Virginia Mental Health Access Program (VMAP) Overview

Addressing the Mental Health Crisis in Pediatrics

Ally Singer Wright

Program Director, VMAP
• 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

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
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:

<table>
<thead>
<tr>
<th>What contributed to your MH problem right now?</th>
<th>ANXIETY (N=1368)</th>
<th>DEPRESSION (N=2828)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loneliness or isolation</td>
<td>76.5%</td>
<td>81.8%</td>
</tr>
<tr>
<td>Past trauma</td>
<td>50.8%</td>
<td>47.9%</td>
</tr>
<tr>
<td>Relationship problems</td>
<td>39.7%</td>
<td>42.0%</td>
</tr>
<tr>
<td>Coronavirus</td>
<td>31.6%</td>
<td>27.3%</td>
</tr>
</tbody>
</table>

(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.
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

There is adequate access to child psychiatry for my patients (n=125)

There is adequate access to other child mental health services for my patients (aside from psychiatry, such as therapy) (n=124)

With the existing resources, I am usually able to meet the needs of children with mental health problems (n=116)

When I need a child psychiatric consultation (corridor or phone), I am able to receive one in a timely manner (n = 121)

(VA AAP Survey Data)
A Solution to the Problem: VMAP – a statewide Mental Health Access Program

Focused on children and adolescents
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
How Does VMAP Work?

1. PCP Mental Health Education
2. PCP Calls VMAP
3. Call Center Does Intake
4. Behavioral Health Consult Provided
5. Care Navigation Initiated
6. Telehealth Consult Provided* (coming soon)
505 providers registered for VMAP

1000 consults provided

451 providers trained via VMAP

Data collected from August 1, 2019 - April 2021
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](http://www.vmap.org), under Primary Care Providers.
Screening for Mental Health Disorders for Adolescents

Screening for Depression for Adolescents

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**

- **$3,300,000**
- **$2,100,000**
- **$135,000**
- **$100,000**
- **$70,000**

**Source Distribution**:
- **State General Funds (via DBHDS)**
- **In-Kind**
- **HRSA (via VDH)**
- **Jenkins Foundation** (one time)
- **Unallotted Funds**
- **CIGNA Grant** (one time)

**FY2022**

- **$5,400,000**
- **$100,000**
- **$445,000**
- **$109,000**

**Source Distribution**:
- **State General Funds (via DBHDS)**
- **In-Kind**
- **Fairfax County**
- **Jenkins Foundation** (one time)
- **HRSA (via VDH)**
Executive Committee & Partners

Ally Singer Wright
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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
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

MSV Foundation

VDH Virginia Department of Health Protecting You and Your Environment

Virginia Chapter American Academy of Pediatrics

VCU Health

Inova Health System

Centra Community Services

University of Virginia Health System

Old Dominion University

Children's National Hospital

Mount Rogers Community Services

Healthy Minds Fairfax Supporting Emotional Wellness in Youth and Families

Greater Lynchburg Community Foundation

CHKD

Unite US

Past: Cigna Jenkins Foundation
Questions?

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Register at
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1-888-371-VMAP (8627)

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Virginia Mental Health Access Program (VMAP)
References


[8] “Virginia Department of Health using data from the US Health Resources and Services Administration (February 2021)”.

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