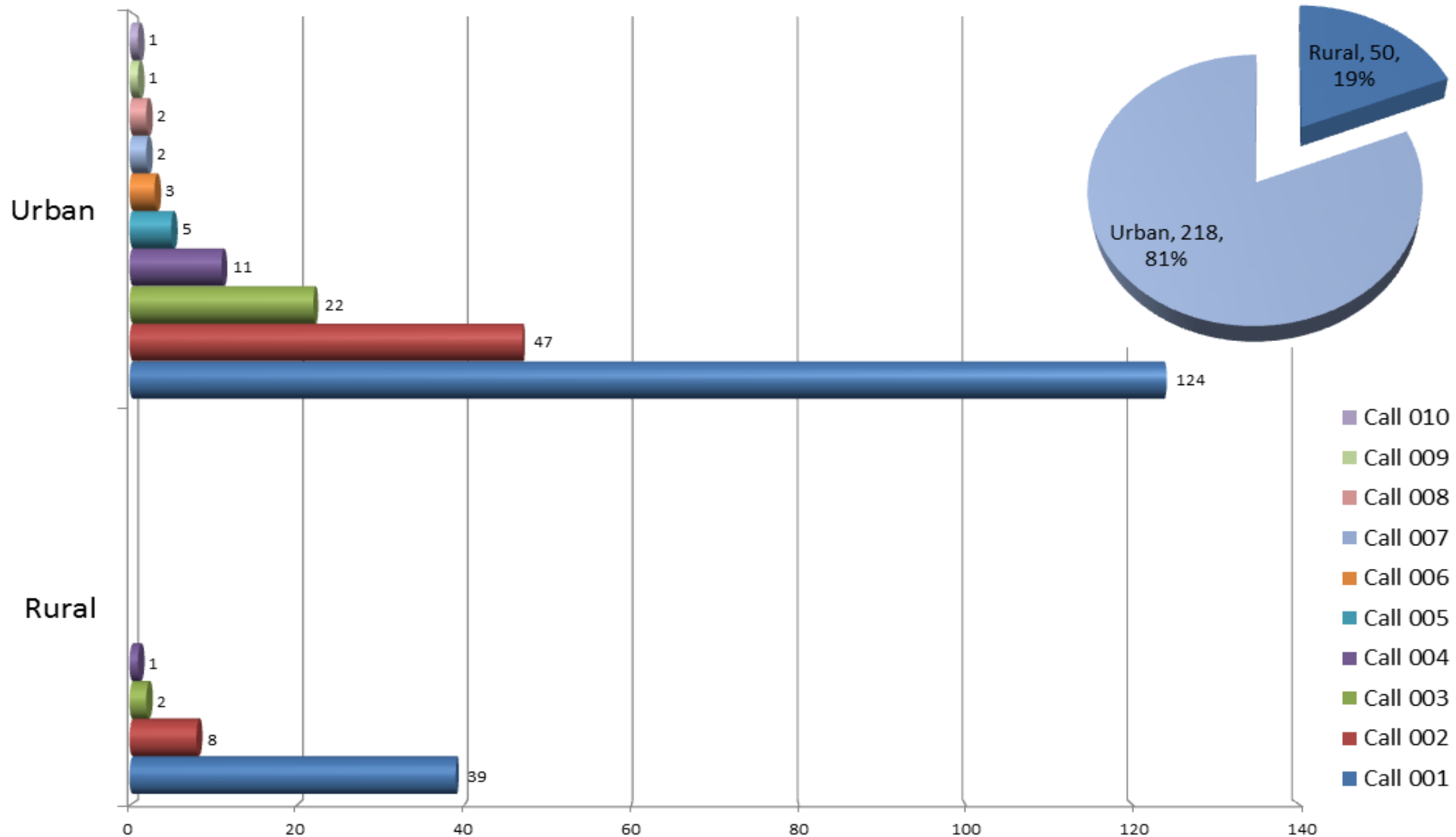
| | | | |
|----------------|---|---|--|
| TOTALS: | 108 primary care providers trained | 65 clinic staff and others trained | 32 clinics and community partners trained |
|----------------|---|---|--|

Trainings by CCO: AllCare Health Plan, Columbia Pacific, Eastern Oregon CCO, FamilyCare Inc., Health Share, Jackson Care Connect, Pacific Source Community Solutions, Primary Health of Josephine County, Trillium, Umpqua Health Alliance, Western Oregon Advanced Health, Willamette Valley Community Health, Yamhill Community Care Organization

**OPAL-K incoming call distribution - county and type of community - Urban or Rural
June 2014 to February 2015**

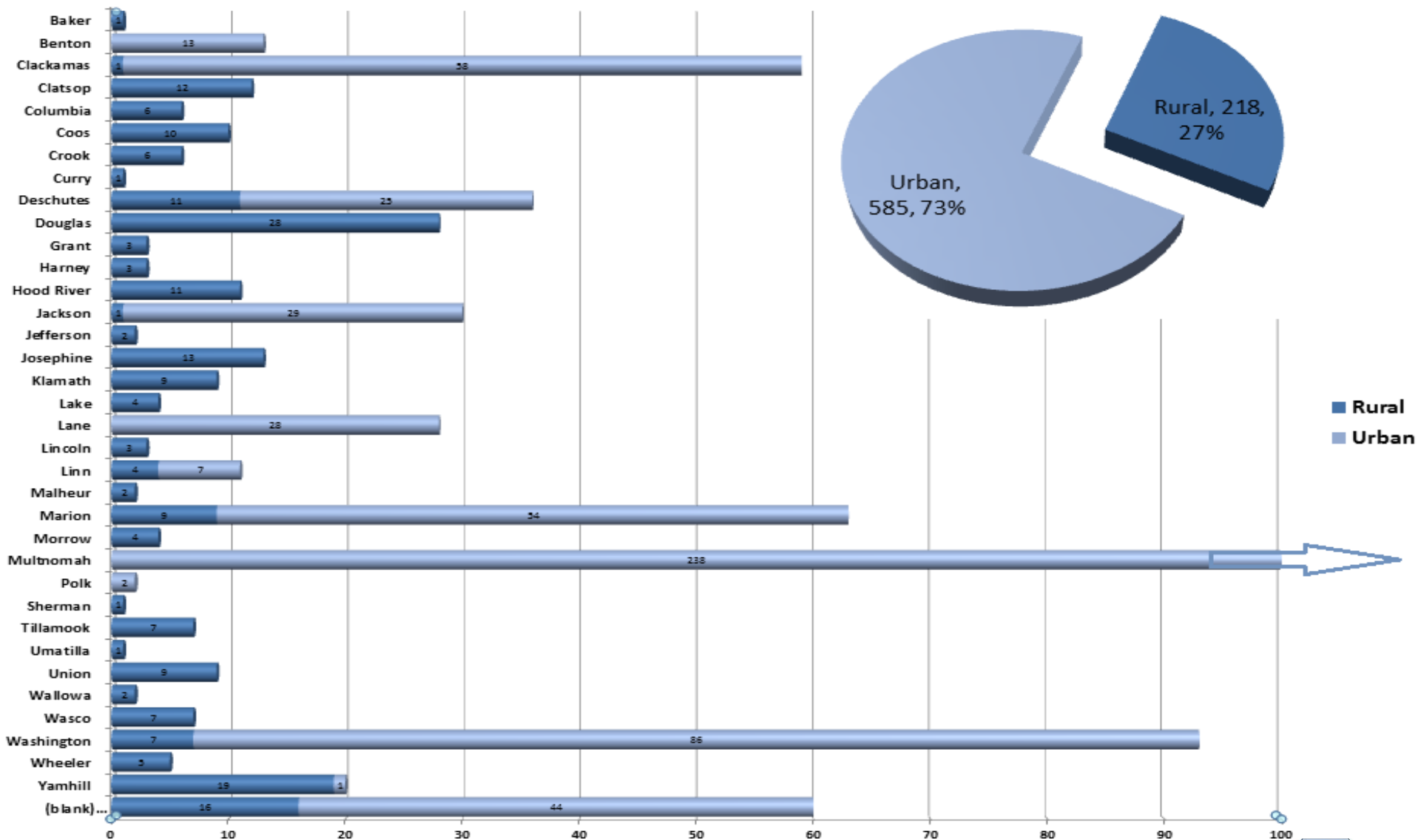


OPAL-K - incoming calls -relationship building with providers calling again about additional patients. June 2014 - February 2015

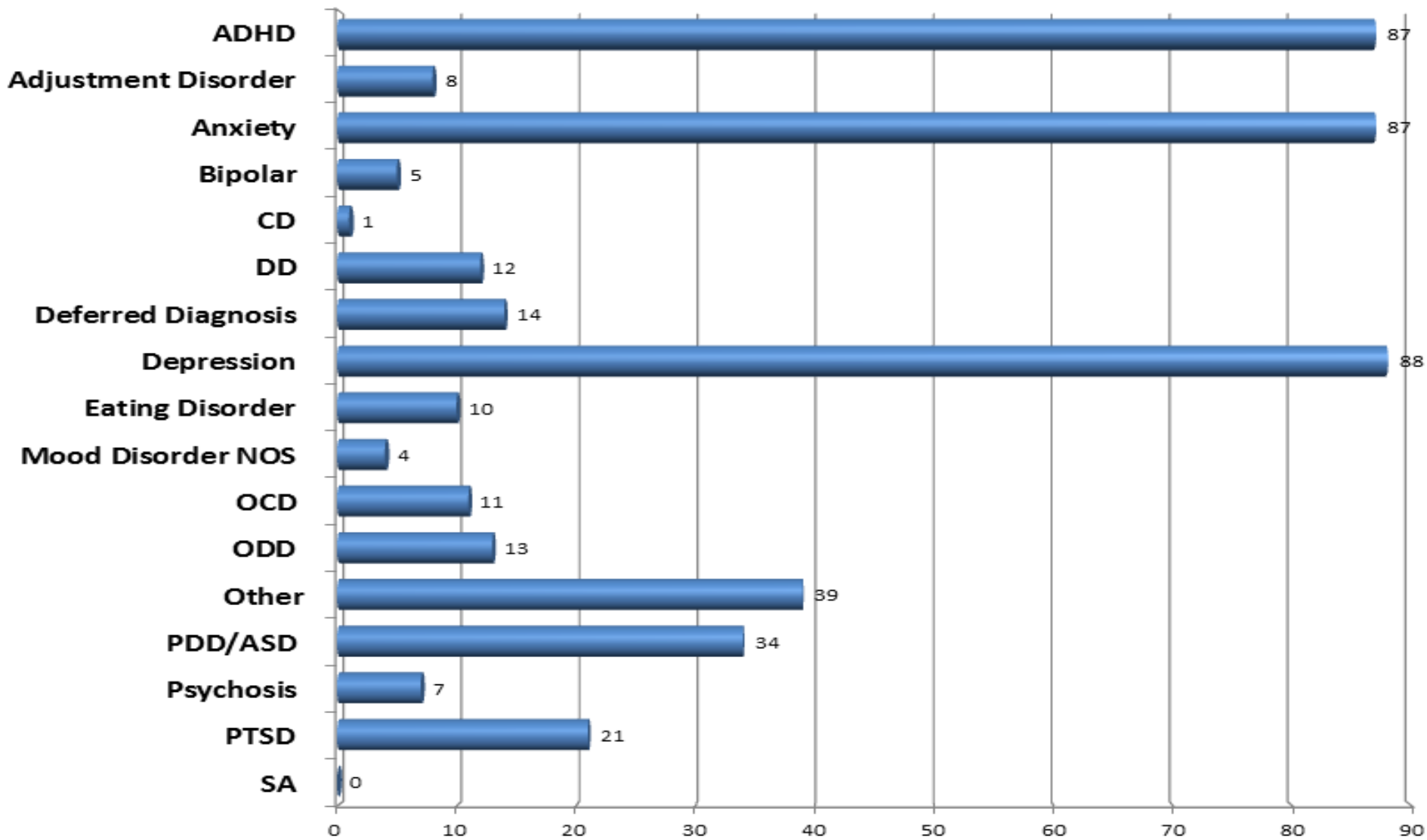


OPAL-K number of registered providers- county and community

June 2014 - February 2015



OPAL-K Diagnosis June 2014 - February 17 2015



OPAL-K Pre-Service Survey

n= 581

| No | Survey Item | Strongly Disagree | Disagree | Agree | Strongly Agree |
|----|--|-------------------|----------|-------|----------------|
| 1 | There is adequate access to child psychiatry for my patients | 261 | 267 | 44 | 9 |
| 2 | With existing resources, I am usually able to meet the needs of children with psychiatric problems | 148 | 318 | 108 | 6 |
| 3 | I am able to consult with a child psychiatrist in a timely manner | 189 | 294 | 85 | 10 |

OPAL-K Post-Service Survey Returned survey n=114 (~43%)

| No | Survey Item | Strongly agree | Agree | Neutral | Disagree | Strongly disagree |
|----|---|----------------|-------|---------|----------|-------------------|
| 1 | I find the OPAL-K consults to be useful | 91 | 22 | 1 | 0 | 0 |
| 2 | The team member who answered the phone treated me professionally. | 100 | 14 | 0 | 0 | 0 |
| 3 | I was able to connect to an OPAL-K consultant in a timely manner | 100 | 14 | 0 | 0 | 0 |
| 4 | I am very satisfied with the process of being connected to an OPAL-K consultant | 101 | 12 | 1 | 0 | 0 |
| 5 | My patient received mental health assistance more quickly because of the OPAL-K program. | 77 | 18 | 17 | 1 | 0 |
| 6 | I have increased my skills in managing the mental health care of my patients because of working with the OPAL-K team. | 61 | 37 | 15 | 2 | 0 |

National Network of Child Psychiatry Access Programs (NNCPAP)

- OPAL-K is a member of NNCPAP, a nonprofit organization created to share knowledge about consultation programs across the US.
- Over 30 programs are now up and working including: AK, AR, CA, CO, CT, DE, DC, FL, GA, IL, IA, LA, MA, MD, ME, MI, MN, MS, NH, NC, NJ, NY, OH, OR, PA, TX, VA, WA, WI, WY
- Newest programs funded this year: CT, OR, WI, DC, NJ

OPAL-K Vision

- Start with phone consultations
- Add face-to-face evaluations
- Add telemedicine evaluations
- PCP CME for Child Psychiatry Education
- Add care coordination and referral services
- Include community child mental health capacity building projects
 - Extension for Community Healthcare Outcomes (ECHO) Project

Desired/Accomplished OPAL-K outcomes

- Supporting the Triple AIM
- Improve appropriate prescribing practices (with the potential of reduced pharmacy costs)
- Facilitate physical and behavioral health integration
- Promote a comprehensive approach to understanding youth that is trauma-informed, looks for strengths, and focuses on the whole child and system

Additional Potential Services

- Improving appropriate use of psychotropic medications for youth in foster care
 - Reviewing AMH dashboard reports
 - Consulting with outlier cases, providers
- Providing telemedical assessments
- Providing consultation to teams in mental health clinics

OPAL-K Contact Information

Website: www.ohsu.edu/OPALK

Program email: OPALK@ohsu.edu

Toll-free phone number: 1-855-966-7255 (855-96-OPAL-K) or 503-346-1000

Division Director - Ajit Jetmalani, MD, jetmalaa@ohsu.edu

Medical Director - Keith Cheng, MD, chengk@ohsu.edu

Intake Coordinator - Behjat Sedighi, QMHP, sedighib@ohsu.edu

Consulting Pediatrician - Teri Pettersen, MD, teri.pettersen@oraap.org

Division Manager - Marie Timbreza, MAT, timbrezm@ohsu.edu

Administrative Assistant - Elisa Ross, rosse@ohsu.edu