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Pranav Aurora

Advisor(s): Thomas Mackie

Child Psychiatry Access Programs: A Scoping Review

Introduction: In the United States, approximately one in six children has a mental health disorder, yet nearly half of these children do not receive treatment or counseling. One major obstacle is that pediatric professionals often lack training in evidence-based mental health treatment. In response, the first Child Psychiatry Access Program (CPAP) was developed in 2004 to provide psychiatric consultation and training to pediatric professionals to increase mental healthcare access. CPAPs are now implemented in 49 states. This scoping review investigates the emergent literature on CPAPs.

Methods: Our team identified relevant search terms and queried the Web of Science database to identify articles published between Jan 1, 2010, and Dec 15, 2023. Inclusion criteria ensured that consultative models applied to children's mental health and substance use services. Articles were screened at the abstract level independently by two reviewers with discrepancies resolved by all authors. Our team then engaged an evaluation framework categorizing each study by Reach, Effectiveness, Adoption, Implementation, and Maintenance (RE-AIM).

Results: A total of 180 articles were identified and 30 met inclusion criteria. Preliminary findings suggest that the literature examines each RE-AIM domain. First, CPAP reach was characterized by the number and type of consultations, practices enrolled, and patients and clinicians receiving services. Effectiveness was assessed by evaluating patient and clinician satisfaction, healthcare utilization, and patient outcomes. Adoption studies characterized CPAPs when first established (e.g., date of adoption, services offered), and implementation investigated changes over time (e.g., fidelity, modifications). Finally, maintenance studies described the federal and statewide investments made to institutionalize interventions.

Conclusions: This review synthesizes the breadth of studies used to evaluate CPAPs and highlights opportunities for future research.