



VMAP

Virginia Mental Health
Access Program

Virginia Mental Health Access Program (VMAP)

Addressing the Mental Health Crisis in Pediatrics

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Program

Disclosure

- *No commercial support was received for this activity*
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Scope of the Problem Nationally

- More than **1 in 5** U.S. children have ≥ 1 mental, emotional, developmental, or behavioral problem

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

- Half of **all** lifetime mental illnesses begin by **age 14**

(World Health Organization)

- Many see Primary Care before they are diagnosed

Scope of the Problem in Virginia

In the *State of Mental Health in America 2023* report:

- **124,000** (19.56%) Virginia children have had **at least one** *major depressive episode*
- **90,000** children (60.2%) who have had a *major depressive episode* **did not receive** mental health treatment
- Of those **with severe depression** who *received* treatment, only **34.9%** received consistent treatment



Scope of the Problem in Virginia

According to the 2022 Virginia School Survey of Climate and Working Conditions ...

- **40% of Virginia high schoolers felt sad or hopeless** almost every day for ≥ 2 weeks in a row
- 10% of middle school and 13% of high school students had **seriously considered attempting suicide** in the past 12 months
- Of those, 56% **made a plan** about how they would attempt suicide



Scope of the Problem

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

- *National Institute of Mental Health, 2021*

Virginia is 1 of 5 states that experienced increase in absolute number of **and** proportion of suicides among youth since the pandemic

- *2022 Evaluation of suicides among U.S. adolescents during the COVID-19 pandemic.*



Workforce Shortage in Virginia

- **48th lowest in the country** considering prevalence of youth mental illness compared to access to care
- **39th lowest in the country** for number of psychiatrists, psychologists, licensed social workers, counselors, therapists and advanced practice nurses specializing in mental health care per population

(The State of Mental Health in America, 2023)

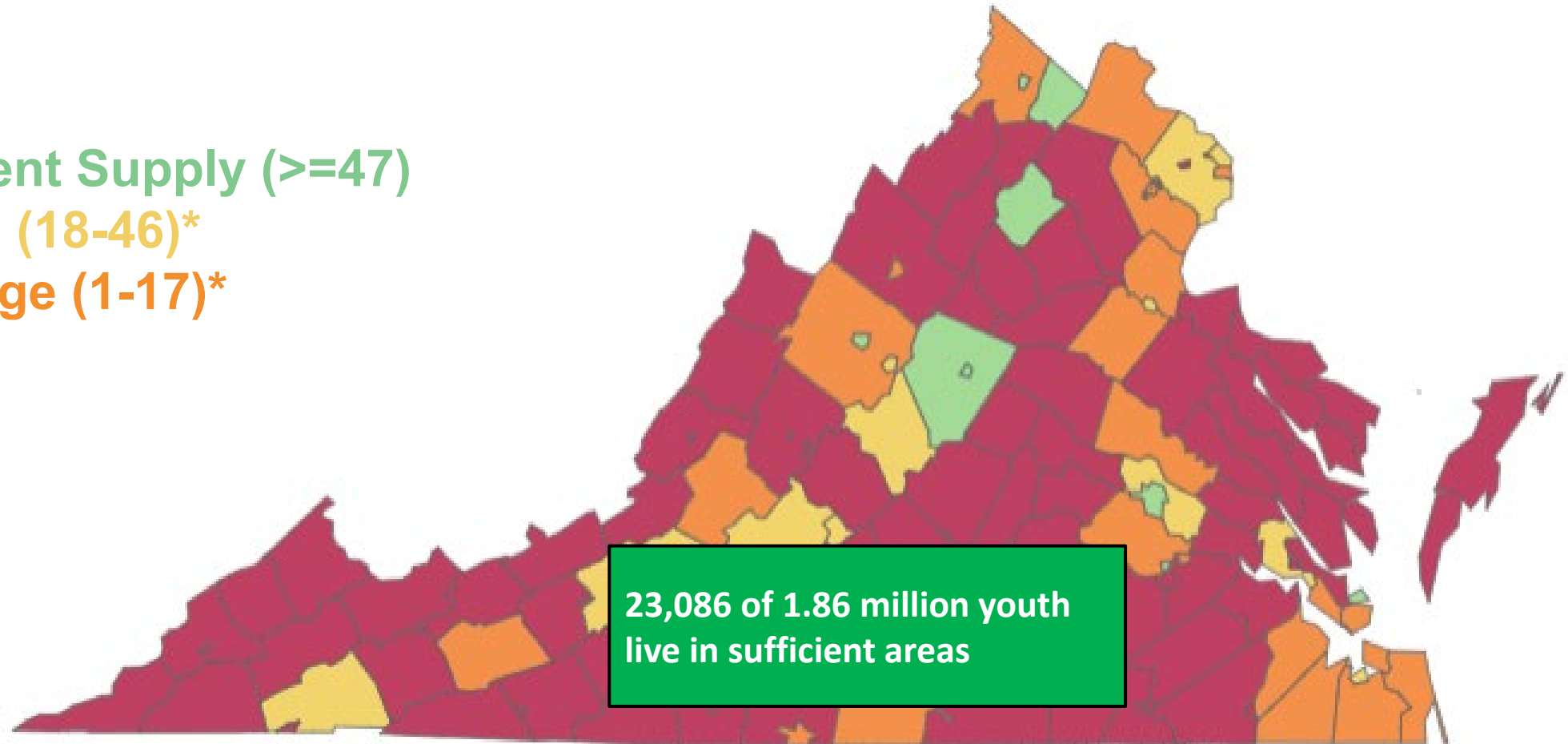
Child & Adolescent Psychiatrist Shortage Virginia

Mostly Sufficient Supply (≥ 47)

High Shortage (18-46)*

Severe Shortage (1-17)*

No CAPs



(American Academy of Child and Adolescent Psychiatry, 2019)

Why do we need VMAP?

In Virginia, there are
only 14
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)



Virginia Mental Health Access Program

Provider Education

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

REACH PPP

QI Projects

Project ECHO

Guidebook

The VMAP Line

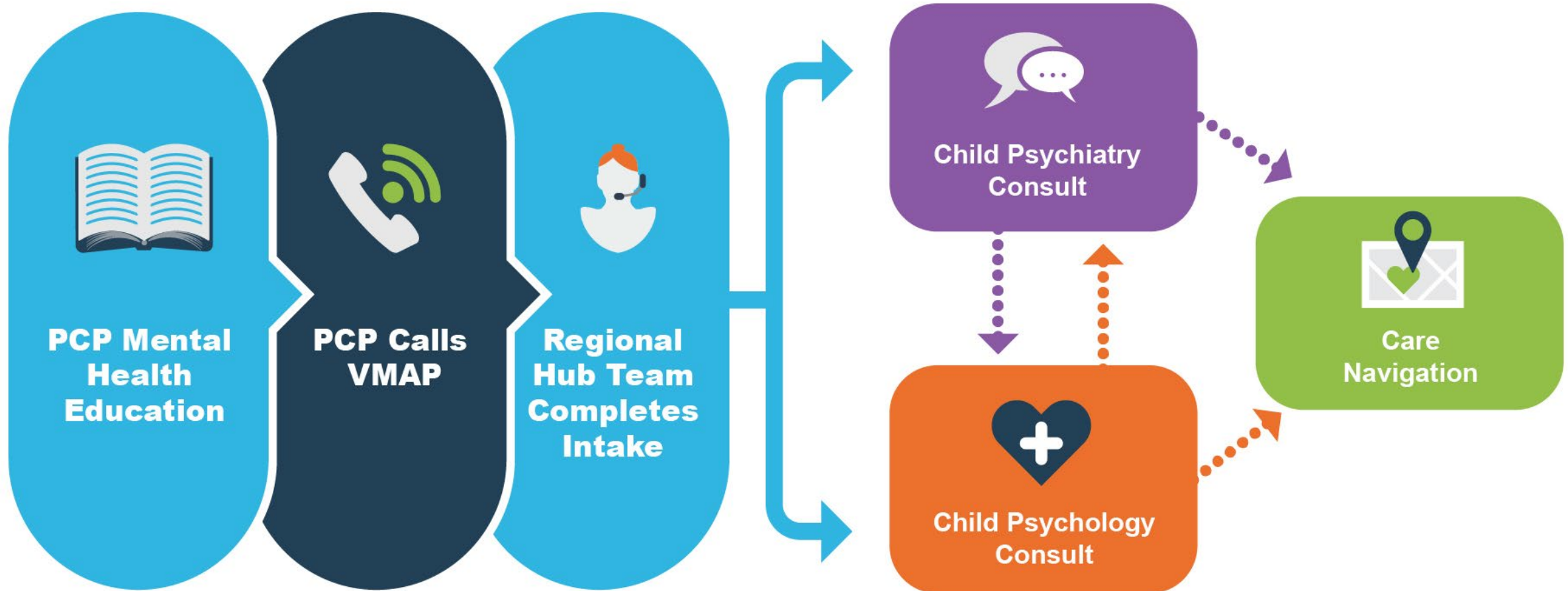
Connects primary care providers to regional hubs that offer pediatric mental health consultation and care navigation to support with patients 21 and under.

Child and adolescent psychiatrists

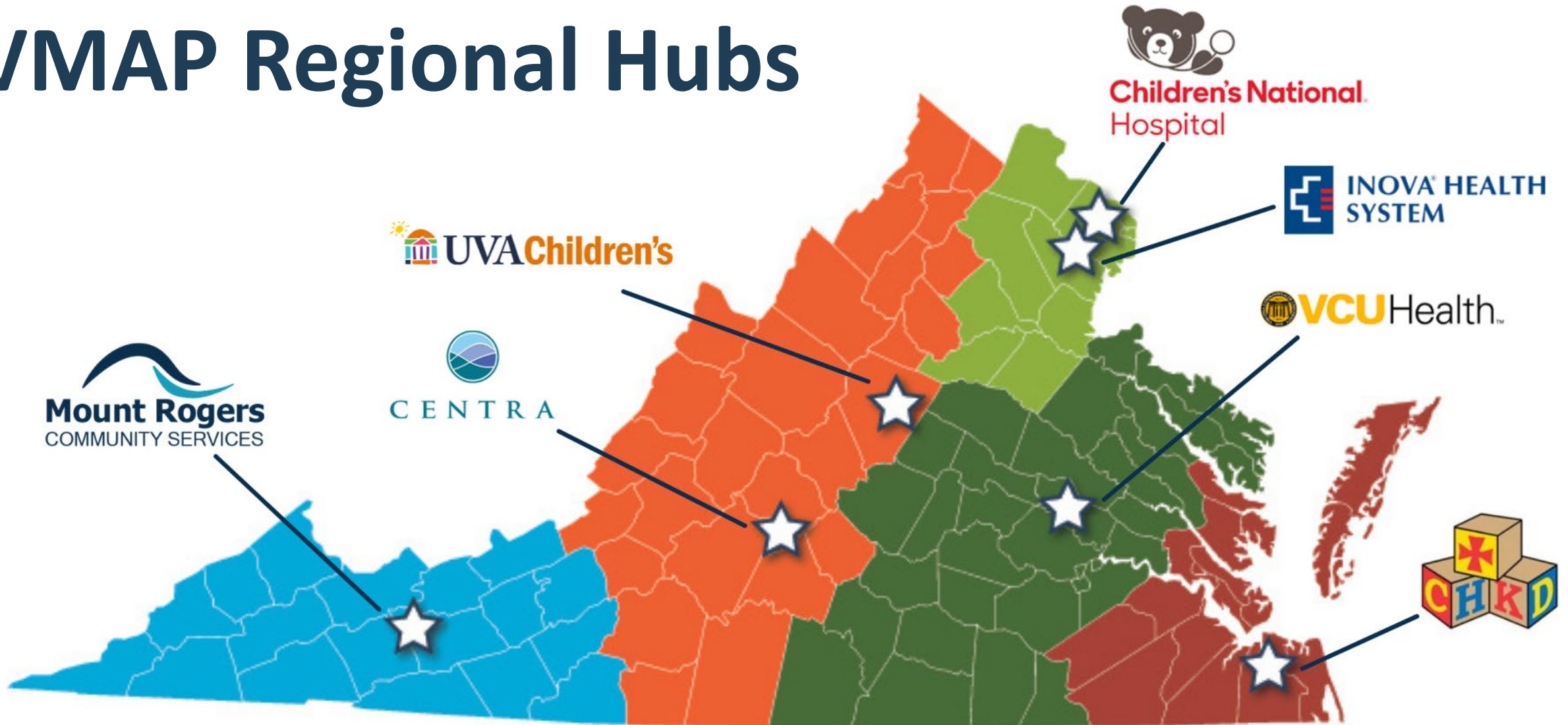
Licensed mental health professionals
(psychologists and/or social workers)

Care navigators

How Does VMAP Work?



VMAP Regional Hubs



North
Launched October 2020

East
Launched January 2021

Southwest
Launched July 2021

Central
Launched August 2021

West
Launched February 2022

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.)

Enrolling Now:

May 12-14 - in person
August 25-27 - virtual
September 22-23 - in person
November 10-12 - virtual

CME and MOC-2 available

60 minute didactic and case discussion sessions once per month.

VMAP ECHO 101 (2 Cohorts)

3rd Thursdays, 12-1 PM
4th Tuesdays, 12-1 PM

New!

★ Youth & Young Adult (FULL)

4th Fridays, 12-1 PM

VMAP Deeper Dive: Birth to 5 (FULL)

4th Thursdays, 12-1 PM

CME and MOC-4 available

Monthly didactic and case discussion sessions + optional enhanced QI project on SDOH screening and referral

New!

★ Early Childhood SOCKs (Systems of Care for Kids):

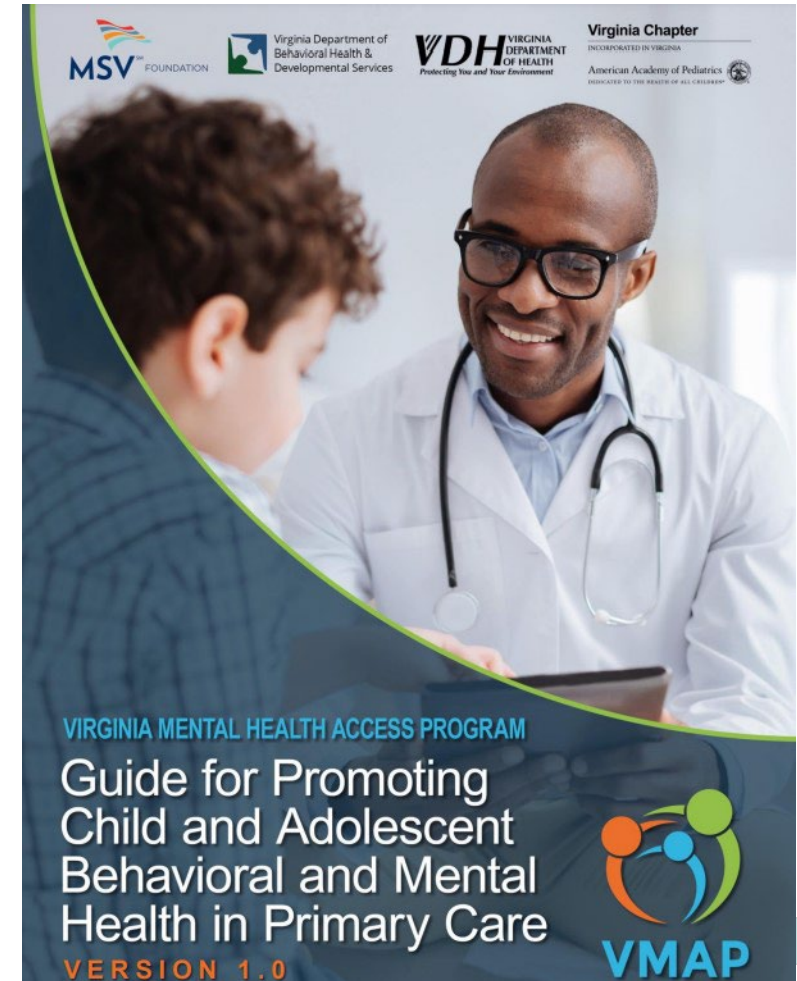
Supporting Families with
Young Children

2nd Tuesdays, 12-1 PM
February-December 2023

CME and MOC-4 available

VMAP Guidebook

- Compilation of **evidence-based practices, up-to-date resources, and practical knowledge** specifically geared towards pediatric and adolescent health care providers
- 200 pages, published June 7, 2022
- **Available to download for free!**



VMAP Guidebook

Care guides on the following topics:

- Depression
- Suicidality
- Anxiety
- Trauma & PTSD
- ADHD
- Bipolar Disorder

- Disruptive Behavior & Aggression in Children 2-10
- Psychosis
- Substance Use Disorder
- Eating Disorders
- Sleep Challenges

VMAP Partnership



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VMAP Partners & Funders



Virginia Department of
Behavioral Health &
Developmental Services



Virginia Chapter

INCORPORATED IN VIRGINIA

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Behavioral Health Workshops ...

1. Teen Suicidality and Safety Planning
2. Approaches to Aggression
3. Anxiety and Depression Pharmacology
4. Choosing the Best Assessment Tool

Questions?

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Register with VMAP

www.vmap.org

1-888-371-VMAP (8627)

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Virginia Department of Health using data from the US Health Resources and Services Administration (July 2022)