



**UPSTATE**  
FOUNDATION

## CAMPAIGN FOR CHILD & ADOLESCENT Mental Health



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### Upstate Psychiatric Nurse Practitioner Fellowship

#### ADDRESSING PEDIATRIC MENTAL HEALTH WORKFORCE SHORTAGES AND IMPROVING ACCESS TO CARE

Improving access to care is always a need. Current out-patient appointment wait times in the community average three months or more. While the Department of Psychiatry prides itself on two weeks or less for a new patient appointment, demand continues to increase with no signs of slowing and wait times are growing longer. Without additional investment, the department will reach its maximum patient capacity within two years and be forced to implement waitlists for service.

The Upstate Psychiatric Nurse Practitioner Fellowship's pediatric stem is an accelerated pipeline to train providers to treat child and adolescent mental health issues. While receiving oversight and guidance from experienced clinicians at the Department of Psychiatry, these fellows actively help to treat pediatric patients, working to improve access to care for hundreds of children and adolescents.

#### ABOUT THE FELLOWSHIP

The Upstate Psychiatric Nurse Practitioner Fellowship (NPF) pediatric stem is a one-year program providing advanced clinical and didactic training alongside senior psychiatric residents across emergent, consultative, inpatient and outpatient psychiatry that incorporates essential developmental and family psychotherapy modalities and specialized medication management techniques for adolescents and children.

This experience enhances interprofessional collaboration as well as the necessary support of senior staff to build a solid foundation in efficiency and safety as a pediatric provider. By the end of the fellowship, graduates will be able to confidently and competently diagnose, treat, and manage a diverse array of mental disorders and presentations.

Historically, NP fellowship programs in the psychiatry department have yielded excellent retention rates and many have stayed in CNY. The majority of psychiatry fellows accept positions within Upstate as educators, practitioners and leaders, so greater investments in this area will have a direct impact on patient care, helping improve access to children and adolescents across our region.

#### WHAT IS NEEDED FOR EXPANSION

With the addition of each fellow, the Department of Psychiatry expands its annual access capability by 1,200 patient encounters by adding 100 new patients to its census because fellows can begin seeing patients, with guidance of our experienced clinicians.

Unfortunately, the start-up infrastructure and initial clinical losses per new trainee can be daunting. However, once a critical mass of clinicians who stay here to practice and teach is reached, it is expected to be a self-sustainable system, spanning from nursing (RN) school, to advanced practice (NP) training, to the psychiatric fellowship, and into faculty-based clinical practice with a self-sustaining revenue stream within a few years.

A capital start-up investment in the fellowship would cover setup costs for additional offices, IT infrastructure and medical equipment. The Department of Psychiatry would secure more time from senior staff for education and supervision, expand leadership positions, and hire a part-time coordinator for provider administrative support. All of this should allow the program to reach a critical mass of providers downstream to where it would pay for itself to run in perpetuity.

Finally, a national accreditation of the program, broadcast across an improved website and marketing effort, will make us more visible to talented candidates in order to achieve the ideas put forth above.

#### WHAT IT OFFERS THE CENTRAL NEW YORK COMMUNITY

The program currently serves and treats patients in three counties across New York state with plans to add two more. Greater investments in the pediatric nurse practitioner fellowship program has the potential to significantly and positively impact the critical mental health workforce shortages that limit access to these important services.