

## **NM-ABC: Tools for Providers Serving Youth with Mental Health Needs**

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### **Session Description:**

In this presentation we will take a look at the growth of Pediatric Mental Health Access Programs (PMHCAs) in the United States, and identify the types of workforce shortages and training needs that these programs are designed to address. Then we will introduce NM-ABC, a federally-funded PMHCA program in New Mexico that offers a range of no-cost services to providers across the state. NM-ABC helps ease the mental health professional shortages (and long wait times) by connecting community providers with specialists who can offer consultations, trainings, and resources to support their work. The presentation will share examples of how NM-ABC is being utilized as a tool for all NM providers to ensure the highest-quality care for children and youth experiencing mental health challenges.

### **Learning Objectives:**

1. Identify the workforce needs that Pediatric Mental Health Access Programs are designed to address, and the recent growth of these programs in the United States
2. Identify the three main program components of NM-ABC and how to access them
3. Describe how this program currently supports providers working with children and youth in New Mexico

**Olivia Shadid, MD** is a double board-certified psychiatrist and assistant professor in the Division of Community Behavioral Health and the Division of Child & Adolescent Psychiatry at the University of New Mexico School of Medicine. She is the Associate Program Director of the Child & Adolescent Psychiatry Fellowship. In addition to her clinical work at UNM and the Indian Health Service, she contributes to efforts to improve the mental health of children at a community-level via federal- and state-funded projects including NM-ABC and Project ECHO.

**V. Ann Waldorf, PhD** is a 1997 Clinical Psychology graduate of the University of New Mexico, Department of Psychology. During her career, she's been involved in clinical care, education and training, program development, and administration at the New Mexico Veterans Affairs Healthcare System, Presbyterian Healthcare Services, and the University of New Mexico. She has served as faculty for UNM's Departments of Psychology, Psychiatry & Behavioral Sciences and Family & Community Medicine. In August of 2014, Dr. Waldorf was named as the first Vice Chair for Behavioral Sciences, Department of Psychiatry and Behavioral Sciences. In this role, she is responsible for expanding the department's role in the School of Medicine, the Health Sciences System and the community through evidenced-based care development, research facilitation, inter-professional clinical education, and administration. For many years, the focus of her clinical activities has been the treatment of substance use disorders and the provision of integrated behavioral health services in medical settings. She has trained both learners and providers in Evidence Based Practices (EBPs), especially those related to substance use in individuals diagnosed with other psychiatric and medical disorders.