

Mood, Anxiety, ADHD Collaborative Care (MAACC)

This letter is to introduce the Mood, Anxiety, ADHD Collaborative Care (MAACC) program at Ann and Robert H. Lurie Children's Hospital. The intention of this program is to support treating providers and their patients. Over 30 states are working towards establishing child and adolescent behavioral health collaborative care programs as there is a significant shortage of specialty psychiatric care providers. Similar to premier models, such as the Massachusetts Psychiatry Access Program or REsources for Advancing Children's Health (REACH), MAACC is designed around the vision of extending behavioral health capabilities for commonly presenting behavioral health concerns to the primary care setting. Through ongoing education and collaboration with enrolled primary care providers (PCPs) our team works to build capacity for screening, identification, and treatment around mild to moderate behavioral health disorders such as anxiety, depression, and ADHD. Here's an example of how the MAACC works:

For all MAACC providers

- Enrolled PCPs receive online and in-person education and participate in monthly collaboration calls
- PCPs may use MAACC resources and consultation for general questions. Consultation for medication is provided by a child and adolescent psychiatrist and behavioral health consultation is provided by a pediatric psychologist.

For specific presenting cases, MAACC referrals

- PCP identifies mood, anxiety or ADHD symptoms and refers a patient to MAACC
- MAACC care coordination contacts family and schedules an evaluation with a pediatric psychologist
- "Gold Standard" evaluation with pediatric psychologist to confirm diagnosis
- Treatment plan is developed through consultation between the PCP, child and adolescent psychiatrist, and pediatric psychologist
- MAACC care coordination links families with cognitive behavioral therapists in their area and monitors progress at 6 week intervals

MAACC Roles

- **Primary care providers (PCP)** continues to oversee all aspects of patient care. The PCP may consult with the MAACC treatment team as needed. Medication prescriptions will be filled by the PCP
- **MAACC team** (care coordinator, psychiatrist, and psychologist) meet and consult regularly to discuss patient progress. This is communicated with the PCP
 - **Care coordinator** will check in with the patient to collect progress monitoring measures and communicate information to the PCP and consultants. The care coordinator can also help identify resources, such as therapy
 - **Psychiatric consultant** will advise the PCP and care team about medical treatment as needed
 - **Psychologist consultant** will advise the PCP on diagnosis and assessment practices as needed

MAACC recognizes that specialist or psychiatrist care may be needed for more serious mental health presentations. MAACC is not intended to manage severe cases but MAACC will help direct these patients to appropriate resources.

Thank you for your interest in collaborative mental health care. Please direct all questions about MAACC to John Parkhurst, PhD (MAACC@luriechildrens.org).