

**AAP-CA3**

San Diego & Imperial Counties  
INCORPORATED IN CALIFORNIA

AMERICAN ACADEMY OF PEDIATRICS - CALIFORNIA CHAPTER 3

American Academy of Pediatrics

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# WELCOME

**AAP-CA3 CHAPTER TOWN HALL**

**Wednesday, May 6, 2020 6:30-8PM**

*Please mute yourself upon entry*

*Use the Chat Box for questions*



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# Speakers

## *Moderator:*

**Pradeep Gidwani, MD, MPH AAP-CA3**

## *Speakers:*

**Wendy Pavlovich, MD, MHS, Family Health Centers of San Diego**

**Yi Hui Liu, MD, MPH, UC San Diego**

**Mark Chenven, MD, Vista Hill**

**Howard Taras, MD, UC San Diego**



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# Agenda

- 1. Introduction and Welcome - Michelle Dern, MD**
- 2. Housekeeping and outline agenda for call: Pradeep Gidwani, MD, MPH**
- 3. How can we support our patients and promote resiliency during and after the crisis?  
Wendy Pavlovich, MD, MHS**
- 4. How to do screenings for Developmental and Mental Health issues by Telemedicine?  
Yi Hui Lui, MD, MPH**
- 5. Resources: Mark Chenven, MD**
- 6. How can we support kids with special education needs and their families with the challenge of home schooling? Howard**
- 7. How can we support our staff and ourselves with the economic uncertainty, real fears of becoming infected by working in health care, general anxiety of living in pandemic? All**
- 8. Discussion and Q&A**

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How can we support our patients  
and promote resiliency during  
and after the crisis?

Wendy Pavlovich, MD, MHS





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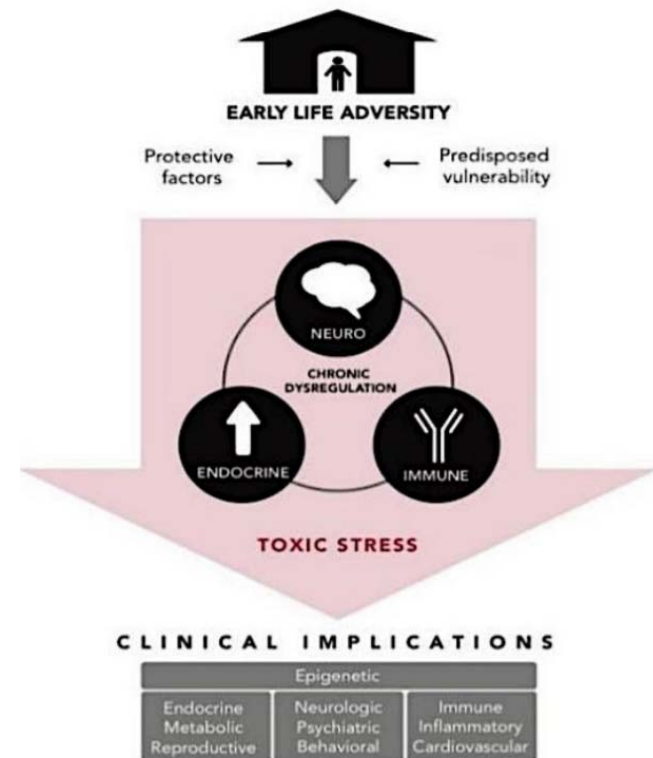


# COVID-19 is an ACE

COVID-19 has disrupted our lives, increasing stress and anxiety in children, caregivers, and the care giving systems (school, community, healthcare)

Without buffering, may increase:

- Toxic stress physiology and symptomology
- Negative mental and physical health outcomes
- Increase the prevalence and impact of Adverse Childhood Experiences





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## Telehealth – We CAN Stay CONNECTED

- Establish Safety
- Provide UNIVERSAL Safety resources
- Ask Direct Questions
  - “how are you dealing with shelter in place?”
  - “do you have enough food, housing, internet connectivity, transportation when needed...?”
  - “do you feel safe?”
  - “how is your mood?”
- Respond with Resources and Education
  - Be sensitive about what families CAN and CANNOT do (example: challenges with social distancing in housing)
- Plan for future contact and support

**211 San Diego (English/Spanish) Toll free & hearing impaired accessible**  
**[www.211sandiego.org](http://www.211sandiego.org) Dial 211**

**Access & Crisis (24-hour) - mental health**  
**(800) 479-3339**

**The National Suicide Prevention Lifeline is**  
**800-273-TALK (8255)**  
**To reach a crisis text line, text HOME to 741-741**

**Child Protective Services (CPS) (24-hour)**  
**(800) 344-6000**

**The National Domestic Violence Hotline**  
**1-800-799-SAFE**

**Adult Protective Services (APS) (24-hour)**  
**(800) 510-2020**



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# Enhancing Buffers and Protective Factors

- Caregiver resilience
- Social Connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional resilience of children



- Confidence
- Competence
- Connection
- Contribution
- Character
- Coping
- Control

<https://covid19.ca.gov/manage-stress-for-health/>

Patient and Provider Resources: <https://www.acesaware.org/>

Dr. Kenneth Ginsburg *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*



# AAP-CA3 Chapter Town Hall Mental (& Developmental) Health

YI HUI LIU, MD MPH FAAP

Developmental-Behavioral Pediatrics

University of California San Diego

Screening via Telemedicine



**Developmental**



**Mental Health**

Mail paper versions

Send link to parents

Send text images

Administer/discuss items via interview

Adapt materials (e.g., throwing a ball)

Services During Pandemic



IN PERSON



TELEHEALTH

San Diego Regional Center

California Early Start  
(birth to 3)

- Remote testing for program planning
- Teleservices

Program for people with  
developmental  
disabilities  
(over age 3)

- Remote meetings with families
- Teleservices
- Remote evaluations

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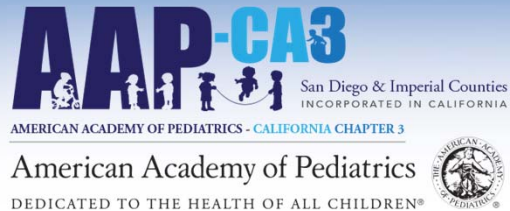
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Resources

Mark Chenven, MD





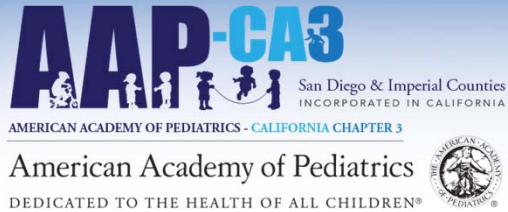
**Provider Consultation Line:** 858 880-6405

On demand, case focused clinical consultations addressing diagnostic assessment, treatment options, medication interventions and risk management are available from 8:30 – 4:30 weekdays.

**Patient and Parent Line:** 858 956-5900

Patients and parents may be referred for consultations with our clinical and care coordinator staff to address their specific needs and identify relevant resources. Live pick up of calls from 8:30 – 4:30 is provided and, with patient/parent consent, report of our recommendations will provided to you as the provider.

**SmartCare Behavioral Health Consultation Services (BHCS) is a behavioral health integration partnership program of Vista Hill, funded by San Diego County Department of Behavioral Health Services. SmartCare BHCS services are free of charge.**



### WEEKLY PROVIDER FORUM

This weekly forum will offer an opportunity for open dialogue about issues and concerns related to the behavioral health needs of families. A SmartCare psychiatrist, nurse practitioner and therapist will be in attendance to answer your questions. These sessions will be every Wednesday from 12 noon to 1:00pm beginning April 29<sup>th</sup>.

### SUPPORT & INFORMATION FOR PATIENTS AND PARENTS

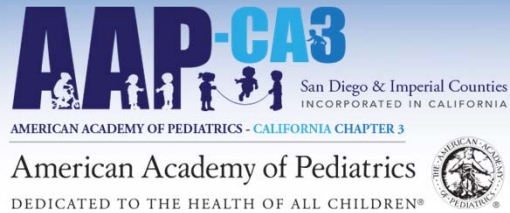
SmartCare Behavioral Health Consultation Services is providing a forum for patients and parents to focus on specific issues and challenges being faced by members of our community. These free, weekly sessions will be accessible by phone or televideo on Thursdays between 2:00 PM and 3:00 PM. Each session is moderated by clinicians from the SmartCare BHCS team.

- |          |  |
|----------|--|
| April 30 | <b>Autism Spectrum Disorder- Special Needs</b> |
| May 7    | <b>Stress Management</b>                       |
| May 14   | <b>Depression &amp; Anxiety</b>                |
| May 21   | <b>ADHD</b>                                    |
| May 28   | <b>Autism Spectrum Disorder</b>                |

To access these e-events:

Computer <https://call.lifesizecloud.com/209471> Password: 1234

Phone (audio only) +1 (312) 584-2401 Meeting extension: 209471# Passcode: 1234



***E-Weekly Newsletter:***

SmartCare's weekly e-newsletter on behavioral healthcare topics relevant to Primary Care Providers

To Subscribe: Vista Hill Smart Care BHCS Psychiatric Consultants <[bhcs.provider@vistahill.org](mailto:bhcs.provider@vistahill.org)>

***Embedded Clinical Care Coordination:***

To request on-site SmartCare Care Coordinator services at your clinic contact Program Manager Alyssa Label, LMFT @ [alabel@vistahill.org](mailto:alabel@vistahill.org). Typically 4 hours per week on site consultation to families

**SmartCare Behavioral Health Consultation Services (BHCS) is a no cost behavioral health integration partnership program of Vista Hill, funded by San Diego County Department of Behavioral Health Services.**

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# Discussion and Q&A



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# Thank you!

Visit [aapca3.org](http://aapca3.org) for more information  
If you have questions email [info@aapca3.org](mailto:info@aapca3.org)