Since receiving an extra hour with the start of Daylight Savings Time this week, I thought I would take that time to share some news with all of you.

Here and Now: Nurse Case Management is changing patient trajectories!

In 2013, the University of Iowa Child Psychiatry Outpatient Clinic began to utilize outpatient nurse supports in a different way. Under the leadership of then faculty member and outpatient clinic director, Jennifer McWilliams MD (Pictured below in Spotlight section), in conjunction with the UI Health Care Operational Excellence Team, a system of care was introduced to help patients and families facing challenges due to a child’s psychiatric needs. Two seasoned child psychiatric nurses, Joan Beckman and Scot Harrison, took on the critical role of clinic care coordinators (or as we call them now, Nurse Case Managers) to improve care continuity for such patients. This was not an entirely new model, having been used for the past half a century during which time care of psychiatric patients overall has been transitioned to more outpatient settings. In most cases, Nurse Case Managers are matched to a patient and family and then assess needs and begin to address them, ranging from assistance with navigation of the healthcare system to family relationships to community resources. The application of Nurse Case Management to child psychiatry has been less documented, but based on the presentation of many patients in our care, the Iowa team decided it was a model worth trying.
Looking Ahead: New Leadership

Nancy Beyer MD began work as the new Director of the Child and Adolescent Psychiatry Outpatient Clinic in September. Dr. Beyer is known to many current and former members of our division for her endearing humility (she certainly did not want any focus on herself in the newsletter), her encouraging collaborative style, and her work on behalf of improving access to care. She has taken the reins from E. Taylor Buckingham MD MPH who has been able now to focus more on scholarly work and writing. We are so grateful to Dr. Buckingham for all his contributions in the years he served in this role.

James Chambliss & Dr. E. Taylor Buckingham at AACAP

In the intervening five years, the program has been used with hundreds of families, with ADHD, depression, and anxiety as the most common diagnoses of young patients. Based on chart review, James Chambliss and Dr. Buckingham found that most utilization measures for these patients from pre- to post-Nurse Case Management periods were cut in half. Patients had significant reductions in inpatient admissions, emergency room visits, clinic visits, and clinic calls to non-Nurse Case Managers. The data also suggest that suicide and self-harm attempts were reduced after Nurse Case Managers began working with patients and families. We have learned that this program has been a tremendous addition to our model of care at the University of Iowa, and we look forward to further refining and improving our work with children and families with our new knowledge.

And also at AACAP...

Our division was well-represented at the 2018 AACAP meeting in general, with Peter Daniolos MD presenting "Building Resilience in Depressed LGBTQ Youth: An Integrated Approach," Hanna Stevens MD PhD presenting "Redox Dysregulation Affects the Development of Interneurons Critical for Anxiety-like Behaviors," and E. Taylor Buckingham MD, MPH and Hanna Stevens MD PhD serving as mentors in the annual mentoring program for trainees. We also had a delightful gathering among past graduates (Drs. Elizabeth Homan-Sandoval, AJ Allan, Chadi Calarge) and current faculty and trainees (Drs. Desire Christensen, Brandon Greenfield, Aly Wood, Nancy Beyer, Taylor Buckingham and Hanna Stevens). We reminisced, facilitated our trainees connecting with these new mentors, and ate some delicious cheese cake! We hope to have a much larger "reunion" at the 2019 AACAP meeting in Chicago—we will be in touch to let you know what to expect.

Current University of Iowa Child Psychiatry Outpatient child psychiatrist, Taylor Buckingham MD MPH, and medical and MPH student, James Chambliss, decided to look back on the impact the Nurse Case Management approach has had for patients at UIHC. In a poster coauthored by Dr. Buckingham, James, Joan, Scot and the newest Nurse Case Manager, Natalie Kaasa, they presented the results of their analysis at the 2018 American Academy of Child and Adolescent Psychiatry (AACAP) meeting in Seattle. What they found is very encouraging!
New Member of the Team:

Kristina Giuliani DNP, has just joined the Department of Psychiatry and is working in the Division of Child and Adolescent Psychiatry to provide services in multiple settings. Kristina received her Master of Nursing at the University of Iowa followed by her Doctor of Nursing Practice from the University of Minnesota. She worked as a nurse for several years at UIHC in both general pediatrics and Inpatient adult psychiatry. Kristina will be joining both Child Psychiatry Consult teams—for contributing to the care of children in the emergency department as well as during inpatient hospitalization at Stead Family Children’s Hospital. She will also be working in our outpatient clinic. Kristina has an interest in treatment of adolescent mood and anxiety disorders which fits well with her roles on these multiple services.

New Program: UIHC CSU

With the opening of the UIHC Crisis Stabilization Unit for adults with emergency psychiatric needs, our division of Child and Adolescent Psychiatry has begun to develop its own, separate service for meeting the emergency psychiatric needs of children. In a collaborative effort between Sima Tran DNP, Shelly Hsiao PA, Kristina Giuliani DNP, Lance Clemsen LISW, Hanna Stevens MD PhD, and the child psychiatry fellowship program, we are not only providing consultation to our pediatric ED colleagues but are working to improve their care in the ED during prolonged stays.

New Grant:

Kelly Pelzel PhD has been awarded an intra-departmental pilot grant to develop clinical programming for very young children. Kelly describes the significance and goals of her project in this way: PCIT is effective in treating externalizing behavior problems; however, it is a moderately-long intervention and not sensitive to the developmental needs of young toddlers. To address these problems, PCIT Investigators have developed and established an initial evidence base for two preventative interventions: PC-CARE and PCIT-Toddler (PCIT-T). PC-CARE is a 7-session treatment model aimed at improving caregiver-child relationships and teaching caregivers evidence-based behavior management strategies. PCIT-T is aimed at helping children 12-24 months-old with their emotional, relational, and behavioral functioning. With the needs of our youngest patients in mind, IOWA-PCIT lab members and trainers will be trained in these two intervention models in order to pilot their clinical utility at UIHC and beyond.
Jennifer McWilliams MD graduated from the University of Iowa child psychiatry fellowship in 2008 and was welcomed to the UIHC child psychiatry faculty a year later. She soon took on leadership of the UIHC outpatient child psychiatry clinic. Among other aspects of her leadership of the clinic, she was instrumental in starting the nurse case management system detailed above. In 2013, Dr. McWilliams relocated to Omaha, Nebraska, in part to be closer to her extended family. Her initial position in Omaha was with the University of Nebraska Medical Center, a place to which she had extensive connections from her time in medical school.

In 2015, Dr. McWilliams transitioned to a new position in outpatient child and adolescent psychiatry treatment at Children's Hospital and Medical Center of Omaha. She made this change because of the opportunity to develop telehealth services for children's psychiatric needs through Children's of Omaha. In fact, Dr. McWilliams does 80% of her practice through telemedical systems, embedded in general pediatrics offices which allows for informal consultation on shared or unique patients. She truly appreciates this collaboration with primary care, envisioning that our future delivery of psychiatric care may evolve to be even more integrated in this way. Because of her Master's training at Dartmouth College in Health Care Delivery Science, she sees her future career focusing more on this aspect of child psychiatry. Dr. McWilliams is currently planning for grant proposals that will allow her to develop combined psychiatry-primary care approaches.

Another aspect of her work at Children's of Omaha is growing an ECHO (Extension for Community Healthcare Outcomes) project funded by the AAP (American Academy of Pediatrics). Every two weeks, she provides an hour of outreach on children's mental health to pediatricians and other primary care providers for children. This is comprised of a twenty minute didactic, a twenty minute discussion around a case provided by a PCP and a twenty minute open question and answer period. For each of these sessions, they typically have 40-60 attendees through their teleconferencing system. Dr. McWilliams has recognized how significant this outreach can be in Nebraska, where there are great distances between providers and a shortage of mental health providers that is even more acute than in other states.

Dr. McWilliams stays connected with many of her supervisors and fellow trainees from her residency and fellowship at University of Iowa. In fact, she hopes that anyone from the Iowa Child Psychiatry family interested in telemedicine might consider joining the AACAP Telemedicine committee, which she finds to be a forward-looking group that is making real advances on behalf of children and families.

We will spotlight a former member of UIHC child psychiatry in each newsletter. If you have an idea for a colleague that should be highlighted in this feature, please let us know.
Farewell and Best Wishes:

We bid a fond farewell to Sarah Nagle, LISW with a potluck lunch on her last day, Friday, Nov 2. Sarah worked with both inpatient and outpatient child psychiatric services at UIHC, specializing in family-based approaches and treatment of individuals with eating disorders. Many people reflected on the bittersweet feeling of her departure—we are excited for Sarah as she moves to Cincinnati, OH to pursue this next phase of life and career but will acutely miss her lovely calm demeanor, her collaborative energy, and insightful perspectives on children and adolescents.

Other News:

The Klingenstein Third Generation Foundation sponsored Samuel T. Orton Medical Student Child Psychiatry Interest Group has had an extremely active fall semester thus far, recruiting new first year medical students to appreciate the practice of Child Psychiatry. The co-mentors for this group—Carissa Gunderson, MD, Allan Andersen, MD, and Hanna Stevens MD PhD—have coordinated several well attended discussions featuring our own and outside experts and facilitated student shadowing in our patient care settings. We have held meetings in which we focused on the following:

- What is child and adolescent psychiatry?
- Trauma-focused treatment (thank you, Danielle Sparks LISW!)
- Adolescent eating disorders (thank you, Erin Martin DO!)
- The triple board training pathway (thank you, Amy Meadows MD, University of Kentucky!)
- Caring for adults with intellectual disability (thank you, Marc Hines, BA!)

We already have exciting plans for the end of the fall semester and 2019’s spring semester including:

- Discussion about what molecular psychiatry is
- Discussion about research opportunities in psychiatry
- Attending the 2019 National Medical Student Conference at Stanford School of Medicine in Palo Alto, CA in February, 2019.

Our medical students are so grateful to the Klingenstein Third Generation foundation for their support!

The Child and Adolescent Psychiatry Division also recently facilitated a collaborative afternoon of didactics for the University of Iowa Pediatric Residents and Fellows. Fourteen faculty members spent four hours dynamically educating these pediatric trainees in small group sessions using case-based learning. The efforts were very well-received and will have long-term impacts on the capacity of soon to be practicing pediatricians to address mental health concerns in their young patients.

The newsletter will be produced at least twice a year. We look forward to sharing all news related to Iowa Child Psychiatry and ask for your help in doing so:

1. Please send your latest professional news that we could share in our next newsletter with our alumni.
2. If you know contact information for any Iowa Child Psychiatry alumni, please send it to us and PLEASE join our Facebook group—Iowa Child Psychiatry and send anything you would like to share on the page to Dee.

Please send any and all info to: (hanna-stevens@uiowa.edu) or our fellowship coordinator, Dee Lovig (deeanna-lovig@uiowa.edu). If you have any questions or need any additional information, please let me know.

**HAPPY THANKSGIVING**

All of our best regards from Iowa City,

Hanna Stevens, MD PhD
https://uichildrens.org/medical-services/psychiatry-and-psychology