

# REACHing Kids

The REACH Institute Alumni Newsletter

*"I have been able to use the information I learned from the lectures to help families feel comfortable getting into CBT. Because I have validated anxiety and depression scales to follow kids' symptoms, I have become comfortable treating kids with medication for anxiety and depression. Thank-you for this amazing course. It has transformed and improved my practice." – Adrienne Classen, 2014 PPP alumna*

## REACH LAUNCHES ITS NEW WEBSITE!

On July 17, REACH launched its new website ([thereachinstitute.org](http://thereachinstitute.org)). We have a special feature for our Child/Adolescent Training in Evidence-Based Psychotherapies (CATIE) and Primary Pediatric Psychopharmacology (PPP) Program alumni – online access to rating scales and medication cards! To receive your login credentials, please email the CATIE Program Director at [lisa@thereachinstitute.org](mailto:lisa@thereachinstitute.org) or the PPP Program Director at [ppp@thereachinstitute.org](mailto:ppp@thereachinstitute.org)

## REACH PPP COURSE IN MIAMI

Join The REACH Institute in Miami for our first PPP Mini-Fellowship of 2015. This course will take place at the Mailman Center for Child Development at the University of Miami Miller School of Medicine. Please share [our course information](#) and [registration form](#) with your colleagues and networks.

## CONNECT WITH REACH ON SOCIAL MEDIA!

REACH recently started a [PPP LinkedIn group](#). This space is a PPP alumni community where you can connect with fellow alumni and share resources. We love hearing stories of how the REACH course experience changed your practice. Join the group and share your story!

REACH is on Facebook! [Like our page](#) to get program updates, upcoming course notifications, and articles on children's mental health. You can also follow us on Twitter at @reach4kids

## REACH IN THE NEWS

The American Board of Pediatrics asked how pediatricians can help address the children's mental health crisis in America. Six respondents recommended REACH's Primary Pediatric Psychopharmacology mini-fellowship. [Click here](#) to read the blog post and responses, including one from REACH Founder Peter Jensen.

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*REACH's work will impact 174,000 children in Colorado. Read our [Program Spotlight](#) section to find out how.*

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[\[Click here to add a caption\]](#)

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## SAY REACH!

Participants hard at work during our May PPP mini-fellowship course in Pueblo, Colorado. Picture by Robert Kowatch.



## PROGRAM SPOTLIGHT: C-PACK

174,000. That's how many children the [Colorado Psychiatric Access and Consultation for Kids \(C-PACK\)](#) will help by mid-2015 in two pilot regions. C-PACK is empowering clinicians across Colorado to help meet children's mental health needs. C-PACK's innovative program starts with clinicians attending either the REACH PPP Mini-Fellowship or CATIE programs. 84 pediatric practitioners from across Colorado attended a REACH PPP mini-fellowship and 38 behavioral health clinicians attended our CATIE program in the 2013-4 months. C-PACK also gives participating clinicians access to child psychiatry teleconsultation and behavioral health resources and services via program care navigators. "Colorado is a leader in integrating behavioral health and physical health," says Sara Kemp, MS, MA, LMHC, C-PACK Project Coordinator at Colorado Behavioral Healthcare System, Inc. (part of Colorado Behavioral Healthcare Council). "C-PACK is one of the only programs in the country to train both pediatric practitioners and behavioral health clinicians in a range of settings as we work together to identify, assess, and treat behavioral health issues in children – regardless of payer source."

## A NOTE FROM OUR FOUNDER PETER JENSEN, MD

For eight years, The REACH Institute has worked to ensure that health care providers across the country are ready, trained and able to deliver the latest scientifically proven interventions to children and youth who are experiencing mental health difficulties. Over 1500 primary care providers and 800 mental health specialists have now been trained using REACH's intensive instructional methods. They will touch the lives of over 1 million children who need mental health help. We could not have accomplished this without your referrals and positive comments.

But we need your help! The Surgeon General has estimated that currently, over 14 million children have significant mental health needs. Because of the drastic national shortages in trained pediatric mental health specialists, only about 30% are receiving adequate care. Please continue sharing your positive experiences with your colleagues and encourage them to take one of our programs soon. Together, we are all part of a movement that is transforming children's mental health services across the country. Thank you for making it happen!.