

YOUTH ACCESS TO PSYCHIATRY PROGRAM (YAP-P)

January 2024



January 2024 Consult Schedule

Monday

12:00-1:00pm & 4:30-5:30pm

Tuesday

12:00-1:00pm

Wednesday

12:30-1:00pm & 4:30-5:30pm

Thursday

12:00-1:00pm & 5:00-6:00pm

No evening hours on 1/25

Unavailable 1/1 & 1/15

Information to Provide

- Practice that child visited
- PCP name & email
- Patient name, DOB, insurance
- Preferred method of consult:
phone or televideo
- General reason for consult
- If known, whether a behavioral
health screening was
conducted in prior 12 months



Clinical Tip of the Month

STARTING AN ANTIDEPRESSANT MEDICATION

Starting and titrating an SSRI/SNRI depends on many factors including but not limited to a child's age, weight, symptom severity and prior response to other medications. A child may be sensitive to normal starting doses or need higher doses. To test medication tolerability, consider starting at a lower dose 5-7 days before increasing the dose to the initial target dose. In most situations you would want to continue the initial target dose for 2-4 weeks before further dose increases as antidepressants can take 4+ weeks to work. Follow-up appointments should be scheduled every 2-4 weeks for dose adjustments and monitoring until improvement. Monitor for these common side effects:

1. Change in sleep
2. Change in appetite/weight
3. GI side effects
4. Activation

-Anita Khetpal, MD

Featured Trainings

YOUTH BEHAVIORAL HEALTH ECHO

An ECHO (Extension for Community Healthcare Outcomes) is a collaborative telementoring model that empowers clinicians to provide enhanced care to people in their communities.

The Youth Behavioral Health ECHO is designed for primary care providers and mental health professionals that provide services to youth in practice and school settings. This training program will support providers in assessing and managing youth behavioral health concerns by offering a virtual space to learn from one another and share support, guidance, and feedback.

In January, the two offered trainings will be "Finding Kids Who Need Help - Mental Health Screening in Clinical Practice & In Schools" on January 3rd and "What to Do with a Positive Screen or Behavioral/Mental Health Complaint in Clinical Practice" on January 17th.

A different topic will be covered the first and third Wednesday of each month from 12:30-1:30pm. CMEs and CUs are available through MUSC. Providers must register for the Youth Behavioral Health ECHO trainings -please click [here](#) to do so. We hope to see you there!



Continuing Education Opportunities*

CASE Webinar Series
TOPIC: Mood Stabilizers
Jan. 9, 2024 - 12-1pm
[Click here to register](#)

Youth Behavioral Health ECHO
TOPIC: Finding Kids Who Need Help - Mental Health Screening in Clinical Practice & In Schools
Jan. 3, 2024 - 12:30-1:30PM
[Click here to register](#)

Youth Behavioral Health ECHO
TOPIC: What To Do With A Positive Screen or Behavior/Mental Health Complaint in Clinical Practice
Jan. 17, 2024 - 12:30-1:30PM
[Click here to register](#)

SafeSide Suicide Prevention
[Click here for interest form](#)

*CMEs available

Consulting with YAP-P is as Easy as 1-2-3



Step 1

Your practice connects with YAP-P via phone by calling 1-877-729-2779



Step 2

Appointment times are offered and PCP selects televideo or phone option



Step 3

Calendar invite is sent to PCP for when psychiatrist will contact PCP for consultation

Friendly Reminder: Please complete the short follow up survey after you complete your consultation. Your feedback helps us improve our services. 😊