Supporting Emotional Health on the [Road] Map of Pediatric Training

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The Roadmap Project

Aim: Improving the Emotional Health of Children, Adolescents, and Young Adults with Chronic Conditions and Their Families

Learning Objectives

- Describe the impact of a chronic condition on the emotional health of children and families.
- Apply resources to support the emotional health of children with chronic conditions and their families.
- Recognize bias as it impacts the emotional health of those living with chronic conditions.

Today's Agenda

- Overview of Roadmap Project
  - Why is this important? Patient, Family, and Clinician Perspectives
  - The Impact of Living with a Chronic Condition for Marginalized Populations
- Roadmap Resources for Training Programs
- Reflections from Program Directors: Integrating Roadmap into Training
- Q/A and Discussion

How it All Began

American Board of Pediatrics



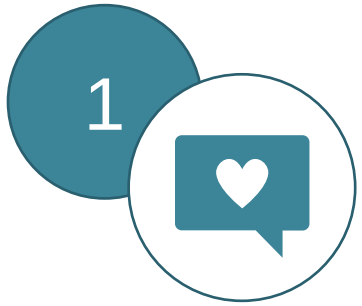
The Gap

Among pediatric residents and recent graduates, only ~33% reported high competence in assessment skills for behavioral and mental health conditions and only ~20% reported high competence in treatment skills.[1]

65% of pediatricians, including subspecialists, surveyed by the American Academy of Pediatrics indicated that they lacked training in recognizing and treating mental health problems.[2]

[1] Green C, et al. Pediatrics. 2020 July; 146 (1):2019-2884
[2] Horwitz SM, et al. Acad Pediatr. 2015 Dec;15 (6):613–20

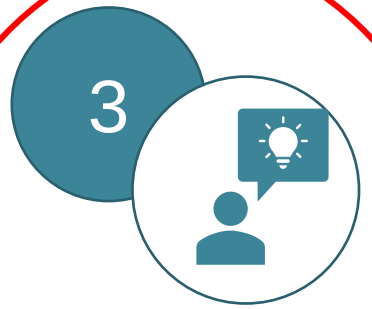
Survey of >3800 peds subspecialty fellows



56% reported **high level of interest** in emotional and mental health needs of children with chronic medical conditions

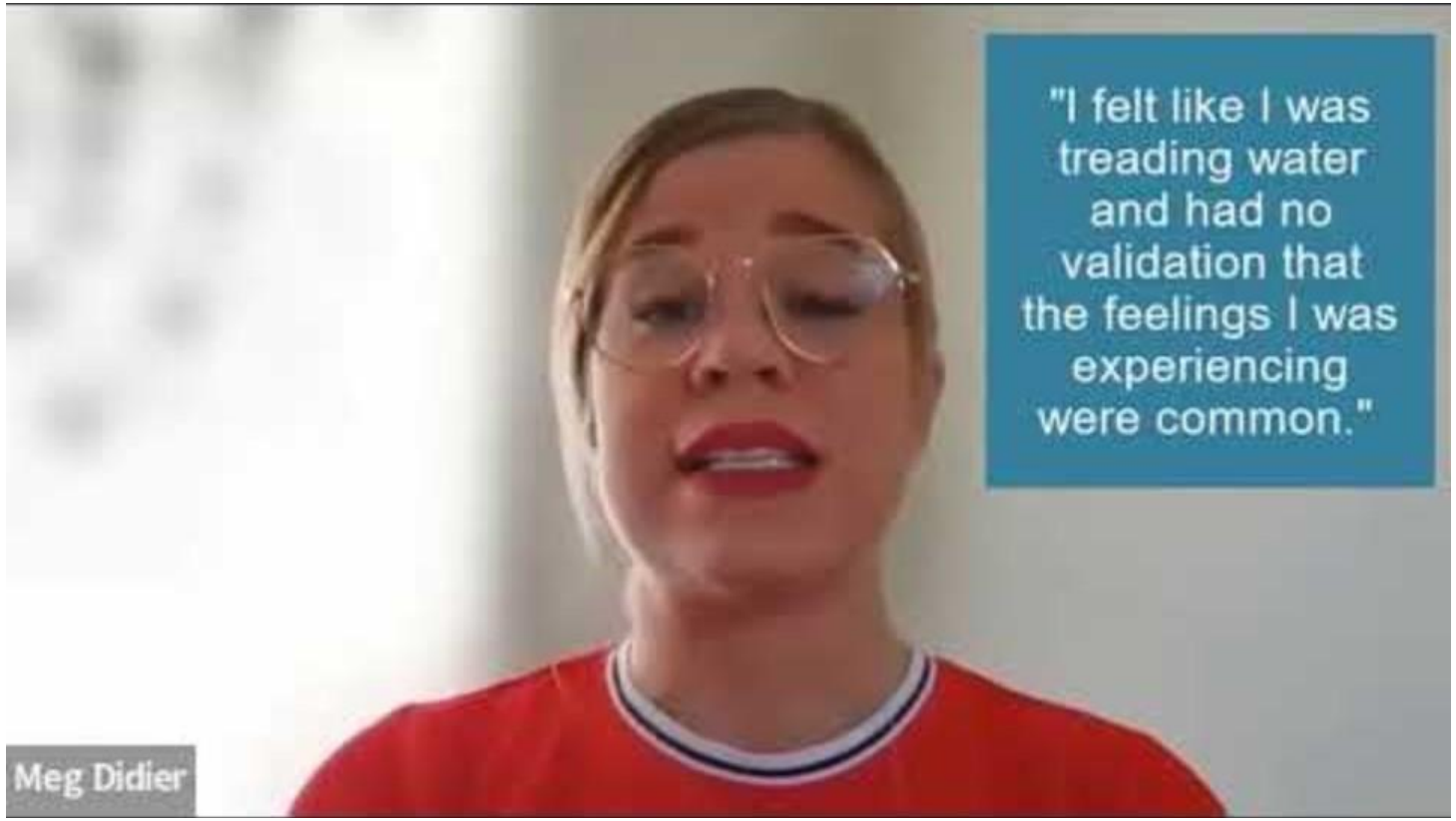


63%reported that pediatricians in their subspecialty **should be responsible** for mental health assessment



20% reported **high level of competence** in their mental health skills

A Patient Shares Why Addressing Emotional Health is So Important



Empowering Patients by Addressing Emotional Health

1

Start early and ask often

2

Validate the stress of living with a chronic condition

3

Connect to resources

A Parent of Twins with Sickle Cell Disease Shares Her Experience



The Impact of Being Black While Living with a Chronic Condition: Inpatient Perspectives



- The background trauma of lived experience
- Playing the game by code-switching
- The Child Protective Services concern

Racial Stress and Trauma

- Racial Stress
  - Emerges from direct and/or vicarious discriminatory racial encounters

- Racial Trauma:
  - PTSD-like symptoms that emerge because of exposure and re-exposure to racial stressors



The Child Protective Services Concern

You learn that you have to be seen as non-threatening, well-educated, and strong in order for healthcare professionals to deem you acceptable.

One triplet had several medications, a G-tube, oxygen, and a heart monitor. I wanted to be sure that the hospital team knew I could handle taking him home. **I made sure that I always presented myself with the attitude "I have this" because some fear was always in the back of my mind about Child Protective Services.**

As a Family Advisor in the NICU, I would coach Black families about talking with the care team ... so they would not be seen as emotional or angry.
I would tell Black parents, "I want you to be able to come see your kid. You don't want them to say you can't come back up here. Your baby needs you."





How might you see the impact of racial trauma, structural racism, and implicit bias in clinical care?

- Mistrust/hesitance trusting the medical system
- Emotional dysregulation
- Defensive language

Remember Your Role Is To

- Care for your patient/family
- Appreciate racial stress and trauma in clinical work with families
- Engage in difficult dialogues
- Focus on emotional health
  - Build trust by listening and validating

NOT to:

- Have all the answers
- Fix their experience of racism
- Justify the behavior
- Change the family's narrative

THE ROADMAP PROJECT

RAISE AWARENESS

about the emotional impact of living with a chronic condition.





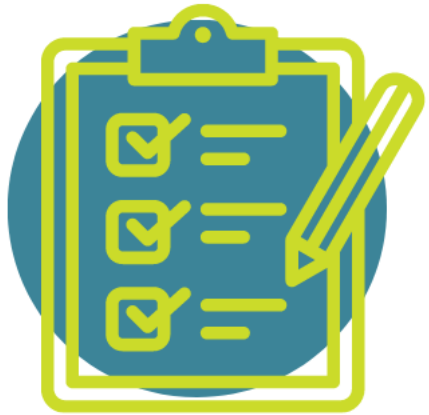
IDENTIFY RESOURCES

and make them available (e.g. peer-to-peer, therapeutic support, and patient and family crisis plans).

DEVELOP SKILLS

and confidence to address emotional health.





BUILD SURVEILLANCE

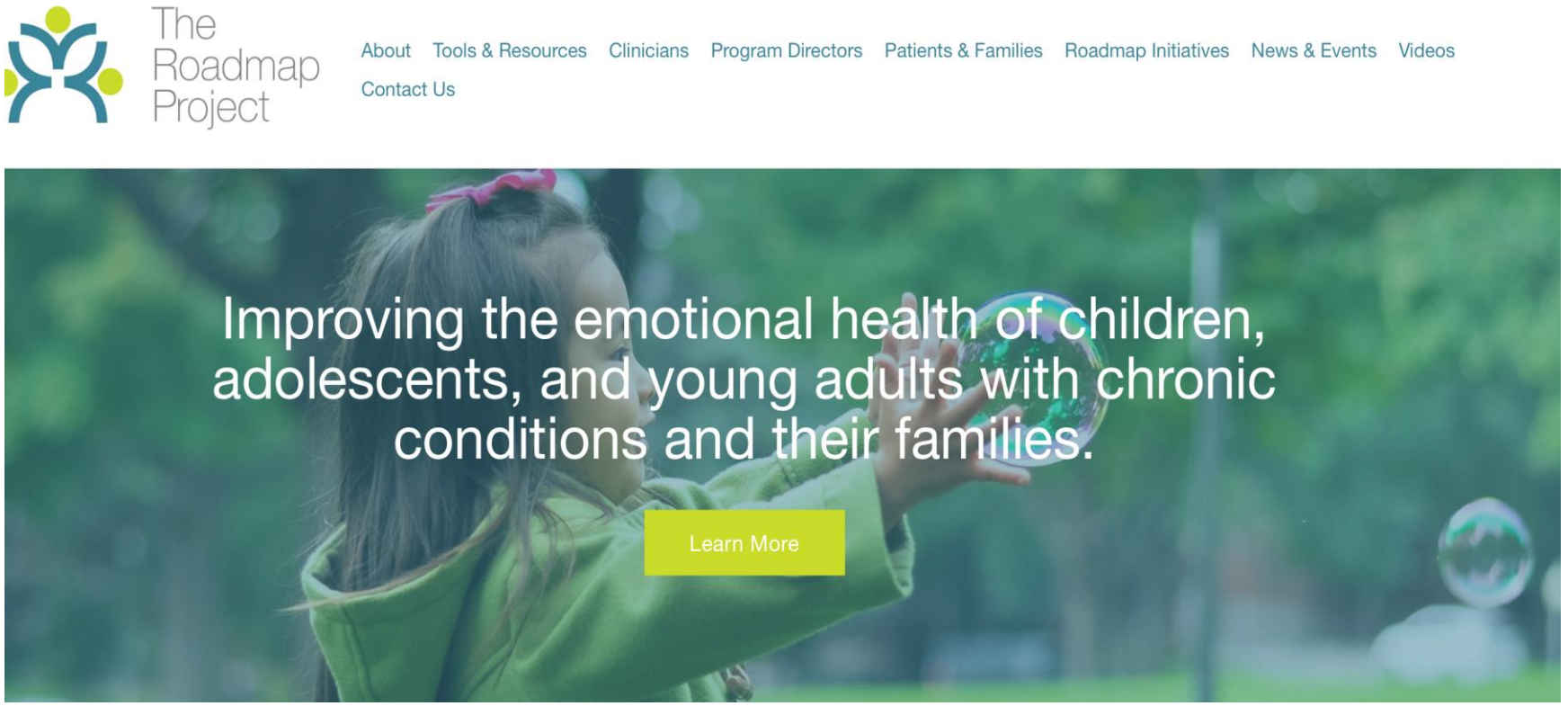
and assessment into routine clinical processes.

Testing Roadmap Strategies and Resources

- **Pilot collaborative 2020-2021** – 11 teams from 9 children's hospitals, including 4 pediatric training programs
- **6-month webinar series 2022** – 15 cardiology programs
- American Board of Pediatrics **Maintenance of Certification online module** – launched April 2023 (*data*)
- **Learning Collaborative 2022-2023** – 32 teams from 15 hospitals across 15 subspecialties (*data*)

Roadmap Tools and Resources

https://www.roadmapforemotionalhealth.org



Example Roadmap Resources

Share

- A Patient Shares How Clinicians Can Empower Patients by Asking About Emotional Health
- Example Conversations
- Readiness Checklist for clinicians and practices
- How to Begin a Conversation about Emotional Health: Normalize-Ask-Pause-Connect
- Developing a Resource List and Choosing a Therapist
- Summary of Billing Strategies
- Addressing the Impact of Being Black While Living with a Chronic Condition
- Maintenance of Certification Part 2 and 4 activities



"How Are You Doing?" Video

Goal: Raise awareness among trainees and clinicians

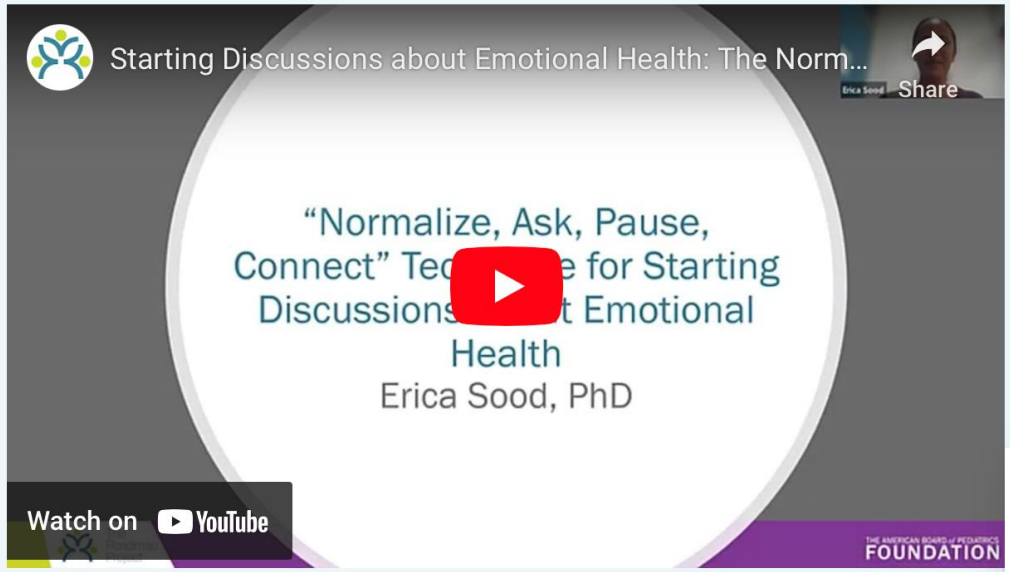
Emphasizes: You don't have to be a mental health professional to make a difference



Having Discussions About Emotional Health

Normalize-Ask-Pause-Connect Method

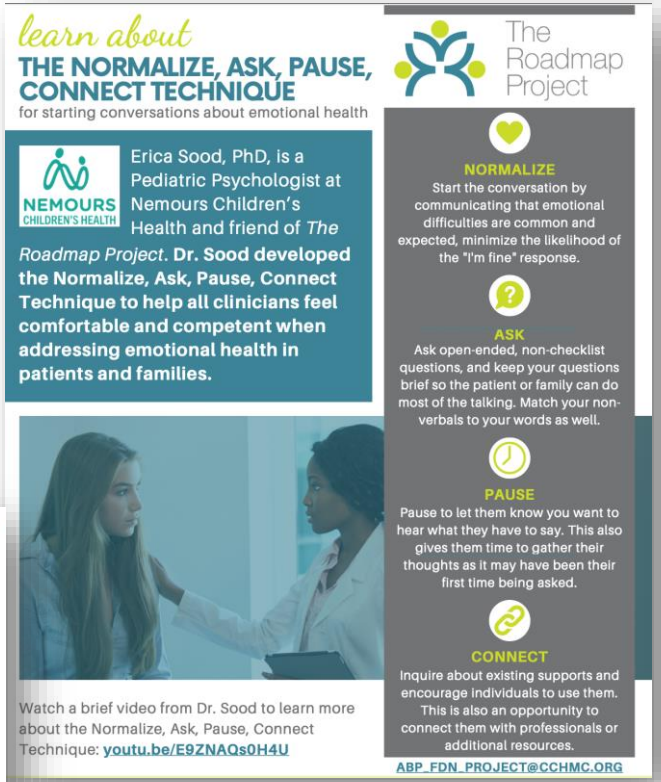
Erica Sood, PhD, pediatric psychologist



8-minute video

Journal club





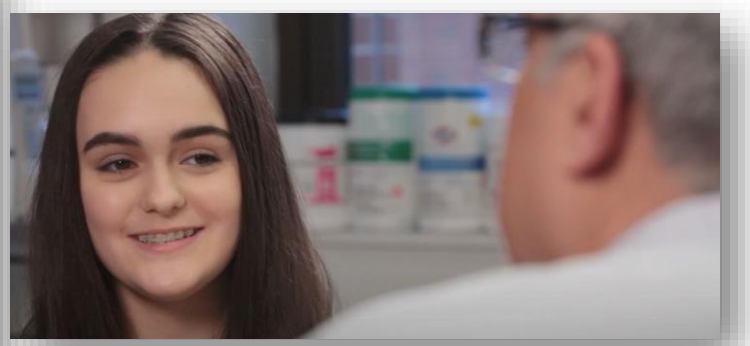
One-pager

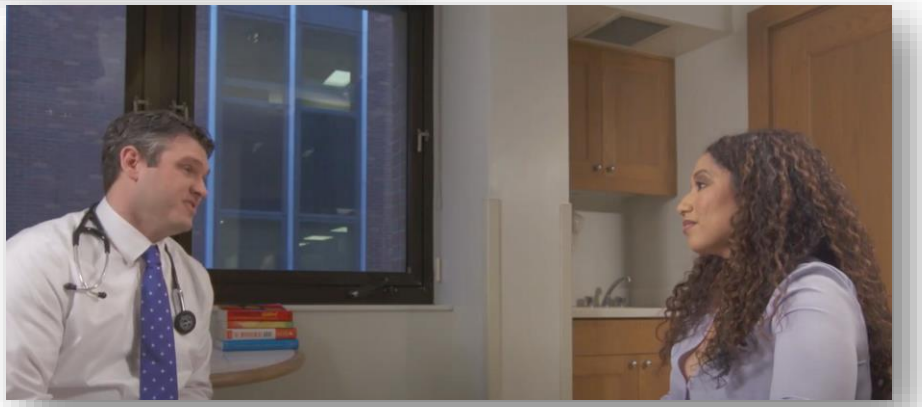
Talking about Emotional Health: Example Conversations

One-page “scripts,” short videos with self-study guide, and a facilitator’s guide



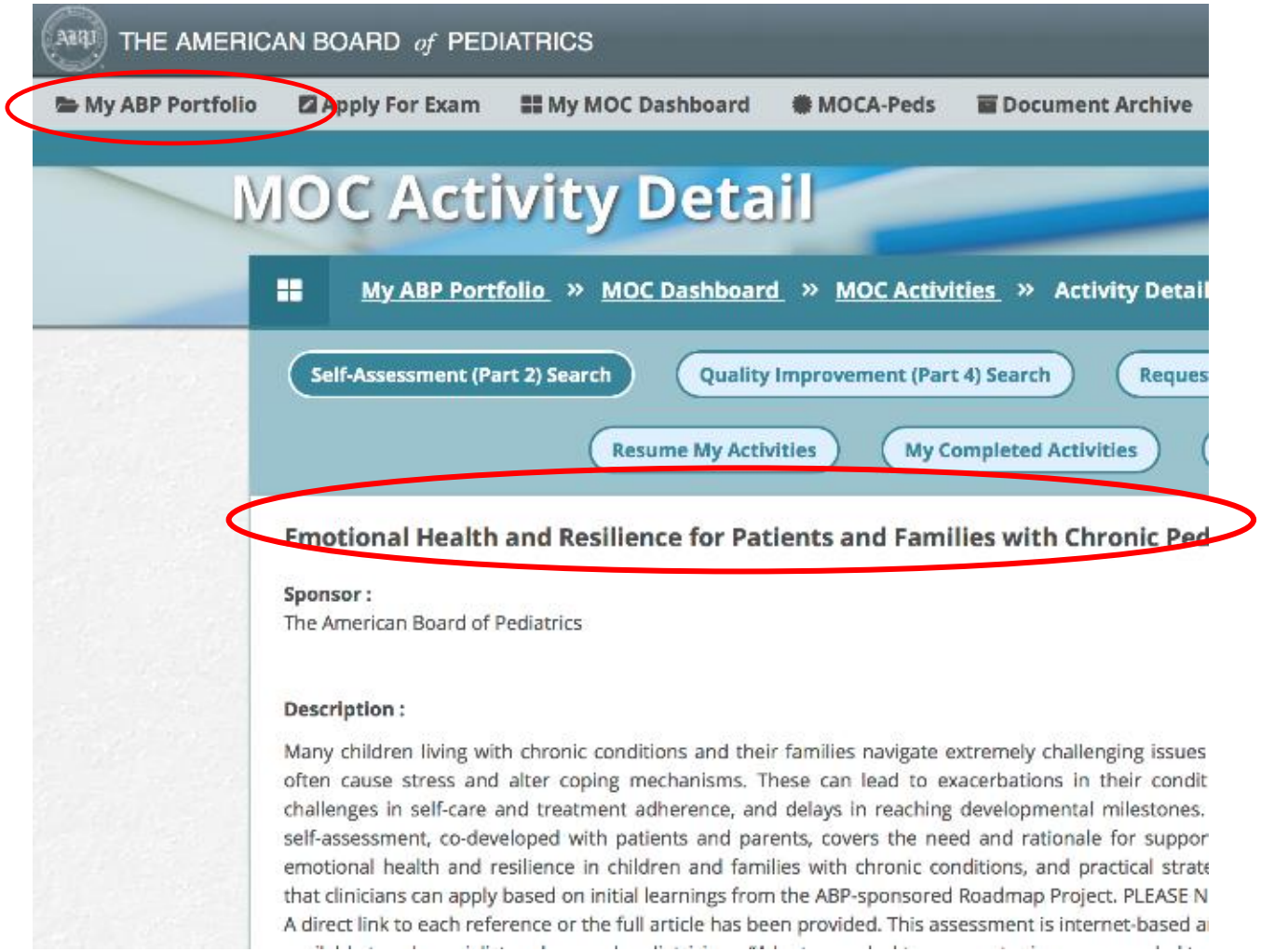






Roadmap Continuing Certification* Activity

- 20-question module
- 10 Part 2 credits and 6 CME credits for specialist and primary care pediatricians
- Can be used by residents/ fellows



Reflections: Integrating Roadmap into Training

Elizabeth Chawla, MD

Sue Poynter, MD MEd

Cincinnati Children's

Clinical Setting: Inpatient Complex Care Team

Educational Opportunity: Introducing pediatric residents to the ABP Roadmap resources to support the emotional health and well-being of patients/families with chronic illnesses

Innovation: Asking families "how are you doing" on rounds, what do they need; adding emotional/mental health to the "systems" discussed on rounds

Challenges: Increasing resident/faculty buy-in; time constraints

Medstar Georgetown University Hospital

Clinical Setting: Academic Half Day

Educational Opportunity: Incorporated Roadmap materials, resources, and teaching into our existing longitudinal SEHAC curriculum

Innovation: had residents practice skills between sessions with any patient, on whatever clinical rotation they were on, skills were very generalizable

Challenges: just because resident had improved skills, didn't necessarily translate to clinical practice change if the rest of the team didn't have the skills

Integrating Education for Clinical Practice Change

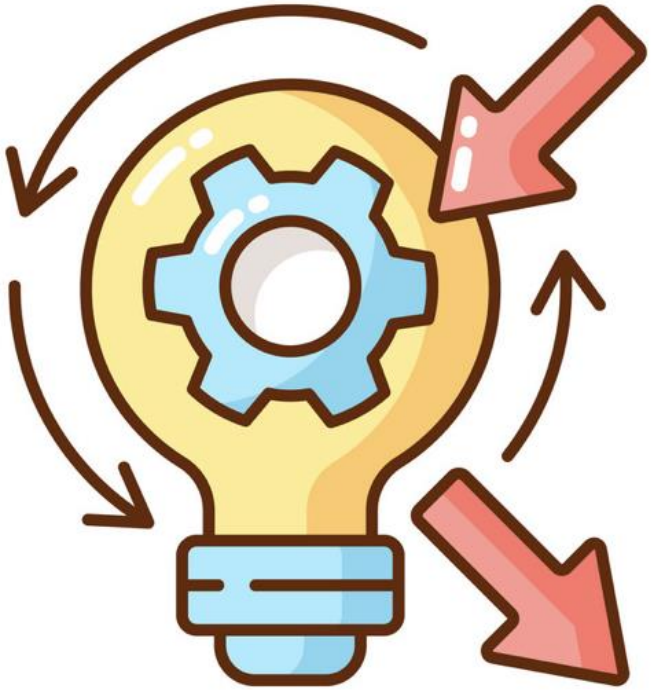
INNOVATION, IMPLEMENTATION, IMPROVEMENT Open Access

Integrating education for clinical practice change

Elizabeth M. Chawla, Christine L. Schuler, Elizabeth W. Barnhardt, Lori A. Herbst, Aliese Sarkissian, Kenya McNeal-Trice, Amy Newmeyer, Martha Perry, Sue E. Poynter, Carole Lannon



Roadmap for Emotional Health



- How might you use Roadmap in your program?
- What strategies/resources?
- In what settings?
- How might we support you?

Thank you!

The Roadmap Project