



THE OHIO STATE UNIVERSITY

# **KySS 3rd Edition**

## **Online Child and Adolescent**

### **Mental Health Fellowship**



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# Overview

This nationally renowned child and adolescent mental health fellowship program will help you to enhance your knowledge and skills in accurately assessing and managing common mental/behavioral health problems in children and adolescents using an evidence-based approach. This is an excellent opportunity to prepare health professionals across multiple disciplines to identify and manage common mental health problems. The program is a multi-pronged approach for the ultimate purpose of improving the capacity to meet the needs of children and adolescents with mental/behavioral health disorders, including those on Medicaid and living in underserved areas.

This program is taught by seasoned experts in child and adolescent mental health and recommended by the Pediatric Nursing Certification Board (PNCB) as a preparation course prior to sitting for the national certification test to achieve the Pediatric Mental Health Specialty (PMHS). Visit [pncb.org/pmhs-clinical-resources](http://pncb.org/pmhs-clinical-resources) to find more PMHS clinical practice resources.

The PNCB Pediatric Primary Care Mental Health Specialist (PMHS) certification is Nationally accredited by the National Commission of Certifying Agencies (NCCA).

If you are a PNP, FNP, PMHNP, or PMHCNS who is preparing for PMHS certification, there is a 10% discount with code **OSUCON=PNCB!2023** for enrolling in KySS Online Mental Health Fellowship: Child and Adolescent Module. Visit [nursing.osu.edu/kyss](http://nursing.osu.edu/kyss) to learn more and register.

This course also offers 40.4 Nursing Contact hours and 5.65 Contact hours are psychopharmacology. The Ohio State University is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

The program has **15 required online modules** that are self-paced. Two modules are accompanied by required clinical skills building activities and there is a final capstone activity module designed to enhance your knowledge and skills in child and adolescent mental health screening, assessment and early evidence-based management of common disorders. A very unique component of this online program is that you will receive guided mentorship from a seasoned mental health professional, who will provide you with feedback on your clinical skills building activities.

# Methods of Instruction

- Online modules of instruction
- Post-tests and clinical skills building activities
- Mentorship by a mental health expert

# Expected Informatics Competencies

- Accesses and uses email for communication and exchanging documents
- Submits quality electronic documents created through the use of word processing
- Engages in all course materials presented within Carmen
- Has access to a high speed internet connection
- Has access to productivity tools (Word, Excel, Adobe PDF Reader)

## Description of the Educational Modules

Each module contains objectives, a recorded PowerPoint lecture, required readings, and useful resources. Selected modules contain the instructions for associated clinical skills building activities.

Each module is followed by a post-test that assesses content from the lecture and required readings.

## Required Textbook

*A Practical Guide to Child and Adolescent Mental Health Screening, Evidence-based Assessment, Intervention, and Health Promotion 3rd Edition 2022* by Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN (Editor), Pamela Lusk, DNP, RN, PMHNP-BC, FAANP, FAAN (Editor)

- ISBN: 9780826167262
- eBook ISBN: 9780826167279

# Methods of Evaluation

A post-test comprised of multiple choice and true/false questions follows each of the educational modules. **An 80% pass rate** on each of the post-tests and satisfactory completion of the clinical skills building activities as evaluated by the faculty mentor is necessary to signify completion. You are allowed **two attempts** to meet the post-test passing requirement.

# Clinical Skills Building Activities

A key differentiator of this program is that a selected number of educational modules have associated clinical skills building activities to assist you with putting into practice what is being learned in the online educational modules. The skills building activities are designed to be incorporated into your current clinical practice setting. Instructions for each of the skills building activities will be provided with each educational module. The final clinical skills building activity will include the submission of a comprehensive write-up of the assessment and evidence-based management of one child/adolescent. Another key differentiator of the program is that you will receive expert faculty feedback on these activities, which will be greatly beneficial to you in building your mental health screening, assessment, accurate identification and early intervention skills.

# Module Content Outline

## Module 1

**Topic:** Mental Health Screening and Assessment (Parts 1 and 2)

**Clinical Skills Building assignment #1:** Screen 2 children and or adolescents with the Pediatric Symptom Checklist and submit findings with appropriate clinical action

**Assignments / Quizzes:** Module 1 Quiz

## Module 2

**Topic:** Cultural Considerations Related to Mental Health Care

**Assignments / Quizzes:** View AAP video / links, LGBTQ+ Pediatrics, Module 2 Quiz

## Module 3

**Topic:** Mood/Depressive Disorders in Children and Teens (Parts 1, 2 and 3)

**Clinical Skills Building assignment #2:** Screen 2 children and 2 adolescents for depression using CES-DC and PHQ-9 tools and submit *findings with appropriate clinical action*.

**Assignments / Quizzes:** Module 3 Quiz

## Module 4

**Topic:** Anxiety Disorders, Trauma and Stress Related Disorders

**Assignments / Quizzes:** Module 4 Quiz

## Module 5

**Topic:** Assessment and Management of Somatoform Disorders

**Assignments / Quizzes:** Module 5 Quiz

## Module 6

**Topic:** ADHD

**Assignments / Quizzes:** Module 6 Quiz



# Module Content Outline (cont.)

## Module 7

**Topic:** Autism Spectrum Disorders & Developmental Screening

**Assignments / Quizzes:** Module 7 Quiz

## Module 8

**Topic:** Sleep Challenges and Feeding/Eating Disorders (Parts 1 and 2)

**Assignments / Quizzes:** Module 8 Quiz

## Module 9

**Topic:** Disruptive Behaviors in Children and Adolescents

**Assignments / Quizzes:** Module 9 Quiz

## Module 10

**Topic:** Substance-Related and Addictive Disorders

**Assignments / Quizzes:** Module 10 Quiz

## Module 11

**Topic:** Child & Adolescent Psychopharmacology I

**Assignments / Quizzes:** Module 11 Quiz

## Module 12

**Topic:** Child & Adolescent Psychopharmacology II

**Clinical Skills Building assignment #6:** (Fill out the KySS Comprehensive Evaluation Template as you interview the child/teen you choose)

**Assignments / Quizzes:** Module 12 Quiz

## Module 13

**Topic:** Maximizing Reimbursement

**Assignments / Quizzes:** Module 13 Quiz



# Module Content Outline (cont.)

## Module 14

**Topic:** CBT with Children and Adolescents

**Assignments / Quizzes:** Module 14 Quiz

## Module 15

**Capstone:** Pulling it All Together & Final Evaluation

**Assignments / Quizzes:** Submit KySS Capstone Template: Comprehensive MH Assessment for a child or adolescent you choose to interview

# Fellowship Program Completion

## Time

The time required to complete each of the KySS Fellowship modules is estimated to be between three (3) to five (5) hours. Modules with associated skills building activities may require additional hours. Ideally, the program is designed for fellows to complete one module per week for 15 weeks.

## Certificate of Completion

Upon satisfactory completion of the entire fellowship program (internet-based modules, post-tests and clinical skills building activities, course evaluations), participants will receive a certificate of completion.

## Questions?

For questions regarding the **program content**, please contact **Dr. Pamela Lusk, Child and Adolescent Psych Mental Health Expert** at [lusk.53@osu.edu](mailto:lusk.53@osu.edu). Contact **Kate Trinter** at [kyss@osu.edu](mailto:kyss@osu.edu) if you have any other questions or concerns.

We assure you that this experience will help you gain more knowledge and enhance your clinical skills in assessing and managing common child and adolescent mental health problems. We also believe that your experience will be rewarding and enjoyable.

# KySS Presenters



## **ADHD in Children: Diagnosis, Management, and Everything In Between**

Michelle Byrum, APN

Pediatric Nurse Practitioner, Developmental Behavioral Pediatrics  
*Nationwide Children's Hospital*



## **Medically Unexplained Symptoms, Functional Somatic Syndromes and Somatoform Disorders**

John V. Campo, MD

Professor of Psychiatry and Behavioral Science  
*Johns Hopkins University School of Medicine*



## **Sleep Disturbances in Children and Adolescents**

Stephanie Hosley, DNP, APRN-CNP, CNE

Assistant Clinical Professor  
Director, Pediatric Nurse Practitioner Specialty Track  
*The Ohio State University College of Nursing*



## **Disruptive Behaviors in Children and Adolescents CBT with Children and Adolescents**

Pamela Lusk, DNP, RN, FAANP, FAAN

Clinical Associate Professor of Practice  
Director, KySS Mental Health Fellowship Program  
*The Ohio State University College of Nursing*



# KySS Presenters



## **Mental Health Screening and Assessment Mood/Depressive Disorders in Children and Teens**

Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN  
Vice President for Health Promotion  
University Chief Wellness Officer  
*The Ohio State University*



## **Evidence-Based Assessment and Management of Pediatric Substance-Related and Addictive Disorders**

Amy E. Smith, DNP, MSW, APRN-CNP  
Clinical Assistant Professor of Practice  
*The Ohio State University College of Nursing*



## **Issues Related to Diversity, Equity and Inclusion in Healthcare Environments**

Barbara Jones Warren, PhD, APRN-CNS, FNAP, FAAN  
Clinical Professor  
Director, Psychiatric Mental Health Nurse Practitioner Specialty Track  
*The Ohio State University College of Nursing*

