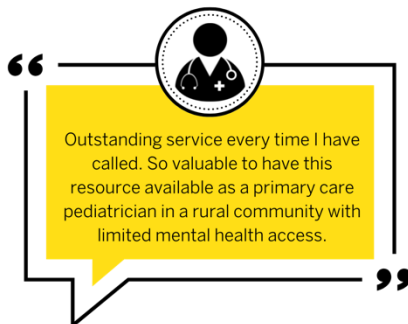


Indiana Behavioral Health Access Program for Youth

Several barriers – including major behavioral health workforce shortages – make it difficult for Indiana youth with mental health concerns to receive needed care. Primary care providers and other frontline healthcare providers are typically more accessible to families but often need additional support in order to be able to deliver effective, best-practice mental health services. [The Indiana Behavioral Health Access Program for Youth \(Be Happy\)](#) is a statewide child psychiatry access program (or pediatric mental healthcare access program) designed to bridge this gap. Be Happy increases Indiana’s effective mental health workforce and improves Hoosier families’ access to best practice behavioral health care by supporting healthcare providers in their communities with guidance from psychiatric specialists. Board-certified child and adolescent psychiatrists consult with community-based providers to help with assessment, diagnostic clarification, medication management, treatment planning and other pediatric mental health questions. Consultations are timely (within the hour or at a time requested by the caller) and offered at no cost to the calling provider. As of June 2022, Be Happy has enrolled **650+ providers** located in 64 Indiana counties and fielded over **1,400 consultation calls**.

Be Happy services also include:

- Assistance with identifying appropriate community referrals (e.g., evidence-based treatment programs, support services)
- Free continuing education sessions on pediatric behavioral health topics (e.g., [monthly Project ECHO series](#); in-service workshops)



Feedback from providers about the program’s impact is overwhelmingly positive, as illustrated by these sample quotes from PCPs:

“I am so thankful for Be Happy. It has enabled me to keep from feeling like I'm drowning as I work to address the huge increase in mental health needs among my patients.”

“Be Happy always provides me helpful timely information regarding a specific patient that I can then apply broadly to other patients with similar diagnoses/symptoms.”

Current Funding: The Be Happy program has been implemented since its inception with support from time-limited grant and contract funds. Current programming is primarily supported by a grant from the federal Health Resources and Services Administration (HRSA) through the American Rescue Plan Act – Pediatric Mental Health Care Access – New Area Expansion program. The HRSA grant was awarded to the Indiana Family and Social Services Administration (FSSA) Division of Mental Health and Addiction (DMHA) in partnership with the Indiana University School of Medicine Department of Psychiatry, where Be Happy was developed. Additional support is provided through foundation grants and philanthropic gifts.