

Child Access to Mental Health and Psychiatry

University of Mississippi Medical Center

IMPACT REPORT 2018-2023



champms.org

601.984.2080

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What is CHAMP and Why Is it Needed?

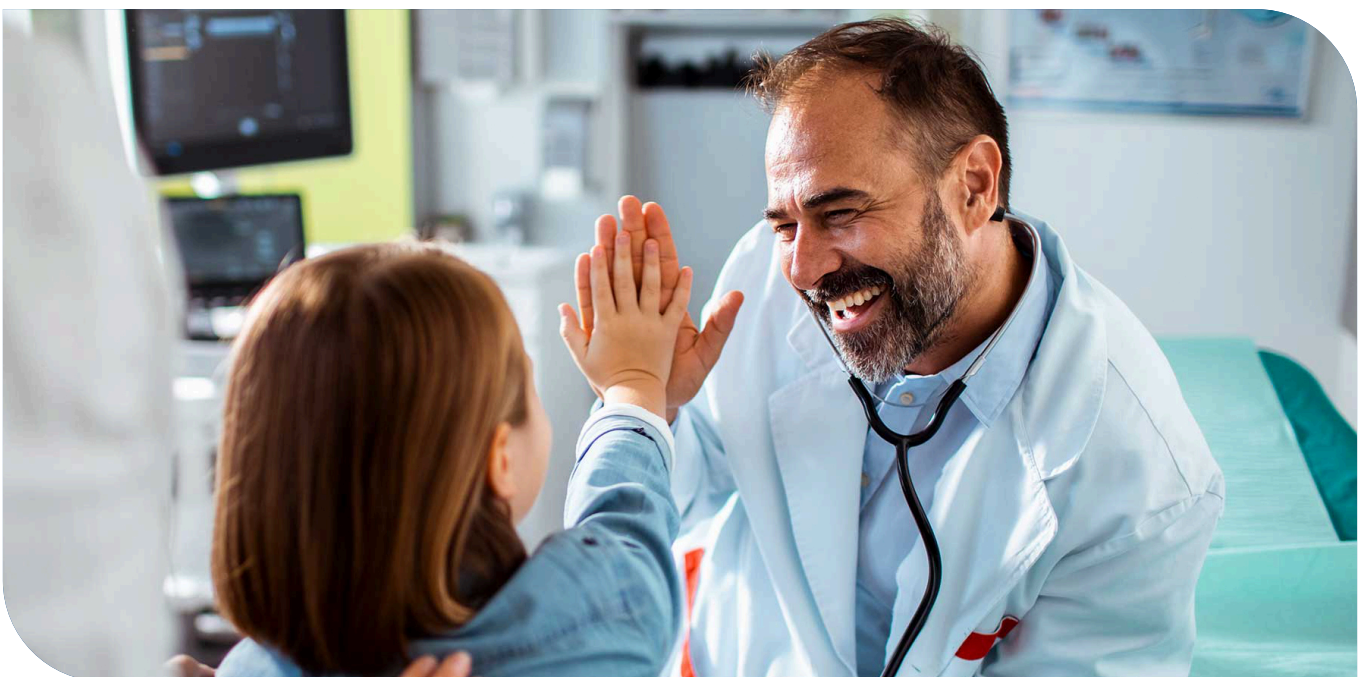
A national shortage of mental healthcare providers and resources has led to many families being unable to access the children's mental and behavioral health care they need. What's more, this shortage disproportionately impacts children in rural areas.

The CHild Access to Mental Health and Psychiatry service, or CHAMP, is a consultation and educational service for pediatric primary care providers in Mississippi. In conjunction with the Mississippi Department of Mental Health, the University of Mississippi Medical Center's Department of Psychiatry is grant-funded by the Health Resources and Services Administration (HRSA) to provide free and same-day telephone consultations to pediatric primary care providers in Mississippi.

UMMC child psychiatrists and child psychologists offer these consultations with an educational focus. The CHAMP team supports primary care providers (doctors, nurse practitioners and physician assistants) with questions about mental health care, such as diagnostic clarification, medication adjustment, or treatment planning. We measure our success by primary care providers' increased confidence in their ability to treat mental health issues and the improved mental health of the children in Mississippi.

Since 2019, CHAMP has completed over 1,000 mental health or behavioral consults, supporting 160 providers through those consultations. And we're only getting started, with HRSA awarding us another three-year grant in 2023-24.

Read on to learn more about Project ECHO, CHAMP for Schools, CHAMP for Moms and more on this program's remarkable impact on Mississippi's children. And thanks for your interest and support!



Meet the CHAMP Team



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CHAMP for Moms



Bhakti Patel, MS
CHAMP for Moms

The educationally focused consultations provided by CHAMP are done by a multidisciplinary team at UMMC. CHAMP consists of child and adolescent psychiatrists and psychologists, other mental health professionals, and families with lived experience. We partner with the Mississippi Department of Mental Health and Families as Allies, a statewide organization run by and for families of children with behavioral health challenges.

Executive Summary

Overview and Mission

In 2018, Mississippi was one of the first 20 states to be awarded funding to establish a Pediatric Mental Health Care Access (PMHCA) program. CHAMP helps to close the gap between the need and availability of treatment by offering free, same-day phone and telemental health consultations and continuing medical education (CME) to primary care providers of children 0 to 21 years of age. CHAMP is housed in the Center for the Advancement of Youth (CAY) clinic in Jackson, Mississippi and established through Department of Psychiatry and Human Behavior at the University of Mississippi Medical Center. CHAMP educates primary care providers in mental health screening and diagnosis, medication management, treatment, and provides referral assistance. CHAMP conducts outreach and engagement activities across Mississippi.

Funding

CHAMP is funded primarily by the Health Resources and Service Administration (HRSA) with an award to the Mississippi Department of Mental Health (DMH), as well as funding by UMMC.

Initial 5-Year Outcomes

The CHAMP phone line launched in August, 2019. Across our first five years we:

Registered **535** PCPs

Increased Provider
Registration **378%**
Since 2019

Conducted **127**
Educational Events

Supported **160** Providers Through
Consultations

Completed **1,000** Mental/Behavioral
Consults since 2019

"This program is very helpful. The education piece and the networking part are so beneficial to our patients. This type of information and assistance cannot be found anywhere else."

Registered MS Nurse Practitioner

History of CHAMP

CHAMP was created in 2018 by the Mississippi Department of Mental Health in partnership with the University of Mississippi Medical Center through a \$445,000 Health Resources and Services Administration (HRSA) grant which helped establish the CHAMP line offering PCPs consultations with psychiatry specialists and create a suite of educational programs for PCPs.

2018-2019

CHAMP is awarded HRSA funding to establish a consult line for primary care providers in MS.

2019-2020

CHAMP expands from 16 counties to all 82 counties due to onset of COVID-19 Pandemic.

2020-2021

CHAMP registers nearly 300 providers across MS and trains over 950 providers through workshops, webinars, and consultations.

2021-2022

CHAMP hosts 86 educational events for more than 1,300 attendees and reaches 389 registered providers.

2022-2023

With funding from DMH, CHAMP adds a school program, "CHAMP for Schools" providing consult and distance learning to teachers and school personnel.

CHAMP reached 535 providers across 62 MS counties.

CHAMP receives \$300,000 in funding from the United Healthcare Foundation for the initiation of a perinatal CHAMP for Moms program.

2023-2024

CHAMP receives a continuing award from HRSA for 3 years.

Four quadrants of CHAMP



**Consultation with a
Behavioral Health
Professional**



**Professional
Development to Enhance
Medical Workforce**



CHAMP for Schools



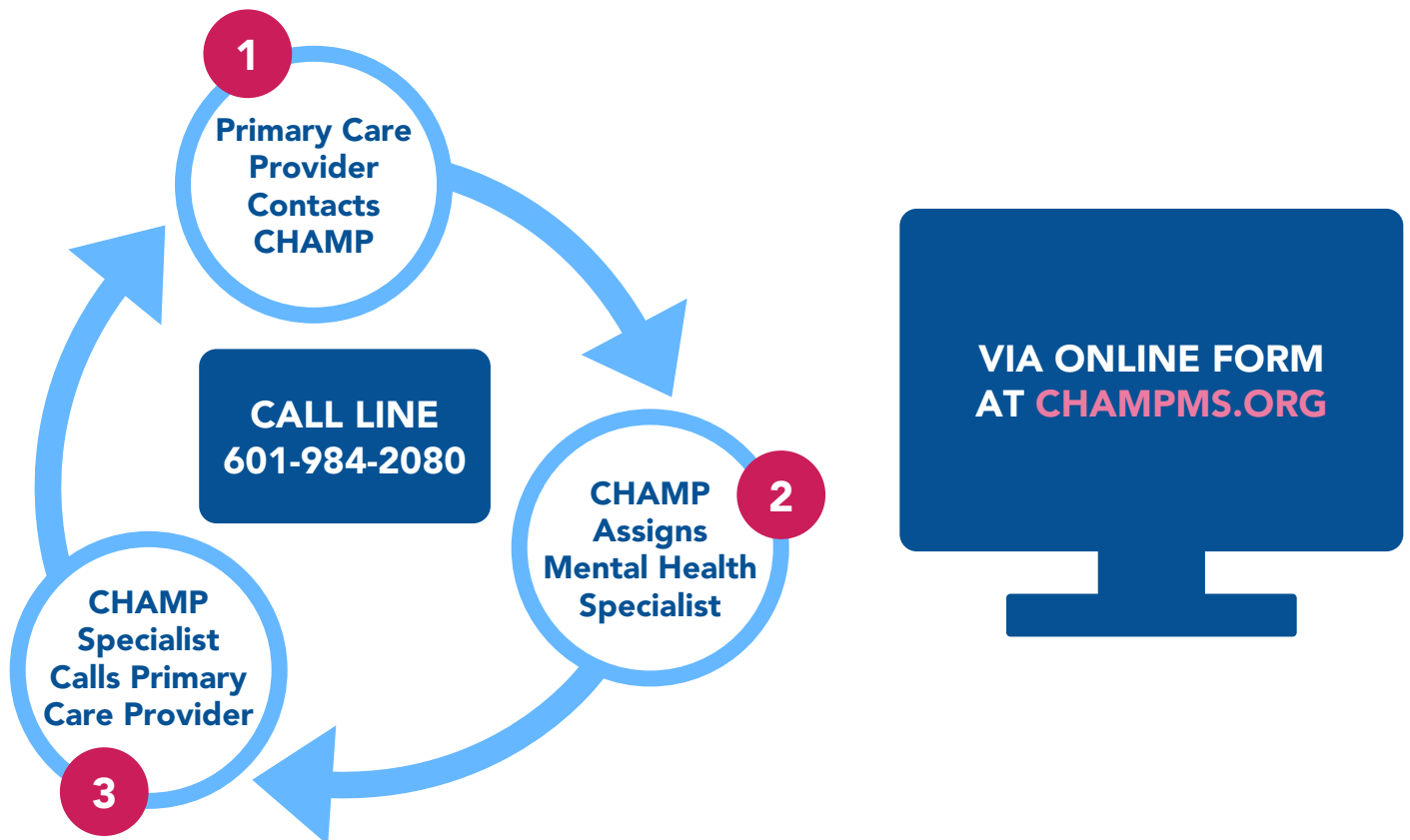
CHAMP for Moms



Consultation with a Behavioral Health Professional

Consultation Line

CHAMP offers telephone consultations, in-person or telehealth clinical consultations, patient-care coordination, and resources and referral services. The program provides state-wide coverage and any Mississippi primary care provider who treats patients 21 years of age or younger can utilize CHAMP. When providers utilize the consult line, at no charge, they can access CHAMP services and request same-day consultation or schedule ahead. CHAMP educates primary care providers, trains providers to screen for mental health concerns, supports mental health treatment inside a patient-centered medical home, increases access to child psychiatry, and provides referral assistance.



Request a Free Consult

Providers can call or use the online form on our CHAMP website to schedule a free consultation. Consultations cover all mental, behavioral, emotional, and developmental health concerns arising in youth 0-21 years. The CHAMP consult line is open Monday-Friday from 8am-5pm.

“Excellent program that has allowed increased access and integrated behavioral health within our patients' medical home.”

Registered MS Pediatrician



Professional Development to Enhance Medical Workforce

Project ECHO

Project ECHO (Extension for Community Health Outcomes) is a distance learning collaborative model that includes a brief didactic presentation on a specific topic followed by synchronous virtual conferencing on real patient cases.

Established in 2019, CHAMP ECHO later combined efforts with specialists in child-adolescent psychiatry, developmental-behavioral pediatrics, psychology counseling, and allied health disciplines to create the Center for the Advancement of Youth (CAY) ECHO.

CAY ECHO sessions occur on a bi-weekly, one-hour schedule and cover a variety of topics focused in the areas of pediatric mental health and early childhood development. Topics covered such concerns as evidence-based screening for eating disorders and ADHD, pharmacological treatment of depression and anxiety, and management of psychosis and bipolar disorder. Participating in Project ECHO provides continuing medical education (CME) opportunities for providers. By the end of 2023, there were 42 ECHO sessions conducted and 800 participants.



Consultation Corner

CHAMP provides monthly virtual “consultation corners” where providers have the opportunity to present a case directly to the CHAMP hub team for guidance or to ask questions pertaining to a patient case. This service is completely free and a great opportunity for providers to connect with the CHAMP hub team and support staff and representatives from our partner organization, Families as Allies.

Webinars

CHAMP has hosted multiple webinars, providing continuing education credits for providers and expanding the reach of CHAMP and partner organizations across the state.

Virtual Telepsychiatry Summit

CHAMP and our partner organization, Families as Allies co-hosted a virtual summit on child telepsychiatry with the support from a grant alongside the Mississippi American Academy of Child and Adolescent Psychiatry (AACAP) in 2021. The executive director of Families as Allies, Joy Hogge, gave a presentation about supporting family-driven practice in Telepsychiatry. A family partner representative with Families as Allies, Nikki Flippins, participated in a panel discussion moderated by Dr. Sarver from the CHAMP team to close the summit.



CHAMP For Schools

What do We Do?



CHAMP for Schools is an educational and consultation service for teachers and staff to address behavioral and mental health concerns in the classroom at no cost.

Currently Serving



Schools in the Mississippi Delta

Currently in 16 Counties



Present in 16 out of 82 Counties in MS

Our Partners



Our partners assist in consultation and planning. CHAMP for Schools has a partnership with TEACH providing a support line to teachers in MS Schools

Project ECHO



We provide a biweekly ECHO session to school-based therapists that focuses on education and consultation.

In part to address the pandemic-caused mental health crisis's effects to students in schools, CHAMP focused on forging new relationships with schools and local community mental health centers whose school-based behavioral learning clinicians (SBBHC) provide on the ground support to students in need. Funded pilot grants from the DMH as part of the Elementary and Secondary School Emergency Relief Fund (ESSER), we extended our core CHAMP programming through CHAMP for Schools. CHAMP for Schools is an educational and consultation service for SBBHCs, school staff, teachers, and administrators what addresses behavioral and mental health concerns in the classroom for free. CHAMP for Schools also provides training in evidence-based, universal strategies for classroom behavioral management.

A major success of CHAMP for Schools has been its ECHO series for school-based staff and school-based mental health providers associated with local community mental health centers. CHAMP for Schools ECHO occurs biweekly and works collaboratively with a sister training program at UMMC, TEACH ECHO, which provides a support-based consultation line for teachers called Teachers are Champions. This warmline is now live and is being promoted to high-need schools. Both CHAMP for Schools ECHO and TEACH ECHO provide continuing education (CE) opportunities for attendees. CHAMP for Schools has shown to be beneficial and well attended since its initiation, and includes family members and advocates from Families as Allies in the ECHO.

Child-Adult Relationship Enhancement (CARE) is an evidence-based, trauma informed curriculum that provides staff with the tools they need to address challenging behavior. We provide CARE trainings to all school personnel and provide ongoing coaching in skills to teachers who implement the program. Lastly, we are working with other programs to restart "Coordinating Care 4 Kids" meetings. Families as Allies and CHAMP for Schools developed a curriculum for pre-recorded training videos and began recording sessions in the summer of 2023. This process is ongoing and a suicide training video will be created with the help of the University of Mississippi Medical Center staff for school teachers.



CHAMP for Moms

Initially funded in 2022 by a \$300,000 pilot grant from the United Healthcare Foundation, CHAMP for Moms is CHAMP's newest program. CHAMP for Moms is a perinatal mental health access program and provides maternity care providers and clinical practices with real-time perinatal psychiatric consultation, care coordination and support services, and trainings as with our other programs. CHAMP for Moms was awarded additional funding for 5 years through HRSA's Maternal Mental Health and Substance Use Disorders (MMHSUD) grant in 2023 for the continuation of program operations.

CHAMP for Moms is partnering with several statewide organizations to support expecting and postpartum mothers and their partners including: Six Dimensions, Mom.Me, and Healthy Moms Healthy Babies. These organizations work with families and communities to help improve health outcomes for mothers and infants in Mississippi. In addition to these resources, CHAMP will expand online and material resources for providers and partner with Family Medicine and OB/GYN associations to share information about CHAMP for Moms and for advocacy purposes.

How Champ For Moms Works

1

Provider contacts the CHAMP for Moms warmline for clinical guidance on evidence-based mental health treatment options, referrals, or resources.

2

After learning the provider's question, CHAMP for Moms coordinator assigns a CHAMP Mental Health specialist to call the provider.

3

The mental health specialist (psychiatrist, psychologist, or social worker) conducts a mental health consultation and/or provides resources to the provider.

4

A consultation note is provided to the provider for documentation. The provider may continue to contact CHAMP for Moms for the same or new patients.

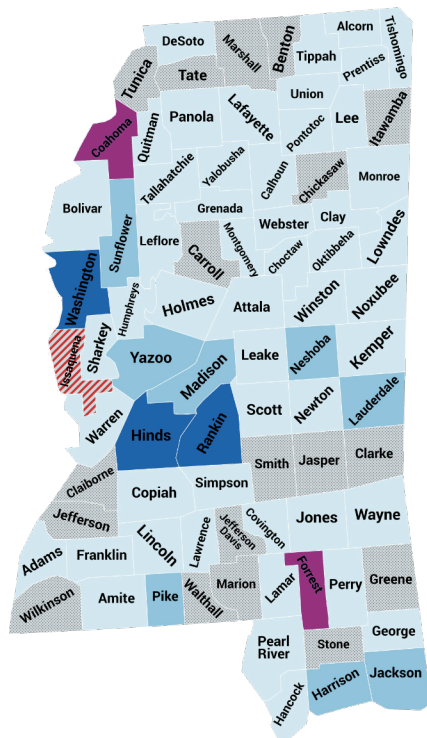
Successful Outcomes



Provider & Patient Snapshot

Registered Providers

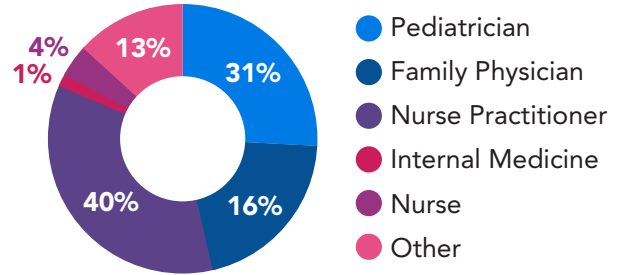
The majority of providers registered with CHAMP are nurse practitioners, pediatricians, or family practice physicians. **CHAMP currently has at least one enrolled provider in 62 of the 82 counties in Mississippi.** Most of the state's resources are located in the coastal areas, further exacerbating the gap in resources present in the other regions of the state.



Number of Registered Providers

- 30+ Providers
- 20-29 Providers
- 10-19 Providers
- 1-9 Providers
- 0 Providers
- ▨ No Providers in County

Provider Enrollment



Consultation Calls by Provider Type

Provider Type	Average Consults
Pediatrician	7.5
Nurse	6.5
Nurse Practitioner	3.2
Family & Internal Medicine	2.2
Total Providers	5.1

"This program has been an awesome experience for me. I feel that I now have someone to turn to when I am stuck with a particular mental health issue. Their timeliness in responding and helping me is impeccable. The state of Mississippi really needs this program."

Registered MS Pediatrician

Calls by Region

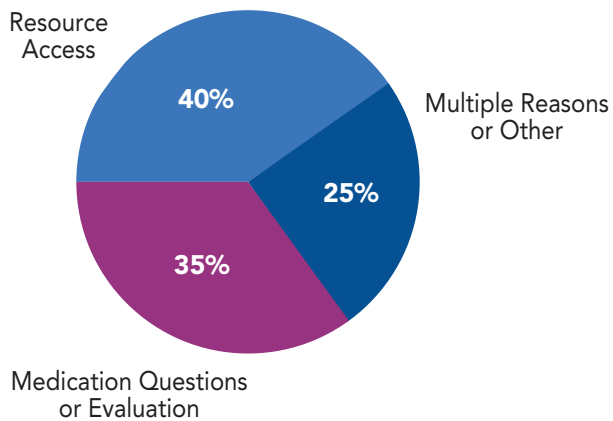
The majority of provider consults are from the **Capital-River** region of Mississippi.



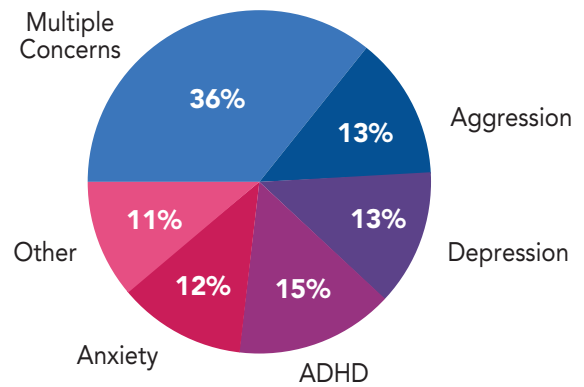
CHAMP Consults

Most consultations were to help providers with medication evaluations and to provide them with community resources for their patients.

Reasons for Consultation



Top 5 Provider Concerns at Consultation



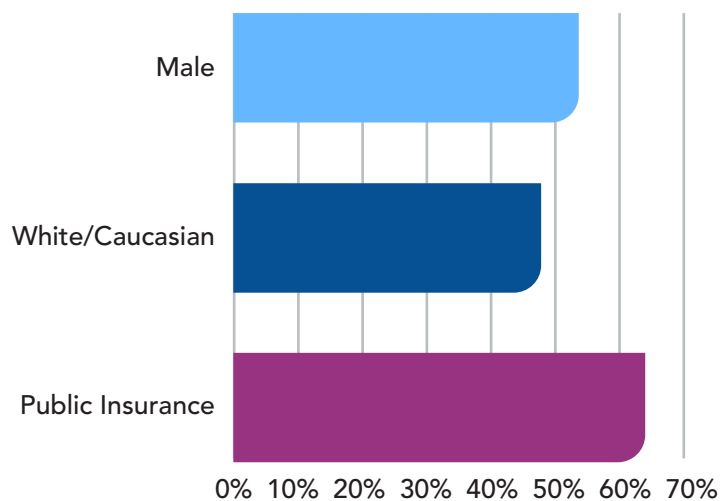
75% of all CHAMP consults are for medication evaluations and resources.

Patient Snapshot

Gender
54% of patients served are male

Race
48% of patients are White/Caucasian

Insurance
64% of patients are insured by Public Insurance



Program Outcomes

Marketing and Outreach

In total, CHAMP has hosted over 100 trainings and educational events with more than 2,000 attendees. Our bi-weekly ECHO training sessions have had regular attendance from providers and have shown significant improvement in provider confidence when treating pediatric patients with behavioral or mental health problems. Registration with CHAMP is encouraged, however, it is not required to utilize CHAMP services. The most effective recruitment methods for CHAMP are outbound calling and CHAMP utilization. These methods account for nearly half of all recruitments. We are dedicated to continuously improving our provider engagement and outreach.

Outreach Materials and Community Engagement

CHAMP was the first PMHCA program to produce a promotional video to increase advertisement about the program. CHAMP gained media coverage from a local television news channel's series on mental health in Mississippi. The feature connected our resources to supporting patient care and we were also featured in a series of videos produced by our partner organization, Families as Allies. This video series called "Flip the Script" focuses on non-traditional mental health services.

Our CHAMP website www.champms.org has a registration form as well as a consultation request form to increase access to CHAMP for providers. It also contains a growing resource database for families and providers alike and will eventually house our ECHO video series and other videos. These resources include care guides, a mental health directory, Continuing Medical Education (CME) opportunities for providers in Mississippi, and tips for identifying signs that a child or adolescent could be having mental issues. We also provide registered providers with a monthly CHAMP e-newsletter that includes program updates, clinical care and referral tips, and mental health information.

3,256

CHAMP website
homepage visits
since 2022

3x more

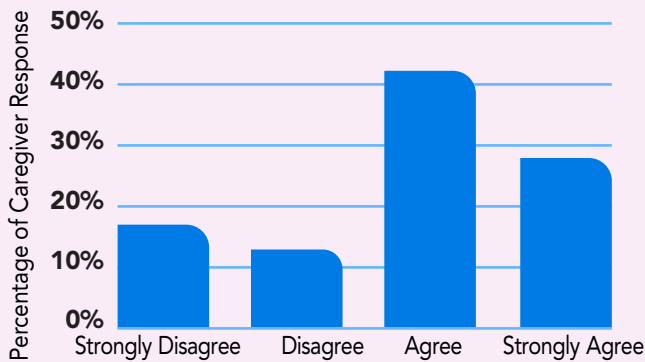
CHAMP website visits
in 2023 than 2022

Family Survey

In 2020, Families as Allies surveyed 65 parents and caregivers about their experiences with their child's primary care provider. These caregivers were asked about their overall satisfaction with their child's mental and behavioral healthcare. This survey suggests that the majority of caregivers were satisfied with their child's access to and quality of mental and behavioral healthcare. It also shows that families usually trust their children's primary care providers, which supports CHAMP's mission of working with local primary care providers and delivering mental health services close to home.

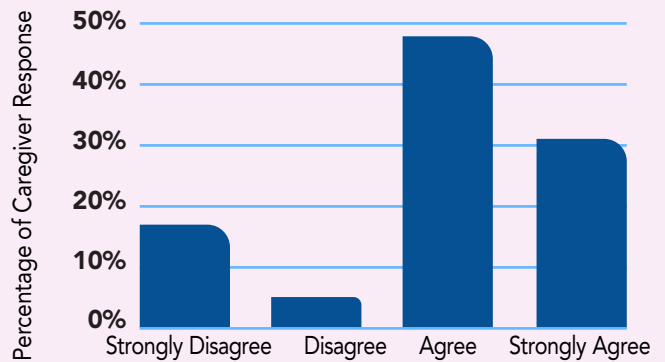
Families are saying we want to go to our primary care provider and get this healthcare.

Caregiver Responses to the Statement: "I think my child's doctor can tell if my child is having problems with their emotions or behavior."



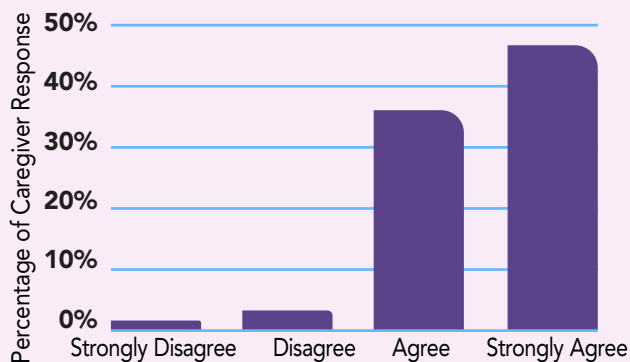
71% of caregivers agreed or strongly agreed their child's doctor could tell if their child was having emotional or behavioral problems.

Caregiver Responses to the Statement: "There are places nearby to get help when children have problems with their emotions or behavior."



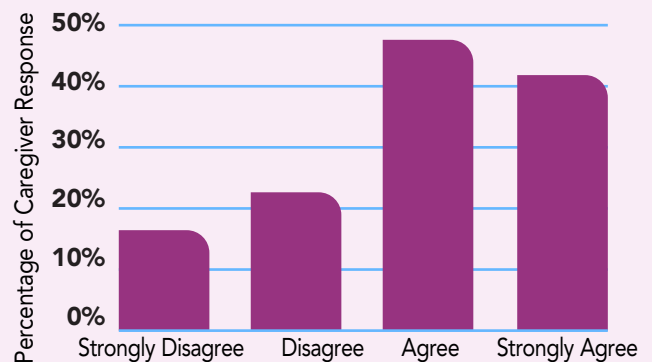
79% of caregivers agreed or strongly agreed there were places nearby to get help if their child had emotional or behavioral problems.

Caregiver Responses to the Statement: "It is important to me that my child's doctor can help if my child has problems with their emotions or behavior."



96% of caregivers agreed or strongly agreed it was important that their child's doctor could help if their child had emotional or behavioral problems.

Caregiver Responses to the Statement: "I am satisfied with the support my child receives from their doctor for their social, emotional, or mental health challenges"

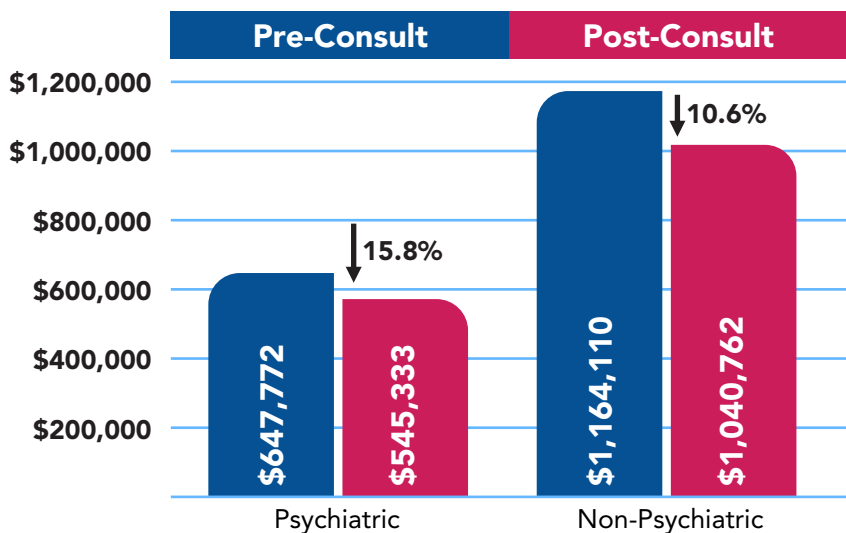


69% of caregivers agreed or strongly agreed that they were satisfied with the support their child receives from their doctor.

CHAMP Cost Savings Impact Study

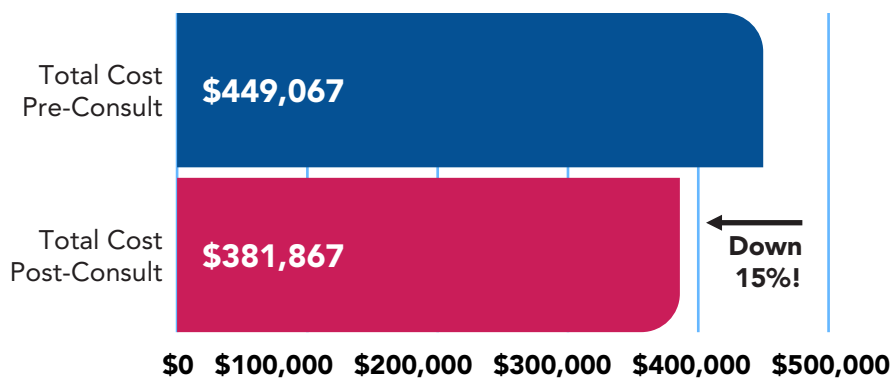
CHAMP partnered with Magnolia, a Medicaid Managed Care Organization (MCO) also known as Centene, to document the potential impact CHAMP has on prescription costs to the health system. We assessed changes in prescriptions of psychotropic medications fulfilled by patients of primary care providers enrolled in CHAMP six months before and six months after the PCP's first CHAMP consultation. We then compared the changes between psychiatric and non-psychiatric costs. Critically, the study results showed that costs decreased after engaging with CHAMP, providers with greater CHAMP utilization had lower prescription costs, and changes were greatest with psychiatric medication costs, particularly ADHD stimulant costs. **This indicates that CHAMP positively impacted PCP prescribing methods for psychiatric medications and, in turn, shows a positive cost savings for prescriptions covered by insurance companies.**

Decrease in Prescription Cost



Psychiatric prescription costs decreased by **15.8%** post-consult. This was **49%** greater than the decrease in non-psychotropic prescriptions.

Stimulant Cost Reduction



There were significant overall reductions in cost driven by stimulant reductions. Antihistamines were the second largest category.

JBS International Survey

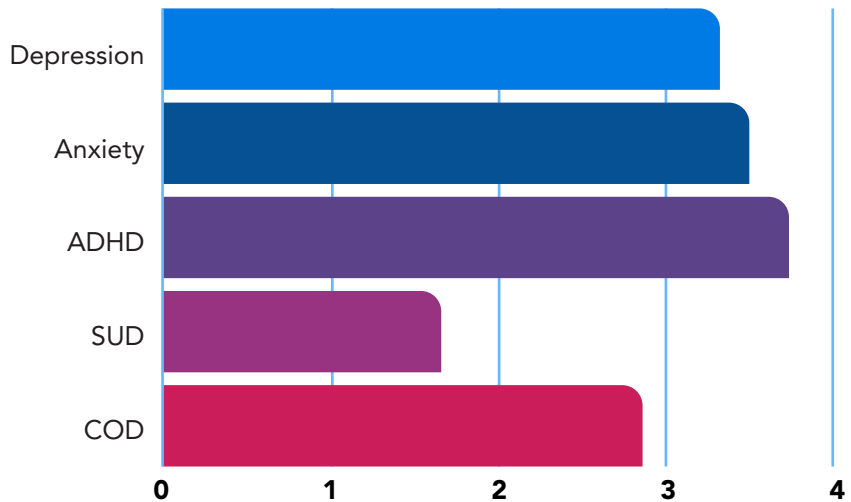
JBS International is a Celerian Group company that helps individuals and communities identify and achieve measurable improvements. This data was obtained by HRSA from JBS International surveys administered to CHAMP healthcare providers and practices in 2021. Healthcare providers provided information on their treatment management strategies for mental health concerns, provider training experiences, and provider confidence.

Behavioral Health Condition Treatment Management

How Often Providers Managed Treatment

Providers were asked to rate how often they managed treatment for different behavioral health conditions in their patients within 12 months on a scale from 1 through 5:

- 1 – Never
- 2 – Rarely
- 3 – Sometimes
- 4 – Often



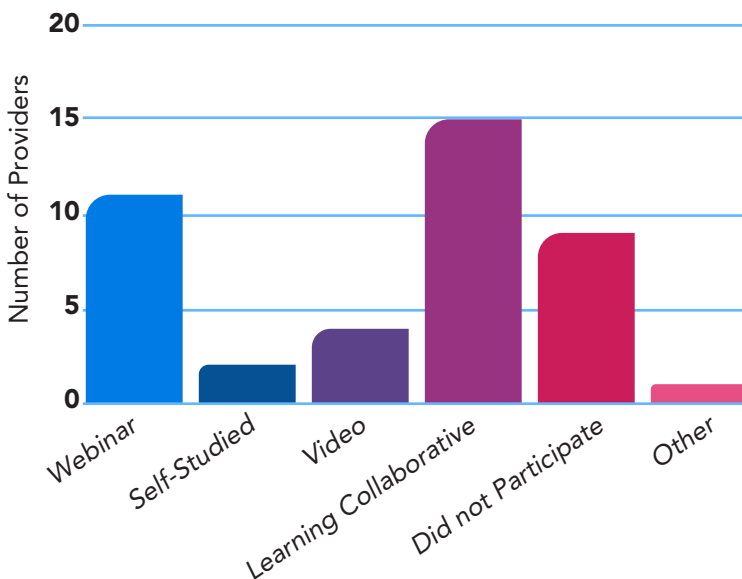
Most Common Patient Issues that Prompted Providers to Contact a PMHCA Team:

1 Behavioral Health Conditions

2 Behavioral Concerns

3 Comorbid Medical Conditions

Provider Method of Training



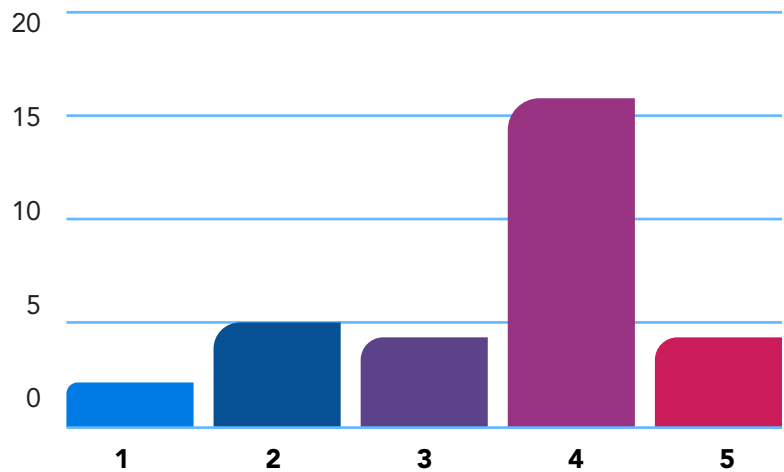
Most Common Reasons Providers Contacted a PMHCA Team:

1. Assist with Diagnosis
2. Initiate Pharmacotherapy
3. Adjust Pharmacotherapy

Provider Confidence

Providers were asked to rate how comfortable they feel treating pediatric patients with common behavioral conditions based on their responses to a statement on a scale from 1-5:

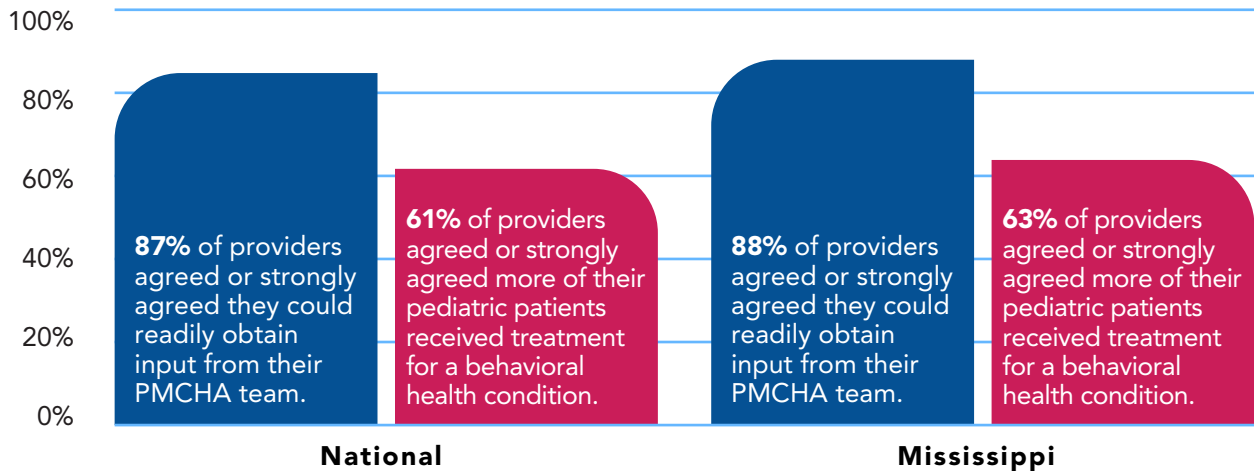
- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree nor Disagree
- 4 – Agree
- 5 – Strongly Agree



Provider Satisfaction Survey

To measure provider satisfaction with their PMHCA program and its impact on the pediatric patients receiving treatment for behavioral health conditions, the HRSA Maternal and Child Health Bureau (MCHB) administered an evaluation survey to providers nationwide. This survey was administered to thousands of healthcare providers from 20 different PMHCA programs across the United States.

2022 National vs Mississippi PMHCA Provider Satisfaction



“The providers and staff with CHAMP have been essential to my practice when it comes to discussing psychiatric or behavioral concerns. They are always kind, available, and willing to listen. I have never had a bad experience with anyone with CHAMP.”

Registered MS Pediatrician

Conclusion

CHAMP has had a significant impact on the state of child mental and behavioral healthcare in Mississippi. Nearly every Mississippi county has one or more providers registered with CHAMP and we are striving for a registered provider in every county by the end of 2024. CHAMP has seen significant growth over the past five years.

Our performance has shown that we are positively supporting the knowledge and expertise of a wide array of professionals across medical, school, and behavioral health services to identify and address mental health conditions. We are extremely proud of the services we have provided to support the healthcare system, and ultimately, the children and families of Mississippi. We are also incredibly proud that our program shows financial impacts in the form of cost savings in amounts that would effectively sustainably support our services going forward. As CHAMP and its other programs—CHAMP for Schools and CHAMP for Moms—continue to make clear and positive impacts in our state, we look forward to the day in which every child who needs mental health support has immediate access to CHAMP to make this dream a reality. Children served by CHAMP providers get access to care when they need it and how they need it.

Finally, we are so appreciative of the support and close work with our partner state-based organizations including the Mississippi Departments of Mental Health and Department of Health, the Mississippi Chapter of the American Academy of Pediatrics (MSAAP), the Mississippi of Family Physicians (MAFP), and the Mississippi State Medical Association (MSMA) among many others. Not only do our partnerships increase provider outreach and engagement, but we rely on them for valuable advocacy and support. We will continue to measure our success by our providers' increased confidence in their ability to identify and treat common mental health issues and improve connection to mental health supports in Mississippi.

Advocacy for Continued Expansion

CHAMP is funded by a Health Resources and Services Administration (HRSA) grant and administered by the University of Mississippi Medical Center (UMMC) Department of Psychiatry and Human Behavior in conjunction with the Mississippi Department of Mental Health. While we have expanded our CHAMP program through several grants into new areas such as school-based and perinatal services. There is a vital need to continue to have for partial sustained funding through non-federal grant and foundation supports. CHAMP's longevity and viability will be in large measure determined by ongoing, stable support.

The CHAMP team works closely with our Advisory and Sustainability Committees in networking and developing supporting data towards ensuring a pathway to program sustainability. Plans for project sustainability are based on current plans and initiatives underway at the University of Mississippi Medical Center with the Center for the Advancement of Youth (CAY) and community partners. We urge advocates of CHAMP to support the development of a multi-stakeholder sustainability approach that tracks both outcomes and cost-savings and involves multiple industry funders across private insurance, Medicaid, and state-based agencies. Beyond the cost savings impact we have already demonstrated, we are also establishing a "complex behavioral health care" pilot to improve community transition care coordination and primary care provider support for children released from inpatient facilities that we believe will support our sustainability approach and demonstrate yet another positive cost savings.

Partners and Funders

