



Interprofessional
Continuing Education Partnership
UNIVERSITY OF WISCONSIN-MADISON

Strengthening Pediatric Mental Healthcare in Rural Communities: Role of Continuing Education

2025 WCMEW Workforce Summit

October 8, 2025

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Overarching Focus: Addressing Specialty Healthcare Needs in Rural Clinics

- Insuring interprofessional healthcare team access to specialty care knowledge and skills
- Optimizing implementation of specialty care in rural clinic settings
- Maximizing stakeholder engagement: healthcare system, clinics, healthcare providers

Presentation Goals

Presentation Focus:

Specialty Care Prototype: Pediatric Mental Health—Anxiety and Depression

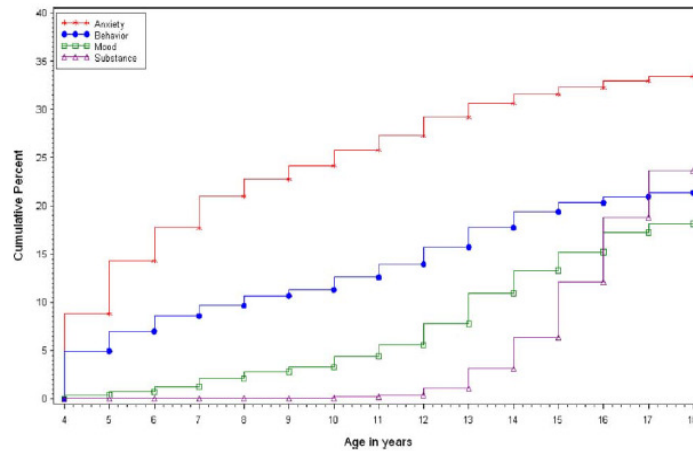
- Explain the clinical need to address pediatric mental health
- Identify existing resources and approaches to support pediatric mental health specialty care in Wisconsin
- Review evidence of the impact of continuing education (CE) in improving healthcare
- Discuss approaches to elevating CE as means of improving pediatric mental healthcare: challenges and opportunities

Why Pediatric Anxiety and Depression?

- Highly prevalent
- Elevated harm risk:
 - suicide, self harm, homicide
- Global negative impact: acute and lifelong
 - Child
 - Family
 - Schools
 - Communities
 - Healthcare systems

Lifetime Prevalence of Psychiatric Disorders Among Children/Adolescents

FIGURE 1 Cumulative lifetime prevalence of major classes of DSM-IV disorders among adolescents (N = 10,123).



Increasing Rates of Pediatric Anxiety and Depression

Figure 2. Prevalence of Clinically Diagnosed Depression per 100 Participants From 2017 to 2021

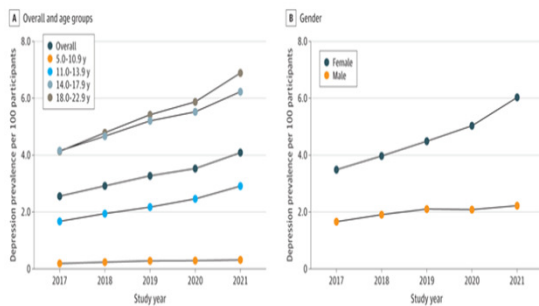
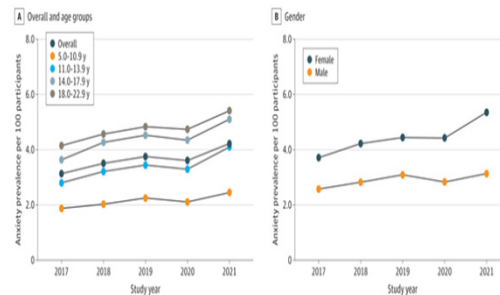
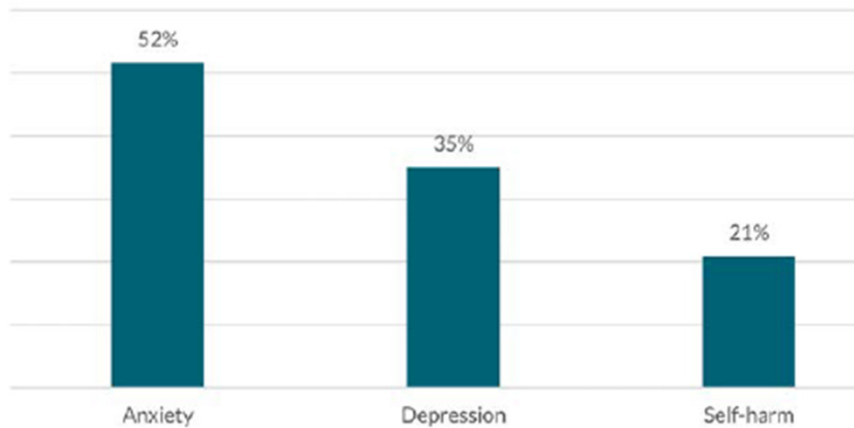


Figure 4. Prevalence of Clinically Diagnosed Anxiety Without Depression per 100 Participants From 2017 to 2021



Anxiety, Depression, Self Harm

Self-Reported Rates of Anxiety, Depression, and Self-Harm

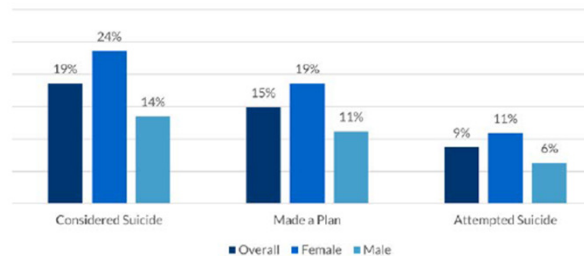


Wisconsin Youth Risk Behavior Survey 2023
Wisconsin Dept of Public Instruction

Suicidal Ideation: Male/Female

- Considered Suicide
 - 19% Overall
 - Female (24%) > male
- Made a Plan
 - 15% Overall
 - Female (19%) > male
- Attempted Suicide
 - 9% Overall
 - Female (11%) > male

Suicide Ideation: Overall and By Sex



Wisconsin Youth Risk Behavior Survey 2023
Wisconsin Dept of Public Instruction

Widespread Costs of Pediatric Anxiety/Depression

- Child-level
 - Substance abuse, suicide risk
 - Poorer physical health (increased medical care and medication use)
 - Negative impact on learning and social development
 - Impact on employment later in life
- Family-level
 - Negative family functioning
 - Missed work
- Societal-level
 - Increased health care use
 - Increased educational costs
 - Parent missed work

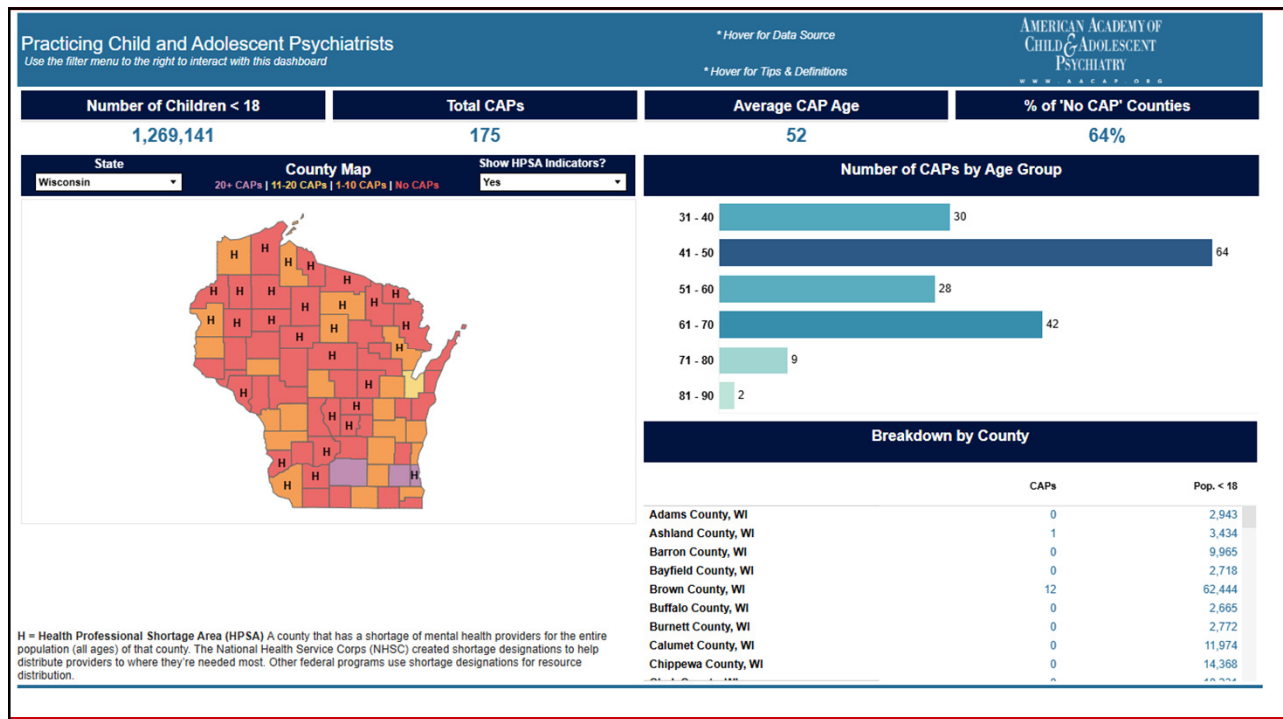
Widespread Costs of Pediatric Anxiety/Depression

Rural Healthcare Team Costs

- High demand, high complexity patients
- Limited resources
- Medical team burnout
 - Complex patient care; limited clinical training; isolated “silos” of providers, clinics, healthcare systems

Pediatric Mental Health Healthcare Provider Shortages in Wisconsin

- Specialty Care: Child and Adolescent Psychiatrists
- Wisconsin Healthcare Providers



Healthcare Team: Wisconsin Healthcare Workforce Shortage

- **WCMEW Healthcare Workforce Strategic Plan 2024**

- “Based on a 2021 WCMEW study, a shortfall of health professionals totaling over 25,000 is projected by 2035 unless bold action is taken.”

Pediatric Mental Health Specialty Care Support: What is Currently Available for Rural Primary Care Clinics?

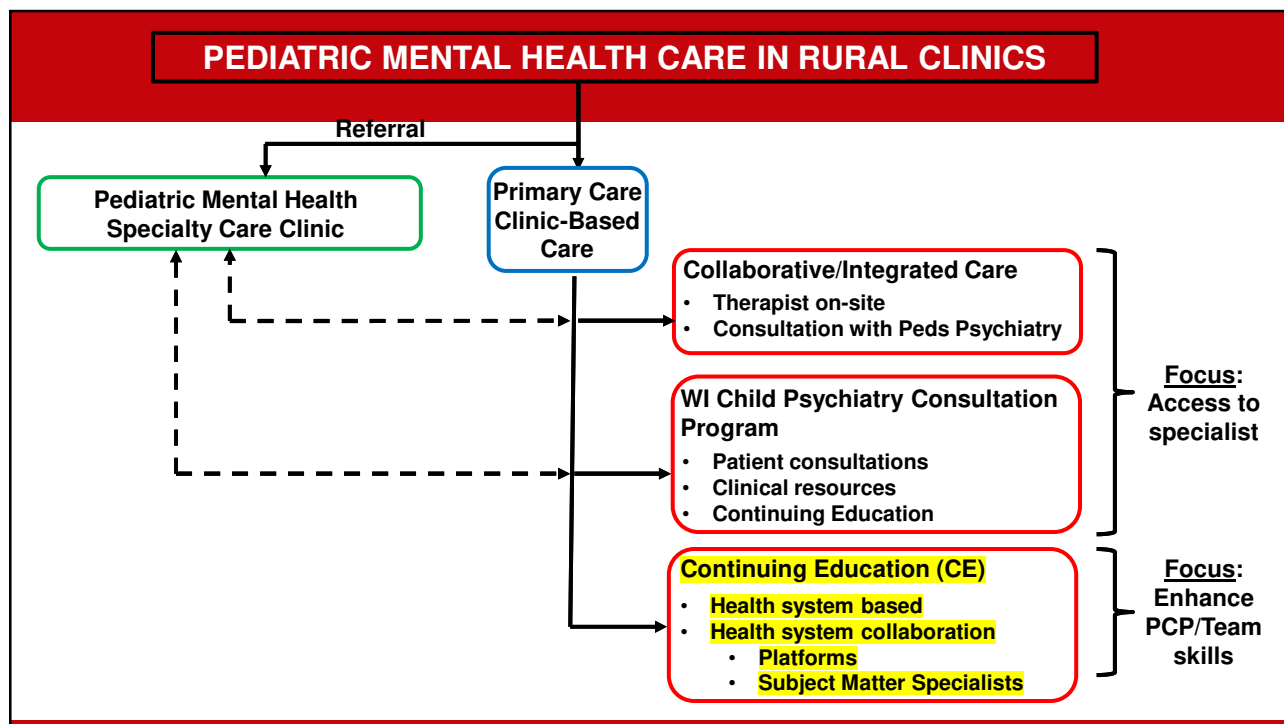
1. **Referral to Pediatric Mental Health Specialty Care Clinics:**

Barriers:

- Limited availability
- Geographically sparse
- Lengthy waits for access
- Variable insurance coverage

2. **Rural Primary Care Clinic-Based Care: current state**

- Collaborative/Integrated Care: academic center regional care clinics
- Wisconsin Child Psychiatry Consultation Program: limited reach
- Continuing Education: wide access and reach



Pediatric Mental Health Specialty Care: Expanding and Maximizing the Role of Continuing Education (CE)

- Accredited Continuing Education:
- Accredited continuing education is based on standard established by national organizations
 - ACCME, ANCC, ACPE, and others.
 - Standards ensure quality, relevance, validity, and independence from industry influence.
- Joint Accreditation established standards for interprofessional continuing education (IPCE)
- Required for most licensed and/or certified healthcare professionals

Accredited Continuing Education Is:

- Relevant and Responsive
- Evidence-based
- Fair and balanced
- Engaging
- Just in Time
- Quality Improvement
- Drive systems change
- Improves patient safety
- Improves professional competency
- Integrates with quality assurance
- Bridges health system goals with population health

Benefits of Accredited Continuing Education for Clinicians

- Relatively low-cost
- Improve clinical performance
- Nurture teams
- Reduce burnout
 - CE activities that focus on **job resources** (e.g., professional development, skill-building, and recognition) are associated with increased engagement and reduced burnout.
 - Engagement, fostered through meaningful CE, was found to be a stronger predictor of organizational commitment than burnout itself.

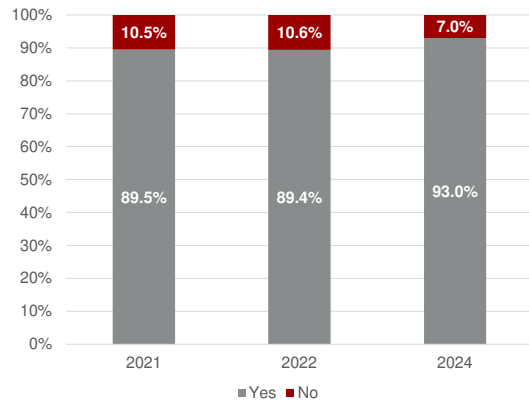
CE Formats and Examples

- **Live (in-person/virtual):**
 - Conferences
 - Grand Rounds
 - Case Conference
- **Asynchronous:**
 - Courses
 - Journals Articles
 - Podcasts
- **Asynchronous Course:**
 - [Recognition and Management of Anxiety Disorders in Children and Adolescents](#)
- **Podcast:**
 - [Assessing and managing depression and anxiety in older adults](#)
- **Regularly Scheduled Series:**
 - Pediatric Collaborative Care Behavioral Health Conference
- **Short Series:**
 - ECHO Autism Wisconsin: Anxiety Assessment and Management
- **Up-to-Date:**
 - Evidence-based clinical decision support resource

Accredited CE Impact: ICEP Data 2021 - 2024

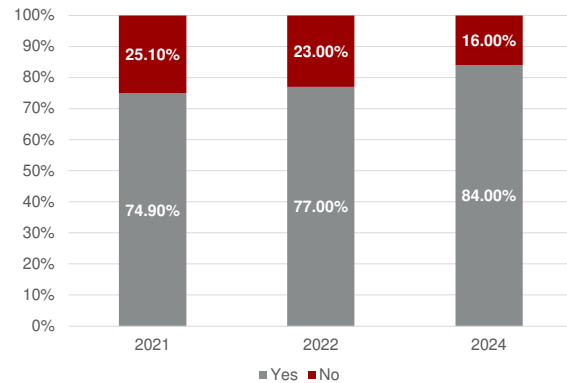
- Each year, UW-Madison Interprofessional Continuing Education Partnership (ICEP) conducts a survey to measure the impact of our interprofessional continuing education program in five domains:
 - Knowledge
 - Attitude
 - Competence
 - Performance
 - Patient Outcomes

ICEP Global Evaluation (GE): Educational Impact



Did participation in this educational impact your and/or your healthcare team performance/practice?

“Did participation in this educational impact your knowledge, attitudes, and/or skills/strategy/ability to act pertaining to your practice?”



Changes in Skills/Strategies 2024

Question: As a result of participation in this activity, how did you change your knowledge, attitudes, and/or skills/ability to act? Please choose all areas from the list that were improved (239 Respondents)

Area	I Gained New Knowledge		I Changed My Attitudes		I Gained New Skills/Ability to Act	
	#	%	#	%	#	%
Clinical care	148	62%	27	11%	95	40%
Communication with other professionals	121	51%	36	15%	93	39%
Defining the roles/responsibilities of my team members	120	50%	38	16%	80	33%
Patient education and communication	144	60%	26	11%	104	44%
Resources/tools to support patient care	135	56%	25	10%	83	35%
Working with an interprofessional team	121	51%	39	16%	79	33%

Changes in Skills/Strategies 2024

- “It was very eye opening to something I would have never known about without having seen this”
- “Understanding organ donation outcomes alongside of family care”
- “I know how to care for pediatric patients with a trach and vent”

Changes in Performance 2024

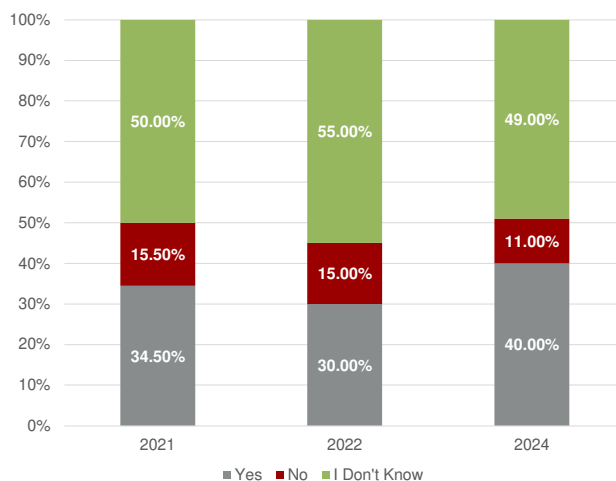
As a result of participation in this educational activity, how did you and/or your healthcare team improve performance/practice? Please choose all areas from the list that were improved (219 Respondents)

Area	I improved how I practice		My healthcare team improved team performance/practice	
	#	%	#	%
Access to care	86	46%	51	27%
Collaboration between healthcare team members	103	55%	75	40%
Communication with other healthcare professionals	113	60%	65	35%
Diagnosis/differential diagnosis	85	45%	40	21%
Engaged in quality improvement project	75	40%	53	28%
Patient education and communication	118	63%	61	32%
Patient management	92	49%	45	24%
Treatment	85	45%	43	23%
Use of electronic health records	51	27%	33	18%
Workflow	70	37%	40	21%

Changes in Performance 2024

- “I improved communication”
- “Resourceful on working with a team, collaborating, and moving the team forward.”
- “I learned new tricks with macros with fluency direct to make clinic note writing a little faster and easier.”
- “Improved coverage for billed services”
- More patients screened and referral”
- “I have improved on my analysis of research/evidence to make a more informed decision on formulary management at health system level.”

Changes in Patient Outcomes 2024



- **Did this activity have an impact on patient outcomes as a result of the practice changes implemented?**

Healthcare Team: Wisconsin Healthcare Workforce Shortage

- **WCMEW Healthcare Workforce Strategic Plan 2024**
 - Promote Healthcare Careers
 - Strengthen our Physician Pathways
 - Nursing Pathways
 - Retain Healthcare Professionals
 - ***Redesign Healthcare Deliver: Re-imagine care delivery and Improve Care Models**
 - Leverage use of technology in enhancing and maximizing the workforce; reducing administrative burden

***Role of CE in enhancing pediatric mental health care in rural clinics**

Reimagining Care Delivery and Improve Care Models Through CE

Continuing Education isn't just about learning; it connects healthcare system goals with:

- Evolving needs of practicing professionals
- Improving patient outcomes.

Help us generate strategies where CE can be used to improve pediatric mental health care in rural clinics and bring it center-stage.

Consider This

What does a thriving CE hub for pediatric mental health look like in your ideal world?

- System goals (e.g., equity, access, efficiency)
- Clinician needs (e.g., skill gaps, burnout, collaboration)
- Patient/community outcomes (e.g., mental health, continuity of care)

Consider This

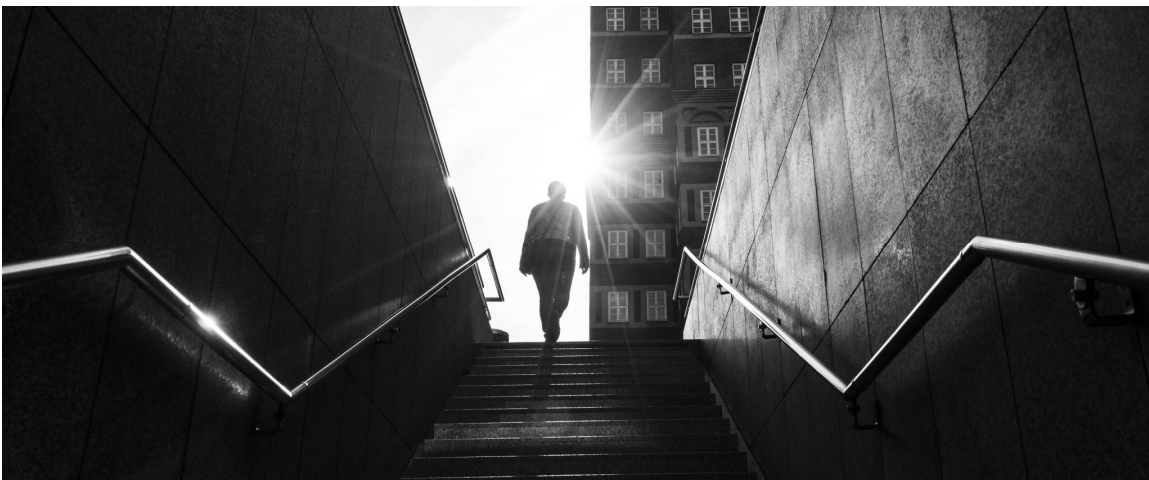
What barriers will prevent your ideal state from becoming reality?

Consider

How can we engage healthcare systems in identifying high-need specialty areas like pediatric mental health?

How can healthcare systems leverage CE to address these high-need priority to support healthcare providers?

Debrief and Next Steps



Questions or Collaboration

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- UW-Madison ICEP Learning Portal
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