



Cal-MAP

CALIFORNIA CHILD & ADOLESCENT MENTAL HEALTH ACCESS PORTAL

A CalHOPE program powered by UCSF

Do you need help managing the behavioral health needs of your patients aged 0-25?

California primary care clinicians now have free access to expert mental and behavioral health consultations for patients aged 0-25.

Cal-MAP provides free CME*-eligible education and resources and clinician-to-clinician consultation with expert psychiatrists, psychologists and social workers regarding best practices in evidence-based, trauma-informed, culturally responsive care.

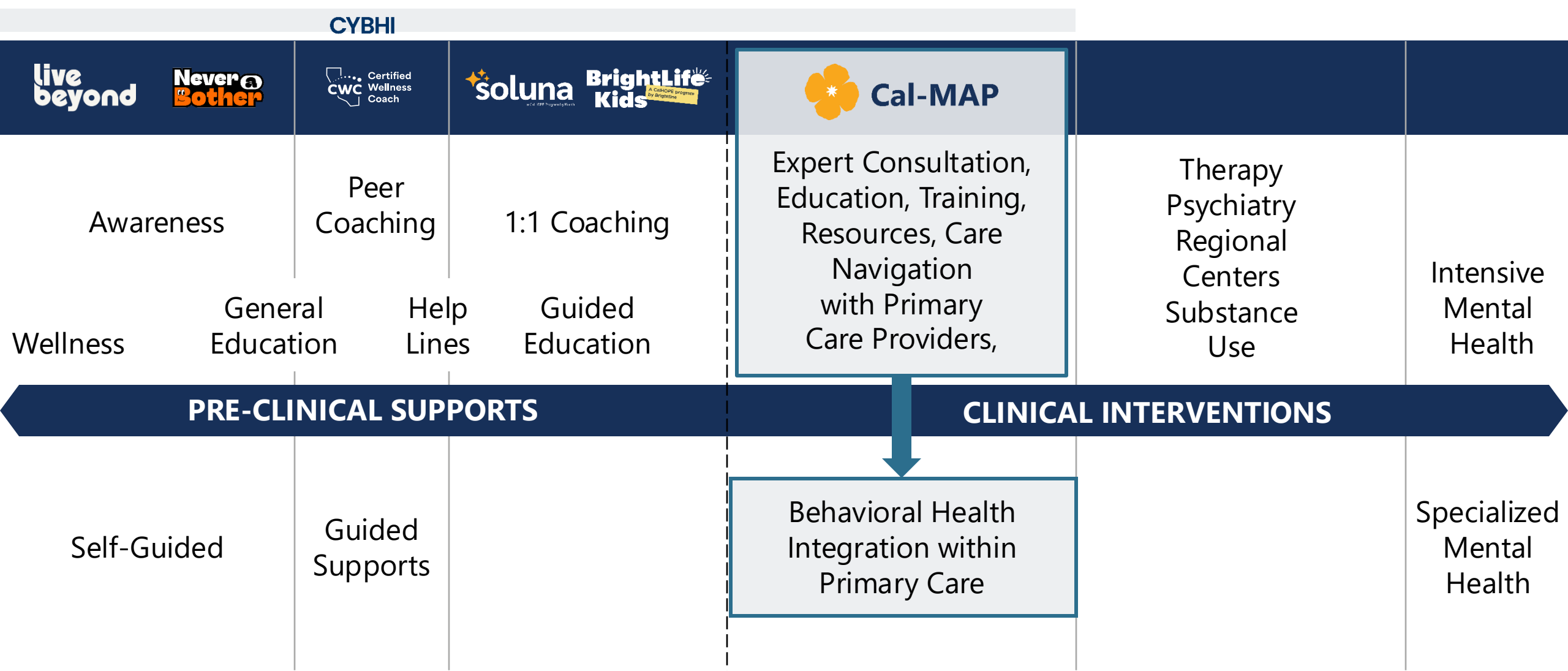


Cal-MAP empowers Primary Care Clinicians to Address Behavioral Health Concerns, so
California Youth and Families access the Right Care, at the Right Time



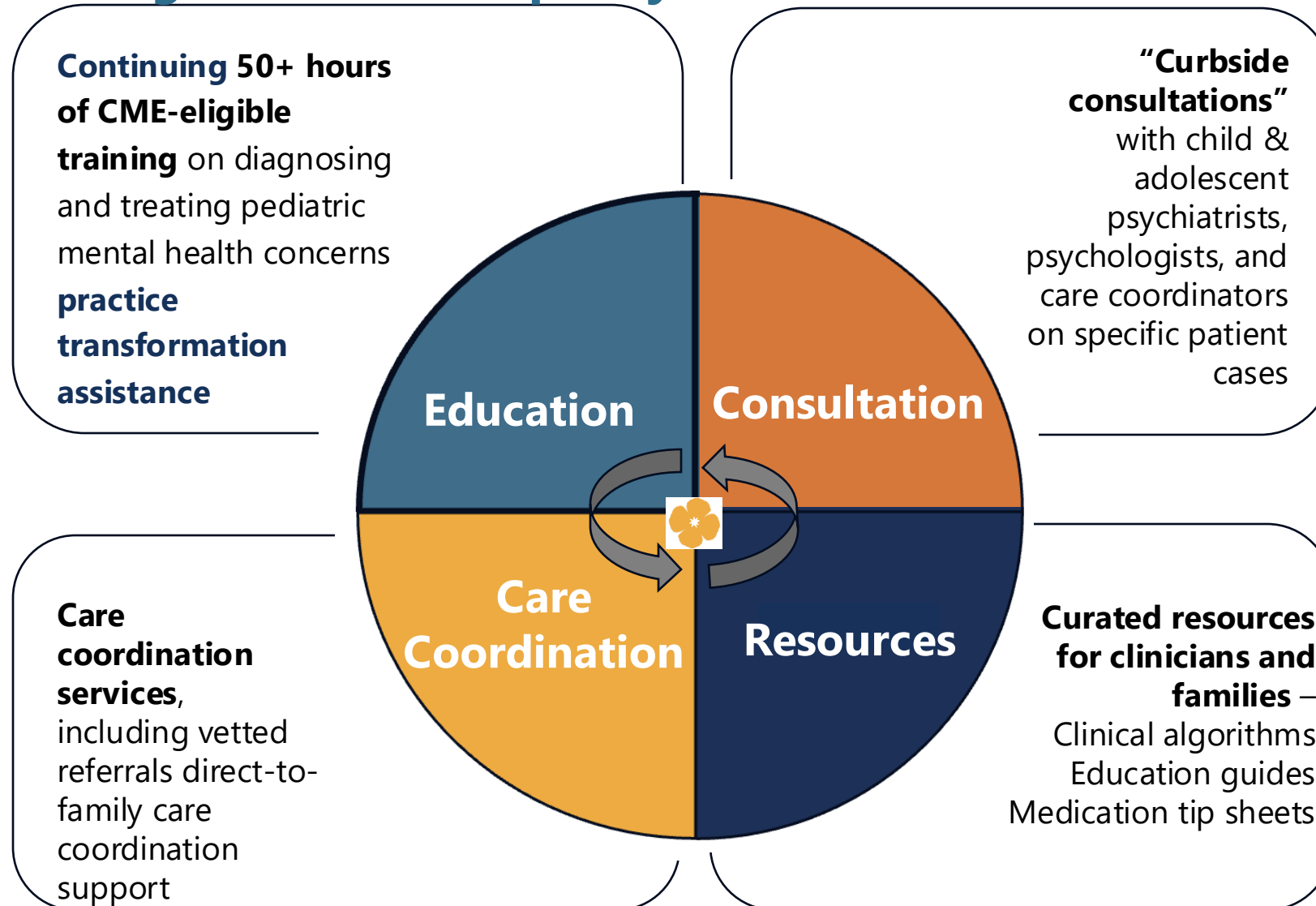
Cal-MAP

California Child Youth Behavioral Health Initiative Continuum of Supports



The Cal-MAP Model:

Building Workforce Capacity to Increase Access to Care



FREE Consultation for Primary Care Providers



TELECONSULTATION



E-CONSULTS

With Child & Adolescent Psychiatrists, Psychologists, & Social Workers/Care Coordinators

Request any time
for
Consults M-F 8:30-5



CALL

(800) 253-2103



ONLINE

**CAL-MAP.ORG/S/START-
CONSULT-REQUEST**



**TEXT 'CONSULT'
TO 628.300.4825**



Cal-MAP Trainings:

Aligned with AAP Mental Health Competencies and ACGME/ABP

Pediatric Mental Health Entrusted Professional Activities

Webinars (Live)

- » Virtual, live, monthly lectures + Q&A
- » Targeted to PCPs, but all welcome



Project ECHO

- » Short didactic + case-based discussion
- » Primary Care:
 - Core
 - Advanced
- » School-Based

On-Demand Webinars

- » Recordings of prior webinars + quiz available for CME credit
- » Includes core curriculum (eligible for Core Badge)

- » Eligible for **CME & ABP MOC Part 2 credit** and
- » **CEU Psychologist** and **Social Worker credit**

Earn [Cal-MAP Core Certification](#) in fundamental best practices

ADHD

Depression

Anxiety

Autism

Suicidality

SSRIs



Demonstrate your badge on your CV & LinkedIn profile

Upcoming Training Topics FY26-27

- » Complex ADHD
- » Autism
- » Disruptive Behaviors
- » Anxiety
- » Depression
- » Suicidality and Self-Harm
- » Substance Use Disorder and Motivational Interviewing
- » Navigating Screen Time and Social Media
- » Trauma-Informed Communication

Cal-MAP Boot Camps

“Think Like a Shrink”

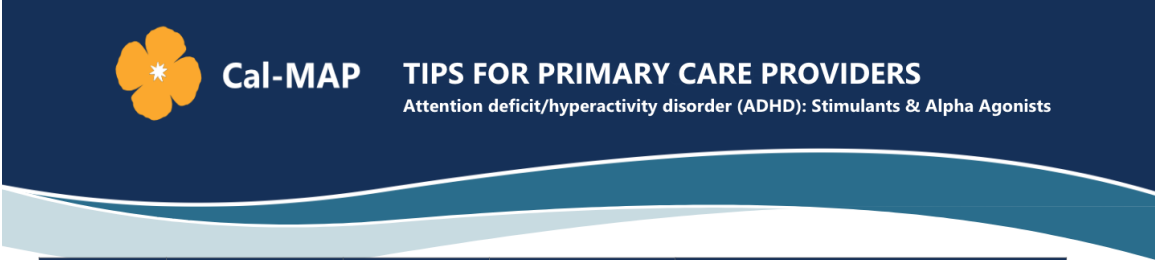
Modules:

1. ADHD, Anxiety, and Depression: The Basics
2. Disruptive Behavior, Complex ADHD, and Autism Spectrum Disorder (ASD)
3. Substance Use Disorder & Suicidal Ideation

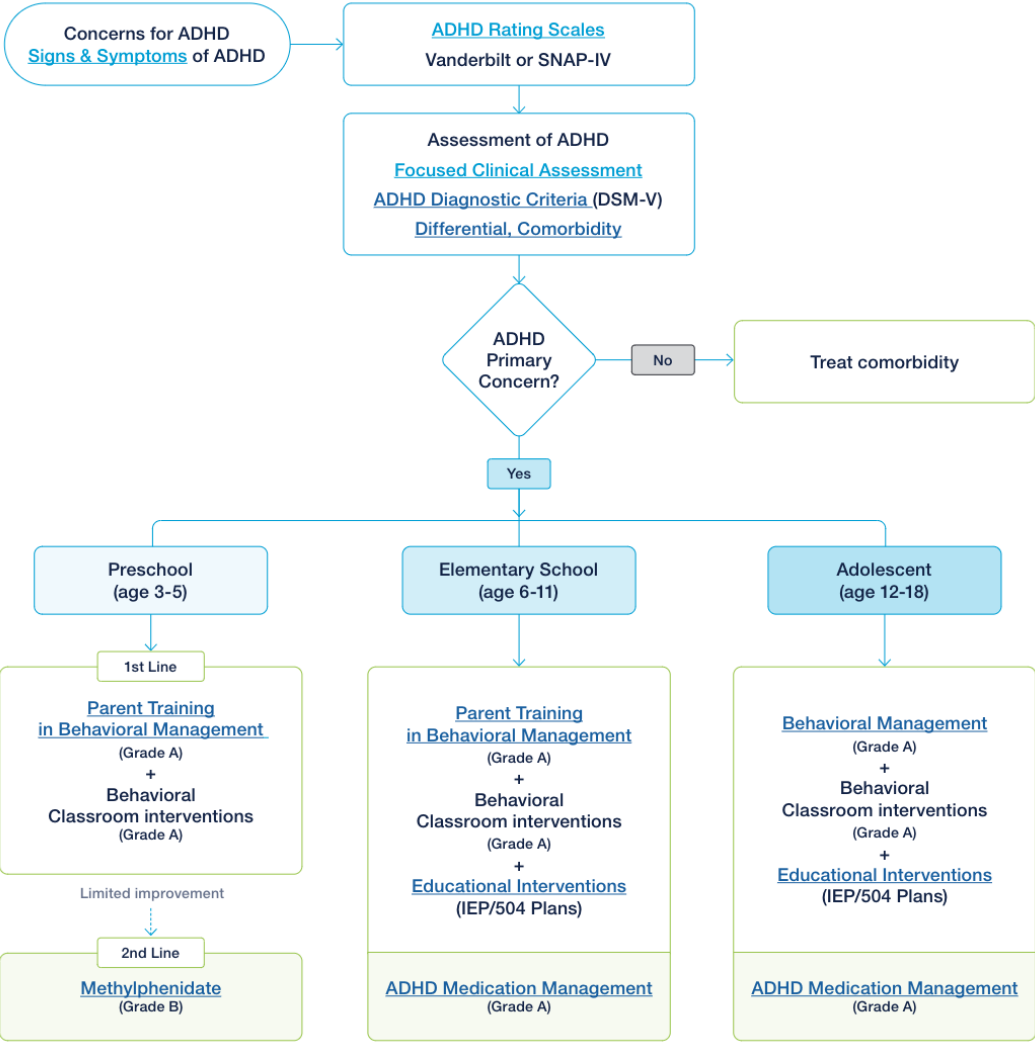
Where	When	Partners
San Francisco	September 18, 2026	AAP Chapter 1
Palm Desert	January 29, 2026	U.C. Riverside

- » Eligible for 6 hours CME credit
- » American Board of Pediatrics MOC Part 2 credit

Downloadable Resources for Clinicians and Families



Medication	Dosage Form (mg)	Dosing Frequency	FDA Max Dose (mg)	Common Side Effects & Management Considerations
Stimulants <i>Increase q1-3 weeks to the most effective/tolerable dose</i>				Stimulants are the first-line treatment for ADHD; monitor blood pressure (BP), heart rate (HR), weight, and sleep closely.
Methylphenidates			Appetite loss, sleep disturbance, headaches, abdominal pain, irritability, mood changes, tics	
Short Acting (3-4 hours)	» Focalin IR: 2.5, 5, 10 » Methylin: 2.5, 5, 10, 20 » Ritalin: 5, 10, 20	Daily, BID, (TID)	» Focalin IR: 20mg » Methylin: 60mg » Ritalin: 60mg	» Focalin IR: Generic » Methylin: Liquid + chewable tablet, generic » Ritalin IR: Can be crushed, generic
Intermediate (6-8 hours)	» Ritalin LA: 10, 20, 30, 40, 50, 60 » Methylin ER: 10, 20 » Metadate ER: 10, 20	Daily in AM	» Ritalin LA: 60mg » Methylin ER: 60mg » Metadate ER: 60mg	» Ritalin LA: Can be sprinkled, generic » Methylin ER: Generic » Metadate ER: Generic
Long Acting (10-12 hours)	» Concerta: 18, 27, 36, 54 » Focalin XR: 5, 10, 15, 20	Daily in AM	» Concerta: 72mg » Focalin XR: 30mg	» Concerta: Do not open or chew, generic » Focalin XR: Can be sprinkled, generic
Amphetamines			Appetite loss, sleep disturbance, headaches, abdominal pain, irritability, mood changes, tics	
Short Acting (4-6 hours)	» Adderall: 5, 7.5, 10, 12.5, 15, 20, 30 » Dexedrine: 5, 10	Daily, BID, (TID)	» Adderall: 40mg » Dexedrine: 40mg	» Adderall: Generic » Dexedrine: Generic



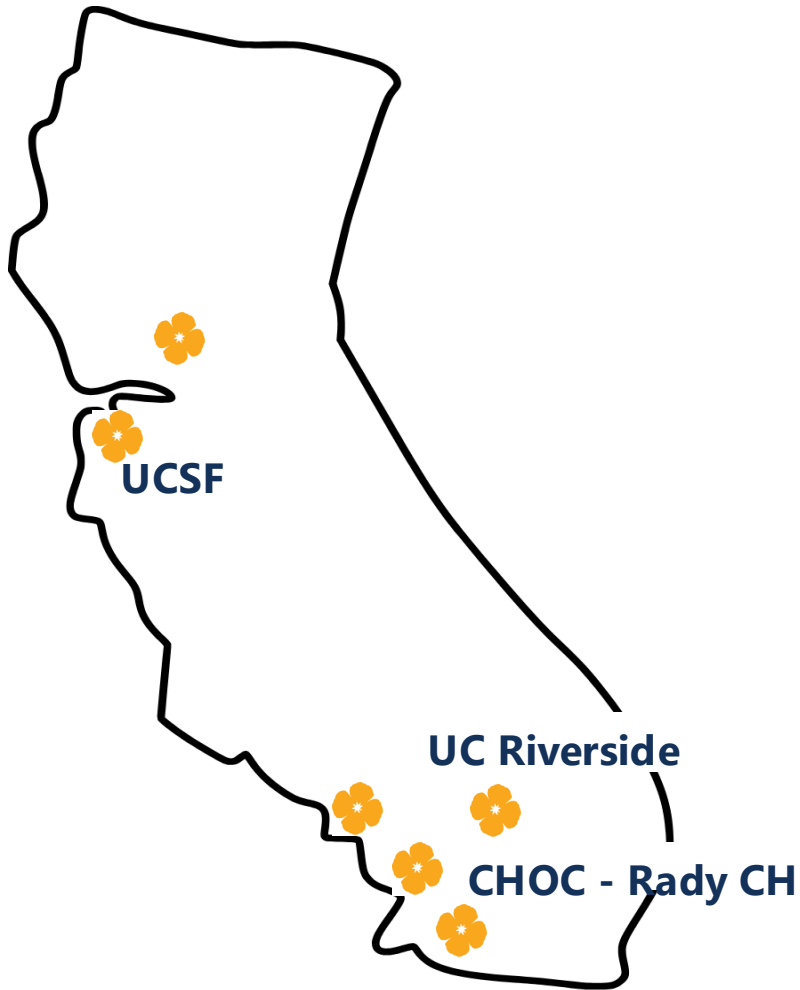
Cal-MAP Care Coordination Supports

Patient Access to the Right Care at the Right Time

Continuum of Referral Navigation Support				
Family Self-Guided Resource & Referral	PCP Self-Guided Resource & Referral	E-Consult for Referral Navigation	Phone consult Referral Navigation	Direct to Families - Care Coordination
» Curated resources » Referral sources	» Resource and referral repository » Tip sheets	» When diagnosis and treatment plan are clear	» When diagnosis and treatment plan are less clear	» When presentation is complex and/or multiple barriers exist



Cal-MAP Hubs



Cal-MAP hubs are comprised of local child & adolescent psychiatrists and care coordinators familiar with the local and regional landscape and context, and who are not only familiar to, but considered recognized and trusted behavioral health and care navigation experts who can best meet user needs.

Multiplier Effect

Increases Current Access, Longer Term Capacity



Dr. McCracken was very helpful, thorough and provided me with information that will help me not only now w/ this patient but in my future practice w/ my Autistic patients. Thank you



One consult,
One patient

One Clinician,
Patient panel =
1800

One Practice,
Many Clinicians
x 1800 patients

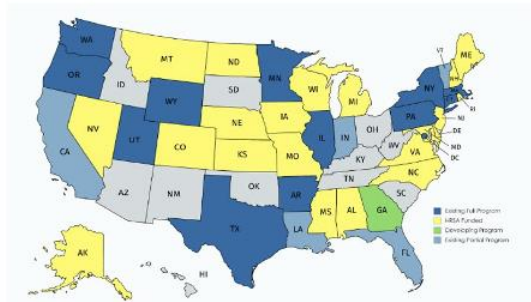
**Learn how to diagnose &
treat**

**Apply new knowledge &
skills across clinical panel**

**Practice addresses mental &
behavioral health**

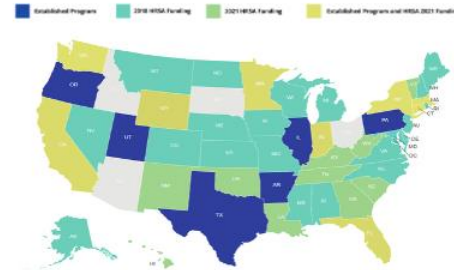
Child Psychiatry Access Programs (CPAPs) History & Evidence

2019

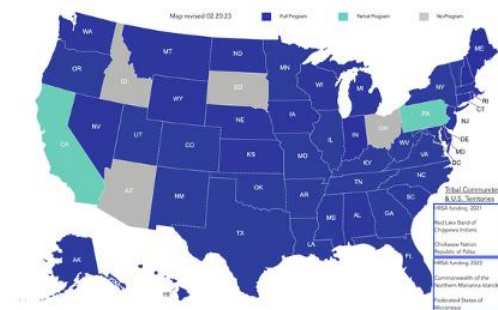


*Full program in British Columbia

2022



2023



2026



Full Program/Coverage Partial Program/Coverage No Program/Coverage

A 2019 [Rand national study](#): CPAPs increase access to mental health services¹

A 2023 statewide CPAP study found that patients with ACEs for whom PCPs sought CPAP support were experiencing more clinically severe and complex mental health concerns²

Among patients with **moderate-severe PHQ-9 scores**, patients with CPAP consult had higher

- 1) **primary care follow-up for depression**
- 2) **accessing mental health therapy**
- 3) **antidepressant prescription rates** than those without consultation³

1. Stein 2019 2. Ferro 2023 3. Hurst 2024



Policy Statement—The Future of Pediatrics: Mental Health Competencies for Pediatric Primary Care

TABLE 2 Excerpts from American Academy of Pediatrics Mental Health Competencies for Pediatric Primary Care Clinicians, 2019³⁹

Communication Skills	Promotion & Prevention	Evidence-based Assessment	Evidence-based Psychosocial Intervention	Evidence-based Psychopharmacological Skills	Team-based Skills
Therapeutic Alliance with Families	Anticipatory Guidance Identify Emerging Symptoms	Screeners & Rating Scales Diagnose Common Conditions Recognize Emergencies	Deliver brief interventions Refer	First line for ADHD, Depression, Anxiety	Plan Care Coordinate Transition to higher level

Cal-MAP impact with Primary Care Residents and Faculty

18 CA pediatric residency programs

- Cal-MAP hosts residents from 8 programs
 - CHOC-UC Irvine
 - CHLA
 - Cottage Pediatrics
 - Kaiser Oakland
 - Stanford
 - UCLA – Harbor View
 - UCSF - Oakland
 - UCSF - San Francisco
 - UCSF Fresno



Residency Engagement

Family Medicine:

Eureka Family Medicine
Loma Linda
UC Riverside
Ventura Medical Center

Pediatrics

CHOC-UC Irvine
Loma Linda
Cottage Pediatrics
Kaiser Oakland
Stanford
UCLA
UCSF - Oakland
UCSF - San Francisco
UCSF Fresno
Valley Children's

Connecting For Care

Most plants communicate with each other underground through their root system to ensure optimal growth for all.

Similarly, we want to ensure we are connecting with you to ensure optimal development of California's youth.



Thank You.

