



# Iowa Pediatric Mental Health

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## Collaborative

The Iowa Pediatric Mental Health Collaborative supports primary care providers in their treatment of children and youth with mild to moderate mental health needs within their medical home. Project activities include webinars, in-person conferences, and consultations with a University of Iowa child and adolescent psychiatrist.

### Webinars

At least six webinars are held each year on topics specific to children and youth with mental health diagnoses including anxiety and depression, behavior problems, eating disorders, and adverse childhood experiences. All webinars offer participants CMEs and CEUs.

### In-Person Conferences

Three regional conferences were held in 2019, prior to the COVID-19 pandemic. Program staff hope to resume these trainings in the fall of 2021. These events offer educational opportunities to primary care and other community based providers in addition to networking opportunities for those serving children and youth with mental health needs in a specific region of the state.

### Consultations

Primary care providers can consult with a University of Iowa Child Psychiatrist 24 hours a day, 7 days a week through UI Consult.

Common questions include:

- Are there other medication options for this specific clinical problem?
- What guidance can I give parents?
- Are there resources for a specific clinic problem?
- What is an approach to use for a child having school issues?
- What screening tools could I use?

Consult with a child and  
adolescent psychiatrist 24/7  
**800-322-8442**

The Iowa Pediatric Mental Health  
Collaborative provides mental health  
resources for health care providers.



Program staff have also developed an **online resource** and **referral database**. Visit [www.chsciowa.org](http://www.chsciowa.org) for more information.



University of Iowa  
Stead Family  
Children's Hospital

Division of Child and Community Health