



VMAP

Virginia Mental Health
Access Program

Virginia Mental Health Access Program (VMAP) Overview

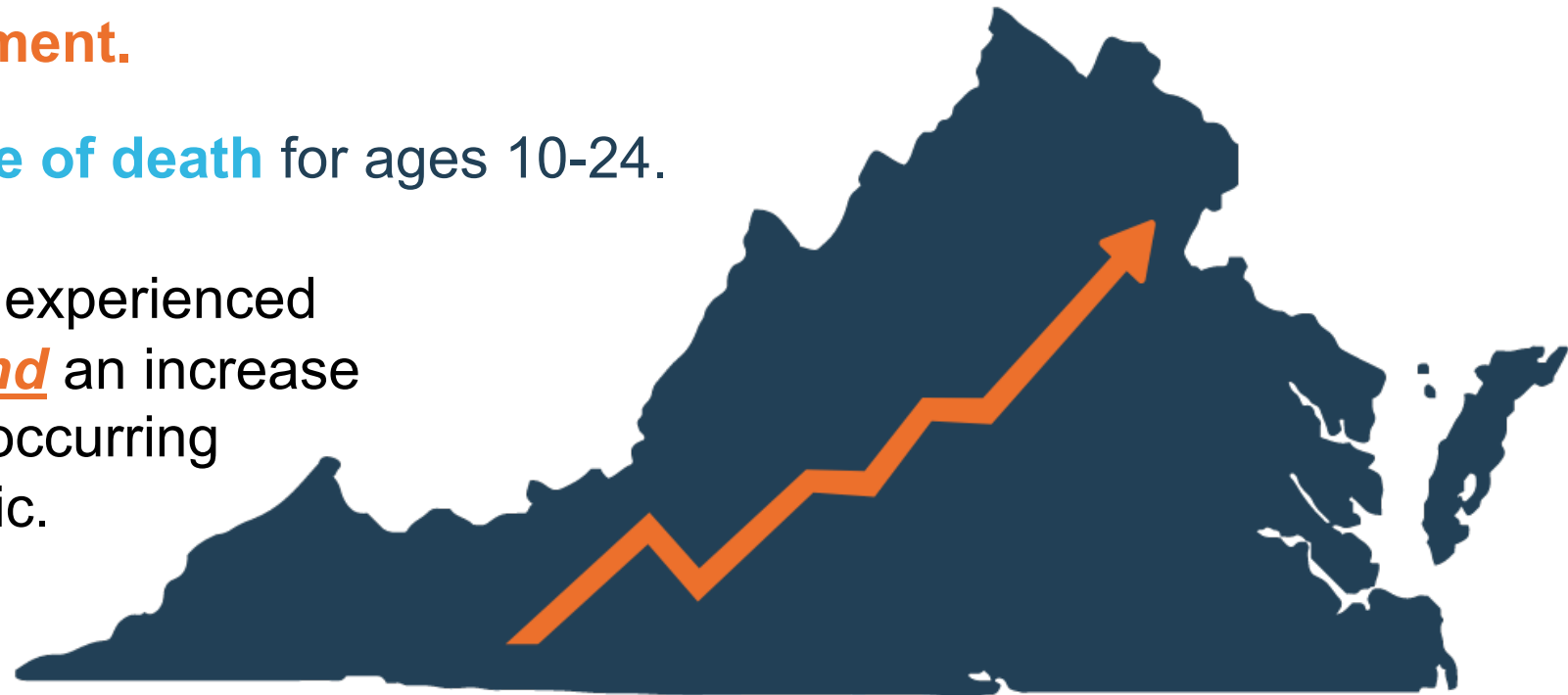
Addressing the Mental Health Crisis in Pediatrics

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VMAP, Senior Director

Andy Johnson
Path Foundation, Director of Programs

Scope of the Problem

- Rates of childhood anxiety and depression are **rising**.
- Almost 20% of Virginia children have had **at least one** major depressive episode.
 - 60% **did not receive treatment**.
- Suicide is the **2nd leading cause of death** for ages 10-24.
- Virginia is 1 of 5 states that has experienced an increase in youth suicides **and** an increase in the proportion of all suicides occurring among youth since the pandemic.



The Workforce Shortage in Virginia

- Virginia ranks **48th lowest in the country** for prevalence of mental illness in our youth compared to access to care.
 - *(The State of Mental Health in America, 2023)*
- Virginia ranks **39th lowest** for the number of psychiatrists, psychologists, licensed social workers, counselors, and advanced practice nurses specializing in mental health care per population.
 - *(The State of Mental Health in America, 2023)*
- Only **four** counties have **sufficient** child and adolescent psychiatrists.
 - *(American Academy of Child and Adolescent Psychiatry, 2019)*

100%

of Virginia localities are
mental health
professional shortage
areas

*(VDH Data from HRSA,
2024)*

There are only

14

child and adolescent
psychiatrists for every

100,000

children in Virginia

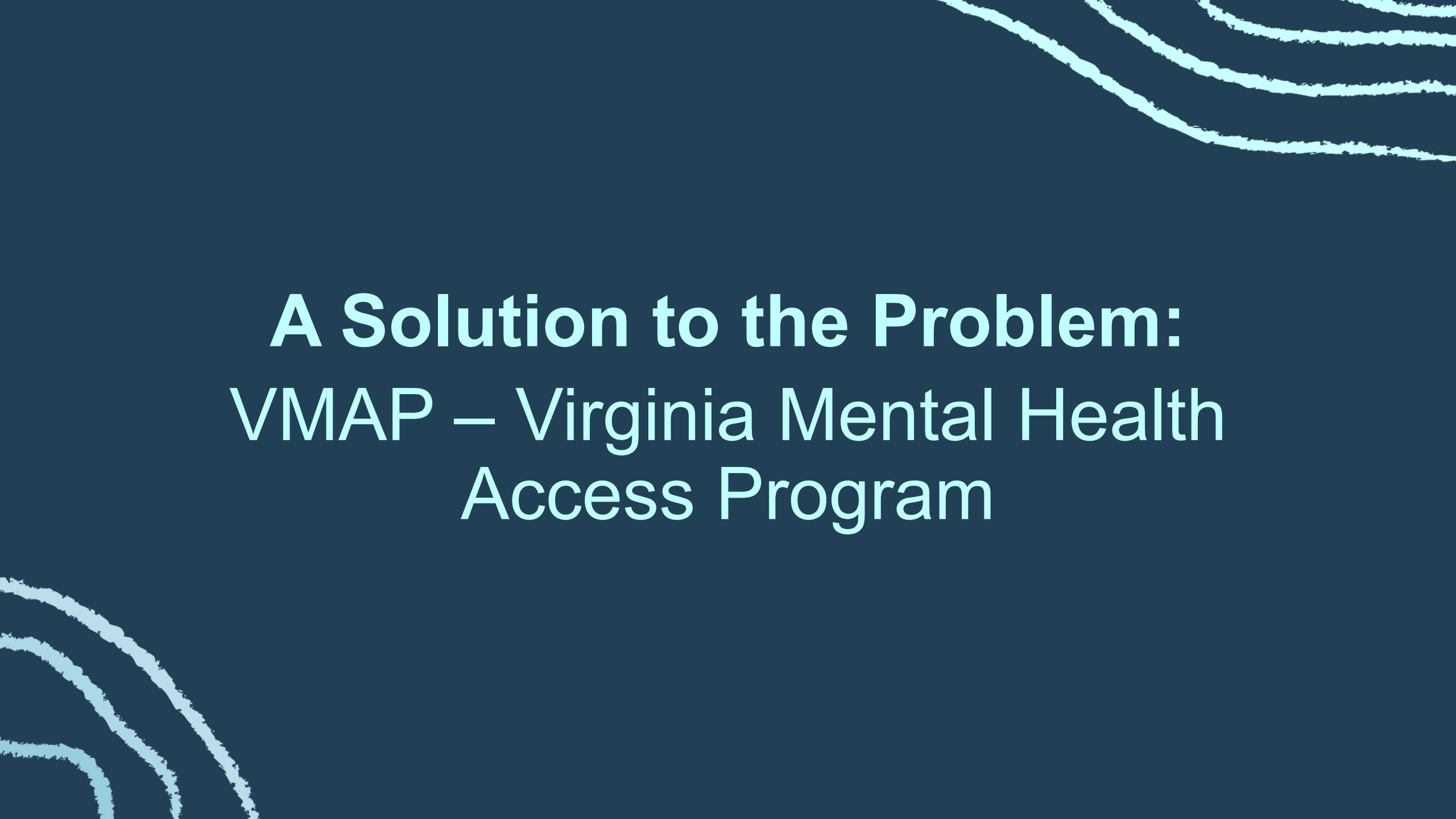
(AACAP 2019)

Over

65%

of pediatricians say they
lack training, knowledge,
and skills in pediatric
mental and behavioral
health

*(McMillan, Land, & Leslie,
2017)*



A Solution to the Problem:
VMAP – Virginia Mental Health
Access Program

Map of PMHCA Programs as of June 23, 2023

TRIBAL NATION KEY

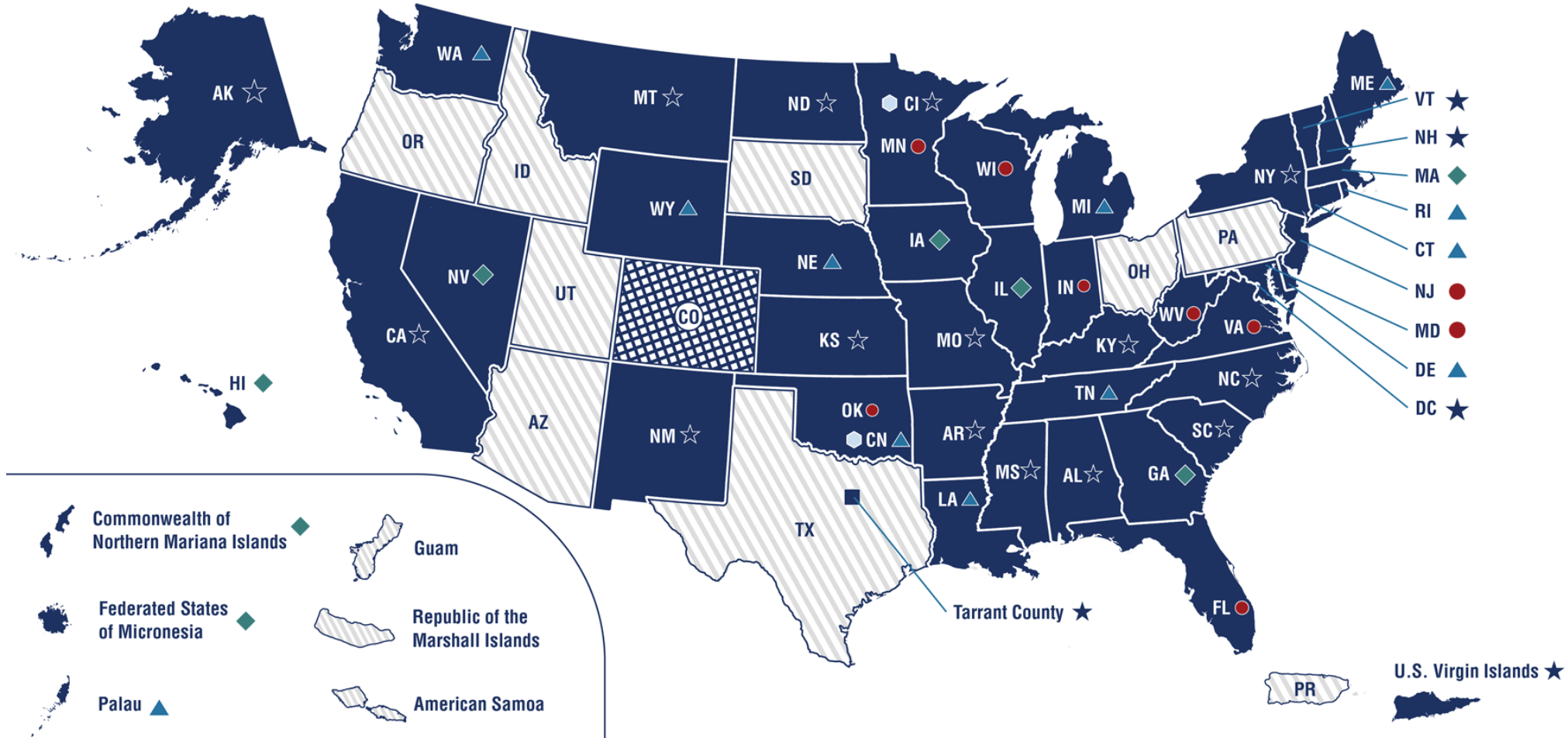
- Chickasaw Nation (CN)
- Red Lake Band of Chippewa Indians (CI)

FUNDING KEY

- HRSA-PMHCA Initial and Expansion Funding
- Not HRSA-PMHCA Funded
- HRSA-PMHCA Initial Funding Only

EXPANSION FUNDING USE KEY

- Schools
- Emergency Departments
- Both
- General





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

Pearls & Pitfalls

ECHO

Guidebook

The VMAP Line

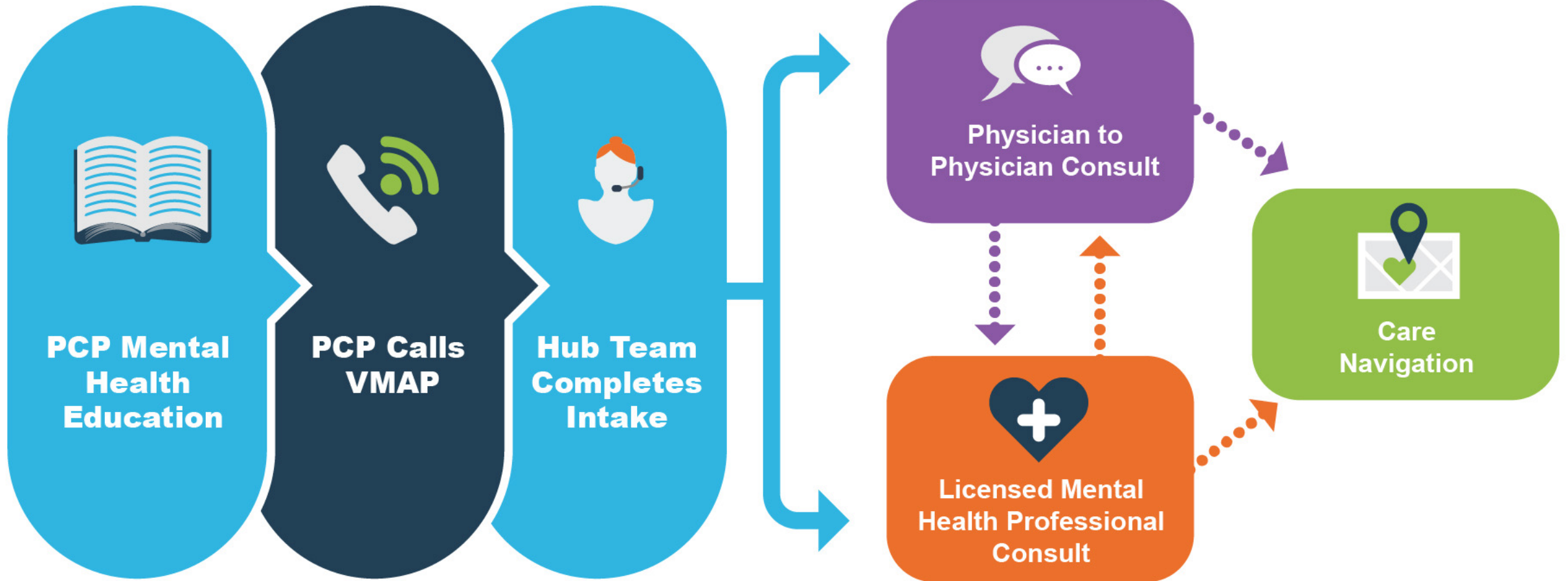
Connects primary care providers to regional and/or specialist hubs that offer mental health consultation and care navigation for their patients 21 and under.

Specialized Physicians
(child psychiatrists and/or developmental pediatricians)

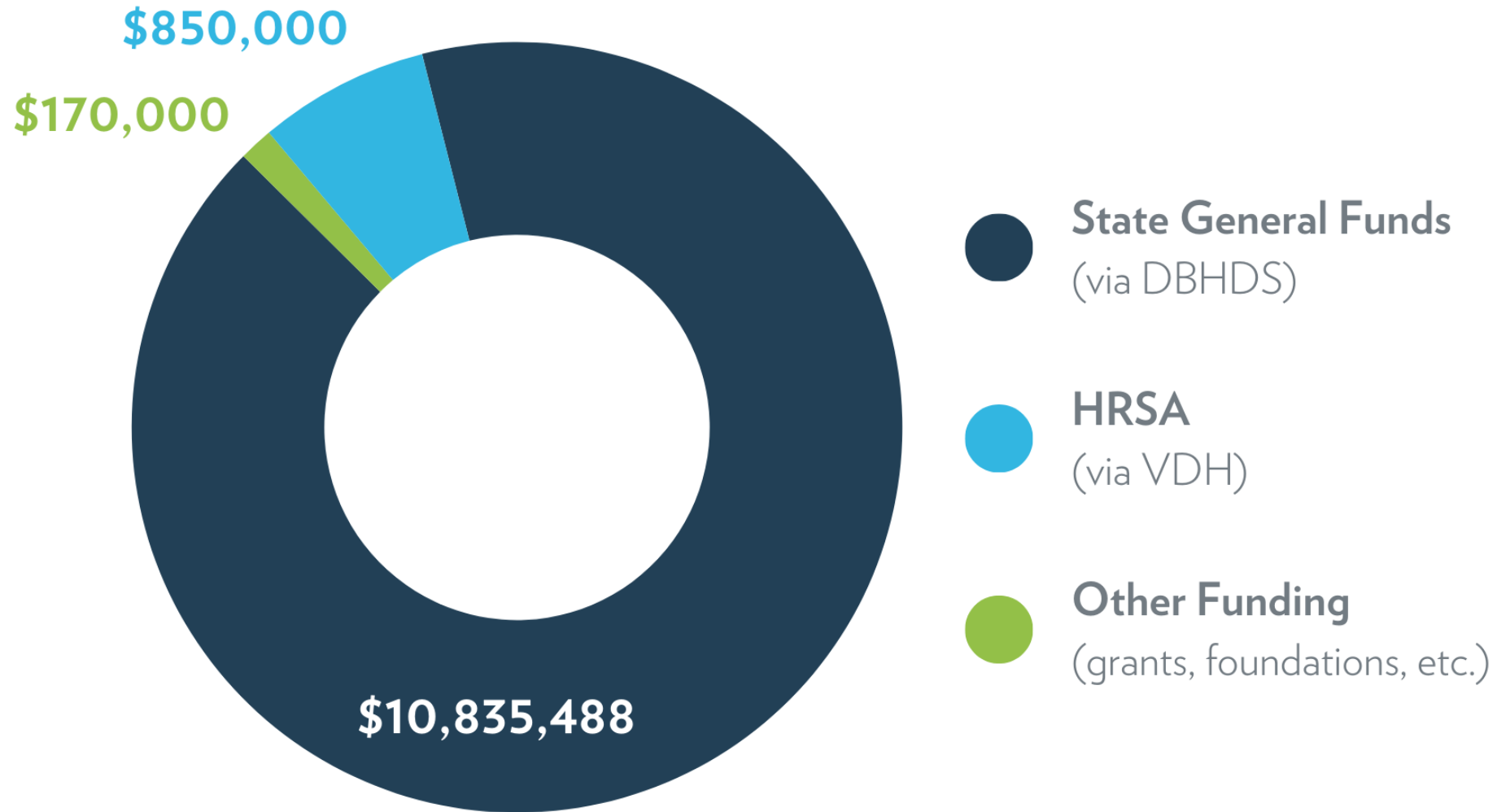
Licensed Mental Health Professionals
(psychologists and/or social workers)

Care Navigators

How Does VMAP Work?

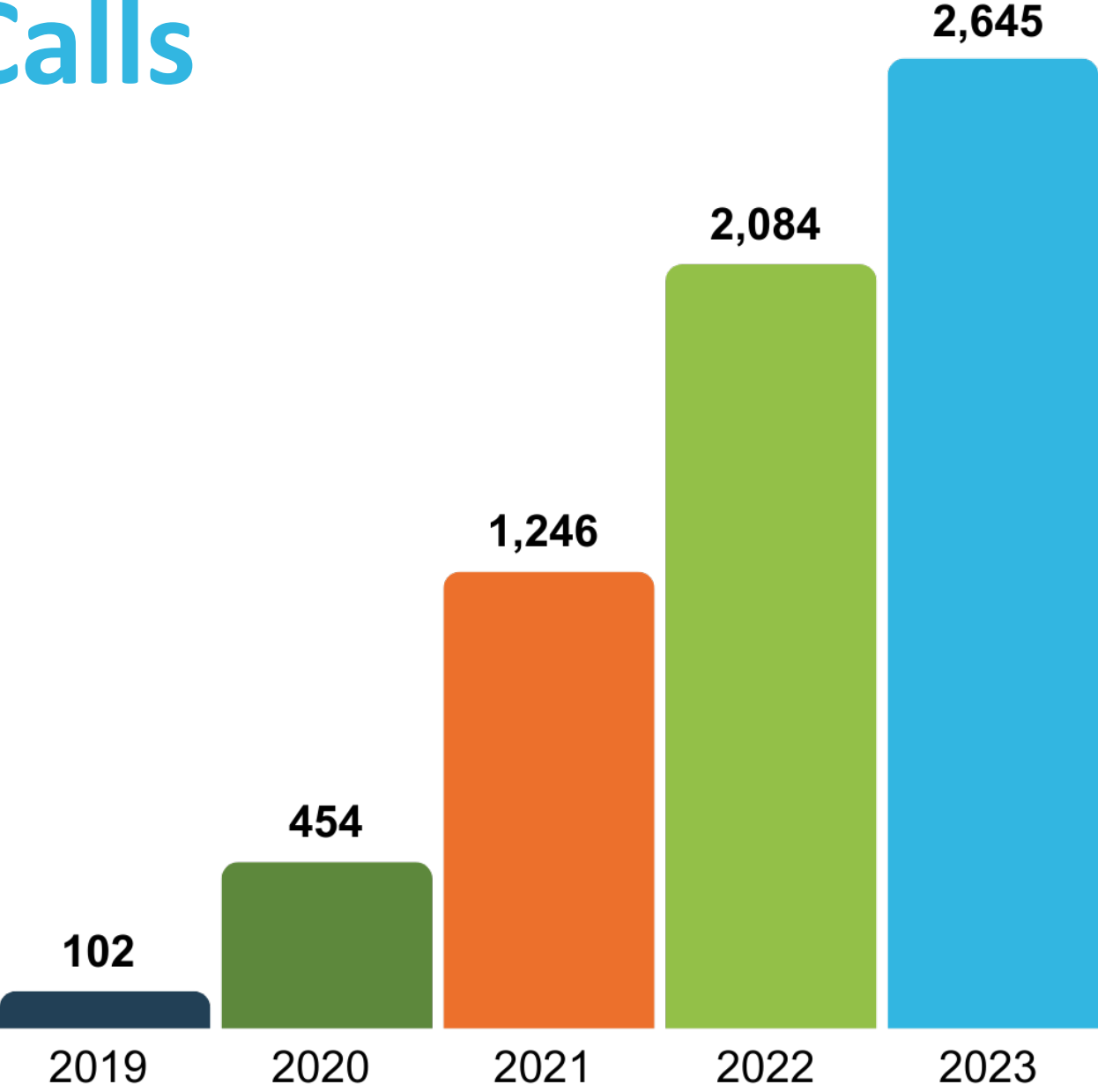


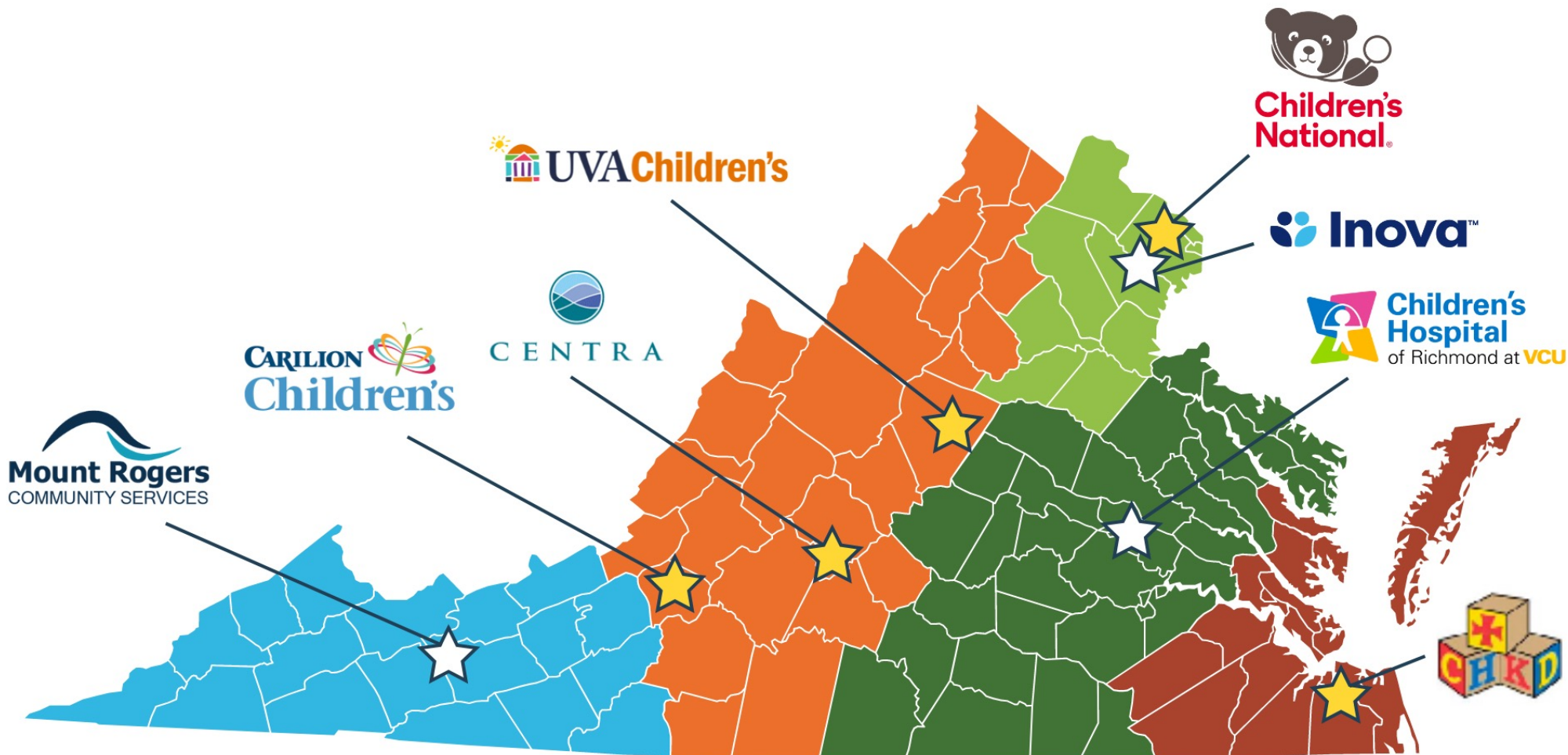
VMAP Funding



VMAP Line Calls

2019 – 2023

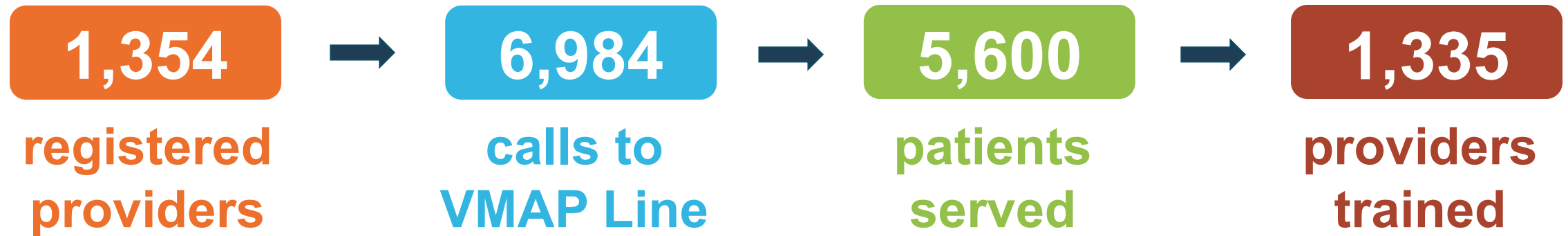




North
 East
 Southwest
 Central
 West

Also Servicing VMAP's Statewide Early Childhood Hub

VMAP By The Numbers (So Far!)



VMAP Provider Education



Mini-fellowship followed by case-based distance learning.

2024 REACH PPPs:

- March 1-3 – *Virtual*
- April 26-28 – *In-Person* (Norfolk VA)
- August 23-25 – *Virtual*
- October 11-13 – *In-Person* (Fairfax VA)
- November 15-17 – *Virtual*

CME, MOC-2, & MOC-4 available



Bi-monthly webinars on critical and PCP-requested topics.

2024 P&P Topics Include:

- Autism in Adolescence
- Tough Topics & Teens
- Caring for LGBTQI Patients
- Suicide Prevention
- Creative Collaboration

CME available

VMAP REACH Collaboration

- VMAP offers this training program developed by The REACH Institute, adapted for Virginia primary care providers.
- **Interactive Live Training:** A dynamic three-day, 16-hour interactive course focused on building skills and confidence in diagnosing and treating pediatric behavioral health problems.
- **Case-Based Learning:** The training continues with a six-month, case-based distance learning program. Participants join 12 bi-monthly, 1-hour group conference calls with Virginia primary care and child psychiatry experts to learn how to manage cases in daily practice.
- **Coarse Goals:**
 1. Correctly identify and differentiate among pediatric behavioral health problems
 2. Effectively manage psychopharmacology
 3. Create and implement a treatment plan

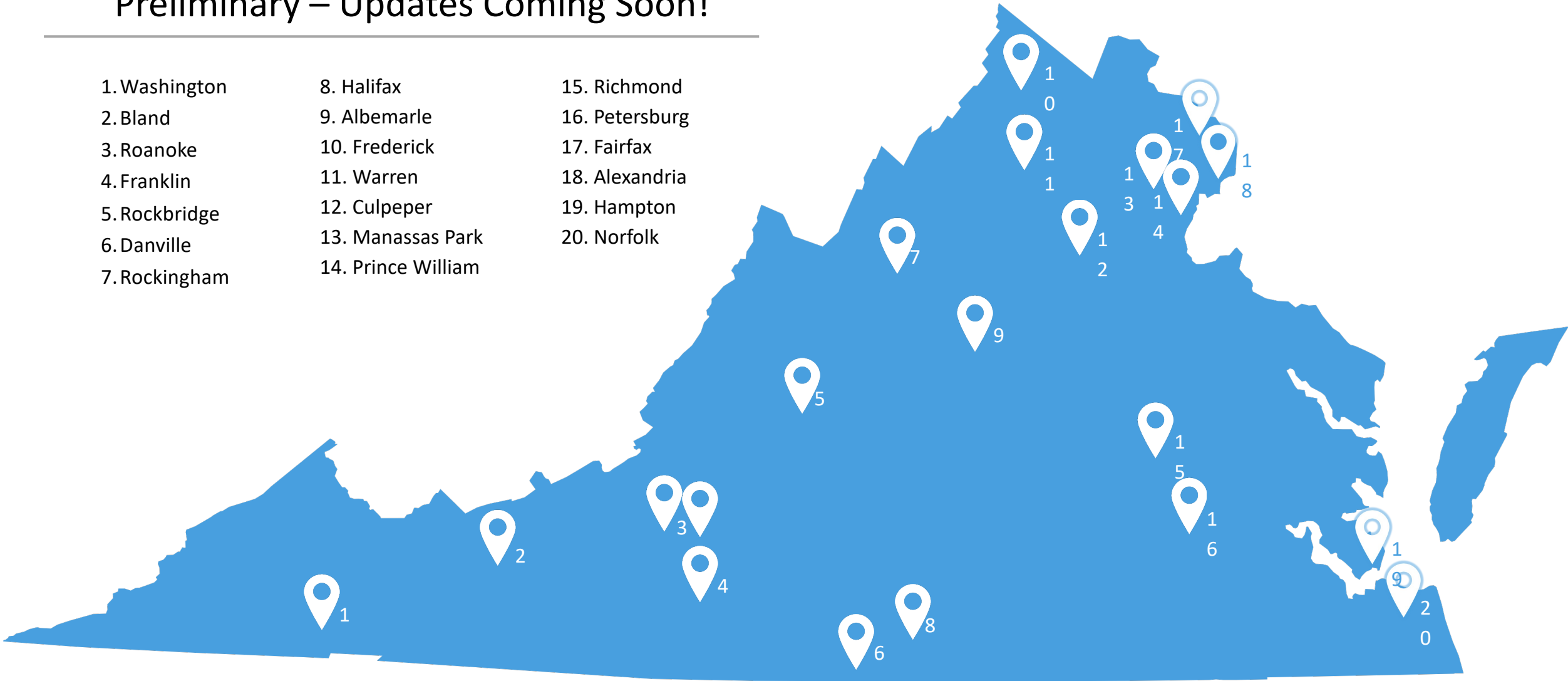
2023 VMAP REACH Trainees – Geography

Preliminary – Updates Coming Soon!

- 1. Washington
- 2. Bland
- 3. Roanoke
- 4. Franklin
- 5. Rockbridge
- 6. Danville
- 7. Rockingham

- 8. Halifax
- 9. Albemarle
- 10. Frederick
- 11. Warren
- 12. Culpeper
- 13. Manassas Park
- 14. Prince William

- 15. Richmond
- 16. Petersburg
- 17. Fairfax
- 18. Alexandria
- 19. Hampton
- 20. Norfolk



Special Thanks To...

A coalition of **18** philanthropic foundations that:

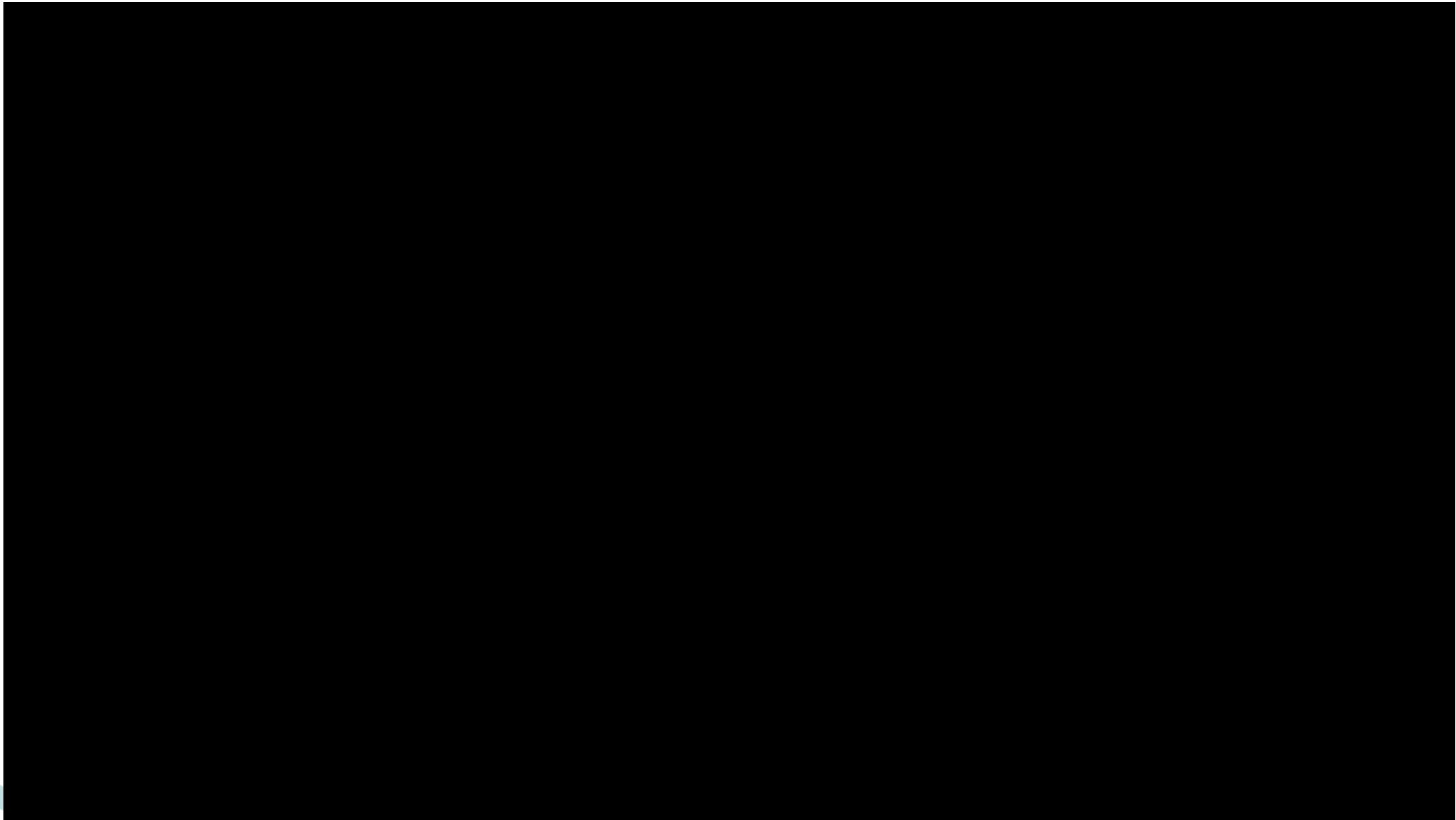
- Provided **\$170,000** in funding
- **Supported implementation** of multiple REACH PPP trainings
- Enabled dozens of providers all over Virginia to receive extensive training on pediatric mental health

Danville Regional Foundation ● The Harvest Foundation ● Culpeper Wellness Foundation
Northern Virginia Health Foundation ● Bob and Anna Lou Schaberg Foundation
Claude Moore Charitable Foundation ● Northern Piedmont Community Foundation
Williamsburg Health Foundation ● Community Foundation for Greater Richmond
The Alleghany Foundation ● The Annabella Jenkins Foundation ● PATH Foundation
Richmond Memorial Health Foundation ● Wellspring Foundation of Southwest Virginia
The Community Foundation for Northern Virginia ● The Cameron Foundation
Virginia Health Care Foundation ● Potomac Health Foundation
Community Foundation for Loudoun and Northern Fauquier Counties

What Providers Are Saying:

“As a community pediatrician, **my practice has benefited immeasurably** from the services provided by VMAP. The combination of VMAP-supported education/training and utilization of the telephone consult line has **undoubtedly prevented** many patients in our practice from escalating to a crisis situation resulting in an emergency room visit, inpatient hospitalization, and even worse outcomes.”

“VMAP is a **lifeline** for pediatricians who are prescribing far more SSRIs than antibiotics this year- they **help us help kids** faced with months of waiting for care.”



Current Partners & Funders

