

# DOES YOUR PRACTICE WANT TO DO QUALITY IMPROVEMENT WITH ADHD & BEHAVIORAL HEALTH CONCERNS?

## New Opportunity to Participate in the “SKIP for PA” Study

Many parents ask pediatric primary care providers for help with children’s behavioral, attentional, and emotional health concerns. The “SKIP for PA” research study is an opportunity for pediatric practices to expand behavioral health care for their young patients by learning to deliver an evidence-based collaborative care practice for child behavior health concerns and comorbid ADHD.

### What is the “SKIP for PA” Study?

- A collaboration between the PA Medical Home Program of the PA-AAP and researchers at the University of Pittsburgh School of Medicine
- A 5-year NIH-funded clinical trial testing different methods to help practices across Pennsylvania augment the quality of their services for child behavior problems and comorbid ADHD
- The study is designed to contribute to scientific knowledge about how to best support children with behavior health concerns and ADHD, and their caregivers, in the primary care setting.

### Who can participate in this project?

- 24 pediatric offices across Pennsylvania from the PA Medical Home Program
- At each practice, we will enroll: (1) the lead physician/medical director, (2) primary care providers, (3) the practice manager, and (4) a staff member who is the primary behavioral health resource to serve as the study “care manager” (e.g., nurse, mental health specialist)
- We will recruit up to 25 families per practice using different methods (e.g., flyers, notice boards, websites). Caregivers of children aged 5-12 with modest behavior problems will be screened using an online system to determine their eligibility to participate in the study and receive treatment from trained practice staff.

### Study Design:

- All practices will implement Doctor Office Collaborative Care (DOCC) an evidence-based practice that has been shown to reduce problems with child behavior and hyperactivity/inattention (ADHD), improve quality of life, lower parental stress, and help families meet individual treatment goals (Kolko et al., 2010, 2012, 2014, 2020).
- All practices and providers will receive an initial online training in how to use DOCC (videos, materials).

### How does participation benefit your practice?

- Participate in quality improvement and improved family experience.
- Receive DOCC training to enhance capacity to treat behavioral health concerns in children.
- Practices will receive care team clinical consultation (child psychiatrist) or leadership coaching (trainer/manager)
- Incentives are provided to the practice and individual staff who participate.

### How does participation benefit families?

- All enrolled families will receive DOCC, an evidence-based treatment.
- Families may learn new skills that may help to improve their behavior and functioning.
- Improved family experience with your primary care team.
- Caregivers will be compensated for completing assessment measures.



**Pennsylvania Chapter**

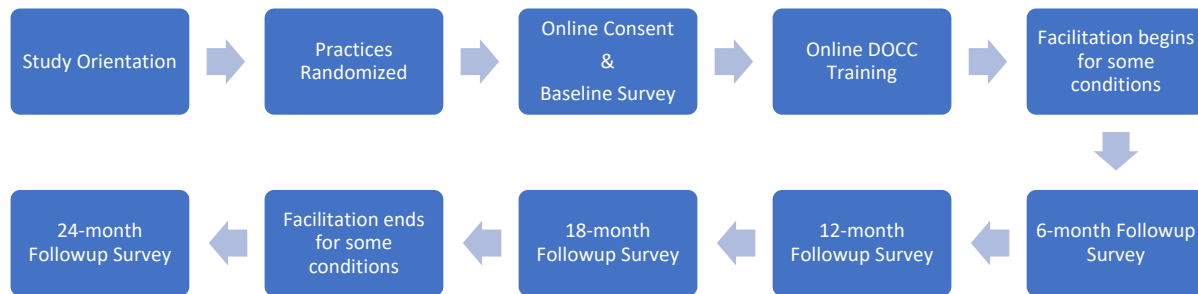
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## What will the study involve for our practice?



### Preparation

- Practices will be grouped by geographic region and participate in a study orientation/initiation meeting.
- Enrolled staff will complete an online consent and standardized surveys.

### DOCC Training and Delivery

- Enrolled providers will receive access to the DOCC virtual training platform.
- Each practice will be encouraged to deliver DOCC to 25 families over an 18-month period.

### Research Surveys

- Practice staff will complete a total of 5 surveys (over 24 months) and will be compensated for their time.
- Caregivers will complete a total of 4 surveys (over 12 months) and will be compensated for their time.

### Implementation Support and Sustainability Planning

- Practices will randomly receive consultation and/or coaching to support implementation.
- Care Team support consists of 18 1-hour consultation calls for providers with a study child psychiatrist to facilitate DOCC delivery and address case/implementation challenges.
- Leadership support consists of 18 1-hour coaching calls for practice leaders with a DOCC trainer/professional counselor to facilitate practice support for DOCC delivery, workflow/team management, and sustainability.

Following data collection, study staff will work with your practice to support sustainable delivery of DOCC in sharing lessons learned, providing updated intervention resources, and advocating for your practice, the local behavioral health system, and relevant state-level policy and payment systems.

## Who do I contact for more information?

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