

# Development and Implementation of a Community Child and Adolescent Fellowship for Psychiatric Nurse Practitioners

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## Introduction

- Over the past three decades, there has been a well-documented shortage of child and adolescent psychiatric medical providers while demand continues to rise.
- Youth from minority racial and ethnic backgrounds, low-income families, and rural settings are disproportionately affected, increasing disparity in access and quality of services.
- Psychiatric mental health nurse practitioners (PMHNP) can deliver mental health care services across the lifespan, but there are discrepancies across training programs in exposure to child and adolescent cases and high-quality training.
- To address this, a PMHNP post-graduate fellowship program was established in 2020 as part of UCSD's Community Psychiatry Program (CPP).

## Development

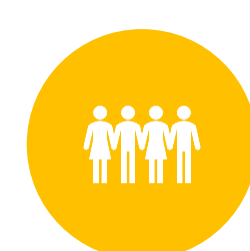
- CPP developed partnerships with local Schools of Nursing and enrolled its first PMHNP students in 2014 whose clinical experience was integrated with that of psychiatry residents. At the time of the program's foundation, only adult patients were treated and there was expressed interest in working with children and adolescents.
- To establish long-term sustainability and a strong workforce pipeline, it was essential to connect with the County of San Diego and community partners. Building on existing relationships created access to additional clinical sites serving underserved child and adolescent populations suffering from severe mental illness.
- To ensure high quality supervision between various clinical sites, supervision was required to be from UCSD Faculty including Attending Psychiatrists, Psychologists, and PMHNPs. Additionally, each clinical site was required to support PMHNPs in 1) practicing within their standard operating procedure and 2) billing for direct clinical services.
- Following initial funding from Price Philanthropies, the fellowship functions independently and is sustained by its community partner sites.



SUSTAINABILITY



SCHOOLS OF NURSING



COMMUNITY PARTNERS



PHILANTHROPY



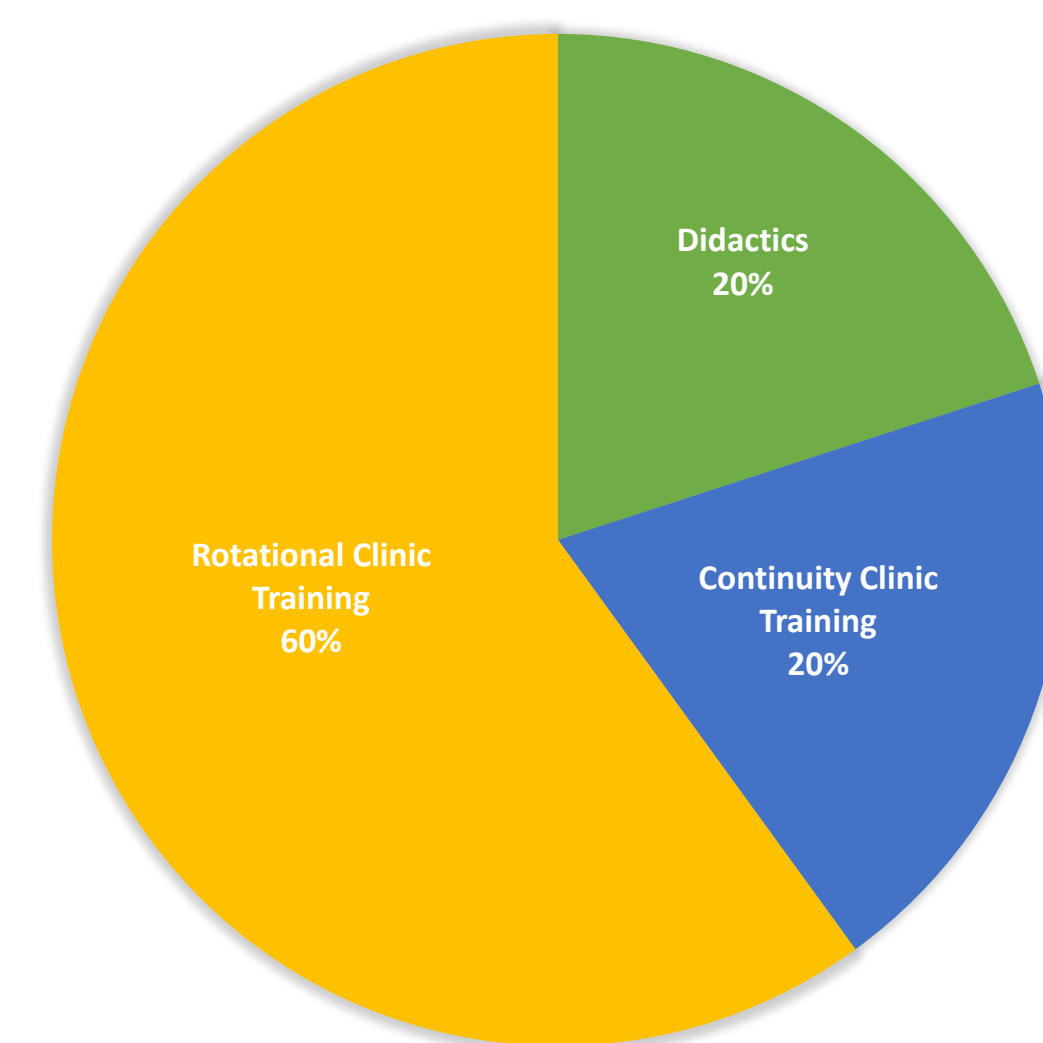
COUNTY OF SAN DIEGO



UNIVERSITY

## Implementation

- The program curriculum balances theory and experience in evaluating and treating child/adolescent patients across levels of care, diagnoses, ages, and diversity factors. The fellowship consists of didactic, supervision, and clinical components over a 12-month period.
- Continuity care clinics are at Federally Qualified Health Centers within the community and allow fellows to become proficient in longitudinal psychiatric care in ambulatory settings.
- Rotational sites change on a 3-to-6-month schedule and allow fellows to work with specialty populations (e.g., patients with developmental delays, co-occurring disorders, or eating disorders).



- In addition to clinical supervision, fellows engage 8 hours/week of didactics covering psychopharmacology, child and adolescent psychiatry, evidence-based practices, child systems of care, and community psychiatry from an interdisciplinary team of psychiatrists, pharmacists, psychologists, and PMHNPs.

## Clinical Settings

Clinical Setting	Description	Patient Population
Emergency Department—Pediatric Psychiatric ED	7-bed unit designed for 1-day stays during psychiatric crisis stabilization.	11-17 years old Primarily MediCal & unfunded
Urgent Care—Pediatric Behavioral Health	Short-term outpatient care often utilized as a step-down service for patient recently in ED or inpatient psychiatric unit.	8-18 years old Primarily MediCal
Partial Hospitalization /Intensive Outpatient Programs—Eating Disorders Specialty Clinic	Intensive specialty care clinic offering 5-6 day/week PHP programming and 3-day/week IOP programming designed for patients to progress with gradually decreasing level of care.	9-24 years old Privately insured & county funded
Outpatient—Community based organizations	Community behavioral health clinics for child, adolescent, and transitional aged youth seeking treatment for a wide range of mental health concerns.	12-25 years old Primarily MediCal Transitional aged youth at-risk for homelessness
Outpatient— Federally Qualified Health Centers	Patient-centered, collaborative care program to improve mental health and well-being of traditionally underserved children, adolescents, adults, and older adults.	Lifespan (5+ years old) Primarily MediCal Significant Spanish-speaking population
Outpatient—Integrated care/pediatrics	Patient-centered medical home providing comprehensive ambulatory medical care including psychiatric services.	6-18 years old Primarily MediCal

## Sample Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Rotation 1 (Nov-Apr)</b>	<b>PHP/IOP Specialty Clinic:</b> 8-9 Pre-staff with clinical supervisor 9-12 PHP patient care 12-1 Lunch 1-3 PHP patient care 3-4 Medical Team meeting 4-5 Admin time	<b>PHP/IOP Specialty Clinic:</b> 8-10 Patient case conceptualization 10:30-12 Treatment Team meeting 12-1 Lunch 1-3:30 PHP patient care 3:30-5 IOP patient care	<b>PHP/IOP Specialty Clinic:</b> 8-12 PHP patient care 12-1 Lunch 1-5 Parent/family meetings and phone calls	<b>Didactics:</b> 8-9:30 Resident Rounds 9:30-11 Psychopharmacology 11-12 Rotation 1 Treatment Team meeting 12-1 Lunch 1-2 Evidence-Based Practice/Psychotherapy 2-3 Community Psychiatry 3-4 Child and Adolescent Group Supervision 4-5 CAP	<b>Outpatient Continuity Clinic:</b> 8-9 Pre-staff with clinical supervisor 9-12 Outpatient intakes and follow-ups 12-1 Lunch 1-4 Outpatient intakes and follow-ups 4-5 Admin time
<b>Rotation 2 (May-Oct)</b>	<b>Psychiatric Emergency Department:</b> 8-8:30 Interdisciplinary team patient rounds 8:30-9 Psychiatry patient rounds 9-12 ED patient care 12-1 Lunch 1-3 Contact parents/guardians 3-5 Finalize discharge plans and inpatient admissions	<b>Psychiatric Emergency Department:</b> 8-8:30 Interdisciplinary team patient rounds 8:30-9 Psychiatry patient rounds 9-12 ED patient care 12-1 Lunch 1-3 Contact parents/guardians 3-5 Finalize discharge plans and inpatient admissions	<b>Behavioral Health Urgent Care:</b> 8-9 Pre-staff with clinical supervisor 9-12 Outpatient intakes and follow-ups 12-1 Lunch 1-4 Outpatient intakes and follow-ups 4-5 Admin time		

## Outcomes & Future Directions

- The program has graduated 4 cohorts and 22 fellows since starting in 2020.
- In 2021, the fellowship received accreditation from the ANCC
- With the increase in specialty CAP trained PMHNPs, the program expects to see an increase in PMHNPs accepting positions in CAP clinics in the community, increasing access to care, as well.

## References

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- Vanderhoef, D. M., & Delaney, K. R. (2017). National Organization of Nurse Practitioner Faculties: 2016 survey of psychiatric mental health nurse practitioner programs. *Journal of the American Psychiatric Nurses Association*, 23(2), 159-165.

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