Virginia Mental Health Access Program (VMAP) Overview

Addressing the Mental Health Crisis in Pediatrics

Bethany Geldmaker, PhD HRSA VMAP Project Director

State Health Commissioner's Advisory Council on Health Disparity and Health equity meeting on April 11, 2023

Virginia Mental Health Access Program

VMAP

Scope of the Problem Nationally

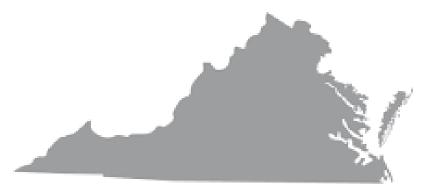
- More than 1 in 5 (22.1%) U.S. children have 1 or more mental, emotional, developmental, or behavioral problems.*
- According to the World Health Organization, half of all mental illnesses begin by age 14.
- Many patients with mental health symptoms will see PCPs before they have been diagnosed with a mental health condition

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

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 in Virginia*
- Of those with severe depression who received treatment, only 34.9% received some consistent treatment.*



Scope of the Problem

- 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 12 months.



Scope of the Problem in Virginia

According to the Virginia Department of Health in 2020,

- 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



Workforce Shortage

- Virginia ranks 48th lowest in the country when considering prevalence of mental illness in our youth compared to access to care
 - (The State of Mental Health in America, 2023)
- Virginia ranks 39th lowest in country for the number of psychiatrists, psychologists, licensed social workers, counselors, therapist and advanced practice nurses specializing in mental health care per population
 - (The State of Mental Health in America, 2023)
- Only four 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)

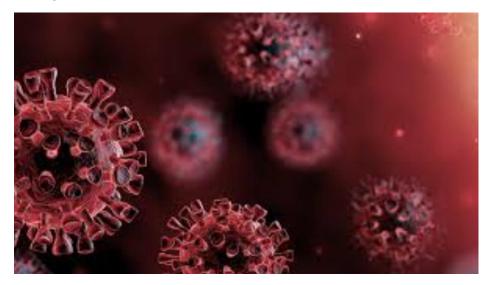
Child & Adolescent Psychiatrist Shortage Virginia

Mostly Sufficient Supply (>=47) High Shortage (18-46)* Severe Shortage (1-17)* No CAPs

(American Academy of Child and Adolescent Psychiatry, 2019)

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



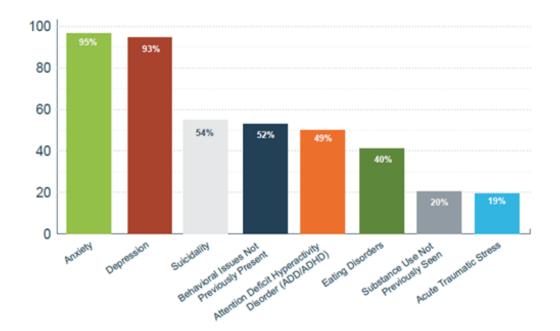
Survey of 11–17-year-olds results:

What contributed to your MH problem right now?	ANXIETY (N=1368)	DEPRESSION (N=2828)
Loneliness or isolation	76.5%	81.8%
Past trauma	50.8%	47.9%
Relationship problems	39.7%	42.0%
Coronavirus	31.6%	27.3%

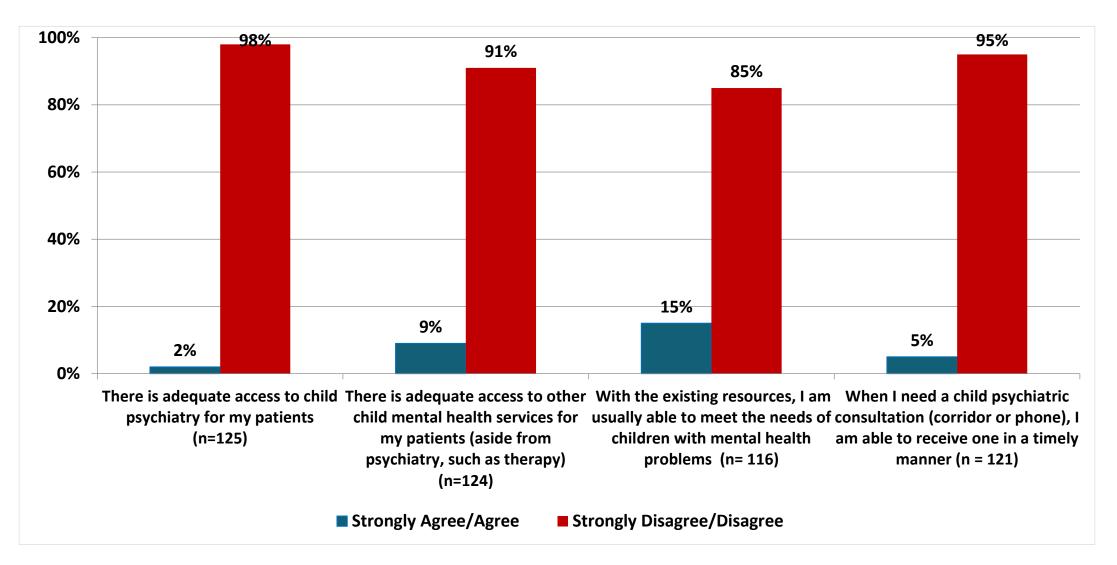
COVID's Impact on Pediatric Patients

- In August 2021, the Virginia Chapter of the American Academy of Pediatrics in partnership with DBHDS conducted a survey of primary care providers
- **90% of respondents reported an increase** in mental and behavioral health issues in children since June 2020
- 62% of respondents reported they cannot currently meet this need and the majority anticipate the need will only continue to increase

Reported Increases in Symptoms/Problems in Pediatric Patients since Covid-19



Why Virginia Needs a Mental Health Access Program



(VA AAP Survey Data)

Key Statistics

91% of Virginia localities are mental health professional shortage areas (VDH Data from HRSA, 2022)



In Virginia, there are **only 14** child and adolescent

psychiatrists available per 100,000

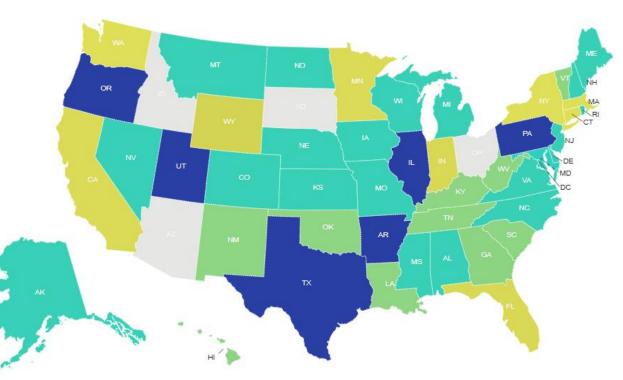
children below the age of 18 (American Academy of Child and Adolescent Psychiatry, 2019).

^{Over} 65% of pediatricians

reported they lacked mental and behavioral health knowledge and skills (McMillan, Land, & Leslie, 2017)

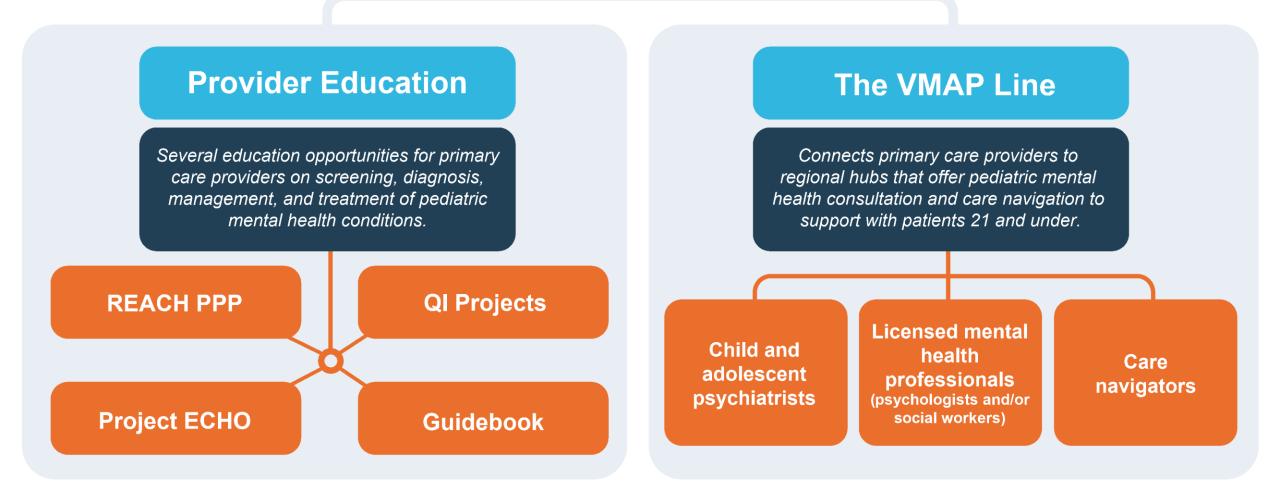
A Solution to the Problem: VMAP – a statewide Mental Health Access Program Focused on children and adolescents

Pediatric Mental Health Access Programs

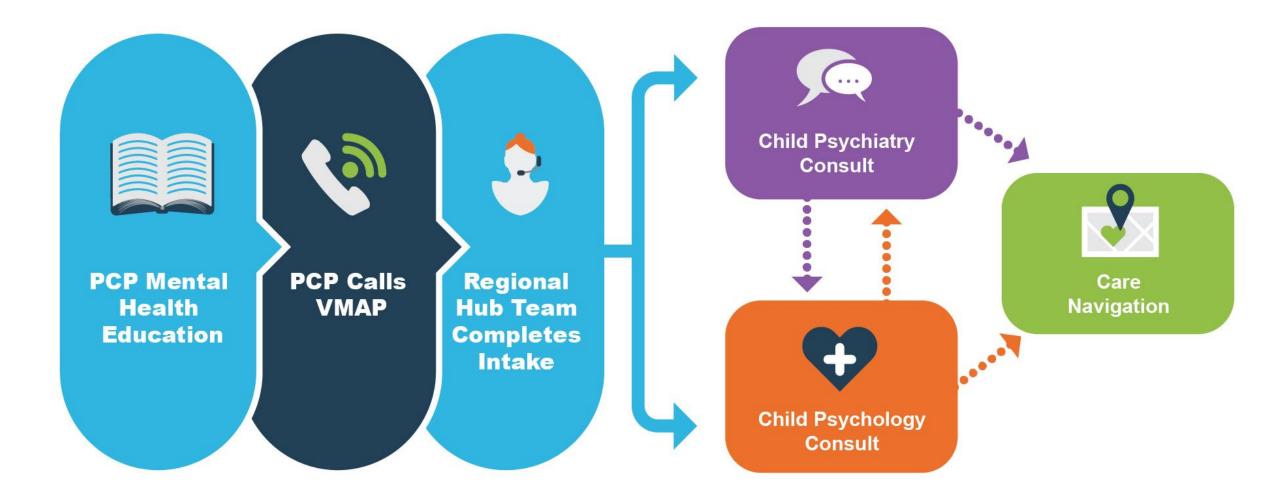








How Does VMAP Work?





North Launched October 2020 East Launched January 2021

Southwest Launched July 2021 Central Launched August 2021

1 West Launched February 2022 1,054 providers registered for VMAP

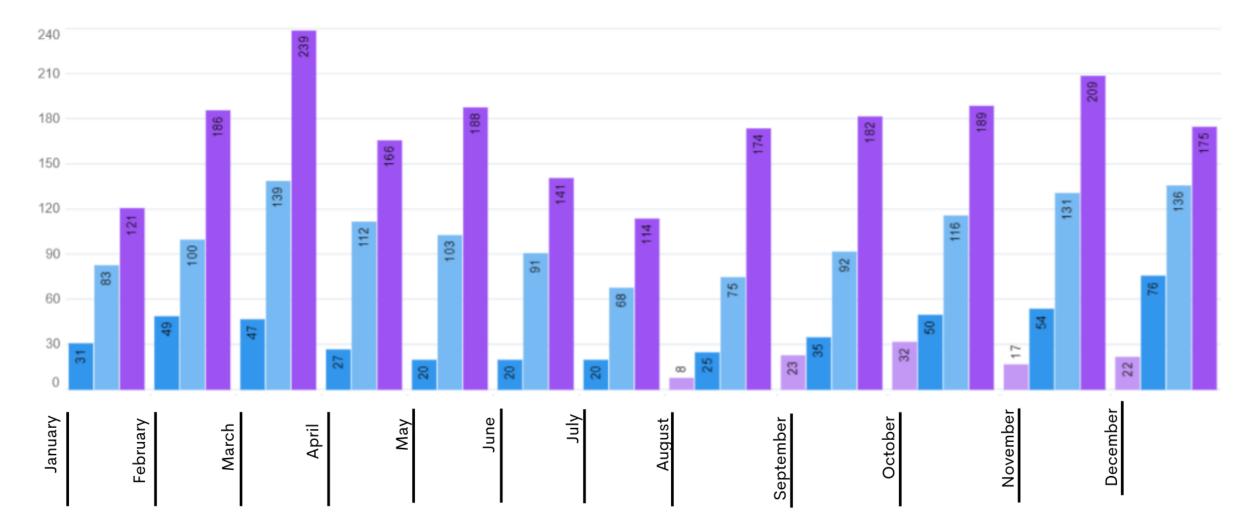


3,866 calls to VMAP line

22,083 hours of VMAP training

Data collected from August 1, 2019 – December 31, 2022

Calls to the VMAP Line Year Over Year



VMAP Education for PCPs

New!



ECHO[®]

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:

February 3-5, 2023 - virtual
March 17-19, 2023 - virtual
May 12-14, 2023 - in person

Fall 2023 coming soon! CME 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

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

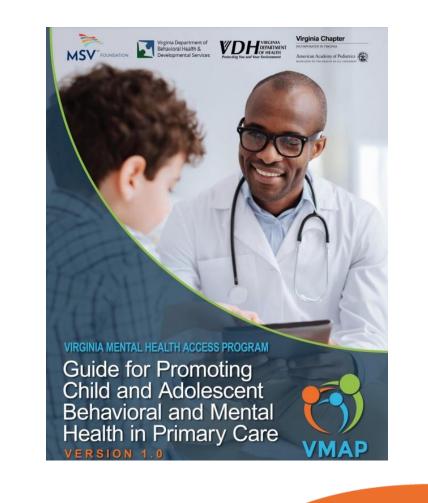
> Early Childhood SOCKs (Systems of Care for Kids): Supporting Families with Young Children 2nd Tuesdays, 12-1 PM February-December 2023

> > CME and MOC-4 available

VMAP Guidebook

For Promoting Child and Adolescent Behavioral & Mental Health in Primary Care

- Compilation of evidence-based practices, upto-date resources, and practical knowledge specifically geared towards pediatric and adolescent health care providers.
- Available to download for free!



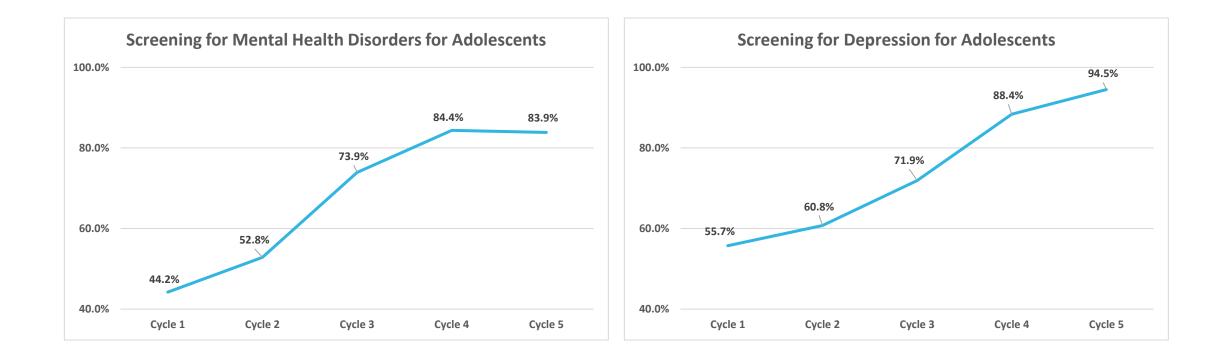
VMAP Guidebook

Contains care guides on the following topics:

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

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

VMAP QI Project Results



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!

VMAP demographic characteristics and geographic data elements

Total # of Providers Registered

• 1,123

Types of Providers (n=1,123)

- Physician (MD, DO): 74%
- Nurse Practitioner: 21%
- Physician Assistant: 2%
- Other: 2%

Years of Experience among (n=1,123)

- 0-5: 44%
- 6-10: 14%
- 11-15: 9%
- 16-20: 12%
- 21-25: 10%
- Over 25: 11%

VMAP demographic characteristics and geographic data elements

Insurance Status across Unique Patients (n=3,852)

- Private: 54%
- Medicaid: 39%
- Tricare: 5%
- Uninsured: 2%

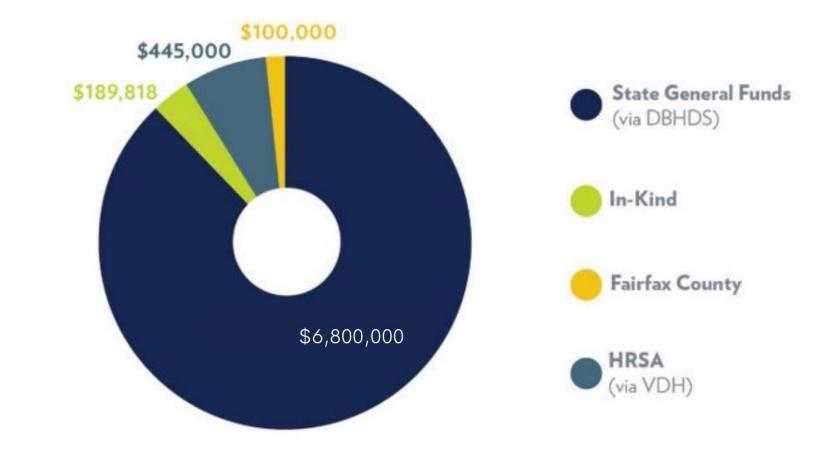
Unique Patients (age)

- 0-5: 9%
- 6-10: 20%
- <mark>11-15: 42%</mark>
- 16-18: 24%
- 19-21:6%
- Over 21: <1%



06. Quarterly Dashboard (Unique Patients through Previous Quarter)

Current Funding FY2023



Executive Committee



VMAP Program

Director

Medical Society of Virginia

Foundation (MSVF)

Sandy Chung, MD **VMAP Medical Director** Virginia Chapter of the American Academy of Pediatrics (VA AAP)



Nina Marino, MSW, LCSW **Director, Office of Child & Family Services** Department of Behavioral Health and **Developmental Services** (DBHDS)

Hanna Schweitzer, MPH **VMAP State Program Administrator** Department of Behavioral Health and **Developmental Services** (DBHDS)



Mary Beth McIntire Chief Programs Officer Medical Society of Virginia Medical Society of Virginia Foundation (MSVF)



VMAP State

Operations Manager

Foundation (MSVF)



Bethany Geldmaker HRSA Program **Director, VMAP** Virginia Department of Health (VDH)

VMAP Committees

PCP Education

Beth Ellen Davis, MD, MPH (University of Virginia) Hanna Schweitzer, MPH (Dept. of Behavioral Health & Developmental Services)

Equity

Care Navigation Regional Advisory Boards

VMAP Regional Hub Teams

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 yearthey help us help kids faced with months of waiting for care." If you're a primary care provider treating children and adolescents...

Don't forget to **REGISTER** for the

VMAP Line

to gain access to:

- Regional child and adolescent psychiatrists available for consultation
- Regional licensed mental health professionals available for consultation
- Care navigation services to support with resource and referral needs

Register at www.VMAP.org or call now!

1-888-371-VMAP (8627)





Monday through Friday 9 am - 5 pm (last call at 4:30 pm)

- Hub team 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
- Provider must practice in Virginia, or patient must reside in Virginia



This line is **not** for families to call directly. This is **not** a crisis line for patients

VMAP Partners & Funders





VIRGINIA DEPARTMENT OF HEALTH Protecting You and Your Environment



Questions?

Sandy Chung, MD, FAAP, FACHE VMAP Medical Director schung@vmap.org

> Ally Singer Wright VMAP Program Director asingerwright@vmap.org

Hanna Schweitzer, MPH VMAP State Program Administrator Hanna.Schweitzer@dbhds.virginia.gov



Virginia Mental Health Access Program

Register with VMAP

www.vmap.org

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