

Children's Psychiatric Access Program

What We Do

Children's Psychiatric Access Program (CPAP) is designed to provide mental health resources, education, and support to pediatric primary care doctors at no cost. To date, CPAP has enrolled pediatricians in seven medical practices in Brunswick, Westbrook, Yarmouth, Boothbay Harbor, and Norway. As participants in CPAP, a practice's physicians can receive telephone or electronic consults from a child psychiatrist; face-to-face consultation for difficult diagnoses or treatment issues; help in identifying available community resources; ongoing education about mental health issues among children and adolescents; and mental health screening tools and patient educational materials.

Phone Consults: As participants in the Children's Psychiatric Access Program, physicians are provided with a phone number to call that will put them directly in touch with CPAP's Clinical Care Coordinator, Don Berube. Don will gather brief information regarding the patient's mental health issues and relay the information to Dr. Sandra Fritsch. Within 45 minutes of the call (or at a time specified by the physician), Dr. Fritsch will be available for a phone consultation.

Resource Locator: When physicians have a child in their office who requires ongoing therapy, psychiatry, or even information about a summer camp that is equipped to deal with certain mental health issues, they can call the Clinical Care Coordinator at (207) 662-3409. The information will be promptly gathered and relayed to the physician by phone, email or fax.

Quarterly Educational Meetings – "Lunch and Learns" "Lunch and Learns" take place at the physicians' practice and typically last about one hour. These sessions cover a wide range of psychiatric and behavioral health topics and are designed to help the primary care doctor feel better equipped to handle mental health concerns that arise in their practice. These meetings provide CME's and are catered by CPAP. Topic suggestions are always welcomed from the primary care doctors.

Face to Face Consults From time to time, phone consults may not be adequate to determine the best course of treatment for or to develop a diagnosis for a patient. In these instances, the CPAP staff can arrange a one-time consult at the Portland office for the patient and their family. Immediately following the appointment, the sending physician will be notified of any preliminary findings and impressions or suggestions. A printed copy of the dictation from the appointment will be available within two weeks.

Our Mission

To provide primary care doctors the resources, education, and support they need to care for a wider variety of mental health issues for their patients.

Office Hours

Monday through Friday 9:00AM-4:00PM

CPAP Staff**Don Berube, Clinical Coordinator**

(207) 662-3409

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Sandra Fritsch, M.D., Principle Investigator

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(207) 662-3409

Anxiety Pathways

- [Anxiety Overview](#)

Handouts

- [Maine Medical Center Anxiety Program Patient Handout](#)

Guidelines

- [Maine Medical Center Anxiety Treatment Guidelines](#)
- [NICE Guidelines](#)
- [APA Anxiolytic Dosing Guidelines](#)

Outcome Measures

- [OASIS](#)
- [Generalized Anxiety Disorder 7-Item \(GAD-7\) Scale](#)

Aids to Tapering of Benzodiazepines

- [Pharmacological Interventions for Benzodiazepines](#)
- [Withdrawing Benzos in Primary Care](#)

Cognitive Behavioral Therapy (CBT)

- [CBT Overview](#)
- [Informed Consent for Cognitive Behavioral Therapy](#)

Manuals

- [Generalized Anxiety Disorder Manual](#)
- [Social Anxiety Disorder Manual](#)
- [Self-Help Manual for CBT](#)

Self-Help Resources

- [Books/Workbooks/Websites](#)

Documentation Handouts

- [CBT Session Notes](#)
- [Mood Diary](#)
- [Weekly Practice Records](#)

Thought Record Handouts

- [Thought Record ABCD Technique](#)
- [Finding Alternative Thoughts](#)
- [Downward Arrow Technique](#)
- [Depression Thought Record Sheet](#)
- [Anxiety Thought Record Sheet](#)
- [Answering Your Identified Negative Thoughts](#)
- [OCD Thought Record Sheet](#)
- [Obsessions-Rituals Diary](#)
- [Change Advantages and Disadvantages Sheet](#)

Breathing-Progressive Relaxation Handouts:

- [Relaxation Overview](#)
- [Progressive Muscle Relaxation Exercise](#)
- [Calming Techniques](#)

Exposure Handout

- [Situational Exposure](#)
- [Hierarchy of Feared Situations Sheet](#)
- [Exposure Homework Sheet](#)
- [Relapse Prevention Sheet](#)

Dual Diagnosis Intensive Outpatient Program

The Dual Diagnosis Intensive Outpatient Program (DDIOP) is designed to address persons with co-occurring conditions of addictions and psychiatric disorders simultaneously. The programs consist of 15, 3-hour group sessions. Each 3-hour session includes: Check-In Group, Education Group and Group Therapy. Additionally, a psychiatrist is available for medication consultation for individuals that are not presently connected with a psychiatrist either inside or outside the clinic. The program is abstinence based and is designed for individuals who are unable to benefit from a less intensive level of care. To make a referral, please contact our Outpatient Referral Center at (207) 761-6644.

Program Hours: Mondays and Wednesdays from Noon-3PM. Fridays from 9:00 AM -Noon

Partial Hospital Program

The Partial Hospital Program (PHP) provides an individualized and comprehensive treatment approach designed to avert hospitalization or to assist the patient's transition from inpatient care to a structured, outpatient level of care. It provides short term, intensive daily programming by an interdisciplinary team skilled in the treatment of mental illness and co-occurring disorders. Groups focused on coping skill development and the predominant modality of care, though individual and family meetings are included as indicated.

Program Hours: Monday, Tuesday, Thursday and Friday from 9AM to 2:45PM. Wednesdays from 9AM to 1:45PM