

Pediatric Psychiatry ECHO®

Session 15 Notes and Resource Sheet



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DIDACTIC PRESENTATION

Visual Supports

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[Recording](#)

[Presentation Slides](#)

CASE SUMMARY

We explored the complicated case of a non-binary 15yo who identifies as bisexual and reports significant sexual abuse. After having been in multiple foster care placements since July 2020, they were recently reunited with mother who has a history of substance abuse and currently lives in a homeless shelter.

KEY QUESTION(S)

- How to address and approach history of sexual assault in an adolescent patient without appropriate documentation?
- How to navigate fractured parent/child relationship with children in state custody?

CLARIFYING QUESTIONS

Are you the PCP?	<i>Yes, I have accepted them as a new patient. Currently they live in a homeless shelter, and they need to arrange transportation to get to appointments. Mom has requested to transfer care to a clinic closer to them.</i>
Were you prescribing?	<i>Yes, they were on medication when they came to me, but had not been taking it. I started them on Prozac. They have been compliant and getting refills for the Prozac for 6 months now, which has improved their stability and performance at school.</i>
Is anything being done about the sex trafficking?	<i>To my knowledge after a review of documents, it has not been reported. I have not spoken to the DHHS caseworker about this and the disclosure came out when we were discussing STI/Pregnancy</i>
You have acknowledged self-injurious behavior. Have you asked any specific questions about suicide?	<i>Yes, they identify the cutting as a soothing behavior. There is no active or passive suicidal ideation.</i>
Has any of this been reported? Sometimes it takes making a NEW CPS report, to prompt a caseworker to connect with you.	<i>They are in DHHS Custody, which has added another layer of complexity. I don't know who to speak with. There is no paper trail regarding the trafficking. How do I speak with mom or the patient about the sex trafficking?</i>
How involved is the case manager (Caseworker)?	<i>Have only met her 1 time. The case manager didn't notify the office when they moved foster placement, I get information from the patient and family. Once I called the foster parent and they notified me that the patient no longer lived there. The only information received is from the patient/family at visits. No one else is sharing information.</i>

KEY RECOMMENDATIONS

Be patient, continue to listen. You are managing things and they are sharing with. No need to investigate, rather connect the family to other resources to help - pass work to others. Request a consultation through the MPBHP Access line (1-833-672-4711), if you have ongoing questions about medication or resources.

Case Management:

Make a referral for a community case manager, this will be helpful to connect to resources.

- You can obtain a release of information so that the Care Coordinator (Case Manager) will be able to assist with connecting the youth/family to many of the supports that are being suggested herein.
- Section 65 services (HCT) provide treatment by a licensed Mental Health Clinician. Reference: [CBH Services Facts Sheets](#)
- The homeless shelter should be assisting with Case Management/Permanent Housing Resources.
- If you are calling and not hearing back from the OCFS Caseworker, you may call the supervisor. As the Medical Director for OCFS, I would connect you with the Child Well Being Team. (Dr. Adrienne Carmack, e-mail: adrienne.w.carmack@maine.gov)

CBHS Services Info: <https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services>.

Child Abuse:

You are obligated to call DHHS if there are concerns for safety – Let them investigate.

- Make a NEW CPS report, so it goes to where it needs to.
 - Is she supposed to be with her bio mom?
 - It needs to be investigated whether Mom was involved in the sex trafficking.
- [Spurwink Center](#) for any type of abuse evaluations- call for consultation (888-889-3903).

Potential resources

- Sexual Assault Crisis and Support: <https://www.silentnomore.org/>
- For Caregiver: <https://couragelivesme.org/our-services/>
- <https://www.mainesten.org/maines-anti-trafficking-efforts.html>

Ongoing Primary Care

You have a relationship with your patient. They need to remain with a consistent person to continue the care. What does it mean for them to switch offices? Your consistency will get to that, that will be the most healing thing you can do. Consider encouraging them to continue care with you at your office. If the family has MaineCare, they can get rides to appointments.

- <https://www.maine.gov/dhhs/oms/member-resources/transportation>

Consider a referral for Trauma focused CBT.

Explore a diagnosis of PTSD, does the patient have nightmares or issues with sleep? It is a great testament to your emotional presence and listening that they have been comfortable to disclose things to you. Remember, it only takes 1 caring adult cheering for you to motivate change and progress.

School Based Supports:

If the patient attends a school with a School-Based Health Center, they can access some services there.

- School-Based Mental Health Supports: <https://www.maine.gov/doe/schools/safeschools/counseling>
- McKinney-Vento liaison:
<https://www.maine.gov/doe/schools/safeschools/counseling/highmobility/homelessed>
- LGBTQ+ Student Resources: <https://www.maine.gov/doe/lgbtq/student>
- Civil Rights Team and/or Gay Straight Alliance

LGBTQ+/Mental Health/SUD/Peer Support:

- Support for teens around substance use: <https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services/substance-use-treatment-for-youth>
- [Youth Peer Support Statewide Network](#)
- NAMI Maine Teen Text Line: <https://www.namimaine.org/teentextline>
- Boys & Girls Club Teen Center: <https://boysandgirlsclubofaugustamaine.com/>
- LGBTQ Resources in Maine
<https://umaine.edu/lgbtq/resources-and-services/lgbt-resources-in-maine/>
- OUT Maine: <https://www.outmaine.org/programs/youth/>
- Trevor Project: <https://equalitymaine.org/resources/trevor-project>
- <https://www.mainetrans.net/youth>: offers community navigators to help find services for youth and a way to build a community of support, with groups that are facilitated and guided by an adult.

Maine Development Disabilities Council sponsored a Community of Praxis to develop a research guide for clinicians to treat sexual abuse victims who have DD - with a special focus on non-verbal.

That report can be found here: https://www.maineddc.org/images/Reports/COP_report_Final.pdf

You may always reach out for a consult through the MPBHP access line 1-833-672-4711.