

## CPAP

### Child Psychiatry Access Program

**Question:** How do I assess and treat mental health concerns in primary care?

**Answer:** CPAP! CPAP aims to increase the ability and comfort of primary care clinicians to provide basic mental health assessment and treatment for their child and adolescent patients.

**Core Components:**

- 1) Telephone consultation (within 45 minutes of a request) with a child psychiatrist.
- 2) Access to information about community resources through a clinical care coordinator.
- 3) Regular "Lunch & Learns".
- 4) A toolkit of screening tools and educational material.
- 5) Direct face-to-face consultation for patients with difficult diagnostic or treatment issues.

Lunch & Learn Sessions			
Year One	Year Two	Year Three	Year Four
CPAP Overview and Orientation	Fundamentals of Antidepressant Medications	Encopresis & Enuresis	Aggression: Do we have a fighting chance?
Mental Health Screening Tools	Crisis and Chaos in the Primary Care Setting	ODD: "Just Say Yes"	Unexplained Physical Complaints
Basics for ADHD: Medications and Treatments	Treatment of Anxiety in Primary Care	Natural Therapies for Mental Health Issues and Sleep	Suicide and Self-Injurious Behaviors
What is Therapy? What are the Systems of Care in Maine?	Depression and Suicide and the Role of the PCP	Substance Abuse	Antipsychotic Medications & Children

**What CPAP participants are saying:**

- *Andrea Loeffler, MD, Martin's Point Brunswick:* "The question I get answered helps me not just with that patient but with the next five."
- *John Girard, MD, MMP Westbrook:* "I don't call that much, but I know you have my back."
- *Andrea Tracy, MD, Martin's Point Brunswick:* "You're not going anywhere are you? I keep a sheet every day with mental health concerns/questions."
- *And always:* "Thanks so much; that was so very helpful."



**Key Contacts:**

Don Berube, Clinical Coordinator, 662-3409; [berubd@mmc.org](mailto:berubd@mmc.org)  
 Sandra Fritsch, MD, Physician Leader, 662-4377; [fritss@mmc.org](mailto:fritss@mmc.org)  
 Renee Leavitt, Program Manager, 662-2419; [leavir@mmc.org](mailto:leavir@mmc.org)