



Utah Children's Care  
Coordination Network

## February 2019 Resources of the Month

UCCCN Website

Medical Home Portal

Dear UCCCN members and interested parties,

Here are your Resources of the Month:

---

### Announcements:

Dawn Bentley: QI project starting up for care managers and care coordinator for autism. Likely just one measure. Opportunity to improve care for families and patients with autism. Peds Tele-echo collaboration. Contact Dawn with UPIQ ([dawn.bentley@hsc.utah.edu](mailto:dawn.bentley@hsc.utah.edu)) if you are interested.

Pat Rowe: also does QI projects within insurance. Specialized formulas such as Pediasure aren't consistently covered though they have the same code. Over-the-counter accessibility approval also needs improving. Pat's making this one of her quality improvement goals for the year.

Comments: Nourish (organic) needs to be added. Enfamil Complete is more comparable to Nourish, has a plant-based and chicken-based.

Nevah Stevenson: Shriners new service line for surgeries that are often considered cosmetic (congenital and pediatric hand conditions/procedures). New hand surgeon, [Dr. Shaun Mendenhall](#). Also, Shriners will be hosting another open house in May for anyone who is interested. More information will be sent closer to the date.

### Brainstorming:

**Case #1** from Wes Smith in Vernal: 17 yr old young man, cognitively disabled, some scoliosis, in need of X-rays, becomes combative when faced with tests, has high threshold for sedation, OK with his Mom present. Uintah Basin Medical Center is local and might work with sedation; Wes is still researching.

Service Category - [Hospitals](#)

- [Shriners Hospitals for Children – Salt Lake City](#) Shriners allows parent to be present, has an EOS low dose X-ray in standing or seated position. Shriners offers travel assistance. Will need to schedule an appointment through outpatient services. (Nevah Stevenson) [MHP 10698](#)
- [Primary Children's Hospital](#) Primary allows parent to be present, sedation is an option. [MHP 10445](#)

**Case #2** from Becca Barker and Chloe Kirkpatrick: a 17 yr old nonverbal Down Syndrome, parent died recently. Searching for therapist, possibly play therapy in Salt Lake area. His sister is his caretaker. Has applied for DSPD. Blue Cross insurance.

Service Category - [Rehabilitation / Habilitation Services](#)

- [Sanders Community Center of the Deaf and Hard of Hearing](#) may have a list of providers who work with individuals who use sign language; no age limits. [MHP 3097](#)
- Liz Wall, parent of a child with DS, a parent partner at Summit Pediatrics may be a good resource.
- Dr. Sierra Pardey works with Down Syndrome, Salt Lake Clinic.

Service Category - [Art Therapies](#)

- [Dancers with Disabilities Classes, Tanner Dance](#) For children and young adults. [MHP 12503](#)
- [LEADD Program, Tanner Dance](#) an arts and education program for adults with disabilities. [MHP 33071](#)

Service Category - [Bereavement Counseling](#)

- [The Sharing Place](#) Provides provide a safe and caring environment for grieving children, teens, and their families. [MHP 10794](#)

**Case #3** from Amy Spears: 8 yr old who is severely violent, parent is afraid. In SLC, call Police Department and ask for a Crisis Intervention Team (CIT). Alternative is through emergency room at the hospital.

Service Category - [Crisis Intervention Mental Health](#)

- [Salt Lake City Police Crisis Intervention Team](#) [MHP 21483](#)
- [UNI Crisis Line and Mobile Crisis Outreach Team](#) [MHP 22619](#)

*Disclaimer: These resources come from our members as part of the meeting brainstorming session; please check with your providers to make sure they are appropriate for your patient/families.*

You can find a custom list of these service providers that can be printed, emailed, and more, here: [February 2019 UCCCN Resources](#)

**Presentation: Infant Mental Health in Utah** Jennifer Mitchell, President, UAIMH and Sr. Program & Operations Director, The Children's Center, and Jamie Sellers, CMHC, The Children's Center Therapeutic Preschool Manager

[Utah Association of Infant Mental Health \(UAIMH\)](#) has 501c3 status, information source, annual conference, focus on prevention. [MHP 25941](#)

#### **What is “infant mental health”**

IECMH: Infant Early Childhood Mental Health, birth to 6. Infants with their parents and that relationship is the infant mental health. Infant mental health treatment can be done early and at no cost! Good mental health means the caregiver is responding appropriately to the infant. Long term behavioral consequences if the caregiver isn't doing the appropriate things. The brain in infants and children is plastic - it can “reset.” Mental health is like the other developmental milestones and needs a solid foundation. MH problems in children are not the same as those in adults. May be labeled “behavior problems” or “can't control their emotions.” Children have a limited repertoire in how they can express themselves – they internalize or act out, want control over what is available to them. It can be hard to tease out if it is a differential diagnosis or something else. Genetics and experience - both are nature's way of setting up “operating systems.” Children need stability. (UAIMH is pushing for universal screening for social/emotional in pediatric offices). Supporting the parent is how to help the child.

#### **When is intervention required?**

Red flags for children younger than 2

- Excessive crying, irritability
- Persistent sleeping or feeding problems
- Limited or no imitation in play (play is coping)
- Inability to recover from distress
- Extreme difficulty with transitions (control issues, eating and toileting issues)
- Excessive and unreasonable fearfulness
- Limited interest or exploration (with people or in play)
- Little joy in daily activities / limited range of affect
- Does not show a connection with primary caregiver—may lack discrimination between adults
- Does not use caregiver as secure base or for comfort
- Extremely limited use of others to help regulate; no demonstration of developing self-regulation

Per Jamie, kids often hold it together in public and it all falls apart at home. Listen to parents.

Three stress responses in babies, according (Connie Lillard, PhD)

1. Hypersensitive/hyperreactive
2. Hypervigilant
3. Shut-down/tuned-out

Maternal mental health - a huge component! Screening in the peds office is a great idea, great place.

General guidelines for further assessment/diagnosis:

- Causes distress (to child and/or others)
- Occurs in multiple settings
- Developmentally inappropriate
- Does not go away on its own

### What treatments are available?

Help Me Grow (HMG) can do all of the screenings if your office can't, and they track.

The Children's Center (Salt Lake and Kearns) can provide assessments, screening for trauma. Evidence-based treatment around trauma.

- Trauma treatments
- Parenting groups
- Family therapy, attachment-focused and developmentally-based
- Therapeutic preschool program: an intensive outpatient program; 3 hrs daily M-F. May not always be the best choice for children with autism.

The Children's Center is operating at capacity, their waiting list is about 3 months out but they look at each case and prioritize cases with crisis, trauma. They love care coordination, and have a form for parents to sign to help with communication between other providers.

### Q & A

- **How partner with early intervention?** Care coordination is encouraged with a signed release. Also a release for new patients to the primary provider.
- **Telehealth?** No, not at this time
- **Special needs preschools districts?** coordinate ½ day at a time.

Service Category - [Early Intervention for Children with Disabilities/Delays](#)

- [Utah Association of Infant Mental Health \(UAIMH\)](#) A nonprofit, UAIMH aims to promote a unified understanding of infant mental health and to develop a statewide system of IMH resources for all families living in Utah. [Facebook page](#) [Instagram account](#) [MHP 25941](#)
- The [Children's Center - Salt Lake](#) Provides comprehensive mental health care to enhance the emotional wellbeing of infants, toddlers, preschoolers, and their families. Answers to common childhood problems such as autism, divorce, grief, violence in the home, Problems at School/Childcare. Autism group therapy ages 4-9. MHP 10534 Also [Children's Center – Kearns MHP 11806](#)
- [Utah Parent Center](#) for transitioning from early intervention to special education preschool. [MHP 10727](#)
- [Help Me Grow Utah](#) An information and referral helpline available at no cost that provides parents, physicians and providers with knowledge and resources. Personal care coordination, free child development and perinatal screenings, answers to pregnancy, parenting and child development questions, connection to community resources. [MHP 13266](#)

PowerPoint slides from the [Infant and Early Childhood Mental Health presentation](#).

### Other:

The annual Spring Learning Session will be held on **Wednesday, March 20th, 2019**, from **8:30 – 11:30 am** at the SLCC Miller Conference Center in Sandy. The topic is "**Legal Issues and Services for Families with Children and Youth with Special Health Care Needs.**" Please [register at this link](#).

Here is our [UCCCN YouTube playlist](#) of recorded archived meeting recordings.

Best,  
Mindy & Tay

Mindy Tueller, MS  
Manager, Medical Home Portal  
Facilitator, Utah Children's Care Coordination Network  
Department of Pediatrics  
University of Utah  
[mindy.tueller@utah.edu](mailto:mindy.tueller@utah.edu)  
801-213-3920  
[www.medicalhomeportal.org](http://www.medicalhomeportal.org)  
[www.facebook.com/medicalhomeportal](https://www.facebook.com/medicalhomeportal)

Tay Haines  
Portal Services and Resources Coordinator  
Medical Home Portal  
Department of Pediatrics  
University of Utah

[tay.haines@utah.edu](mailto:tay.haines@utah.edu)  
801-587-1464  
[medicalhomeportal.org](http://medicalhomeportal.org)

Medical Home Portal | UCCCN | 801-213-3920 | [mindy.tueller@utah.edu](mailto:mindy.tueller@utah.edu) | [Medical Home Portal](#)

STAY CONNECTED

