The Virginia Mental Health Access Program
Collaborative care for children and adolescents.

The Virginia Mental Health Access Program (VMAP) is a statewide initiative that helps health care providers take better care of children and adolescents with mental health conditions through provider education and increasing access to child psychiatrists, psychologists, social workers, and care navigators.

The Problem
Currently, Virginia ranks 41st in the nation for the availability of its mental health workforce (State of Mental Health in America, 2021). Because of this, many of Virginia’s children go without necessary mental/behavioral health services.

VMAP is the Solution
VMAP ensures that more children have access to providers who are better able to screen, diagnose, manage, and treat mental health through four key components:

1. **Education** for primary care providers (PCPs) on screening, diagnosis, management, and treatment of pediatric mental health conditions.
2. **Access** for PCPs to **telephonic consultations** via regional VMAP hubs comprised of child and adolescent psychiatrists, psychologists, and/or social workers.
3. **Care navigation** to help identify additional regional mental health services that may benefit PCPs’ patients and their families.
4. **Telehealth visits** to assist with VMAP consults. *Coming soon*

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In Virginia, there are **only 13** child and adolescent psychiatrists available **per 100,000** children below the age of 18. (American Academy of Child and Adolescent Psychiatry, 2019).

**64% of Virginia localities** are mental health professional shortage areas (VDH Data from HRSA, 2021).

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