



# Pediatric Mental Health Care Access (PMHCA)

Behavioral Health Planning Council    December 17, 2025

NORTH  
**Dakota**  
Be Legendary.

Health & Human Services



# PMHCA

## Program Purpose

**Promote** behavioral health integration in pediatric primary care in new or existing telehealth access programs.

**Provide** training and education to support the treatment of children and adolescents with behavioral disorders.

**Support** telehealth consultation and referral to a local pediatric behavioral health provider, to the extent possible.

**Serve** as a resource for pediatric primary care providers, psychiatrists, mental health professionals, and care coordinators.

# How does PMHCA work?

North Dakota PMHCA increases pediatric providers' comfort to treat and manage mild to moderate behavioral health concerns in day-to-day practice through:

## Provider Education

Project ECHO is a collaborative model for behavioral health knowledge sharing and care management that helps clinicians and community providers better serve their patients through advanced curriculum and training, along with discussions on current case studies.

## Behavioral Health Teleconsultation

Behavioral Health Clinicians provide HIPAA compliant guidance on treatment and management of pediatric behavioral health conditions through telephonic consultation to providers.

## Referral Network

Care Coordination services are available for the families that providers serve through the consultation line. Care Coordination is currently done through Family Voices.

# PMHCA Program Goals

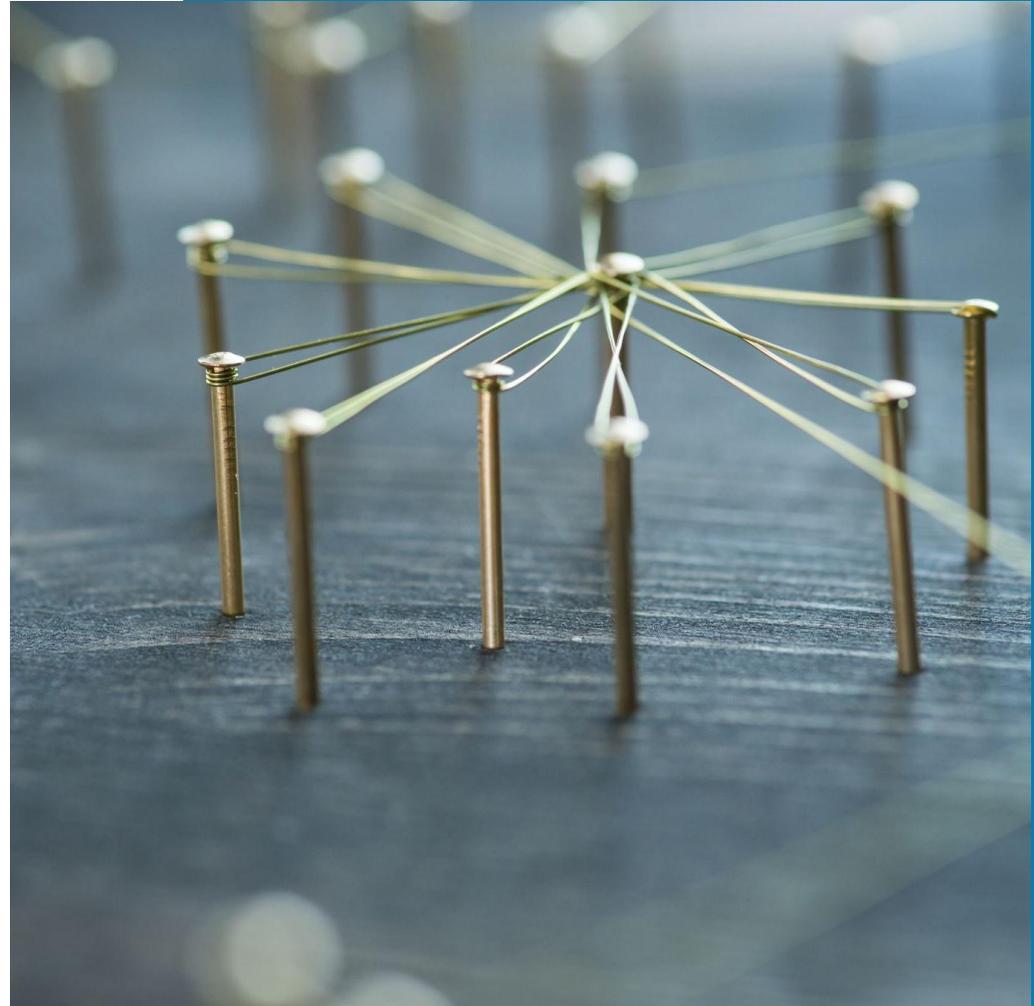


## Goal 1:

Increase the capacity of primary care providers to screen, diagnose and treat children for behavioral health disorders in primary care settings.

# PMHCA Program Updates

- 13 ECHO sessions (Sept 24-25)
  - -221 professionals trained
- Behavioral Health and Children and Family Services Conference
  - Dr. Crystal Collier and Dr. Julie Radlauer
- Parents Lead Crisis, Transition and discharge planning
- Reaching Teens
  - 21 different organizations
  - 584 staff members
- Consultation line partnership



# Crisis, Transition and discharge planning

The Behavioral health transition plan can be utilized anywhere on the Behavioral health continuum: from prevention to post crisis within primary care settings.

Through the tool, families can easily access:

- Local counseling and therapy services
- Crisis hotlines and text support
- Support groups for youth and families
- Mental health education and coping strategies



# Build Knowledge & Find Help for Suicide Prevention

As a child transitions back home, it's important to connect the youth and family with community-based services to ensure continued support.

Accessing the right behavioral health resources can play a key role in their ongoing well-being.

These services help your child maintain progress and provide you with tools needed for continued care.

**Assist family in navigating Community Based Services through Behavioral Health Clinics or Community Based supports:**

- Local counseling and therapy services
- Support groups for youth and families
- Crisis hotlines and text support
- Mental health education and coping strategies





# Upcoming funding opportunity: 2026

The PMHCA Community Grants will support integrated approaches to strengthen behavioral health care for youth by:

- Enhancing collaboration between primary care providers, behavioral health professionals and schools.
- Expanding access to training, consultation, and evidence-based tools for pediatric behavioral health.
- Promoting early identification and intervention for children and families.
- Reducing barriers to care, particularly in rural and underserved communities.

# PMHCA Consultations

## 2025 Consultation Line calls and consults:

January: 0

February: 1

March: 4

April: 3

May: 1

June: 0

July: 0

August: 2

September: 1

October: 1

November: 4



# PMHCA Program Goals



## Goal 2:

Develop and create capacity for telehealth programs in community-based settings by expanding partnerships within Emergency Departments and Schools.

# PMHCA Program Updates

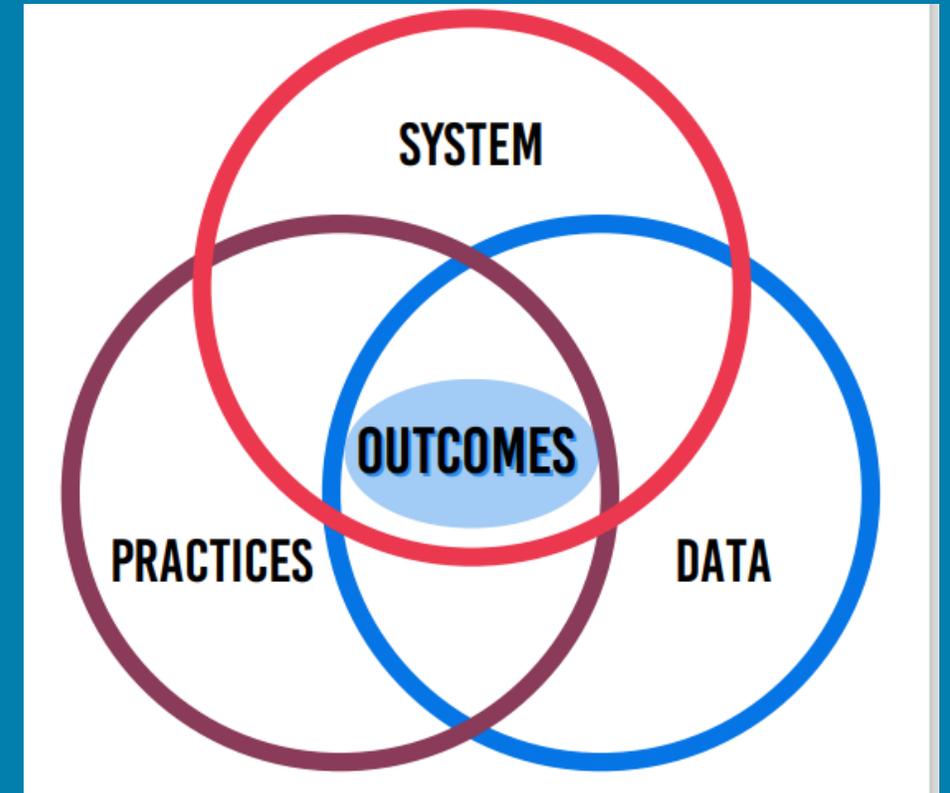
## Current Activities to Achieve Goal:

- Partnership with Emergency Medical Services statewide to collaborate on expansion into Emergency Department's and increased primary care settings.
- ECHO trainings within schools (6)
- Care Coordination available within two rural schools
- One additional NDFSCS school applied to engage with Student for Success support
- Expansion into Emergency Departments



# Student for Success Support

The Support for Student Success (3S) opportunity is a customized approach to engaging with practical, intentional trainings and tools to increase positive behaviors. 3S is intended to support system building, implementation of evidence-based practices, and coach use of data collection and analysis processes to inform efforts and evaluate impact.



# PMHCA Care Coordination

**PMHCA will pilot Care Coordination in two rural school districts to provide families with comprehensive behavioral health and community support through:**

- Family-centered assessment and goal setting
- Linking families to behavioral health and community resources
- Ongoing communication (with family consent) between Family Voices of North Dakota (FVND) and school staff
- Regular follow-up to promote student stability and family well-being



# Consultation Line

## How To Access Consult Line

**Primary Care Providers can call the toll-free phone number:**

**(888) 522-9654**

Monday – Friday

8:30 am – 4:30 pm.

Providers are asked a few brief questions to identify the nature of the call and collect critical points about the patient. The collected information are forwarded to a Child and Adolescent Psychiatrist, who then call the Primary Care Provider back to provide free consultation on the case.

# Thank you!



Shauna Eberhardt, Program Director

[sleberhardt@nd.gov](mailto:sleberhardt@nd.gov), 701-239-7365

Sara Kapp, Program Manager

[skapp@nd.gov](mailto:skapp@nd.gov) , 701-328-4763