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President, Virginia Chapter AAP
Medical Director, VMAP

Virginia Mental health Access Program

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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 2018* report:

- Virginia ranks **47th lowest in the country for mental health care for children under 18 years of age**
- 12.5% of Virginia children having had at least one major depressive episode (MDE)
- Ranked **49th lowest for providing mental health services to children who had a MDE**
- 7th highest rate of youth with alcohol dependence, 10th highest for marijuana use, 8th highest for cocaine use
- 55,000 children (70.8%) who have had a MDE not receiving mental health services in Virginia
- Of those who received treatment, only 15.5% received some consistent treatment
Scope of the Problem in Virginia

• Virginia ranks 42nd lowest for the number of psychiatrists, psychologists, licensed social workers, counselors, therapists 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.

• Virginia Youth Survey 2017 results showed that in middle and high school students that 1 in 5 females and 1 in 10 males in our state have seriously contemplated suicide in the past twelve months.
Child and Adolescent Psychiatrists Workforce Shortage
A Solution: Pediatric Mental Health Access Programs
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

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**VMAP** – a statewide Mental Health Access Program focused on children and adolescents

Key objectives of the Virginia Mental Health Access Program:
Problem: Child psychiatry workforce is in significant shortage, and PCPs are having to manage mental health issues to a greater extent and many are uncomfortable due to lack of training.

**VMAP Solution:**
Education of PCPs in mental health screening, diagnosis, management and treatment

REACH Institute model – “mini-fellowship” training in of depression, anxiety, ADHD

PROJECT ECHO – hub and spoke model of learners who are remotely with a central expert

QI PROJECTS – practice quality improvement projects to implement screening tools, implement integrated mental health, improve outcomes
PCP Consults to Regional VMAP Teams

Problem: PCPs need support when patients are more complex, have complications, or when assessment is not straightforward.

VMAP Solution:
Five regions – northern, central, eastern, western and southwestern. Regional VMAP Teams – consists of child and adolescent psychiatrists, psychologists and/or social workers, care coordinator.

PCPs use a central phone number to reach the on-call regional VMAP psychiatrist for support with patient mgmt.

Patients with complex or second opinion assessment needs may be seen by on-call psychiatrist in-person or by video, then patient care will be returned to PCP or community psychiatrist.
Problem: Transportation and access challenges exist for rural and underserved regions and majority of existing telehealth programs do not offer pediatric mental health services

**VMAP Solution:**
Training on how to provide telehealth visits for pediatric patients

Telehealth solutions for those regions who do not already have a platform available

Increase access to pediatric mental health through telehealth visits

Provide access to video consults or eConsults for PCP to specialists
Problem: PCP practices have limited time and resources to spend on helping families find care due to availability issues and complexity of the mental healthcare system.

**VMAP Solution:**
PCP’s practices use central phone number to reach a **Regional Care Navigator** or social worker for assistance in finding mental health resources for families.

Care Navigator helps with finding in-network providers for patients who have insurance and services for patients who are uninsured or underinsured.

Care Navigator expedites appointments for higher acuity, but non-emergent needs.
How Does VMAP Work?

VMAP

Call from PCP

Call Center

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

Psychiatrist/Psychologist/SW consult

Regional Team Paged/Called

- Returns call to PCP
- Enters outcome data
- Referral to Care Navigation if needed

Care Navigation

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

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

Virginia AAP – Jane Chappell, Aimee Perron-Sibert
State Agencies – Alexis Aplasca, Alyssa Ward, Bethany Geldmaker, Nina Marino, Jenna Conway, Bernnadette Knight
Statewide Organizations – Ashley Everette (VOICES), Beth Bortz (VCHI), Debbie Oswalt (VHCF), Michael Carlin (VACBP), Laura May (NAMI-VA)
Psychiatrists - Bela Sood (VCU), Peter Dozier (CHKD), Roger Burket (UVA), Felicity Adams (Carilion), Ravinder Singh (Inova), Jeet Annapareddy (Centra)
Pediatricians/PCPS – Walter Chun, Charles Stein, Natasha Sriraman, Monica Woodhouse, Diane Dubinsky, Erin Rafferty, Arshia Qadir, Melody Ailsworth, Trish McDade, Robert Johnson, Robert Phillips
Pediatric Department Chairs – David Ascher, Kimberly Dunsmore, Romesh Wijesooriya
Developmental Pediatricians - Ellen Davis, Michole Pinera
Psychologists – Nadia Islam, Robyn Mehlenbeck
Business Operations - Richard Leichtweis, Rachel Reynolds, Kacie Miller
Social Worker – Stephanie Osler, John Salay
CSBs – Alan Rassmussen, Rosa Morales-Theodore, KJ Holbrook
Telehealth Experts – Tina Gustin (ODU), Carolyn Rutledge (ODU), Karen Rheuban (UVA)
Data/Research Analysts – Marilyn Bartholmae (CHKD), Meagan Robinson (VDH), Melodie Wuorinen
MAP Advisors - Lee Beers, Carter Batey, Fran Gallagher, John Strauss
% of PCPs who agreed or strongly agreed that there was adequate access to a child psychiatrist **increased from 5% to 33%** after the program was initiated.

% of PCPs who agreed or strongly agreed that they were able to meet the needs of children with psychiatric problems **increased from 8% to 63%**.

% of PCPs who were able to obtain a child psychiatry consultation in a timely manner **increased from 8% to 80%**.
Expenses of the Program

Regional VMAP Teams (5 regions) – 1 Team per region
1 FTE Psychiatrist, 1 FTE Psychologist/Social Worker,
1 FTE Care Coordinator

Centralized Services –
Program Director, Program Manager, Medical Director
Access phone number, website, telehealth services, data analytics, evaluation and outcomes research

Outreach and Training –
PCP training and PCP education, Hub and spoke model (Project ECHO), REACH training, QI programs

Telehealth –
Platform, Training and Education, Implementation, Services (Peer-to-Peer and Psychiatrist-to-Patient)
HRSA Grant - $445,000 per year for 5 years (awarded 9/18)

In Kind Support - $189,818

Governor’s Budget Proposal $1.23 million for 2019-2020

CIGNA Grant $100,000 for 2019

Overall budget need for statewide VMAP Program = $5 million/year

Will need YOUR advocacy next fall!
Where Are We Now?

Pilot Practices started using VMAP consult lines August 5, 2019
Care Navigation database compilation and building underway
Website: https://www.vmapforkids.org/

REACH programs held in
Fall 2019 and Spring 2019 = 156 Providers Trained
Sept 2019 REACH Central - full
Nov 2019 REACH Northern
April 2020 REACH - Western
May 2020 REACH - Western

Project ECHO –
Northern VA started
June 2019
Central VA and
Southwestern VA
scheduled Fall 2019

Mental Health Screening QI Project -
Offers ABP MOC Part 4 credit with 45 physicians started May 2019

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Care Navigation database compilation and building underway
Website: https://www.vmapforkids.org/
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

**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.
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.
Enroll to be in our referral database by completing the online form.