

Enhancing Mental Health Care Through New York's Project TEACH: A Statewide Psychiatric Access Program

Understanding Project Teach Services to Support your Practice

November 13, 2026

NEW YORK STATE | Office of Mental Health

ProjectTEACH

FAMILIES THRIVE WITH GOOD MENTAL HEALTH



Presenter:

Kristina M. Deligiannidis, M.D.

- Director, Women's Behavioral Health, Zucker Hillside Hospital, Northwell Health
- Medical Director, Reproductive Psychiatry, Project TEACH
- Professor of Psychiatry, Molecular Medicine and Obstetrics & Gynecology, Donald and Barbara Zucker School of Medicine at Hofstra/Northwell
- Professor, Feinstein Institutes for Medical Research

Contact: kdeligian1@northwell.edu

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Important Details for Today's Program

- Today's session is from 9:00 am - 4:00 pm
- Restrooms are in the hallway, near the registration table.
- Coffee, tea, soda and water will be available all day at the refreshment station.
- Lunch will be provided (no-cost) from 12:30 pm - 1:10 pm
  - Strathallan Ballroom on the first floor. Please follow the instructions of the elevator attendant during this time.
- In your folder, you will find:
  - Today's Agenda,
  - Handouts that accompany presentations,
  - Project TEACH flyer,
  - Notepad and pen.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Important Details for Today's Program

- CME and CEU credit claim
  - **You must check-in and check-out at the registration table and complete an evaluation to obtain credit and a certificate for today's training.**
  - Evaluation and credit claim information will be provided at the end of the day.
  - Attendees will be given a QR code that links to the evaluation and credit claim form.
  - This link will allow you to claim hours and certificates for:
    - CME, CE for LCSW and LMSW, CE for LMHC, CEU for Ph.D/Psy.D
    - General Certificate of Attendance to submit to employers or other accreditation boards.
  - If you need to leave early, please stop by the registration desk to check-out and obtain this QR code.

- Questions - We will have limited time for live Q&A throughout the training.
  - Use your notepad to write down your question.
  - When prompted, go to the "Question Station" to ask your question.
  - We will get through as many live questions as possible.
  - If we do not get to your question, please write your email address on your written question, leave it at the question station and someone from our team will get back to you.

Project TEACH is New York State's Child/Adolescent & Perinatal Psychiatry Access Program for Clinicians

Funded by a contract from:

NEW YORK STATE | Office of Mental Health

In Collaboration With:

ACOG
The American College of Obstetricians and Gynecologists

POSTPARTUM RESOURCE CENTER OF NEW YORK

New York State Academy of Family Physicians

New York State Chapter
American Academy of Pediatrics
INCORPORATED IN NEW YORK

NEW YORK STATE | Department of Health

NYS Conference of Local Mental Hygiene Directors, Inc.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

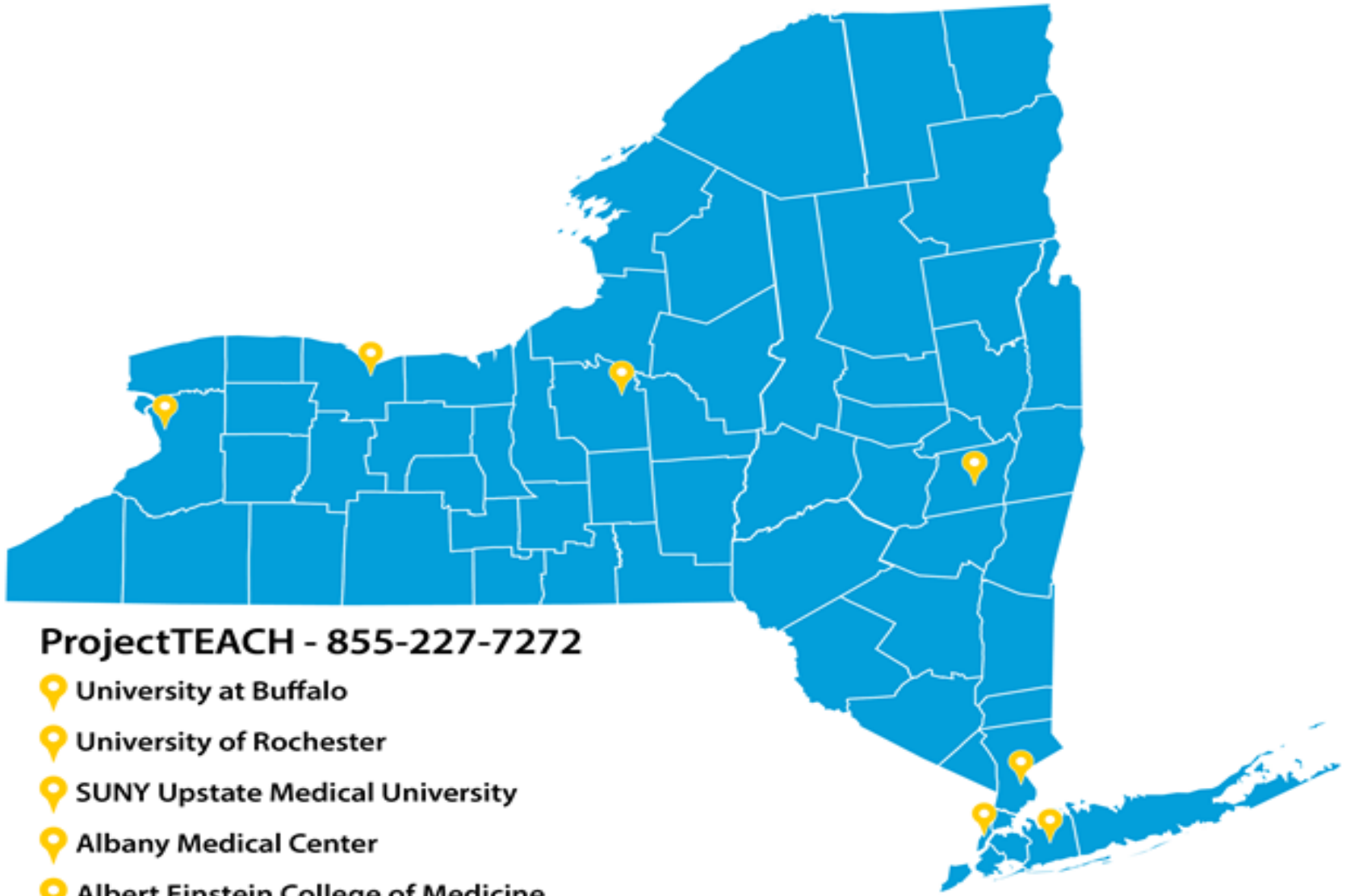
History of Project TEACH

- **2010:** Founded and funded from the beginning by NYS OMH
  Previously 2 programs: CAPES & CAP-PC. Focused on child/adol. mental health
- **2015:** Became “Project TEACH” across the state. Regional access, but shared mission & deliverables.
- **2018:** Project TEACH added a limited, Maternal Mental Health Initiative (MMHI).
- **2022:** Project TEACH is one, state-wide program with centralized access, integrated teams of child/adolescent and maternal mental health providers.
- **2025:** Expansion of Perinatal Mental Health services.

All Project TEACH services are free, fast and friendly!

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

No matter where you are in New York State, our team is here to help!



ProjectTEACH - 855-227-7272

- University at Buffalo
- University of Rochester
- SUNY Upstate Medical University
- Albany Medical Center
- Albert Einstein College of Medicine
- Columbia University Medical Center / NY State Psychiatric Institute
- Zucker Hillside Hospital, Northwell Health

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Child & Adolescent Psychiatry (CAP) Team

University at Buffalo
- David Kaye, MD*
- Beth Smith, MD
- Kimberly Dobson, MD
- Joshua Russell, MD
- Mike Adragna, MD

University of Rochester
- Michael Scharf, MD**
- Jim Wallace, MD
- Vicki Katsetos, MD

SUNY Upstate Medical University
- Wanda Freemont, MD*
- Hillary Gamble, MD
- Nayla Khoury, MD

Columbia University/NYSPI
- Rachel Zuckerbrot, MD*

Zucker Hillside Hospital/Northwell Health
- Victor Fornari, MD*
- Carmel Foley, MD
- Zoya Popivker, DO

Albany Medical Center
- Suzanne Sumida, MD
- Naema Qureshi, MD

Albert Einstein College of Medicine
- Jay Herrick MD*

* Medical Director
** Executive Medical Director

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Perinatal Psychiatry/Psychology Team

University at Buffalo
- Joshna Singh, M.D.

University of Rochester
- George Nasra, M.D., MBA
- Jeffrey Iler, M.D.
- Ellen Poleshuck, Ph.D.

SUNY Upstate Medical University
- Nevena Radonjic, M.D., Ph.D.
- Cecilia Zemanek, M.D.

Columbia University / NYSPI
- Elizabeth Fitelson, M.D.
- Catherine Monk, Ph.D.
- Nicole Tchalim, M.D.

Zucker Hillside Hospital / Northwell Health
- Kristina Deligiannidis, M.D.*
- Khatiya Moon, M.D.

Albert Einstein College of Medicine
- Rubiahna Vaughn, M.D.
- Julia Vileisis, M.D.

Project TEACH Perinatal Psychologist
- Vanessa Tirone, Ph.D.

* Medical Director

NEW YORK STATE | Office of Mental Health

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Liaison Coordinators (LCs) & Admin.

Liaison Coordinators (LCs)

- Elise Derevjanik, LMHC-D, PMH-C
  - Perinatal LC Statewide
- Maureen Ryan, Psy. D – Syracuse
- Sasha Miller, LCSW – Northwell
- Katherine Carnicelli, LCSW – Columbia
- Kristin McGinley, LCSW – Buffalo
- Bridget Robertson, LCSW– Rochester
- Kayla Tombank, LMHC – Albany
- Abigail Bailey, LMHC – Montefiore

Project Administration

- Michael Scharf, MD
  - Executive Director
- Kristina Deligiannidis, MD
  - Medical Director, Perinatal Services
- Michele Phillips
  - Sr. Project Director
- Ira Bhatia, M.Ed.
  - Sr. Project Administrator
- Jennifer Cueva-McMillan
  - Program Coordinator

NEW YORK STATE | Office of Mental Health

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Services Available to NYS Professionals

All services are at no-cost due to funding from NYS OMH.

- **Telephone Consultations** (with potential for patient evaluation)

  Consult with Child/Adolescent Psychiatrists, Reproductive Psychiatrist and Perinatal Psychologist and Child and MMH Sub-Specialty Experts.

- **Referral and Resource Support**

- **Education Events** (including CME and CEUs)

  Intensive Trainings, Webinars and Onsite/Virtual Trainings: 18 “Core” Mental Health Topics

Warm Line: 1-855-227-7272
(Open to clinicians Monday-Friday, 9 am – 5 pm)

www.ProjectTEACHny.org

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Call Our Warmline: 1-855-227-7272

All services can be accessed by calling the toll-free warmline.

An LC answers Mon.-Fri., 9 am – 5 pm. After hours, leave a secure message & we'll get back to you.

- **Child/Adolescent Services:** Open to healthcare clinicians supporting ages 0-21
  - New York State based clinicians serving pediatric individuals in a healthcare setting, especially those in pediatric, family practice and/or school-based health clinics. Clinicians include: Physicians, Nurse Practitioners, Physician Assistants, Residents or Fellows, Psychologists, Nursing professionals and Social Workers.
- **Perinatal Services:** Open to any professional who supports perinatal individuals:
  - Prescribing clinicians (physicians, NP, PA, CMN, etc.) and non-prescribing practitioners (therapists, social workers, nurses, etc.)
  - Other professionals who might interact with individuals in the perinatal period, such as a:
    - Lactation counselor; Home health aide; Community mental health worker; LPN; Nurse aide; Peer counselor; Social service staff (WIC, CPS/ACS, etc.); Family educator, Service coordinator or case manager; CASAC; Staff at residential or in-patient facilities; and Hospital staff, especially labor and delivery or ED teams.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

What happens when you call the warmline?

Liaison Coordinator (LC) answers the call, then…

1. Confirms your contact information.
2. Listens to your clinical concerns and needs. You can:
   - Ask a general child/adol or perinatal mental health question.
   - Discuss a specific case.
   - Request community referral/resources support.
   - Request follow-up support from a previous discussion.
3. Documents a summary of the case or question.

NOTE:

- ! Expect to spend 3-7 minutes with the LC.
- ! Anyone affiliated with the case can start the intake.
- ! Consultations must occur with the clinician providing treatment.

If you request a clinical consultation, then…

A **psychiatrist or psychologist** calls the clinician within 30 minutes, or at the caller's preferred time, to discuss the case.

If you request referral support, then…

The LC will initiate referral support immediately.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Perinatal Psychiatry Consultation

- Preconception planning: How do we develop a psychiatric treatment plan should my patient become pregnant?
- My patient is taking medications A, B and C, are they safe to use during pregnancy? What are the potential risks/benefits?
- Is medication D safe to use during breastfeeding? What are the potential risks/benefits?
- How does the dosing of some psychiatric medications change across pregnancy/postpartum? What dose adjustments do I need to make to help keep the patient's symptoms from worsening?
- Are my patient's symptoms more consistent with a diagnosis of unipolar or bipolar depression?

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Project TEACH Perinatal Psychology Consultation



Vanessa Tirone, PhD

Most common consult:

"How do I encourage my patient/client to go to their MH appointment?"

- How to have sensitive conversations around mental health, substance use, interpersonal violence, trauma
- How to use a trauma-informed care approach
- How to improve screening or assessment of perinatal mental health issues or suicidal risk
- Identify behavioral goals/increase patient motivation
- Determine what type of psychosocial intervention to recommend to a patient
- How to tailor your intervention to a perinatal population

Any mental health question you have!
No question is too small!

Specialty Consultation with a Content Expert

Specialty Consults are provided at the recommendation of the CAP/RP or at the request of the calling clinician.

Child/Adolescent Specialty Areas:

- 0-5 Years (Early Intervention)
- Addiction (Substance & Digital)
- Autism Spectrum Disorder & IDD
- LGBTQ+
- Problematic Sexual Behaviors

Perinatal Specialty Areas:

- Substance Use Disorders
- Trauma Informed Care

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Patient Evaluations

with a Child/Adolescent or Perinatal Psychiatrist





During a telephone consultation, a request or recommendation may be made for one of our child/adolescent or perinatal psychiatrists to provide a face-to-face evaluation of your patient.

- Offered virtually*, these face-to-face patient evaluations occur **within two weeks of request.**
- The prescriber will receive an evaluation report within 2 business days.

* Perinatal psychiatry evaluations are all virtual. Some child/adolescent evaluations are offered in-person.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Referral, Resource & Linkage Support

Liaison Coordinators (LCs) are experts in helping clinicians identify and access community mental health and support services for perinatal individuals and children/adolescents (up to age 22).



LCs provide mental health, psychiatric, primary care and social support referrals to any healthcare or allied professionals seeking support for pregnant/postpartum individuals.

Any professional in the state can call the Project TEACH warmline for perinatal referral support: 855-227-7272

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Patient Linkage

Perinatal Mental Health Expansion Service

Provide patient-facing referral support to help patients understand and link with mental health and/or social services.

- Available to cases originating from medical offices (OBGYN, family practice, pediatrics) that *do not have* mental health case management services.
- Collaboration with the prescribing clinician is essential so that:
  - Proper release of information and documentation can be obtained.
  - Requesting provider receives a report detailing the recommendations made, the patient status and the services in their community that the patient was provided and/or connected to.



ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Training

- **Intensive Trainings**
  Spring and Fall (1 virtual and 1 live) for Child/Adolescent (15.0 CME) & Perinatal (6.0 CME)
- **Core Topic Trainings**
  Offered onsite or virtually to practices or agencies seeking in-house education.
- **Webinar Wednesday Series**
  5 Child/Adolescent and 5 Perinatal topics (Noon – 1 pm on Wednesdays)
- **Archived Events Online at www.ProjectTEACHny.org**
- **Educational Resources**
  Clinical (rating scales, toolkits, videos and links) and Patient-Facing (fact sheets, videos and links)

Training: Target Audiences

Target Audience (NYS-based)	Training (Intensive)		Training (Core)		Training (Webinars)	
	Child	Perinatal	Child	Perinatal	Child	Perinatal
Ob/Gyn Prescriber		●		●		●
Family Practice Prescriber	●	●	●	●	●	●
Psychiatric Prescribers	●	●		●	●	●
Pediatrician	●	●	●	●	●	●
Pharmacist	●	●		●	●	●
Psychologist	●	●		●	●	●
Therapist	●	●		●	●	●
Social Worker - Case Manager		●		●	●	●
Doula		●		●		●
Nurse	●	●	●	●	●	●
Lactation Counselor		●		●		●
Home Health Aids and Community Health Worker		●		●		●
Allied Health Professionals		●		●		●

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Intensive Training Programs – Fall 2026

Child and Adolescent Intensive Training • Live, Virtual Event

Sunday, October 18th • 8 am - 5 pm and
Monday, October 19th • 8 am - 5 pm • 15.0 CME

"Child and Adolescent Mental Health for Primary Care Clinicians"

Presented by Project TEACH's team of Child/Adolescent Psychiatrists, along with pediatricians & family practitioners. Designed to support clinicians who serve children and adolescents from an outpatient medical setting.

Perinatal Mental Health Intensive Training • In-Person: Rochester, NY

Friday, November 13th • 9 am – 4 pm • 6.0 CME/CEU Credits

"Foundations in Perinatal Mental Health: Your Role in Support, Screening and Treatment"

Presented by Project TEACH's team of Perinatal Psychiatrists, Psychologists and Social Workers. Designed to support professionals in New York State that serve pregnant and postpartum individuals.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Perinatal Core Topic Trainings

- 1-hour courses offered directly to your agency or practice (5 or more learners).
- Trainings are designed to meet the needs of the audience.

Now Presenting

- Recognizing & Assessing Mental Health Concerns: Next Steps in Care
- Suicide Risk Assessment & Management
- Non-Prescriber's Guide to Psychiatric Medications
- Treating Depression & Anxiety: Psychopharmacological Approaches
- Treating Bipolar Disorder: Psychopharmacological Approaches
- Trauma-Informed Care

Coming Soon

- Substance Use Treatment Approaches
- Addressing Mental Health Needs of BIPOC Individuals
- Healthy Transitions to Parenthood

To request a core event for your team, scan this code or call the warmline.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Webinar Wednesday Series

Child and Adolescent Webinar Topics • Noon – 1 pm • 1.0 CME

March 18th - Problematic (or Excessive) Screen Use in Children and Teens

May 27th - Managing Trauma and Attachment Challenges in Primary Care

July 15th - Preventative Mental Health in a Primary Care Practice

September 16th - Intellectual Developmental Disabilities: Assessment & Treatment in Primary Care

November 18th - Working with Families in Primary Care: Evidence-Based Therapies

Perinatal Mental Health Webinar Topics • Noon – 1 pm • 1.0 CME

February 25th - Trauma Sensitive Care in the Ob/Gyn Setting

April 15th - Fertility and Mental Health

August 26th - Opioid Use Disorder in Perinatal Period

October 14th - Identifying and Responding to Intimate Partner Violence (IPV) in Perinatal Individuals

December 16th - Substance Use in the Perinatal Period: Your Role in Screening, Support and Treatment

www.ProjectTEACHny.org/events

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Archived Training Events

Our virtual intensive trainings as well as many past webinars on a range of perinatal mental health topics are available to stream on your schedule.

- Immediately access archived events on our website: ProjectTEACHny.org → Education → Online Courses
- Many recorded trainings are available with CME* - at no cost.
- To track your learning and claim or print CME, you need to create an account with our Learning Management System (LMS).



* **Note**: To earn CME from an archived program, you must create an account in our LMS.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Scholarships to support Perinatal Mental Health Certification

- Project TEACH provides scholarship and mentorship opportunities with the following professional programs:
  - National Curriculum in Reproductive Psychiatry (NCRP)
  - Perinatal Mental Health Certification Program (PMH-C) through Postpartum Support International
- Application information is available on our website: www.ProjectTEACHny.org → Education → Maternal Mental Health Scholarships

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Educational Resources

ProjectTEACHny.org → Resources

On our website and in our monthly emails, you can find:

- Clinician Resources
  - Rating scales, prevention education, journals and guides
  - Perinatal and child/adolescent psychiatry tool kit for primary care providers.
- Patient and Family Resources
  - Videos and PDFs on mental health topics
  - 4 child/adolescent and 2 maternal resources added each year
  - Available in 7 languages

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Child/Adol. Caregiver Educational Handouts:



On our website:
ProjectTEACHny.org → Resources → Child & Adolescent Resources





Many of us experience feeling cranky and tense on Sunday night and uneasy about Monday morning as we look

TIPS INCLUDE:



ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Perinatal Patient-facing Educational Handouts



On our website:
ProjectTEACHny.org →
Resources →
Maternal Mental Health Resources



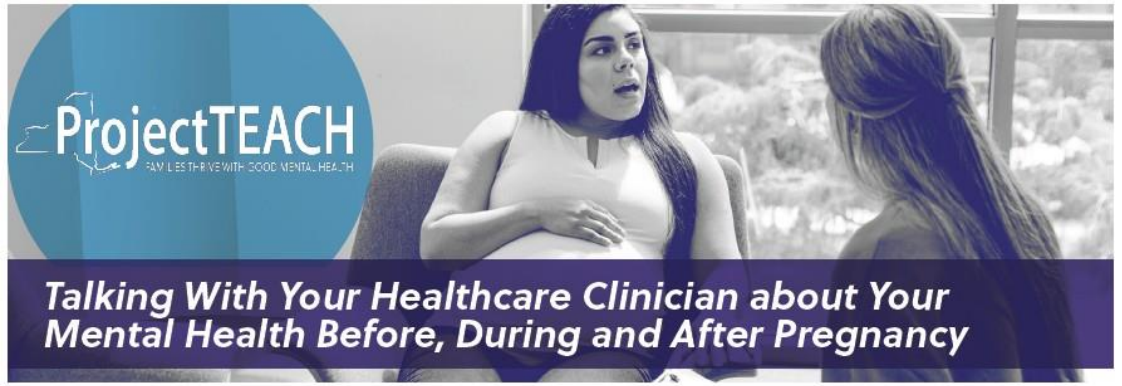
Many people experience changes in mood during pregnancy or after the arrival of the baby. Some changes are mild and can improve with increased self-care. Other changes may need to be assessed by your healthcare provider or need treatment. This is a guide to help you watch your mood. It has resources that can help you find appropriate help at the right time.

MILD SYMPTOMS: Most people in the postpartum period experience some of these symptoms. Here are self-care strategies that help.

If you are...

MODERATE SYMPTOMS: When difficulties happen most days and start to interfere with your life ask for help. Call your Healthcare Provider promptly.

If you are...



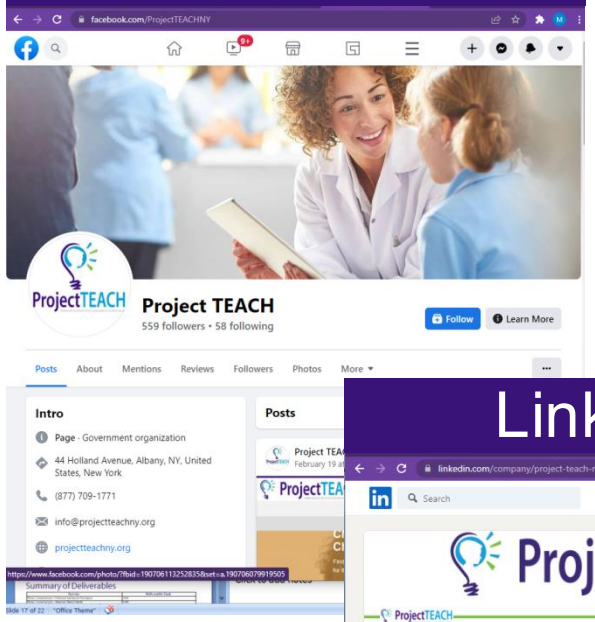
Many people experience depression, anxiety, and other mental health concerns before, during and after pregnancy. Your healthcare clinician knows about treatments that can help. Below is a worksheet you can complete and some general possible treatments.



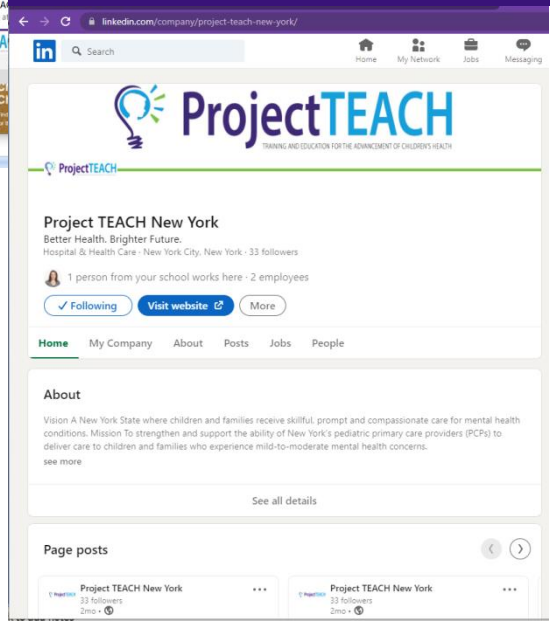
Getting enough sleep is important for your physical and mental health through pregnancy and the postpartum ... but it's often a challenge! Hormones, body changes and the needs of a newborn often leave parents exhausted and sleep deprived. Below are some general tips and

Stay in touch with us, access resources and register for no-cost CME

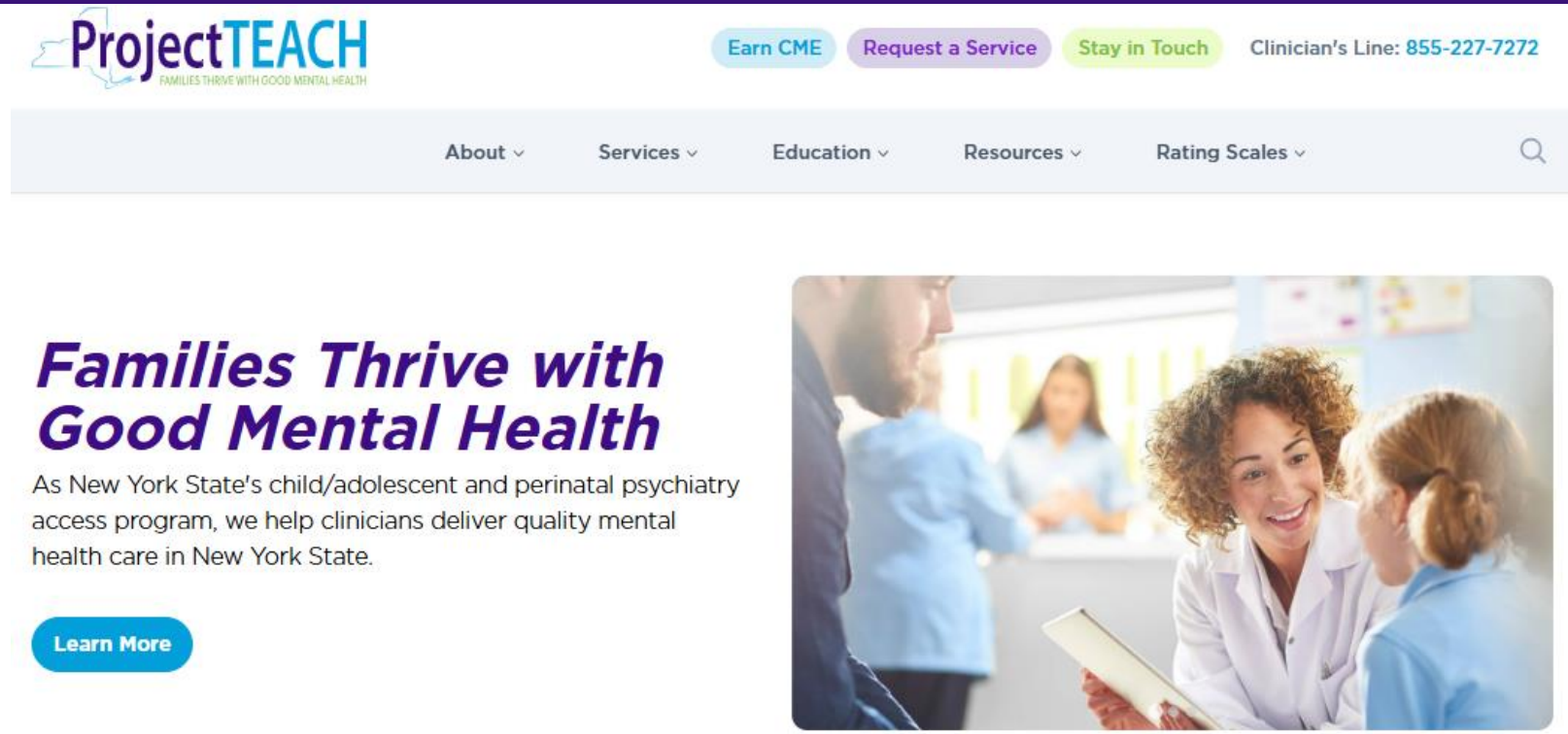
Facebook



LinkedIn



Website - www.ProjectTEACHny.org



ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Overview: Perinatal Mental Health Services

NYS-based Provider	Warmline	Perinatal-Focused Trainings	Phone Consultation		Face-to-Face Psychiatric Evaluations	Referral Support	Referral Support (Patient-Facing)
			Perinatal Psychiatrist	Perinatal Psychologist			
Ob/Gyn Prescriber	●	●	●	●	●	●	●
Family Practice Prescriber	●	●	●	●	●	●	●
Psychiatric Prescribers	●	●	●	●	●	●	●
Pediatrician	●	●	●	●		●	
Pharmacist	●	●	●	●		●	
Psychologist	●	●		●		●	
Therapist	●	●		●		●	
Social Worker - Case Manager	●	●		●		●	● 1
Doula	●	●		●		●	
Nurse	●	●		●		●	
Lactation Counselor	●	●		●		●	
Home Health Aids and Community Health Worker	●	●		●		●	
Allied Health Professionals 2	●	●				●	

1 - Patient linkage services only available to case management social workers who are imbedded in medical offices (ob/gyn or family practice).

2 - LPN, Nurse aid, peer counselor, social service staff, early intervention, physical therapists, clergy & professionals serving perinatal individuals.

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Role Play Demonstration of Our Phone Consultative Services

Kristina Deligiannidis, MD
Joshna Singh, MD
Vanessa Tirone, PhD
Nevena Radonjic, MD, PhD
Elise Derevjanik, LMHC-D, PMH-C

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

Questions?

ProjectTEACH
FAMILIES THRIVE WITH GOOD MENTAL HEALTH

NEW YORK STATE'S CHILD/ADOLESCENT & PERINATAL PSYCHIATRY ACCESS PROGRAM

Supporting Pediatric and Perinatal Health Clinicians to Deliver Quality Mental Health in NYS.

Telephone Consultations

Linkage & Referral Support

CME Education Programs

1.855.227.7272

Monday - Friday • 9 am - 5 pm

Services are at no-cost to clinicians in New York State.

NEW YORK STATE | Office of Mental Health