• 1 in 5 children has a diagnosable mental disorder and 1 in 10 suffers from a serious mental health problem

• Approximately 50% of psychiatric illnesses begin by age 15 and 75% begin by age 24

• Patients with mental health symptoms will see PCPs before they have been diagnosed with a mental health condition

• Over 65% of pediatricians reported they lacked mental and behavioral health knowledge and skills
In the *State of Mental Health in America 2019* report:

- 79,000 (12.6%) of Virginia children having had at least one major depressive episode (MDE)

- 48,000 children (63.1%) who have had a major depressive episode did not receive mental health treatment in Virginia

- Of those with severe depression who received treatment, only 20.4% received some consistent treatment
Suicide is the 2\textsuperscript{nd} leading cause of death for ages 10-24 year olds

On average, 1 person dies by suicide every 7 hours in Virginia

Virginia Youth Survey 2017 results showed that in middle and high school students that \textbf{1 in 5 females and 1 in 10 males in our state have seriously contemplated suicide} in the past twelve months

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Firearms</th>
<th>Method of Suicide</th>
<th>Poison</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 – 14 years old</td>
<td>34%</td>
<td>62.3%</td>
<td>3.8%</td>
</tr>
<tr>
<td>15 – 19 years old</td>
<td>50%</td>
<td>38%</td>
<td>less than 10%</td>
</tr>
</tbody>
</table>

Source: Janssen, 2016
Virginia ranks 41\textsuperscript{nd} lowest for the number of psychiatrists, psychologists, licensed social workers, counselors, therapist and advanced practice nurses specializing in mental health care per population.

- Only two counties have sufficient numbers of child and adolescent psychiatrists which represents only 23,086 of the 1.86 million children in Virginia.
Why Virginia Needs a Mental Health Access Program

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

- Strongly Agree/Agree: 98%
- Strongly Disagree/Disagree: 2%

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

- Strongly Agree/Agree: 91%
- Strongly Disagree/Disagree: 9%

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

- Strongly Agree/Agree: 85%
- Strongly Disagree/Disagree: 15%

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

- Strongly Agree/Agree: 95%
- Strongly Disagree/Disagree: 5%

Source VMAP RedCap Data. Provider Enrollment Form. Questions are reflected verbatim on graph.
Total n reflects all agree and disagree categories combined; neutral responses were excluded.
Pediatric Mental Health Access Programs
VMAP – a statewide Mental Health Access Program focused on children and adolescents

Key objectives of the Virginia Mental Health Access Program:

1. **Education for PCPs** on screening, diagnosis, management and treatment

2. **PCP telephonic/video consults with regional VMAP teams** comprised of child and adolescent psychiatrist, psychologist and/or social worker

3. **Telehealth visits** with psychiatrists or psychologists

4. **Care navigation** to help identify regional mental health resources
How Does VMAP Work?

Call from PCP

Call Center
- PCP calls for services (Psychiatrist/Psychologist/SW Consult, or Care Navigation)
- Enters intake data
- Routes request to regional resource

VMAP

Psychiatrist/Psychologist/SW consult
- Returns call to PCP
- Enters outcome data
- Referral to Care Navigation if needed

Regional Team Paged/Called

Regional Care Navigation
- Care Navigator works directly with patient’s family
- Follow up conducted
- Resources Database maintained

Telepsych Visit

PCP Office Telehealth Appt
- If face-to-face visit required, telehealth appt set up and conducted
- Referral to Care Navigation if needed

Virginia Regions
Northern (CNMC/Inova), Central (VCU/VTCC), Eastern (CHKD), Western (UVA/Centra), Southwestern (Carilion)
Five Regional Hubs of VMAP

- Northern – CNHS & Inova
- Central - VCU
- Eastern - CHKD
- Western – UVA & Centra
- Southwestern - Carilion
VMAP Patient Preliminary Data
Phone Calls from August 5, 2019 to January 1, 2020

- Male: 46%
- Female: 52%

- Blank: 2%
- 0-5 YEARS: 5%
- 6-10 YEARS: 24%
- 11-14 YEARS: 24%
- 15-18 YEARS: 47%

Geographical Breakdown:

- Blank: 1.6%
- Northern: 51.6%
- Southwestern: 0.8%
- Eastern: 20.6%
- Western: 8.7%
- Central: 16.7%
Most common diagnoses addressed with VMAP calls

- Depression: 23%
- Anxiety: 30%
- ADHD: 19%
- Other*: 28%

148 calls as of February 9, 2020
Over 300 PCP’s enrolled

*Includes Adjustment Disorder, Mood Disorder, Bipolar, PTSD/Acute Stress Disorder, OCD Disruptive Behavior Disorder, Tic Disorder, Eating Disorder, Neurological Condition, ASD/DD, Developmental Delay/Learning Disorder, Sleep Related Issue
Outcome of Consultation with Child Psychiatrist

79.7% resulted in PCP being able to continue treatment of the patient!
VMAP helps with managing moderately ill children and avoids ER visits

- 24% of the calls prevented a possible ER visit
- 16.5% of calls had a recommendation to STOP existing medications

How sick are the patients?
Based on Clinical Global Impression Rating

<table>
<thead>
<tr>
<th>Severity</th>
<th>Percent of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mildly Ill</td>
<td>13.4</td>
</tr>
<tr>
<td>Moderately Ill</td>
<td>70.7</td>
</tr>
<tr>
<td>Markedly Ill</td>
<td>11</td>
</tr>
<tr>
<td>Severely Ill</td>
<td>2.4</td>
</tr>
</tbody>
</table>
REACH programs held in 2019
256 Providers Trained

Coming Soon!
April 17-19, 2020 REACH – Falls Church (Northern)

April 24-26, 2020 REACH – Charlottesville (Western)

May 1-3, 2020 REACH – Lynchburg (Western-Southwestern)

Project ECHO –
Northern VA June 2019
Central VA Sept 2019
Western VA Jan 2020

> 70 Providers Training

Includes 60 point CME/MOC 2/4 package

Mental Health Screening QI Project
ABP MOC Part 4 credit with 91 physicians

Another MOC Part 4 Opportunity coming soon!
Summer 2020

For dates and registration, go to Virginia Chapter website at Virginiapediatrics.org
Under Initiatives, VMAP
Increase in Mental Health and Depression Screenings

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!
What are Providers Saying?

I am so very grateful for the VMAP service, the two times I have used it I have been truly overwhelmed with gratitude at the practical help and guidance it provides for both myself and my patients in crisis.

“I found the REACH program to be extremely helpful. We have no psychiatrists who see children who are taking new patients in our area, and even if patients are willing to drive an hour to see someone, the waiting list is long, so I end up doing FAR MORE psychiatry than I ever thought I would, and I need support for some more difficult cases. Thank you!!”
Primary Care Providers –
We are open for your calls!

Mon, Tues, Fri 9-5
Wed, Thurs 9-1

**Important – you need to enroll yourself and your practice first (www.vmapforkids.org)

The call center will take your information and information about the patient

Expect a call back from the psychiatrist within 30 minutes

1-888-371-VMAP (8627)
WHAT IS VMAP?

Children have so much to offer to the world - we believe in the power that they hold, and know that they will mold future generations to come.
**VMAP Will Give You:**

- Education and training on mental health screening, diagnosis and treatment education through [REACH](#) and [Project ECHO](#)
- Access to a consult line to a regional child psychiatrist and psychologist/social work
- Capability to do telepsychiatry or telepsychology visits in your offices
- Assistance for your families through Care Navigators who will help your families find mental health resources in your community

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**VMAP is NOT a Referral Line!**

We are here to help you learn how to manage mental and behavioral health in your practice. Please plan on participating in an educational program if you register for VMAP. The time and how you participate in the education is up to you!

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**Need to complete 1 Practice Form Per Practice**

Virginia Chapter of the AAP

**Register to Use VMAP:**

To sign up for VMAP, please complete the practice demographics and provider enrollment forms below.

- **Practice Demographic Form**
- **Provider Enrollment Form**

Only one practice demographic form needs to be completed per practice. If you are unsure if your practice has submitted a form, please submit one just in case.

Each individual provider (MD, DO, NP, or PA) needs to complete a provider enrollment to use VMAP services.
VMAP Education for PCPs

REACH programs held in 2019
256 Providers Trained

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Under Initiatives, VMAP
Advocacy Win! We have full VMAP Funding!

HRSA Grant - $445,000 per year for 5 years (awarded 9/18)

In Kind Support - $189,818

Governor’s Budget
$1.23 million for 2019-2020

CIGNA Grant $100,000 for 2019

Governor’s Budget $4.22 million for 2020 and 2021