



VMAP

Virginia
Mental health
Access
Program

Sandy Chung, MD, FAAP, FACHE
President, Virginia Chapter AAP
Medical Director, VMAP

Scope of the Problem Nationally



- **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**



Scope of the Problem in Virginia

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

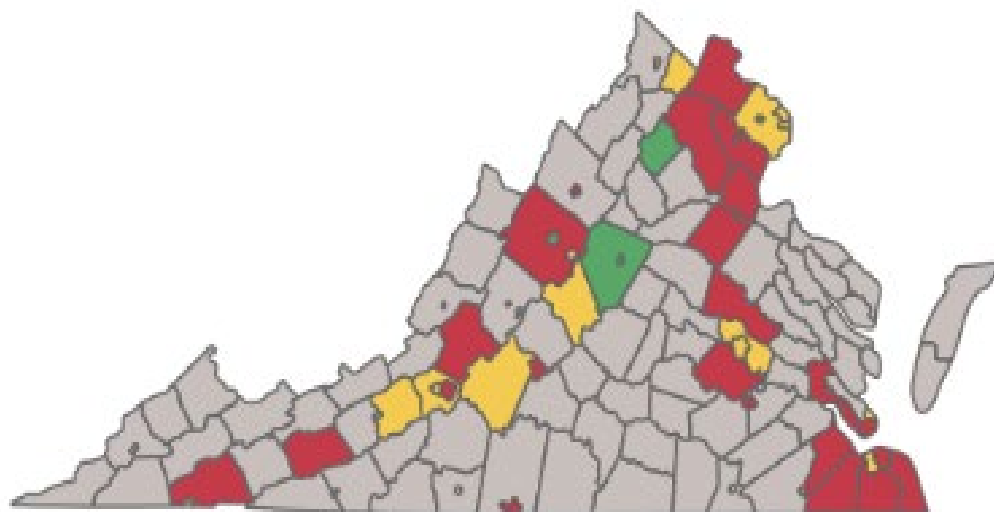
- Virginia ranks **42nd lowest** for the number of psychiatrists, psychologists, licensed social workers, counselors, therapist and advanced practice nurses specializing in mental health care per population
- Only two counties have sufficient numbers of child and adolescent psychiatrists which represents only 23,086 of the 1.86 million children in Virginia
- 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



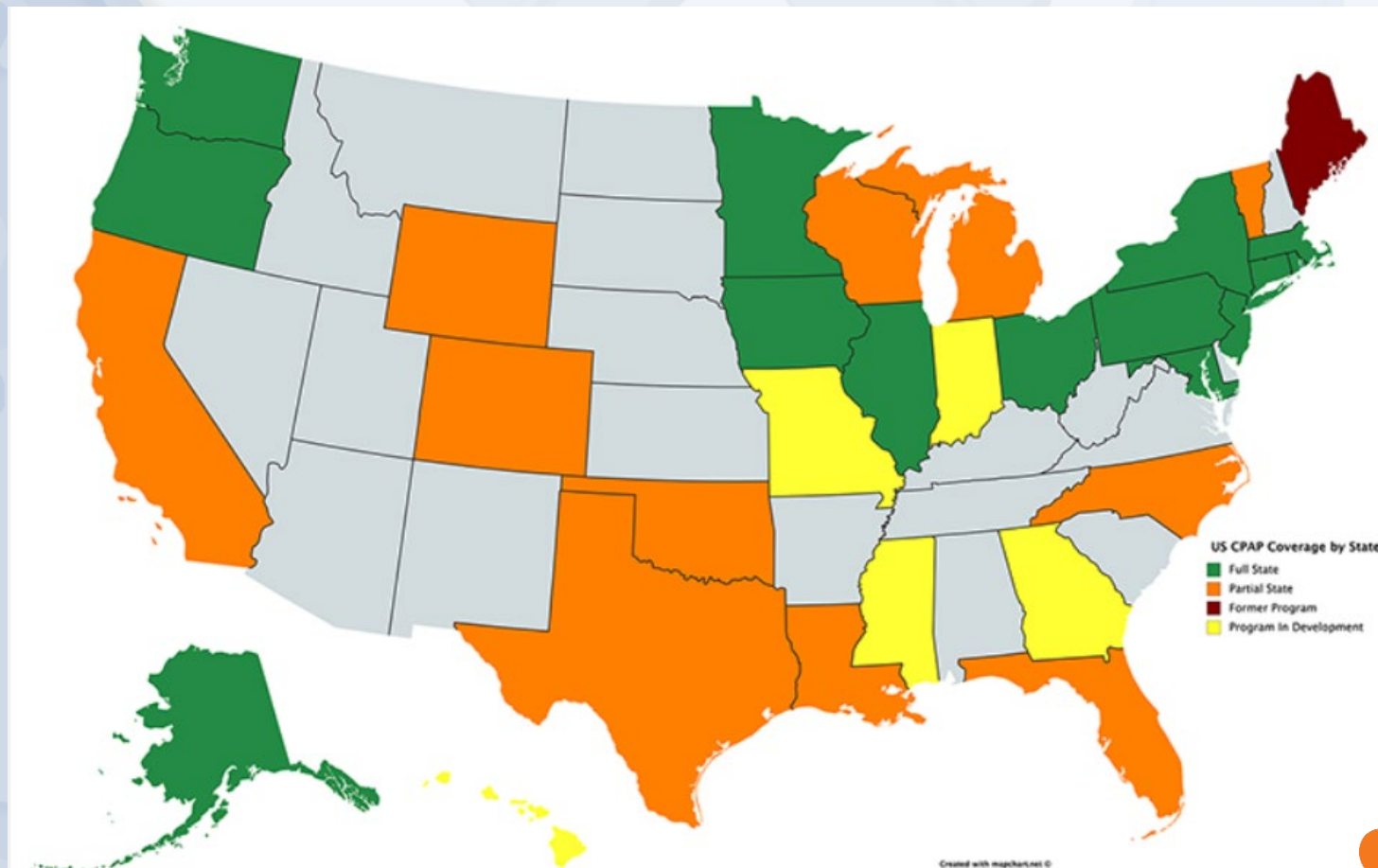
Child and Adolescent Psychiatrists Workforce Shortage

CAPs per 100K

- Mostly Sufficient Supply (>...)
- High Shortage (18-46)*
- Severe Shortage (1-17)*



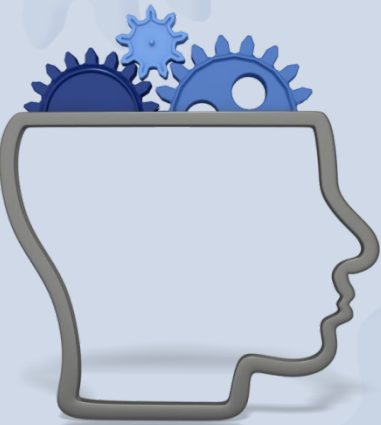
A Solution: Pediatric Mental Health Access Programs



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



Education/Training for PCPs

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



Telehealth Mental Health Care

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



Care Navigation

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

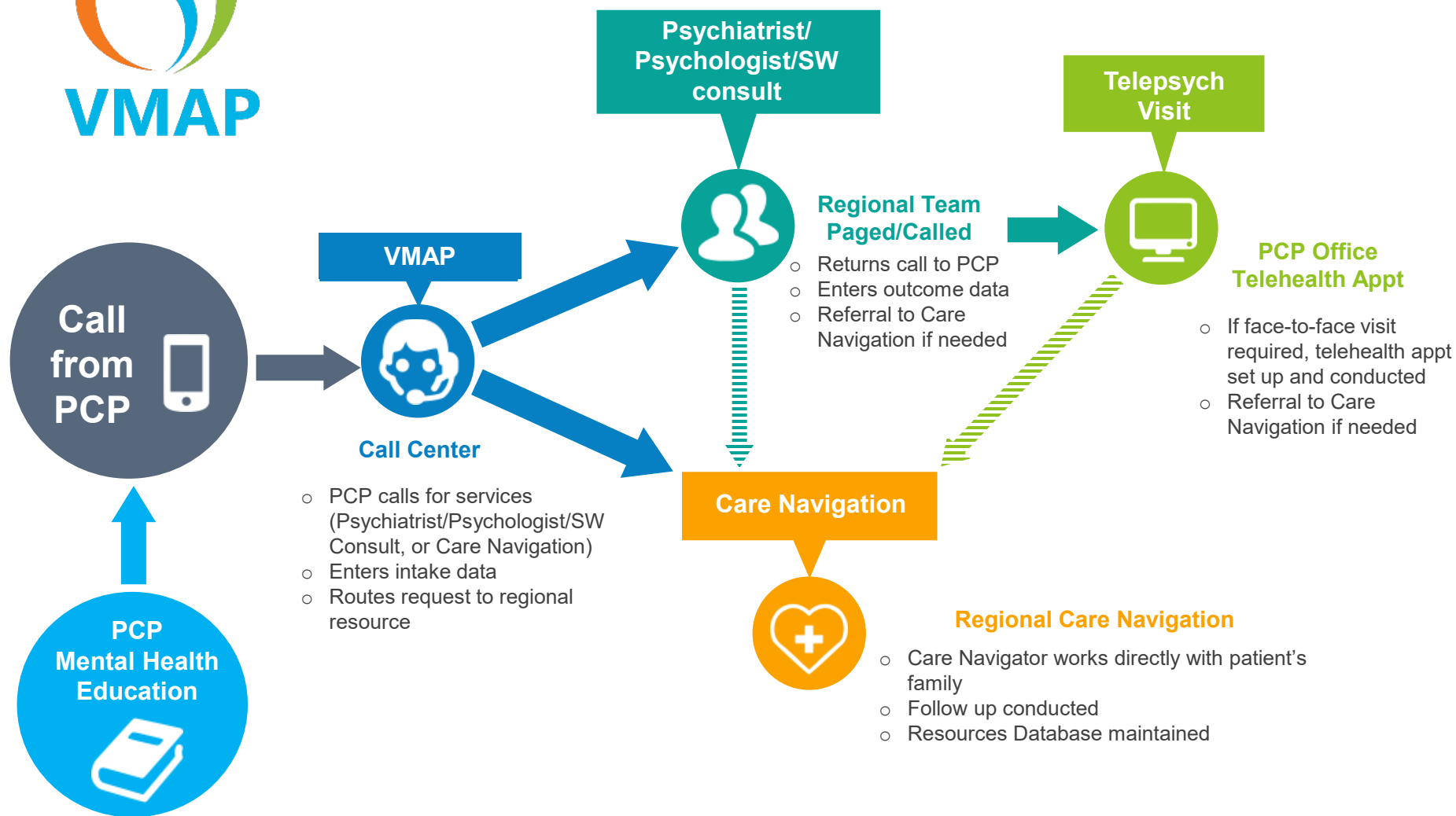
Care Navigator helps with finding in-network providers for patients who have insurance and services for patients who are uninsured or underinsured

Care Navigator expedites appointments for higher acuity, but non-emergent needs





How Does VMAP Work?



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

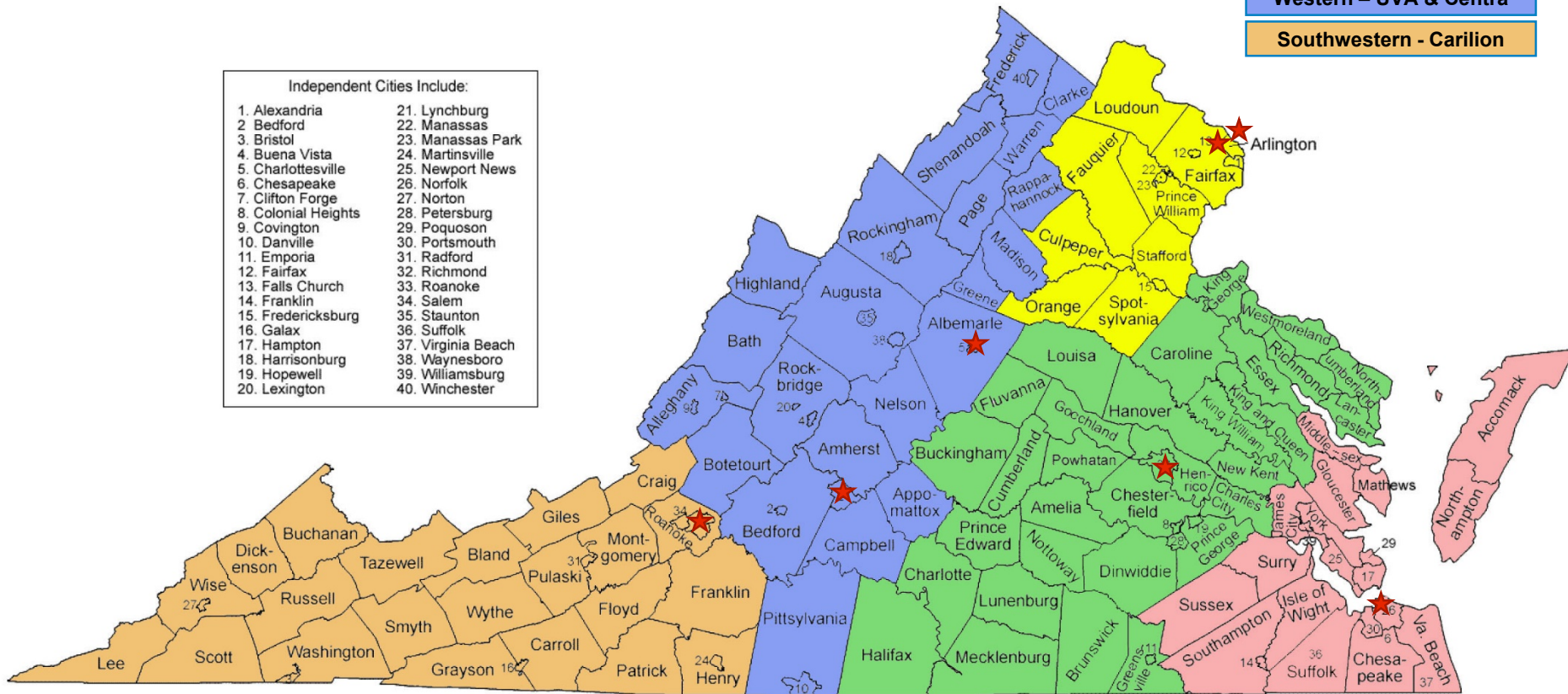
Eastern - CHKD

Western – UVA & Centra

Southwestern - Carilion

Independent Cities Include:

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



Supporting Organizations

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
Virginia Chapter

VDH VIRGINIA DEPARTMENT OF HEALTH
Protecting You and Your Environment



Virginia Department of Behavioral Health & Developmental Services

VIRGINIA'S MEDICAID PROGRAM
DMAS
INNOVATION • QUALITY • VALUE

Voices
For Virginia's Children

CHILDREN'S
HOSPITAL OF RICHMOND AT **VCU**

VIRGINIA DEPARTMENT OF EDUCATION

CARILION
CLINIC

INOVA HEALTH SYSTEM

Cigna

Anthem

CHKD

Neighborhood Health
Your Health. Our Passion.

YACBP
Virginia Association of Community-Based Providers

Healthy Minds FAIRFAX
Supporting Emotional Wellness in Youth and Families

NAMI Virginia
National Alliance on Mental Illness

VIRGINIA CENTER FOR HEALTH INNOVATION

innovation HEALTH
Aetna | Inova PARTNERSHIP

VAFP
VIRGINIA'S FAMILY PHYSICIANS

MSV MEDICAL SOCIETY OF VIRGINIA

Medical Home Plus
resources, outreach and community based support for all of us

UNIVERSITY of VIRGINIA
HEALTH SYSTEM

Children's National
Health Network™

GEORGE MASON
UNIVERSITY

Beacon Tree
advocates for youth mental health

VMAP

VMAP Steering Committee

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



Does it work? The MCPAP Example

% 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)



How To Fund VMAP?

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

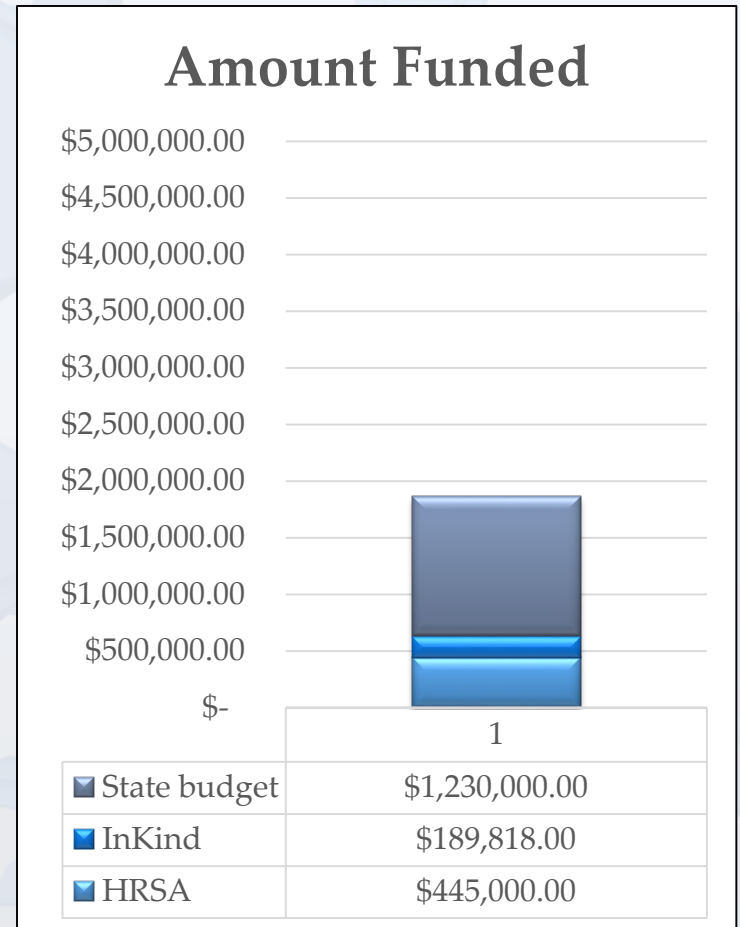
In Kind Support - \$189,818

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?



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

Pilot Practices started using VMAP consult lines August 5, 2019

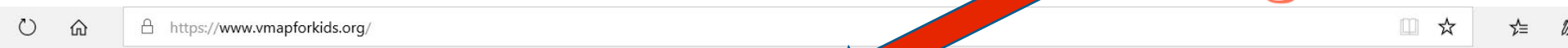
Care Navigation database compilation and building underway

Website: <https://www.vmapforkids.org/>



www.vmapforkids.org

PCPs go here



Home About Us FAQs Primary Care Providers MH Providers News & Updates

Search Site



VIRGINIA MENTAL HEALTH ACCESS PROGRAM

Collaborative Care for Children and Adolescents



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!

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

Each Provider Needs to Enroll



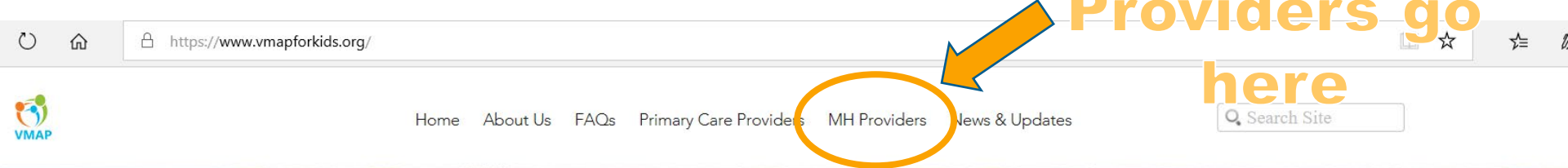
Provider Enrollment Form

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.

www.vmapforkids.org

**Mental Health
Providers go
here**



VIRGINIA MENTAL HEALTH ACCESS PROGRAM

Collaborative Care for Children and Adolescents



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.

It should take no more than 15 minutes to complete and could make a world of difference for a family. Once your program is in our database, we may contact you on an annual basis for updates or changes.

If you have multiple office locations, please complete a new survey for each office location or after completing the first survey.

If you have any questions or prefer to complete the survey over the phone with a VMAP team member, contact our coordinator, Rachel Reynolds at rachel.reynolds@vcuhealth.org



CMHRC/VMAP Provider Database Entry/Update Form

The Virginia Mental Health Access Program (VMAP) and the Cameron K. Gallagher Mental Health Resource Center (CMHRC) are two programs that provide support and referral assistance. Our programs share the same searchable database to connect families across Virginia to the mental health services they need. Please enter your organization's information so that we can provide the most current resources to families.

This form should take about 15 minutes to complete. If you have any questions, please contact us at cmhrcmail@gmail.com or 804-828-3999.

Page 1 of 12

NEXT

QUESTIONS?



Sandy Chung, MD, FAAP, FACHE

schung@fairfaxpeds.com

www.vmapforkids.org