

VMAP TESTIMONIALS

"I was having trouble with a patient this week and I called into VMAP and had a great deal of assistance from Dr. Dave. It was wonderful; lovely. And now next time I'll know what to do."

- Lynn Fogerty, MD

"I called the VMAP psychiatrist line and had an incredibly positive experience. My patient was an adolescent with worsening anxiety related to some significant medical issues he was having. Although he was well-controlled with CBT and SSRI prior to the illness, he was suffering from panic attacks and no longer able to attend school. I called the psychiatrist line and received a call-back within approximately 20 minutes from a psychiatrist who was able to process the case quickly and make salient recommendations including adding a second medication and how to titrate the dose. Additionally, I received a follow-up email shortly thereafter to reinforce what we discussed. 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."

Trish McDade, DNP, CPNP

"I had a consult with Dr. Dozier in Norfolk. He was so gracious and supportive. Great information for my patient needs and the summary is fabulous. My staff called in the morning and requested a 12:00 call back in order to accommodate a full clinic schedule. It worked. Best of all I felt confident to help my own patient and not have them wait for care. We were unable to get this college student into see a psychiatrist quickly. Now waiting for her appointment is less stressful for her family, her, and me! Thanks for making the VMAP program work."

-Melody M. Ailsworth, DO



"I used the VMAP line yesterday for a very complicated patient being seen by UVA psychology already and got called back in 30 minutes with an excellent plan from the child psychiatrist. So helpful."

- Rebecca Abernathy, MD, FAAP, IBCLC

"I also called VMAP. A kid with terrible trauma, PTSD, and anxiety - I was trying to make sure that I had the right combination of meds that wouldn't cause activating symptoms as I start her on anxiety medication after she's already been through months and months of trauma-informed CBT. It was very helpful."

- Margy Hobson, DO

"Thank you so very much for this wonderful summary. I am so very grateful for the VMAP service. The two times I have used it I have been truly overwhelmed with gratitude at the practical help and guidance it provides for both myself and my patients in crisis."

- Carol Boersma, MD

On VMAP QI training...

"I personally learned a lot from this project and certainly feel that it was a game changer for me and my office. It was very organized, very educational, and very well done. Many thanks for all your time and effort and best regards."

- Bassam Atiyeh, MD

"VMAP's assistance has been beneficial in a multitude of ways. Accessing mental health services on an "emergency" basis is difficult for parents. The knowledge that a consult with an academic pediatric psychiatrist helped determine their child's care plan is very comforting to the parent. As a provider I can be confident that my intervention has been vetted by a professional."

- Michael Caplan, MD



"As a community pediatrician, my practice has benefited immeasurably from the services provided by VMAP. Prior to recent events, it was already estimated that one in five children and adolescents suffer from behavioral health disorders. Unfortunately, recent social, economic, and health care stressors on families and individuals have not surprisingly led to a spike in behavioral health conditions. Telehealth has extended some accessibility to care, but primary care providers need to have the training and confidence to manage these disorders.

Our patients have a multitude of barriers that prevent them from receiving the vital care that they need. Through VMAP supported education programs like REACH and ECHO, our providers have been equipped with the tools necessary to provide prompt evaluation and treatment for common disorders such as anxiety, depression, and ADHD, right in the patients' medical home.

Even with this training and education, the medical management of individuals who suffer from mental health disorders can often present unpredictable challenges. VMAP's telephone consult line provides primary care providers with a "lifeline" to discuss more complex cases with a child and adolescent psychiatrist. This consultation gives the treating clinician the necessary back-up and confidence to manage medications, rather than referring patients out to navigate an overburdened system that could take months to access.

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.

As an organizer of one of the VMAP-supported REACH fellowships, and as a current faculty of one of the ECHO teaching collaboratives, I can attest that pediatricians are desperately seeking to improve their ability to treat their patients' behavioral health needs. There are many on a waitlist to take part in (national) REACH trainings, and there has been robust participation in ECHO education collaboratives.

Now, more than ever, the mental health of our pediatric population is at risk and requires our attention. Please continue to support the children and families of the Commonwealth of Virginia by funding VMAP!"

- Walter Chun, MD



"VMAP has been a lifesaver. Very timely and thorough with a follow-up synopsis from knowledgeable psychiatrists. I hope this program can expand to other VA counties where there are no psychiatrists. We have a mental health crisis at hand. Our teenagers are grappling with so much uncertainty now and VMAP has helped us. We need more providers to realize this program exists."

- Nancy Kim, MD, FAAP

"I spent 26 hours over 3 days with an amazing group of champions for children, helping to train PCPs to diagnose and manage kids with mental health needs. The harsh reality is that there are not enough youth mental health providers, and too many people saying that it isn't their job to treat mental illness. Well, not this group of pediatricians, because they are the ones these kids have been waiting for, and one by one, building an army to fight youth mental illness and prevent suicide. They left me in tears and also with a lot more state level work to do.

If you are a pediatrician, family doctor, NP, or PA in Virginia that sees kids, you absolutely must take the VMAP REACH training. It is state funded and low cost, with an enormous return on investment – changing the lives of children."

- Alexis Aplasca, MD, DBHDS Chief Clinical Officer

"VMAP offers an amazing REACH CME opportunity! The interactive sessions, with great role plays, and incredible instructors made it a quick 3-day course. Evidence based lectures, screening tools and follow up case studies kept me engaged throughout the class. Every primary care or emergency-based clinician needs this program. I strongly recommend this course to improve pediatric mental health resources."

- Kathy Scarbalis, PA-C

"This program is very helpful at a time when mental health visits are increasing for primary care providers and access to therapists is becoming more limited. I learned a lot from the program and feel more comfortable with assessment and treatment as a result."

- Mary Anne Mayo, MD

