



Massachusetts Child Psychiatry Access Program

Mental Health Care Package

For Pediatric Practices



Prepared By:
MCPAP Teams
2020

A Note from MCPAP

Dear Providers,

MCPAP is dedicated to continuing to provide support and guidance to the pediatric community during the coronavirus (COVID-19) pandemic. MCPAP aims to continue to provide our services with little disruption. Like many, we have made some changes to ensure the health of staff and patients, but our goal is to continue to support you and your practice during this time of heightened anxiety.

Our phone consultation line continues to take calls for peer-to-peer consultation and will continue to do so without disruption. We will continue to provide community resources for your patients to the best of our ability. We will monitor what is happening in our communities across the state. Like you, we are uncertain what will stay open during this time. Many of our resources are small, independent practices and may not have the same capabilities to provide telehealth or practice other social distancing measures.

Due to social distancing, our one time face-to-face consultation has shifted the most. Our MCPAP teams are in the processes of transitioning to telehealth platforms. Please be patient with us as we go through this process. Our psychiatry team knows how valuable these one-time visits can be for your patients and we are doing everything we can to continue to provide support for the families you serve. Our child and adolescent psychiatrists and our behavioral health clinicians will continue to give guidance to you and your patients over the phone if a face to face or telehealth visit is not possible.

MCPAP is dedicated to support you and the families you serve. We understand that COVID-19 can affect family's mental health as well as physical health and we will continue to support your pediatric communities during this difficult time. In this care package you will find links to resources to share with the families in your practice. Our phone lines are open Monday- Friday, 9:00 a.m. – 5:00 p.m. Stay safe.

Your MCPAP team

MCPAP Regional Numbers

Boston North

855-627-2763

Massachusetts General Hospital
North Shore Medical Center

Boston South

844-636-2727

Boston Children's Hospital
McLean Hospital Southeast
Tufts Medical Center

Western & Central

844-926-2727

Baystate Medical Center
UMass Memorial Medical Center

**Providers can call
MCPAP to speak
with a behavioral
health clinician or
child and adolescent
psychiatrist**

Monday - Friday

9:00 AM - 5:00 PM

MCPAP is a service which supports primary care providers. If a parent is concerned about the mental health of his/her child, s/he should express those concerns to the child's primary care provider. The primary care provider may call MCPAP for a consultation.

Reducing Anxiety

Progressive Muscle Relaxation

During stressful times bodies tense up and we sometimes don't realize it. Consciously tensing then relaxing muscles helps release this tension physically and emotionally.

1. Get into a comfortable position, either sitting or lying down.
2. Close your eyes and focus on tensing then relaxing each muscle group for 2 to 3 seconds.
3. Start at the bottom and work your way up, or start at the top and work your way down. Toes, feet, calves, thighs, bum, stomach, chest, hands, arms, shoulders, neck, mouth, nose, and eyes.
4. Breathe in while tensing and breathe out while relaxing.

Mindful Breathing

Focusing attention on breathing helps slow your heart rate and blood pressure, which makes it easier to calm your emotional state.

1. Set a timer for 5 minutes (make sure the sound is relaxing so you don't shock yourself when the time is up!)
2. Get into a comfortable position, either sitting or lying down.
3. Close your eyes and pay attention to the breath moving in and out of your lungs.
4. Counting as slowly as is comfortable, breathe in for 5 seconds, hold for 5 seconds, and then breathe out for 5 seconds.
5. Practice this during less-stressful times and as you build proficiency, you will be able to use it when you are in a stressful situation without having to think about it.

Visualization Technique

This technique is helpful before rest time or bedtime, when thoughts can get in the way of relaxing or sleeping. Parents can do these with kids and teens until they learn how to do it themselves. Youtube has short videos also; search for Guided Imagery or Guided Meditation. Below is a simple exercise; feel free to substitute a favorite scene of your own.

1. Ask your child/teen to sit or lie down in a comfortable position, eyes closed, and take a few breaths in and out to get settled.
2. Picture a warm summer day, with a blue sky, some fluffy clouds, and green grass.
3. Feel the soft breeze blowing, and see the clouds slowly drift by.
4. Feel the warm sun on your face and hear birds singing.
5. Stay there for a few minutes, relaxing in the sun, hearing the birds and feeling the breeze.
6. After a few minutes, have them count slowing back from 10 to 1 and then breathe in one more breath and open their eyes.

Helpful Links

Crisis Emergency Services

National Suicide Prevention Hotline

Call 1-800-273-8255

<https://suicidepreventionlifeline.org/>

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org/>

SAMHSA National Helpline (English/Spanish)

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

MBHP ESP Statewide Directory

<https://www.masspartnership.com/pdf/MBHPESPDirectory.pdf>

COVID-19 Resource Libraries

MGH Department of Psychiatry:

Guide to Mental Health Resources for COVID-19

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/>

American Academy for Child and Adolescent Psychiatry

[https://www.aacap.org/coronavirus?](https://www.aacap.org/coronavirus?utm_source=Informz&utm_medium=email&utm_campaign=Annual%20Meeting)

[utm_source=Informz&utm_medium=email&utm_campaign=Annual%20Meeting](https://www.aacap.org/coronavirus?utm_source=Informz&utm_medium=email&utm_campaign=Annual%20Meeting)

Child Mind Institute

<https://childmind.org/>

Child Trends

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Helpful Links Continued

Meditation Apps

headspace

<https://www.headspace.com/covid-19>

Calm

<https://www.calm.com/>

Insight Timer

<https://insighttimer.com/>

5 Best Mental Health Apps for Kids

<https://www.educationalappstore.com/best-apps/5-best-mental-health-and-wellbeing-apps-for-kids>

10 Anxiety, Relaxation & Mindfulness Apps for Kids

<https://www.simplepractice.com/blog/anxiety-relaxation-mindfulness-apps-kids/>

Anxiety

Anxiety Canada

Expert tools and resources to help manage anxiety

<https://www.anxietycanada.com/>

Mindfulness

Mindfulness: Guide to Feelings Cards

<https://www.education.com/worksheet/article/mindfulness-feelings-cards/>

PLEASE NOTE: MANY APPS AND WEBSITES OFFER FREE TRIALS THAT ARE LIMITED. PLEASE USE DISCRETION WHEN SIGNING UP FOR ANYTHING 'FREE'. ALL LINKS ARE PROVIDED WITH THE KNOWLEDGE THAT THE CONSUMER WILL DETERMINE APPROPRIATENESS OF FIT FOR SELF AND FAMILY, NONE OF THESE LINKS CONSTITUTE AN ENDORSEMENT BY MCPAP. USE CAUTION WHEN ALLOWING YOUR CHILDREN SCREEN TIME. BE SURE TO PRE-APPROVE ANY WEBSITES FOR ANY AGE CHILD IN YOUR HOME.

Family Resources

For Parents

Mass Kids Parental Stress Line

A 24-hour hotline in Massachusetts 1-617-632-8133 x2
http://www.masskids.org/index.php?option=com_content&view=article&id=272:get-help&catid=54&Itemid=309

Parents Helping Parents of Massachusetts

<https://www.parentshelpingparents.org/>

Coping with Stress around COVID-19: An Interface Guide

<https://interface.williamjames.edu/sites/default/files/Coping%20with%20Stress%20around%20COVID%20Guide%20%28002%29.pdf>

Online Recovery/Support/Parenting Groups et al.

<https://www.mcstap.com/docs/Online%20%20Phone%20resources.pdf>

PPAL: Parent/Professional Advocacy League

<http://ppal.net/>

Specialized Resources

Federation for Children with Special Needs

<https://fcsn.org/>

Horace Mann Educational Associates

<https://www.hmea.org/about-us/>

Autism Resource Central

<https://www.autismresourcecentral.org/>

UMASS: Center for Autism and Neurodevelopmental Disorders (CANDO)

<https://www.umassmed.edu/psychiatry/clinicalservices/child-adolescent-clinical-services/cando/>



Family Resources Continued

Learning/Play

Virtual Field Trips

<https://www.weareteachers.com/best-virtual-field-trips/>

Play at Home

<https://www.playworks.org/news/playathome-with-playworks/>

Committee for Children: Social-Emotional Learning Programs

<https://www.cfchildren.org/>

COVID-19 DAILY SCHEDULE

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|---------------|---------------------|--|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Family walk with the dog Yoga if it's raining |
| 10:00-11:00 | Academic time | NO ELECTRONICS Sudoku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Legos, magnetiles, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30 | Quiet time | Reading, puzzles, nap |
| 2:30-4:00 | Academic time | ELECTRONICS OK Ipad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid showers x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |

