

KSKidsMAP Newsletter

Pediatric Mental Health Access

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

Issue 5 – July 2021



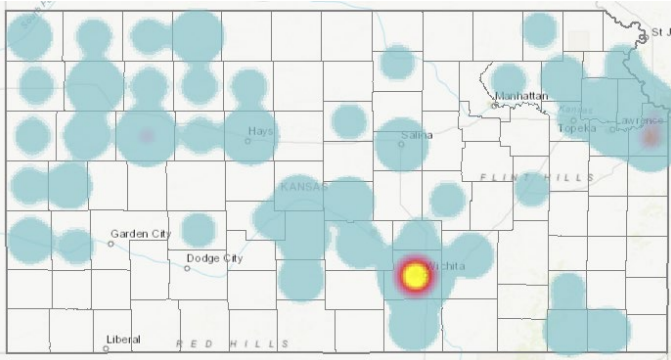
"You can't care for your patients well if you aren't well yourself! It's important to make sure the things you're doing for yourself are actually benefitting, relaxing and fun!"

-TeleECHO participant

KSKidsMAP network

- The KSKidsMAP Pediatric Mental Health Team values physician and clinician wellness and is committed to continue supporting PCPs across Kansas.
- KSKidsMAP is moving to its third year, with the goal of exploring opportunities to sustain services to continue to meet the needs of PCPs addressing pediatric mental health within their practices.

Figure 1. KSKidsMAP has **120** physicians and clinicians who practice in more than half of Kansas counties.



*Note: Large circles denote high numbers in the given area.

KSKidsMAP is here for you

With provider consultation, care coordination, and trainings across behavioral health topics!



And remember to share your experiences with our program in the HRSA surveys coming this Fall!

Meet Shari Claude, M.D.

Pediatrician
Ellis County, Kansas



Dr. Claude is the mother of six, including three adopted children. She was born and raised in Brooklyn, New York, and moved to New Jersey when she started a family. She attended medical school/residency and fellowship at State University of New York Health Science Center of Brooklyn. She has been in practice for 28 years.

Dr. Claude was a neonatologist until 2013 when she began in general pediatrics. She then took a year off and was a substitute teacher and teacher aide in music and drama at a Catholic school. She was the cross-country coach for six years and spring track coach for one year. Dr. Claude came to Hays in 2015 as a locum and has been there ever since. Dr. Claude's favorite aspect of general pediatrics is being able to see kids from the beginning, watching them grow, mature and develop into fine young men and women.



She likes traveling, camping and hiking. Dr. Claude shared, "KSKidsMap has helped me immensely in treating mental health issues. So much has changed

since my residency days. I am so much more comfortable encountering, diagnosing and treating kids with mental health issues. I make better and more efficient referrals. This program is phenomenal."

AACAP's Facts for Families

Timely and helpful fact sheets for families from the American Academy of Child and Adolescent Psychiatry

- [Marijuana and Teens](#)
- [Pharmacogenetic Testing](#)
- [Stress Management and Teens](#)

[More fact sheets here!](#)



Virtual Open Houses

Help grow the network – tell your colleagues! Join us any time on:

July 13 – Noon to 1 p.m. sign up [here](#).

July 27 – Noon to 1 p.m. sign up [here](#).

Meet Polly Freeman, LBSW MSW

KSKidsMAP Social Work Care Coordinator
Licensed Social Worker
Sedgewick County, Kansas



Polly and her husband, Marty, are getting ready to celebrate their 30th wedding anniversary. They were blessed to receive their oldest two boys through the gift of adoption. After twenty years of marriage, they were blessed again with a miracle/surprise through pregnancy. They have three boys, Michael, age 24, Noah, age 21, and Benjamin, age 9.

Polly has over 20 years of professional and volunteer experience in the child welfare arena. Her work also includes program development, advocacy, social justice and education. Most recently, she was embedded as a medical social worker in four outpatient clinics (pediatrics, developmental pediatrics, family medicine and ob-gyn) where she used critical thinking skills to analyze, formulate and advocate for children and families disenfranchised in their communities. In 2019, she joined the KSKidsMAP program as the social work care coordinator. Polly describes the best part of working with KSKidsMAP as being able to support and engage with clinicians, connecting them to mental health and community resources to help patients and families within their practice.

When she is not working for KSKidsMAP, she is busy helping Marty, who is the pastor of their church. She serves various roles within the church nursery, women's ministry, outreach and serving church members. Polly loves spending time with her family, gardening, swimming and taking long walks with their two dogs.

TeleECHO discussion

A KSKidsMAP physician presented a case on an adolescent male who is extremely introverted and shy. The PCP's differential diagnosis: introverted/shy as a personality trait or social anxiety disorder? The patient experienced frequent moves throughout his middle and high school years due to father's employment. Teen had difficulty making friends and stayed to himself. He recently graduated with plans to attend a technical school. He currently works full time, where he describes difficulty interacting with clients. In social situations, he experiences tightness in his chest and an adrenaline rush. His main interest is gaming; he has friends online and stays connected with friends from his previous town. He acknowledges he is consumed with gaming. He is not interested in daily medications or engaging in therapy.

The TeleECHO learning community discussed that behavior patterns, symptoms and impairments in daily functioning are important to explore when making a diagnosis. The patient's symptoms of anxiety with physical symptoms in social situations and impairment in social interactions at work meet criteria for social anxiety disorder. The team recommended cognitive behavioral therapy strategies for treatment noting that it is important to explore patient's level of commitment to treatment with motivational interviewing. Telehealth may be more appealing to him.

Selective serotonin reuptake inhibitors (sertraline, fluoxetine or escitalopram) are first line psychopharmacological treatment for anxiety disorders. Because this patient is reluctant to take daily medication the team suggested a beta blocker, as needed, if there are no contraindications to use. Resources provided: an app for CBT strategies, physical symptoms and feelings tracker, information on transitioning to adulthood, post-high school education, positive and negative effects of gaming, and money management.

Wellness Boxes!

Boxes shipped to KSKidsMAP participants in May. We hope you feel supported in your work by KSKidsMAP!



Become part of the network!

Enroll at: wichita.kumc.edu/KSKidsMAP. For more information contact KSKidsMAP at KSKidsMAP@kumc.edu or 1-800-332-6262.