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.

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Lunch & Learn Sessions

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."

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