



Virginia Mental Health Access Program (VMAP) Overview

Addressing the Mental Health Crisis in Pediatrics

Ally Singer Wright

Program Director, VMAP

Scope of the Problem Nationally

- **More than 1 in 5 (22.1%) U.S. children have 1 or more mental, emotional, developmental, or behavioral problems.***
- **44% of these children had onset of symptoms by age 11.***
- According to the World Health Organization, half of **all** mental illnesses begin by **age 14**.
- Many patients with mental health symptoms will see PCPs before they have been diagnosed with a mental health condition

**(National Survey of Children's Health, 2018-2019)*

Scope of the Problem in Virginia

In the *State of Mental Health in America 2021* report:



- **90,000** (14.28%) Virginia children have had **at least one major depressive episode**.*
- **51,000** children (53%) who have had a *major depressive episode* **did not receive** mental health treatment in Virginia*
- **Of those with severe depression** who *received* treatment, only **26.1%** received some consistent treatment.*

*(Reinhart, Nguyen, Fritze, 2021)

Scope of the Problem in Virginia

- Suicide is the **2nd leading** cause of death for ages 10 – 24

(National Institute of Mental Health, 2021)

- Virginia Youth Survey 2019 results showed that in middle and high school students that nearly **1 in 4 females and 1 in 8 males in our state have seriously contemplated suicide** in the past twelve months



Scope of the Problem in Virginia

1 in 3 of Virginia high schoolers surveyed felt sad or hopeless almost every day for ≥ 2 weeks in a row*

In the past year,

12% of Virginia high schoolers and 14% of middle schoolers made a plan on how they would attempt suicide*

**(Virginia Department of Health, 2020)*



Key Statistics



64%
of Virginia localities
are mental health professional
shortage areas and only two
counties in Virginia have a sufficient
number of child psychiatrists
(VDH Data from HRSA, 2021)

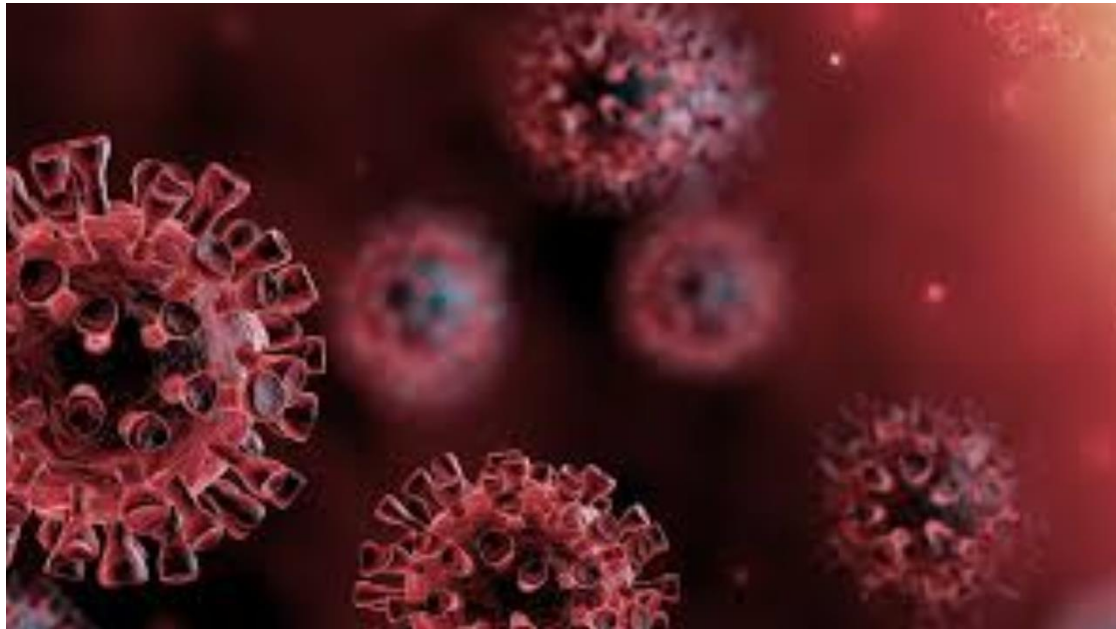


In Virginia, there are
only 13
child and adolescent
psychiatrists available
per 100,000
children below the age of 18
(American Academy of Child and
Adolescent Psychiatry, 2019).

Over
65% of
pediatricians
reported they lacked mental and
behavioral health knowledge and skills
(McMillan, Land, & Leslie, 2017)



And then you add a pandemic...



Impacts on mental health are **more pronounced in young people** (<25 years of age) based on a Mental Health America Survey data April and May 2020

Survey of 11-17 year olds results:

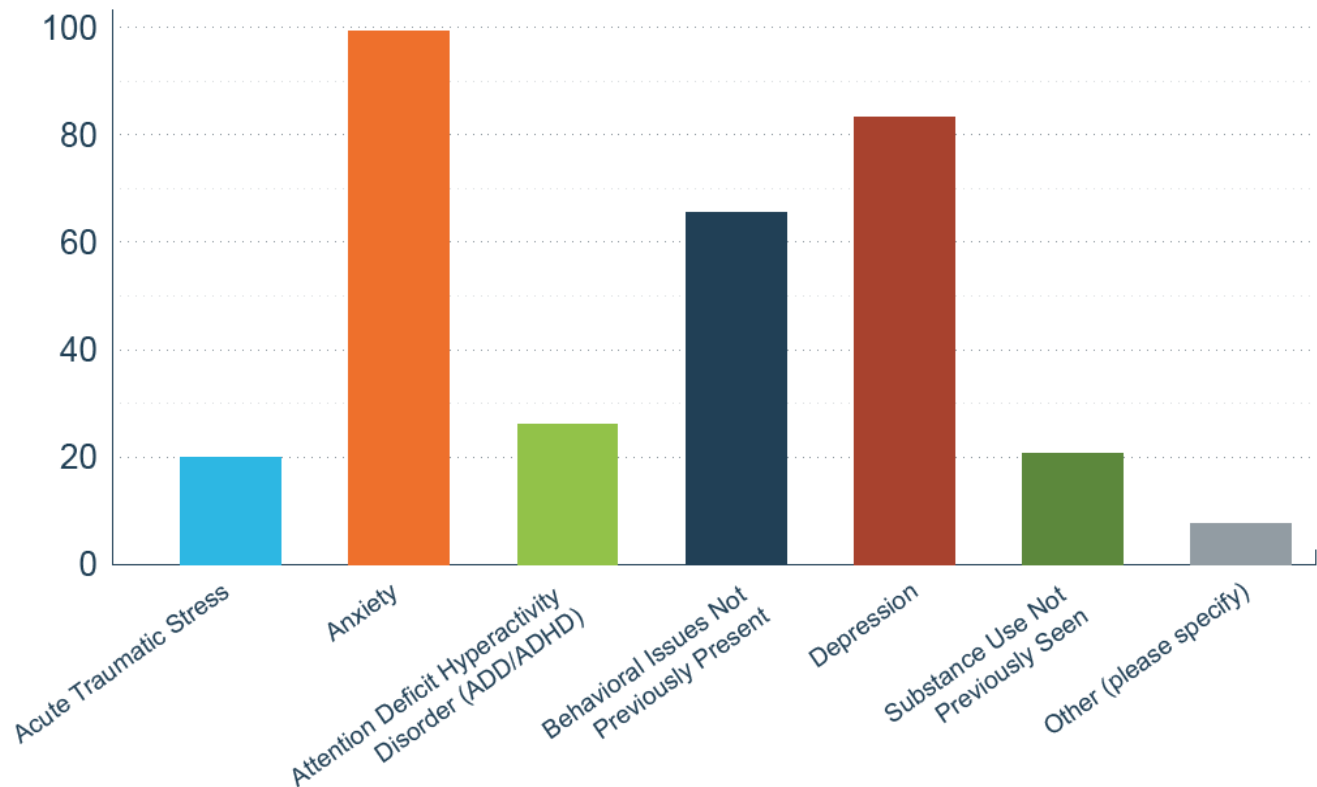
What contributed to your MH problem right now?	ANXIETY (N=1368)	DEPRESSION (N=2828)
Loneliness or isolation	76.5%	81.8%
Past trauma	50.8%	47.9%
Relationship problems	39.7%	42.0%
Coronavirus	31.6%	27.3%

(Reinhart, Nguyen, Fritze, 2021)

COVID's Impact on Pediatric Patients

- In July, the Virginia Chapter of the American Academy of Pediatrics in partnership with DBHDS conducted a survey of primary care providers
- **88% of respondents reported an increase** in mental and behavioral health issues in children since the onset of COVID
- **62% of respondents reported they cannot currently meet this need** and the majority anticipate the need will only continue to increase

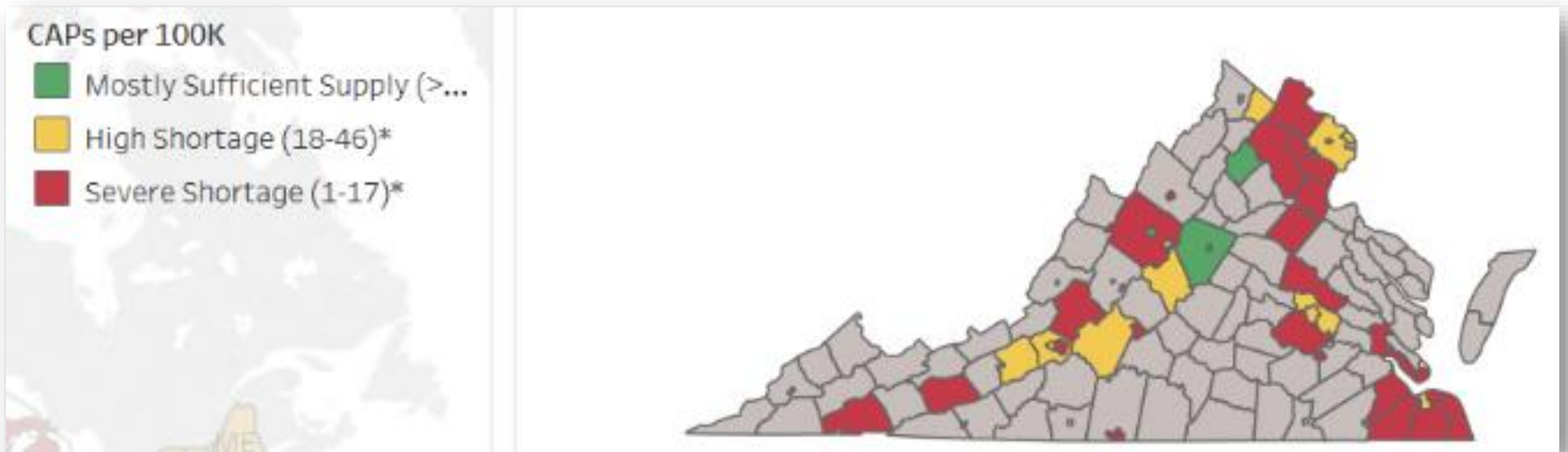
Increases in Symptoms/Problems since COVID-19 in Pediatric Patients



Workforce Shortage

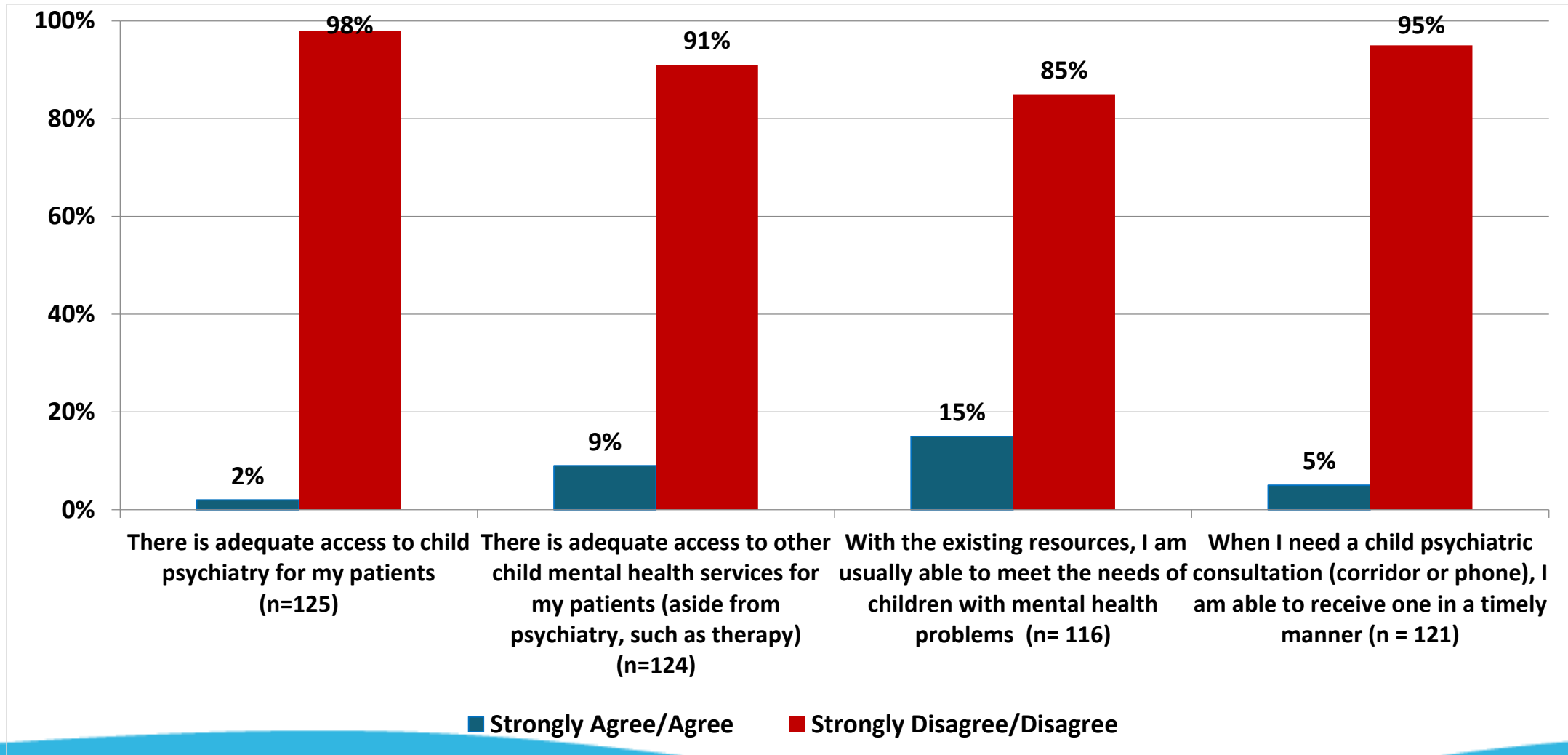
- Virginia ranks **41st lowest** for the number of psychiatrists, psychologists, licensed social workers, counselors, therapist and advanced practice nurses specializing in mental health care per population *(Reinhart, Nguyen, Fritze, 2021)*
- Only **two** counties have **sufficient** numbers of child and adolescent psychiatrists which represents only 23,086 of the 1.86 million children in Virginia *(American Academy of Child and Adolescent Psychiatry, 2019)*

Child and Adolescent Psychiatrist Shortage



(American Academy of Child and Adolescent Psychiatry, 2019)

Why Virginia Needs a Mental Health Access Program



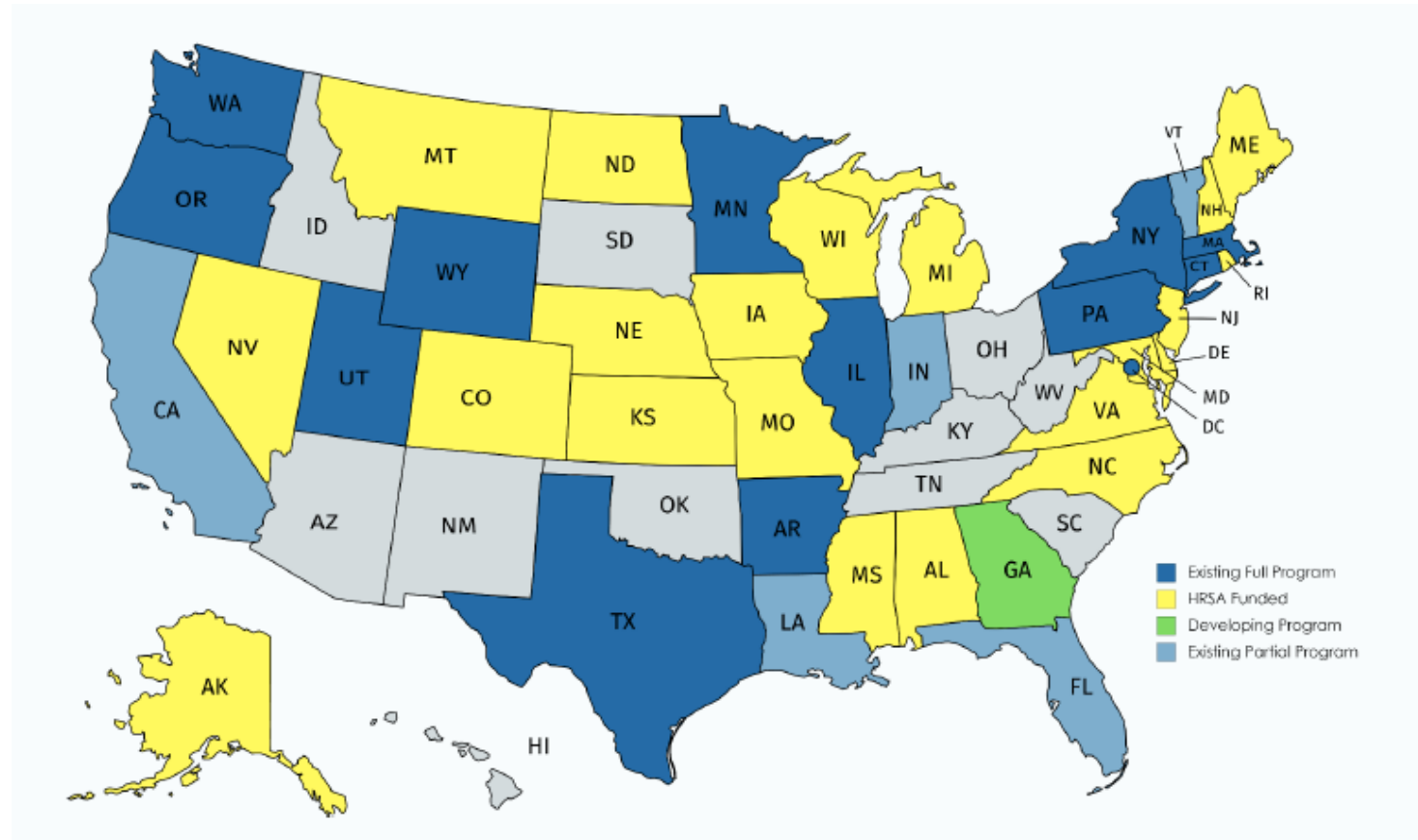
(VA AAP Survey Data)



A Solution to the Problem: VMAP – a statewide Mental Health Access Program

Focused on children and adolescents

Pediatric Mental Health Access Programs



*Full program in British Columbia

Four Pillars of VMAP



Education

Education for primary care providers on screening, diagnosis, management, and treatment of pediatric mental health conditions.



Consultation

Access for primary care providers to telephonic consults with regional VMAP hubs comprised of child and adolescent psychiatrists, psychologists, and/or social workers.



Care Navigation

Care navigation to help identify additional regional mental health services that may benefit families.



Telehealth

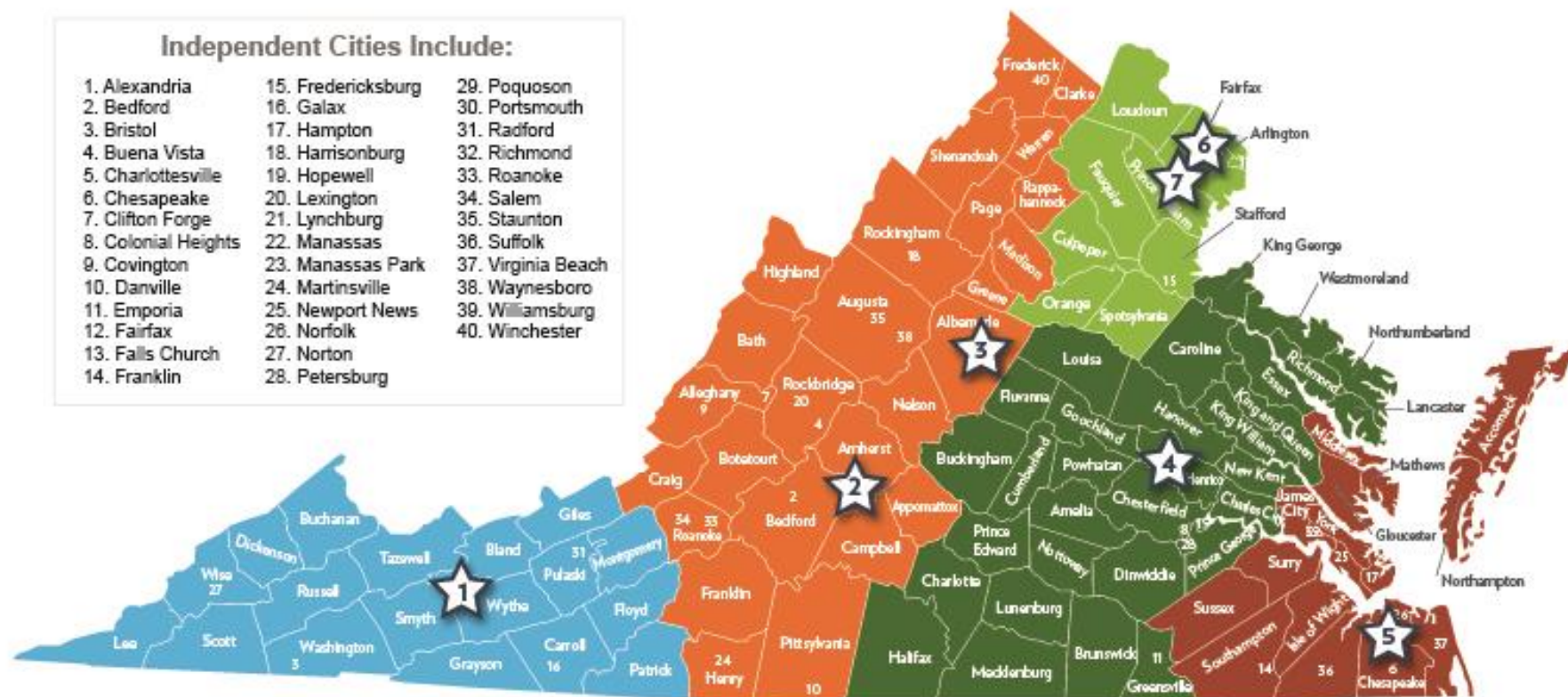
Telehealth visits to assist with VMAP consults*

**coming soon*

The 5 Regions of VMAP

Independent Cities Include:

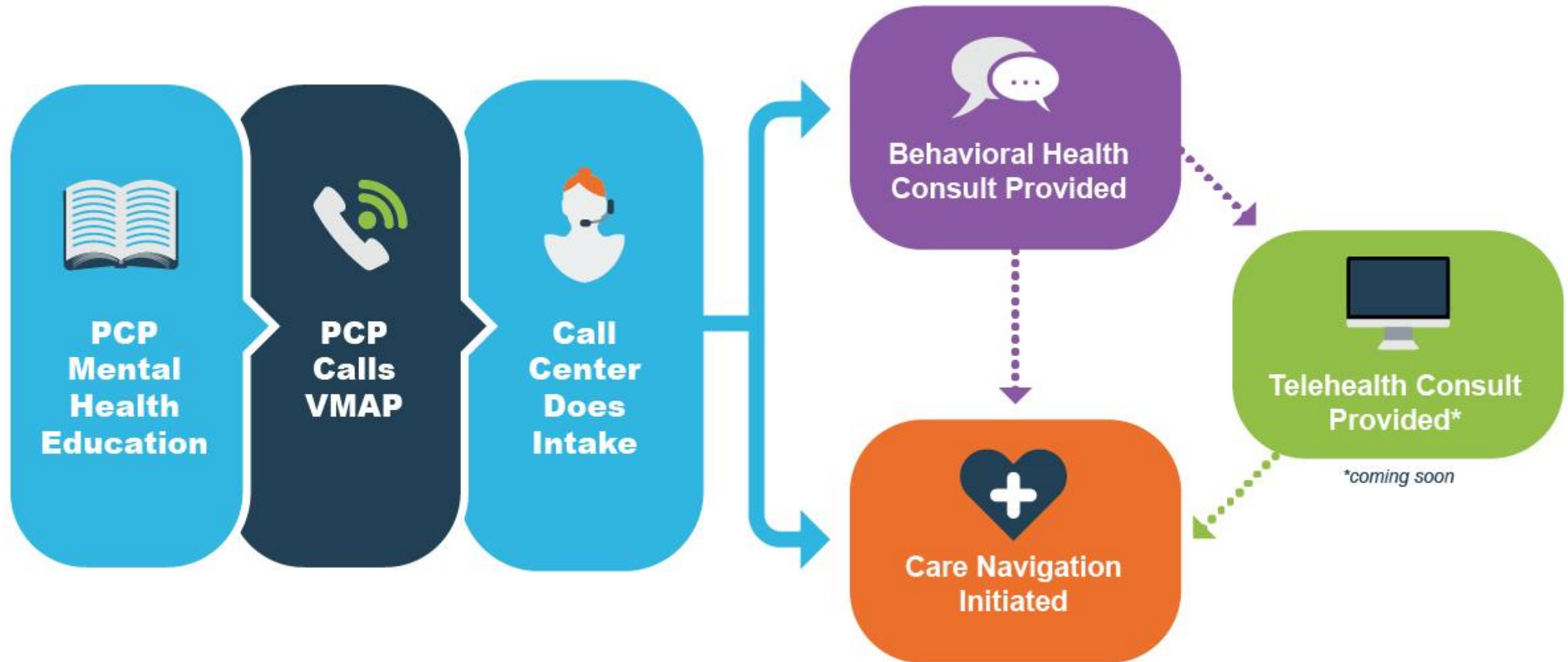
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|---------------------|--------------------|--------------------|
| 1. Alexandria | 15. Fredericksburg | 29. Poquoson |
| 2. Bedford | 16. Galax | 30. Portsmouth |
| 3. Bristol | 17. Hampton | 31. Radford |
| 4. Buena Vista | 18. Harrisonburg | 32. Richmond |
| 5. Charlottesville | 19. Hopewell | 33. Roanoke |
| 6. Chesapeake | 20. Lexington | 34. Salem |
| 7. Clifton Forge | 21. Lynchburg | 35. Staunton |
| 8. Colonial Heights | 22. Manassas | 36. Suffolk |
| 9. Covington | 23. Manassas Park | 37. Virginia Beach |
| 10. Danville | 24. Martinsville | 38. Waynesboro |
| 11. Emporia | 25. Newport News | 39. Williamsburg |
| 12. Fairfax | 26. Norfolk | 40. Winchester |
| 13. Falls Church | 27. Norton | |
| 14. Franklin | 28. Petersburg | |



- | | | | | |
|--|--|--|---|--|
|  Southwest
1. Mount Rogers CSB |  West
2. Centra 3. UVA |  Central
4. VCU Health |  East
5. CHKD |  North
6. CNH 7. Inova |
|--|--|--|---|--|

 = Regional Hub

How Does VMAP Work?



505
providers
registered
for VMAP



1000
consults
provided

451
providers
trained via
VMAP

Data collected from August 1, 2019- April 2021

VMAP Education for PCPs



A dynamic 3-day, 16-hour interactive course focused on building skills and confidence in diagnosing and treating pediatric behavioral health problems. (Followed by a 6-month, case-based distance-learning program.)

- January 8-10, 2021 ✓
 - February 26-28, 2021 ✓
 - April 23-25, 2021 ✓
 - June 4-6 ✓
 - September 17-19
- (Registration coming soon!)*
- **More to come!**



60 minute didactic and case discussion sessions once per month.

Current Cohorts:

NOVA/SW/Central Virginia ECHO

4th Fridays, 12-1 PM
October 2020 to August 2021 (FULL)

Eastern Virginia ECHO

4th Tuesdays, 12-1pm
January 2021 to November 2021 (FULL)

Western Virginia ECHO

3rd Fridays, 12-1 PM
January 2021 to November 2021 (FULL)



***Mental Health Screening QI Projects**
ABP MOC Part 4 credit with more than 80 physicians*

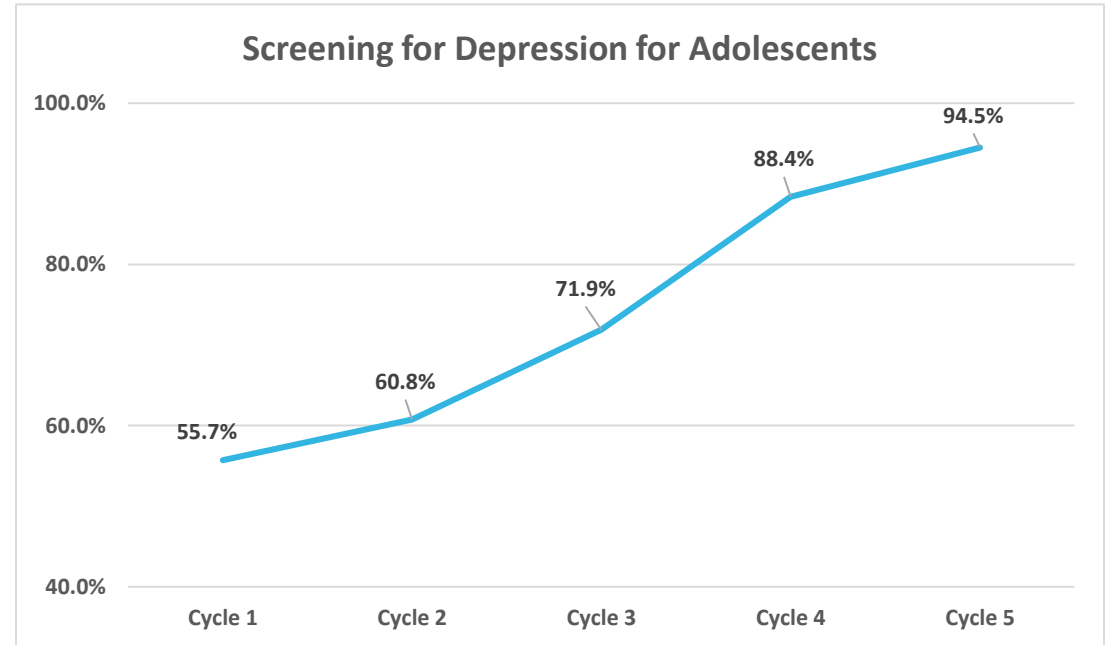
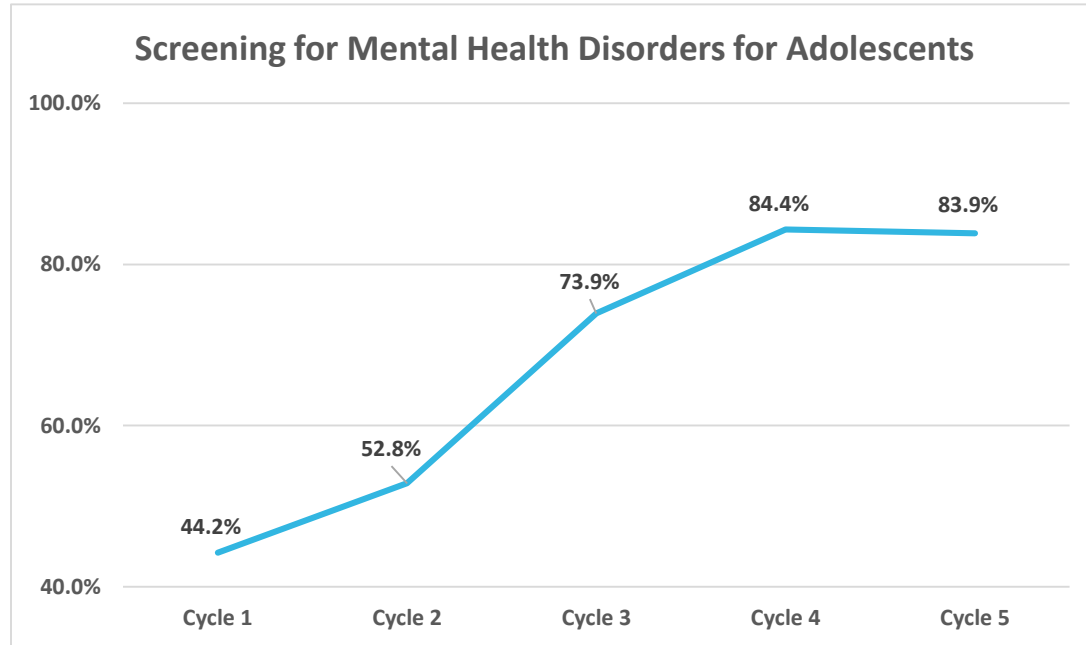
Current project:



**Healthy Minds, Healthy Children
Social and Emotional Health
Screening Project 2021**

To register or for more info, see www.vmap.org, under Primary Care Providers.

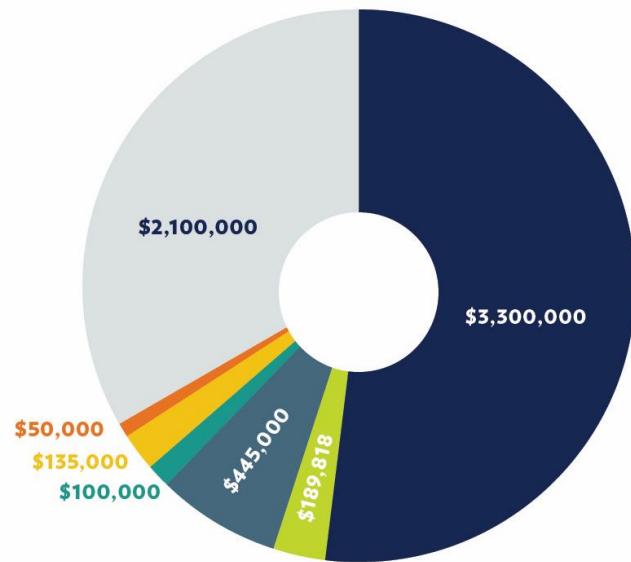
VMAP QI Project Results



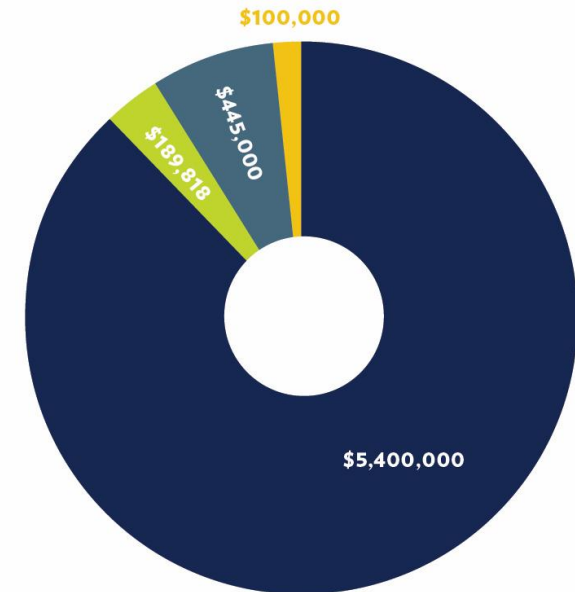
5 months of QI work by 41 providers across the state.
Approx 1,000 adolescents per month, with a total of 5,042 adolescents
Significant improvement in number of adolescents screened by end of project!

Current Funding

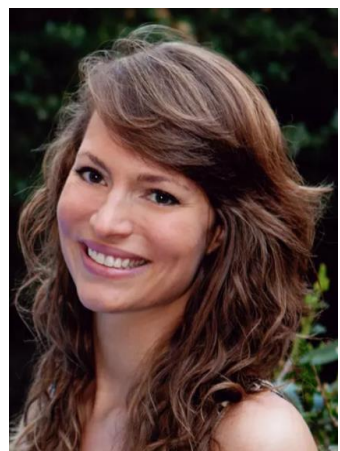
FY2021



FY2022



Executive Committee & Partners



Ally Singer Wright
**VMAP Program
Director**
Medical Society of
Virginia Foundation
(MSVF)



Sandy Chung, MD
**VMAP Medical
Director**
Virginia Chapter of the
American Academy of
Pediatrics (AAP)



**Nina Marino,
MSW, LCSW**
**Director, Office of
Child & Family
Services**
Department of
Behavioral Health and
Developmental Services
(DBHDS)



**Bern'Nadette
Knight, MSPH, PhD**
**VMAP State
Program
Administrator**
Department of
Behavioral Health and
Developmental Services
(DBHDS)



Mary Beth McIntire
**Chief Programs
Officer**
Medical Society of
Virginia Foundation
(MSVF)



Rachel Reynolds
**VMAP Call Center
Manager and Care
Navigation Lead**
Virginia Commonwealth
University (VCU)



Bethany Geldmaker
**HRSA Program
Director, VMAP**
Virginia Department of
Health (VDH)

VMAP Workgroups

PCP Education

Dr. Beth Ellen Davis (UVA)

**PCP-CAP
Consults**

Dr. Bela Sood (VCU)

Care Navigation

Rachel Reynolds (VCU)

Telehealth

Tina Gustin, CNP, CNS, RN (ODU)

Data

Nika Anwell, MA, NCC (MSVF)

Equity

Victoria Cartagena, LCSW (CHKD)

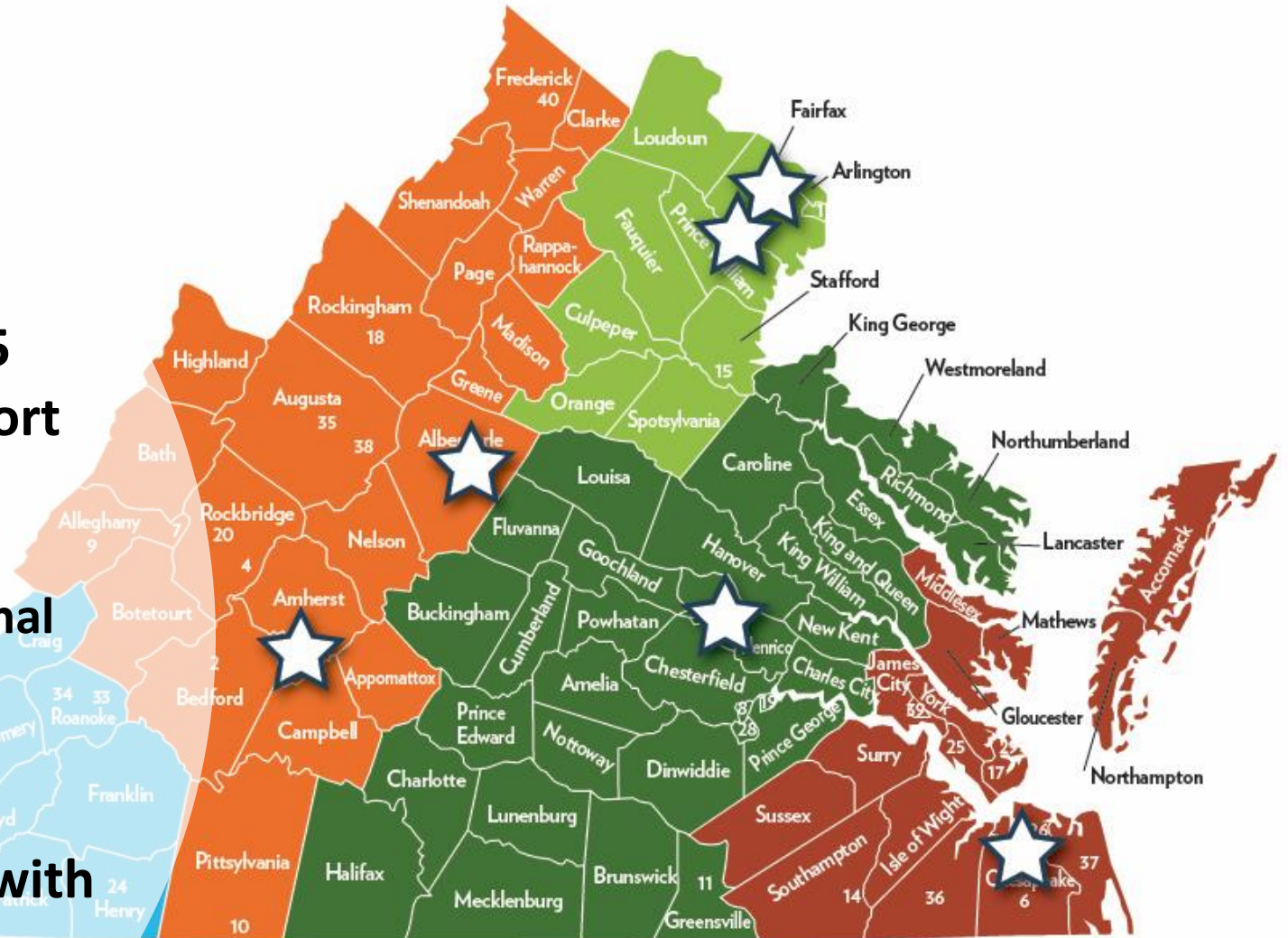
VMAP's First Regional Hubs



Northern hub – Inova Health System and Children's National Hospital
Eastern hub - Children's Hospital of the King's Daughters (CHKD)

Next Steps

- Expand and increase education opportunities
- Implement a “regional hub” in all 5 regions with regional staff to support PCPs
 - Child and Adolescent Psychiatrist
 - Licensed Mental Health Professional (LMHP)
 - 1+ Care Navigator(s)
- Goal: PCPs statewide can connect with regional clinicians and care navigators



Unite Virginia

- VMAP joining Unite Virginia network
- VMAP will sponsor Virginia pediatric behavioral health providers to be “in network”
- www.virginia.uniteus.com



United Way of Harrisonburg and Rockingham County



United Way of Northern Shenandoah Valley



SOUTH HAMPTON ROADS



What are Providers saying?

“This service was invaluable, and the patient has since returned to school and is doing much better! He will continue to see his therapist, but this service helped him “get over the hump” of a very difficult mental health crisis.”

“VMAP is a lifeline for pediatricians who are prescribing far more SSRIs than antibiotics this year- they help us help kids faced with months of waiting for care.”





Don't forget to REGISTER for VMAP's

Child Psychiatry / Psychology Consult Line

Register at www.vmap.org

Primary Care Providers: If you're a pediatrician,
family medicine physician, PA, or NP,
we're open for your calls!

1-888-371-VMAP (8627)

Monday through Friday 9 am - 5 pm (last call at 4:30 pm)

- ✓ Call center staff will ask for provider and patient info
- ✓ A behavioral health provider will call you back within 30 minutes
- ✓ Patients must be 21 years or younger and Virginia residents



This line is **not** for *families* to call directly. This is **not** a *crisis line* for patients

VMAP Partners & Funders



Virginia Department of
Behavioral Health &
Developmental Services



Virginia Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Past:



JENKINS
FOUNDATION

Questions?

Contact

Sandy Chung, MD, FAAP, FACHE

VMAP Medical Director

schung@vmap.org

Ally Singer Wright

VMAP Program Director

asingerwright@vmap.org

Bern'Nadette Knight, PhD

VMAP State Program Administrator

bernnadette.knight@dbhds.virginia.gov



Register at
www.vmap.org

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Virginia Mental Health Access
Program (VMAP)



References

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- [9] "Virginia Department of Health using data from the US Health Resources and Services Administration (February 2021)".