



## **TIPS FOR CBHI PROVIDERS TO WORK WITH MCPAP**

At MCPAP, our focus is to help primary care clinicians (PCCs) meet the needs of youth with behavioral health concerns. We understand that primary care clinicians often feel unprepared and ill-equipped to deal with behavioral health conditions and MCPAP provides the consultation they need to gain a sense of confidence and competence.

We believe that, with help from MCPAP teams, pediatricians and family physicians can effectively meet the needs of children and youth with commonly occurring mental health condition. This includes providing basic psychiatric medication treatment and coordinating and monitoring the plan of care for these conditions. These common conditions include:

- ADHD
- Depression
- Anxiety disorders

Having this resource in the primary care setting offsets the demand for specialty psychiatric care in the community – a very scarce resource.

We also recognize that some youth need specialty psychiatric care and have medication needs that are not appropriately managed in the primary care setting. Examples include children and youth:

- whose conditions are not responding to basic levels of treatment
- whose conditions are on the severe end of the spectrum, with associated risk of harm to self or others
- whose conditions require treatment with complex psychiatric medications such as antipsychotic medications, lithium, anticonvulsants, or multiple psychiatric medications

MCPAP understands that helping our PCCs meet their patients' needs means more than providing medication consultation. For this reason, each of the six teams across the state includes:

- 1 FTE in Child Psychiatry
- 1 FTE in licensed therapy (LICSW, LMHC)
- 1 FTE Care Coordinator

All MCPAP services for pediatric or family practices begin with a telephone call to the MCPAP regional hotline and include:

- Phone consultation for clinical questions regarding assessment and management of patients;
- Face-to-face patient consultation with the MCPAP child psychiatrist or licensed MCPAP therapist;
- Referral to the team therapist to provide transitional face-to-face care or telephonic support to the child and family until they can access community-based behavioral health resources, or
- Care coordination to connect with recommended behavioral health resources including but not limited to psychiatry as a result of a MCPAP consultation.

If you think that your patient has a behavioral health need that should fit the skills of a PCC (as described above), the first step is to contact the PCC directly. Inform him/her of the patient's needs, discuss potential solutions, and remind the PCC to consider contacting MCPAP for consultation.

Please note:

- MCPAP does not provide prescriptions for psychiatric medication to patients.
- We discuss best practice recommendations regarding medication treatment with PCCs and expect that the PCC will provide a basic level of psychiatric medication treatment for appropriately selected patients.
- If the patient requires a specialist for psychiatric treatment and you provide ICC, IHT, or outpatient services, or are otherwise responsible for coordinating the patient's care, you would be expected to arrange that referral.

## MCPAP Regional Teams

**Western Massachusetts**  
**Baystate Medical Center**  
413-794-3342  
Barry Sarvet, MD Medical Director  
Jodi Devine, LICSW  
Arlyn Perez Maldonado, Care Coordinator

**Boston/Metro Region I**  
**Massachusetts General Hospital**  
617-724-8282  
Jeffrey Bostic, MD Medical Director  
Leah Grant, LICSW  
Lauren Hart, Care Coordinator

**Central Massachusetts**  
**UMass Memorial Medical Center**  
508-334-3240  
Mary Jeffers-Terry, APRN Medical  
Director  
Dannette Mucaria, LICSW  
Deanna Pedro, LICSW  
Kelly Chabot, Coordinator

**Boston/Metro Region II**  
**Tufts Medical Center/Boston  
Children's Hospital**  
617-636-5723  
Sigalit Hoffman, MD Medical Director  
Alexis Hinchey Davis, LICSW  
Rachael Gorton, Care Coordinator

**Northeast Region**  
**North Shore Medical Center**  
888-627-2767  
Jefferson Prince, MD Medical Director  
Brianna Roy, LMHC  
Antonia Pepper, Care Coordinator

**Southeast Region**  
**McLean Hospital Southeast**  
774-419-1184  
Charles Moore, MD Medical Director  
Carla Fink, LICSW  
Amanda Medeiros, Care Coordinator