



# CCP Integrated Behavioral Health and The TIPS Program

**UPMC** | **CHILDREN'S**  
COMMUNITY PEDIATRICS

# TIPS Statistics

## 5/1/21 – 5/31/21

- Total physician-to-physician consultations: 153
- Patient specific: 144/153
- General questions: 9/153
- Total patient appointments: 71
- Total unique patients: 49/71
- Psychiatrist: 15
- Therapist: 56

## 6/1 – 6/20

- Total physician-to-physician consultations: 116
- Patient specific: 111/116
- General questions: 5/116
- Total patient appointments: 47
- Total unique patients: 35/47
- Psychiatrist: 16
- Therapist: 31

- 1,820 physicians and APPs enrolled who utilize TiPS in the northwest and southwest zones
- Currently we have eight psychiatrists that provide both physician-to-physician consultation Monday – Friday 9am to 5pm & do evaluations when recommended within 2 weeks of a referral.

# CCP BH Program

CCP has 21 integrated State Licensed Therapists in 30 different pediatric offices. We have plans to hire 11 new therapists which will allow us to our expansion within PA.

CCP BH program goal is to provide quality evidenced-based assessments and intervention in the primary medical home to address mild-moderate mental health disorders and support pediatricians in treating the whole child.

CCP Therapists provide mental health evaluation and recommendations for care which could be brief continued care in primary medical home, referral to community services, or follow up with pediatrician for further collaboration/consultation.

CCP therapists collaborate, consult, and provide education/training to pediatricians, nurses, and MAs on behavioral health content.

CCP therapists also support and collaborate with pediatricians on medication management and are part of the decision-making care team in determining pediatrician driven prescriptions vs. child psychiatry medication management.

# TIPS and CCP

- TIPS and CCP work seamlessly to improve treatment of behavioral health/mental health disorders in primary medical home.
- With our CCP Integrated Therapists at 30 of our pediatric locations, it allows another team member to support pediatricians in the process of determining a TIPS referral and assisting with collaboration with TIPS.
- By engaging TIPS it allows our integrated CCP Psychiatrists to manage more complex cases along side the pediatrician and BH therapist.
- TIPS provides a yearly conference in which pediatricians and BH therapists attend to continue to build relationships with TIPS providers, gain information on prescribing medication in primary medical home, and education on evidenced-based interventions.

# Case Example

12 year old patient met with pediatrician for concerns of functional neurological disorder (first onset of TICS in past 3 months). Scheduled for physical therapy and recommended neurologist counselor – however there was a long wait list. Family was not interested in medication. Agreed to see embedded therapist. Because TIPS has a therapist on staff that is trained in TIC disorder, CCP Integrated BH therapists was able to active a TIPS referral to the TIPS therapist. Pediatrician was collaborated with and in agreement with plan. Care coordinator through TIPS helped ensure that TIPS therapist had follow up appointments with family. TIPS psychiatrist reviewed case and in agreement with plan.

# Case Example

- 15 year old patient presented for well check with pediatrician. Mom is concerned counseling services in community were not enough to target patient's symptoms. Parent has diagnosis of bipolar and feels her daughter needs assessed for higher level of care. Pediatrician curbside consulted with integrated BH therapist. Determined that care in primary medical home would not be appropriate so BH therapist worked to support Pediatrician in activating a TIPS referral to have access to psychiatric evaluation, determine appropriate level of services, and make medication recommendations for pediatrician to bridge treatment.
- Pediatrician obtained consent from family and explained level of consultative service and called TIPS and had a curbside consult with psychiatrist within 9 days of well check.
- Care coordinator followed up within 10 days after curbside consult and scheduled an evaluation in less than 5 days with a TIPS Therapist for evaluation and with a psychiatrist in 2 weeks.
- TIPS therapist provided a comprehensive MH evaluation and recommendations for school intervention/therapy intervention.
- Psychiatric Evaluation included step by step recommendations for SSRI initiation with titration schedule, recommendation for rating scales to determine and monitor symptoms. Reviewed side effects and Blackbox Warning. For therapy, made a recommendation for Family-based therapy and included in evaluation so that care coordinator could make the referral with that assessment, reducing the need for duplication of assessments and appointments for completing referrals.
- Met with pediatrician 3 weeks after seeing TIPS and started SSRI. Met with Pediatrician 2 weeks after initiation of SSRI
- Care coordination followed up within 2 weeks of that in regard to Family-Based referral. Some difficulty reaching the family so primary medical home was able to reach out and help collaborate care among providers.

# TIPS and CCP

