

**The majority of children and adolescents with mental health conditions do not receive treatment.** Untreated or inadequately treated mental illness can lead to high rates of behavior problems in school, as well as school dropout<sup>1</sup>. Additionally, the COVID pandemic worsened the mental health crisis. Emergency department visits for suicide attempts increased 31% during the first year of the pandemic<sup>2</sup>. Many at-risk youth can be identified in primary care offices and schools, where there is the unique opportunity to provide the support they need in an environment where they are comfortable.



## 1 IN 5 CHILDREN

have at least one diagnosable mental health condition<sup>3</sup>



In 2020, **suicide** was the **second leading cause of death** for children ages 10-14<sup>4</sup>

Since 2012, MC3 has provided primary care providers in Michigan psychiatry support so they can have expert and timely consultation as they treat pediatric and perinatal patients. MC3 offers primary care providers guidance on diagnostic questions, safe medications, appropriate psychotherapy, and local resources through individual and group consultation and education.

**MC3 now also offers psychiatry consultation and behavioral health education in select ISDs in Michigan.** These consultations and education are provided to licensed school mental health professionals through the following key offerings:



**Group clinical consultation** with MC3 consulting specialists to discuss students for behavioral health guidance and recommendations



**Web-based trainings** on topics of interest to assist in managing behavioral health conditions



**Reflective consultation** with MC3 consulting specialists to help manage challenging emotions

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## What is group clinical consultation?

Group clinical consultation gives licensed behavioral health professionals in the school setting the opportunity to discuss complex students and receive behavioral health recommendations from our consulting specialists including child and adolescent psychiatrists, psychologists, and a local MC3 Behavioral Health Consultant (BHC). Group consultation is scheduled monthly from October through May during a day and time that works best for the team.

## What is reflective consultation?

Reflective consultation is a relationship-based approach where a mental health professional explores their thoughts and feelings about their work with a qualified consultant to help manage powerful emotions that often accompany the work. Reflective consultation can help identify and appreciate positive experiences and better identify ways to improve practice and service delivery. It can also be useful when clinicians have had more challenging experiences by helping them to process and learn from them.

MC3 can facilitate reflective consultation sessions for groups of licensed school behavioral health professionals via either a U-M provider or by training a member of the ISD team to offer this important form of consultation to support their team.

## What is not included?

MC3 is not an emergency service. MC3 psychiatrists do not prescribe medication or provide ongoing treatment but support providers as they provide care.

## Who is eligible?

Licensed school mental health professionals who work in select ISDs are eligible to receive these school-based services. If you work in an ISD in Michigan that is not yet participating in MC3 consultation and are interested in learning more, contact us.

### For more information



MC3Michigan.org



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**Sources:** **1)** National Alliance on Mental Illness. Mental Health in Schools. <https://www.nami.org/Advocacy/Policy-Priorities/Improving-Health/Mental-Health-in-Schools> **2)** Leeb RT, Bitsko RH, Radhakrishnan L, Martinez P, Njai R, Holland KM. Mental health-related emergency department visits among children aged <18 years during the COVID-19 pandemic—United States, January 1–October 17, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:1675–80. <http://doi.org/10.15585/mmwr.mm6945a3> **3)** Merikangas, K., et al. (2010) Lifetime Prevalence of Mental Disorders in US Adolescents: Results of the National Comorbidity Survey Replication- Adolescent Supplement. *Journal of American Academy of Child and Adolescent Psychiatry* 49(10):980-989. doi: 10.1016/j.jaac.2010.05.017 **4)** Centers for Disease Control and Prevention, Fact About Suicide, <https://www.cdc.gov/suicide/facts/index.html>.

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