

KSKidsMAP Newsletter

Pediatric Mental Health Access

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

Issue 5 – October 2021



"There are such challenges for our kids these days, and I love the collaboration of this group to help one another navigate these difficult cases."

-TeleECHO participant

KSKidsMAP network

Join our TeleECHO Clinic! We meet on the first and third Tuesday of each month from noon-1:15p.m. for case-based discussion and didactic learning. Fall 2021 session topics:

- Oct. 5 – Trauma-Informed Care
 - Guest presenter: Kirsten Engel, Ph.D.
- Oct. 19 - Community Resources and Working with Law Enforcement
 - Guest presenter: Kerri Weeks, M.D.
- Nov. 2 – Neuropsychology Testing and Trauma
 - Guest presenter: Kelli Netson-Amore, Ph.D.
- Nov. 16 – Prescribing for Youth in Foster Care
 - Presenter: Rachel Brown, MBBS
- Dec. 7 – Billing and Coding
 - Guest presenter: Alicia Jackson, billing manager, KU Medical Practice Association

Don't miss your chance to become part of the network.

Enroll Now!

wichita.kumc.edu/KSKidsMAPenrollment



Meet Elaine Harrington, M.D.

Pediatrician
Sedgwick County, Kansas



Dr. Harrington and her husband, Robert, have been married for 38 years. Robert is a retired engineer/architect that currently farms hay. They have one amazing son, Thomas. He is an Eagle Scout, graduated from KSU in chemical engineering and works in Tulsa. Of course, life is not complete without

mentioning their 3 golden retrievers.

Dr. Harrington attended KU School of Medicine; she completed two years in KC, two years in Wichita then did her residency in Wichita at KU Pediatrics at Wesley Medical Center.



She has been practicing medicine for 29 years and shared that her favorite part of practice are the kids and the astonishing stories they tell when asked. She also loves her technology-dependent and special-needs kids. Dr. Harrington taught special education for six years before attending medical school and is passionate about serving children with challenges.

Her favorite outdoor activities are camping, hiking and playing with her dogs.



Counseling on Access to Lethal Means (CALM) Training

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. The CALM training focuses on how to reduce access to the methods people use to kill themselves. It covers how to: (1) identify people who could benefit from lethal means counseling, (2) ask about their access to lethal methods, and (3) work with them – and their families – to reduce access.

[Enroll](#) in KSKidsMAP to participate. Enrolled practitioners can register for one of the CALM training sessions using the link, below.

Choose your session and register here!

- Monday, Nov. 5 – Noon to 1:15 p.m. sign up [here](#).
- Friday, Nov. 8 – Noon to 1:15 p.m. sign up [here](#).
- Monday, Nov. 12 – Noon to 1:15 p.m. sign up [here](#).
- Friday, Nov. 15 – Noon to 1:15 p.m. sign up [here](#).

Email KSKidsMAP@kumc.edu if you have questions about KSKidsMAP enrollment or the CALM training.

Meet Amanda Aguila Gonzalez, MPH

KSKidsMAP Program & Evaluation Manager
Sedgwick County, Kansas



Amanda received her undergraduate degree from the University of Puerto Rico. She moved to Wichita, Kansas, in 2016 and received a master's degree in community psychology from Wichita State University and a master's degree in public health from KU School of Medicine-Wichita. She is currently pursuing a doctoral

degree in community psychology.

Her work includes program development and implementation, outreach and recruitment, and facilitating research projects. Amanda manages the day-to-day activities and is responsible for data collection, reporting and evaluation for the program. In her role, she also serves as liaison for KDHE and HRSA. Amanda's favorite part of working with KSKidsMAP is being able to work collaboratively with an interprofessional team.

"This program has helped beyond what I can express for our pediatric/adolescent population. The PMHCA allows us to help provide pharmacotherapy and information for children/adolescents who otherwise would not receive treatment. This program is helping catch kids that would otherwise fall through the cracks, providing a safety net through primary care. This program is one of the best I have ever been a part of in over 20 years in health care. This is a vital resource for my community."

-KSKidsMAP APRN

TeleECHO discussion

At a recent TeleECHO Clinic, an enrolled KSKidsMAP PCP presented a patient who had sleep disturbance (4-5 days of no sleep) along with anxiety, nervousness and racing thoughts. Patient had high physical activity level and took supplements and protein meal replacement with the intent to build muscle mass. Lab results were negative and showed caffeine level of less than 1.

The KSKidsMAP Pediatric Mental Health Team recommended patient abstain from vitamins and supplements for 4-6 weeks to evaluate improvement with sleep or if there is a possible psychiatric disorder (such as bipolar disorder) which may have caused the sleep disturbance. Through a careful clinical interview with the use of screening tools such as the GAD-7 and PHQ-9, symptoms of anxiety and depression can be assessed, as well as possible body dysmorphia or eating disorder. The PMHT recommended prospective monitoring through mood and/or sleep logs. A referral for a dietician to explore food sources of high protein in patient's diet could help him with his workout goals versus using supplements that are not FDA approved.

JBS Evaluation Survey has started!

If you completed the JBS Evaluation Survey your KSKidsMAP cup and lunchbox are on their way! Haven't completed the survey? There is still time! Watch your email for the next reminder or email aaguilagonzalez@kumc.edu!

The survey is active until **November 26th**.



For more information about KSKidsMAP visit: wichita.kumc.edu/KSKidsMAP, email KSKidsMAP@kumc.edu, or call 1-800-332-6262.