

# KSKidsMAP Newsletter

Pediatric Mental Health Access

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

Issue 4 – March 2021



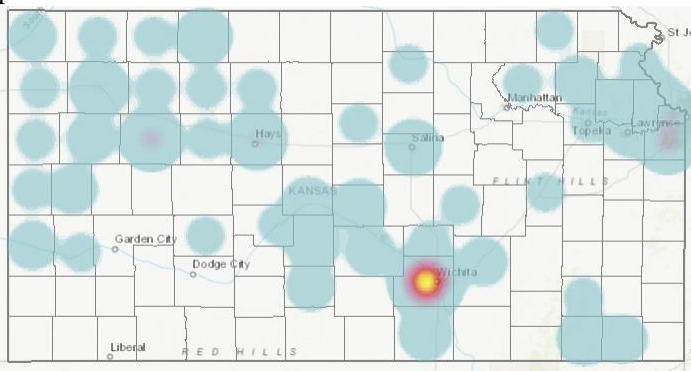
**"Take care of yourself to be able to take care of others."**

-TeleECHO participant

## KSKidsMAP network

- KSKidsMAP aims to increase access to behavioral health services in primary care for children and adolescents across Kansas by supporting practitioners through its program components.
- The KSKidsMAP Pediatric Mental Health Team has a plethora of resources to support physicians and clinicians experiencing burnout or compassion fatigue.

Figure 1. KSKidsMAP has **105** physicians and clinicians who practice in 59/105 Kansas counties.



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

## Become part of the network!

Enroll at: [wichita.kumc.edu/KSKidsMAP](http://wichita.kumc.edu/KSKidsMAP): For more information contact KSKidsMAP at [KSKidsMAP@kumc.edu](mailto:KSKidsMAP@kumc.edu) or 1-800-332-6262.

## New wellness opportunities

Virtual wellness retreat, worksite wellness and coaching

KSKidsMAP is partnering with [WorkWell Kansas](#) and the [Institute of Physician Wellness](#) to provide enrolled PCPs with tools to help themselves.



**Discussion Topics:**

- Worksite wellness
- Self-care
- Saying "NO"
- Setting healthy boundaries
- Time management

Spots are limited! Sign up for [here](#).

## KSKidsMAP call to action

Rates of physician **burnout, depression** and **suicide** have increased steadily for **50 years!**

The pandemic has **DECREASED** time for our own self-care.

If you are struggling, **GET HELP**. The Physician Support Line is:

**1-888-409-0141**

## Virtual Open Houses

Help grow the network – tell your colleagues! Join us anytime on:  
April 5 – 4:30 to 6 p.m. sign up [here](#). April 19 – 4:30 to 6 p.m. sign up [here](#).  
April 13 – Noon to 1 p.m. sign up [here](#). April 27 – Noon to 1 p.m. sign up [here](#).



## Meet Susanna Ciccolari Micaldi, M.D.

**KSKidsMAP Pediatric Team Member**  
**Board Certified Child and Adolescent Psychiatrist**  
**Sedgwick County, Kansas**



Susanna was born and raised in Rome, Italy, where she attended medical school. She moved to the United States with her husband in 1992 when she was 7 months pregnant with their first daughter. Even though Susanna had secured a spot in a psychiatry residency program at the University of Texas Medical Center in San Antonio, after her daughter Sara was born, she decided to stay at

home with her. Two more daughters followed, and she enjoyed being their full-time mother for many years.

Susanna had wanted to work with children and adolescents since the start of her psychiatry residency in 2014 at KUSM in Wichita. Hence, upon finishing her third year of general psychiatry training, she moved to Kansas City for a fellowship in child and adolescent psychiatry at KUMC and graduated in 2019.

Her favorite aspect of her job is to see a smile on a child or adolescent's face because her words brought some hope that things will get better if they work together. Susanna's favorite things to do away from work are going on long bike rides, exercising, and taking their two dogs, Max and Ramona, on long walks. Their happiness is very contagious!

Susanna enjoys working in a team, "KSKidsMAP offers me the opportunity to work with other providers to help children and adolescents who struggle with mental health issues."

## Meet Natalie Sollo, M.D.

**Pediatrician and Division Chief of Ambulatory Pediatrics**  
**KU School of Medicine-Wichita, Kansas**



Dr. Sollo is married to David who is also a physician, although he recently retired from practice to work in their family business, a vineyard and winery. They have two adult sons who also work at the vineyard, and two grandchildren as well.

Dr. Sollo attended medical school at Baylor College of

Medicine in Houston and did her pediatric residency at Cincinnati Children's Hospital Medical Center. She was in private practice for 10 years, then took a break and did some locums practice and part time work before she joined the KU faculty in 2006.

Dr. Sollo shared that her favorite aspect of practicing medicine is the relationships she has developed. She said, "I love the families I have gotten to know over the years and the opportunity to watch children grow up. I also love teaching residents and students." She also loves learning new things, and this job gives her lots of support and opportunities to do so. Outside of work she enjoys spending time with her family and spending time outdoors in her garden.

Dr. Sollo said, "I have really appreciated the opportunity to discuss challenges with the expert team as well as listen to the other cases that are discussed on the TeleECHO because I have become much more comfortable treating mental health issues. It is good to have that support when I feel out of my depth, and to realize that I am developing some knowledge and skills in areas where I was never trained before."

## TeleECHO discussion

A preschool child with aggressive behaviors and persistent sleep problems from a rural community. Child wakes in the middle of the night to eat and play and has difficulty returning to sleep. Mom has used over-the-counter melatonin to aid with sleep. Physician has ruled out underlying medical conditions. Sleep problems seemed to be environmental and related to family dynamics. Due to the COVID-19 pandemic, patient has not been receiving pre-k services. Mom is fearful of leaving the home due to the pandemic, so therapy services have not been established. However, the family has stayed connected and feels supported by the PCP.

The following recommendations were made:

- Complete a sleep log to gain more information about patient's wake/sleep cycle.
- Refer for telehealth therapy to facilitate further assessment and accurate diagnosis; consider therapy with an emphasis on parent management training such as Parent/Child Interaction Therapy (PCIT).
- Low dose melatonin should only be used as a temporary adjunct to other behavioral interventions including a consistent bedtime and waketime routine, along with engagement in exercise and sunshine exposure.
- Encourage mom to develop external support network within family and community.

The team commended the PCP for excellent support for this family. This longstanding supportive relationship could allow for frequent telehealth visits to follow up on patient progress, as well as celebrate small successes with mom.



### **KSKidsMAP Jackets!**

If you completed the JBS Evaluation Survey your jacket is on its way! Didn't complete the survey? Watch your email for the next survey this fall!