

# The Consultation Project

## What is the Consultation Project?

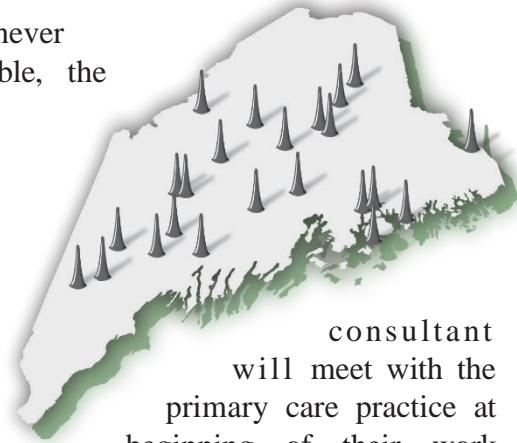
We are a group of psychiatrists and primary care physicians who are concerned about the lack of available psychiatric resources in many areas of Maine. Recognizing that primary care providers provide the bulk of psychiatric services, we developed a program to make psychiatric consultation available to primary care practices throughout the state. The program is a collaboration between the Maine Academy of Family Physicians (MAFP) and the Maine Association of Psychiatric Physicians (MAPP). It is staffed by psychiatrists who volunteer their time, and there is **NO CHARGE** to participants.

## How does the program work?

Each participating primary care practice is assigned an adult or child/adolescent psychiatrist who is available for consultation on an on-going basis. The continuity over time allows for the development of a working relationship between the practice and the consultant. Consultation is “informal” either by telephone or email, and does not involve direct evaluation of the patient. The consultant is available to all prescribers in the practice, including physicians, nurse practitioners and physician assistants.

## What other services are available?

Whenever possible, the



consultant will meet with the primary care practice at the beginning of their work together, in order to make plans and get to know one another. If requested, the consultant may be able to provide “in-service” training on topics of interest. We also plan to offer one or more CME conferences on relevant topics over the coming year, which will be open to participating practices.

## How do I sign up?

Simply detach and return this form to: Dianna Poulin, c/o MAPP, PO Box 190, Manchester, ME 04351, Phone 207-622-3374, Fax 207-622-3332, dpoulin@mainemed.com

Once we receive the form, we will send you a letter with more details about the program including the contact information for your consultant.

Name of Practice:  
\_\_\_\_\_

Practice Administrator:  
\_\_\_\_\_

E-mail Address:  
\_\_\_\_\_

Mailing Address:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone:  
\_\_\_\_\_

Names, Titles & e-mails of Practitioners in Practice.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Type of consultant needed:  
 Adult  Child  Both

How did you learn of the consultation project?  
\_\_\_\_\_

“Harrington Family Health Center has benefited immensely from the Consultation Project. This project established a direct link between our practice and a designated psychiatric specialist, positively impacting both quality of care and cost to the overall delivery system of care.”

*Holly Gartmayer, BSN, MBA  
Program Director, Harrington Health Center  
Harrington, Maine*



“As a primary care pediatrician I have been forced into the role of child psychiatrist despite spotty training because it takes so long for children to receive definitive psychiatric care. It has been quite an education on the job. I would not have been able to address many of the most pressing cases if I did not have a child psychiatrist willing to answer my questions frequently by phone consultation. Thanks to his generosity with his time, the consultant has helped me stabilize some very challenging situations.”

*Peter Morningstar, MD  
Machias Medical Associates  
Machias, ME*

# The Consultation Project



## Maine Association of Psychiatric Physicians

**Providing psychiatric  
consultation to primary care  
practices throughout the State  
of Maine.**

*This program is made possible  
through support from the Maine  
Department of Health and  
Human Services*