



YOUTH ACCESS TO PSYCHIATRY PROGRAM (YAP-P)

December 2023



December 2023 Consult Schedule

Monday

12:00-1:00pm & 4:30-5:00pm
Unavailable Christmas Day

Tuesday

12:00-1:00pm

Wednesday

12:30-1:00pm & 4:30-5:30pm

Thursday

12:00-1:00pm & 5:00-6:00pm

Information to Provide

- Practice that child visited
- PCP name & email
- Patient name, DOB, insurance
- Preferred method of consult: phone or televideo
- General reason for consult
- If known, whether a behavioral health screening was conducted in prior 12 months



Clinical Tip of the Month

EXPLORING VALERIAN ROOT FOR CHILDREN'S MENTAL HEALTH

Valerian root (*Valeriana officinalis*) is a herb known for its sedative and anxiolytic properties. It has been used traditionally to address sleep disorders, anxiety, and stress. It holds promise as a natural option for supporting children's mental health.^[1]

This herbal sedative has been studied in over 40 controlled research trials and shows comparable efficacy to benzodiazepines. Comparatively, it shows reduced side effects and no apparent tolerance. Additionally, some research suggests its effectiveness in treating obsessive-compulsive disorder (OCD).

Valerian root is most often taken in supplement, tincture, or tea form and is recommended to take before bedtime. It should be considered as a supplement to established therapies rather than a standalone treatment.

Clinical Trainings

PROJECT ECHO TELEMENTORING

The South Carolina Telehealth Alliance (SCTA) is offering a statewide Project ECHO telementoring program to create ongoing learning communities in a collaborative environment. This initiative links provider specialist teams with primary care providers to provide ongoing support and training. Current telementoring and ECHO programs include behavioral health care, pregnancy wellness, opioid disorder, and hepatitis C.

Please click [here](#) to access more information on the SCTA website.

MCPAP CLINICAL CONVERSATIONS SERIES

The Clinical Conversations Series is hosted by the Massachusetts Child Psychiatry Access Project (MCPAP) to improve access to behavioral health resources for PCPs. This monthly virtual series features a child psychiatrist or subject matter expert sharing on a variety of behavioral health topics.

Tune in on the 4th Tuesday of each month from 12:15-1:15pm by clicking [here](#) to register.



Continuing Education Opportunities*

MCPAP Clinical Conversations Webinar
Dec. 26, 2023 - 12:15pm
[Click here to register](#)

CASE Webinar Series -
Preschool ADHD
Dec. 12, 2023 - 12pm
[Click here to register](#)

Pregnancy Wellness ECHO
SC Maternal Mortality Review
Dec. 6 & 20, 2023 - 12:15pm
[Click here to join](#)

SafeSide Suicide Prevention
[Click here for interest form](#)

Youth Behavioral Health
ECHO Training
Sponsored by MUSC & YAPP
Launching January 2024

*CMEs available

Consulting with YAP-P is as Easy as 1-2-3



Step 1

Your practice connects with YAP-P via phone by calling 1-877-729-2779



Step 2

Appointment times are offered and PCP selects televideo or phone option



Step 3

Calendar invite is sent to PCP for when psychiatrist will contact PCP for consultation

Friendly Reminder: Please complete the short follow up survey after you complete your consultation. Your feedback helps us improve our services.

