

2023 Stakeholder Meeting

Monday, December 4th, 10am-12pm Medical Society of Virginia



Welcome & Opening Remarks

Sandy Chung, MD

VMAP Medical Director



Parents Health Affects Mental Health Status of Children

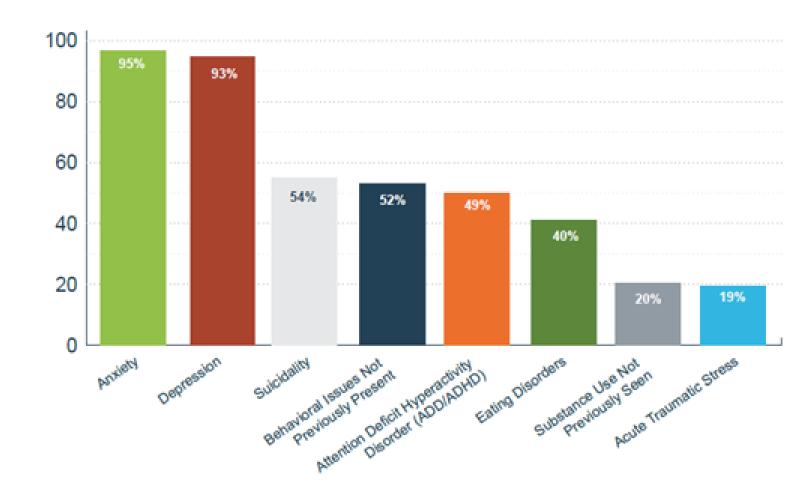
- As of May 1, 2022, nearly 250,000 children in the U.S. lost a primary and/or secondary caregiver to COVID-19, with Black youth experiencing the highest rates of loss.
- Children's emotional and behavioral health is also greatly impacted by that of their parents and caregivers.



Survey of Virginia's Pediatricians

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

- 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.



Suicide is the 2nd Leading Cause of Death for Ages 10 – 24

Between March and October 2020....

ED visits for children with mental health emergencies rose

24% for children ages 5-11

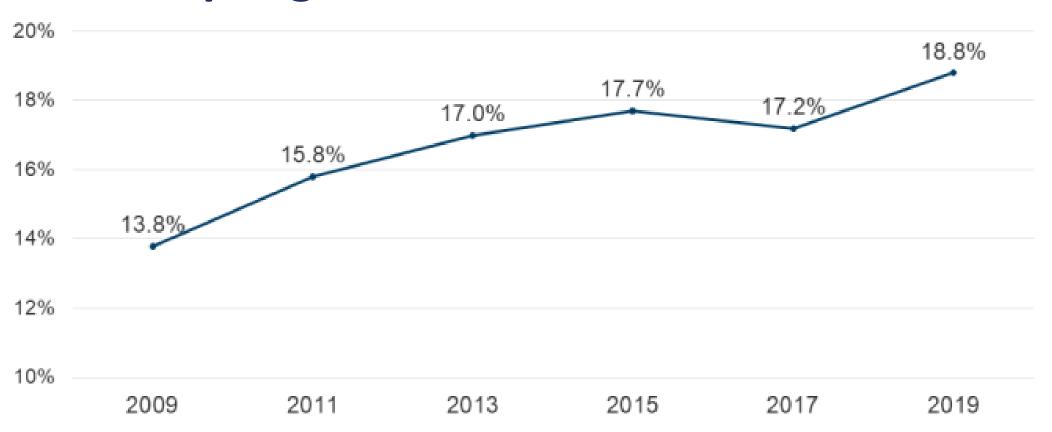
31% for children ages 12-17

(National Institute of Mental Health, 2021)



The Percentage of High School Students Who:*		2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend	
Experienced persistent feelings of sadness or hopelessness		28	30	30	31	37	42		
Experienced poor mental health [†]		-	-	-	-	-	29	-	
Seriously considered attempting suicide		16	17	18	17	19	22		
Made a suicide plan		13	14	15	14	16	18		
Attempted suicide		8	8	9	7	9	10		
Were injured in a suicide attempt that had to be treated by a doctor or nurse		2	3	3	2	3	3		
Source: CDC	In wrong direction		No c	No change			In right direction		

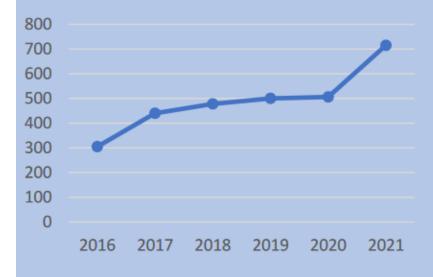
Percent of High School Students Who Seriously Considered Attempting Suicide in the Past Year, 2009–2019





Pediatric ER visits for suicidality have more than doubled over the last five years

Number of pediatric ER visits with a suiciality code by year



Within **7 days** of an ER visit for suicidality, only **5%** of children had a primary care visit and only **18%** had a behavioral health visit.

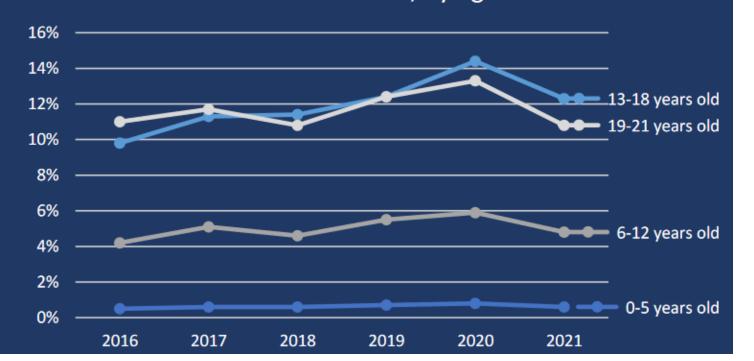
Almost 12% of ER visits for patients age 13-21 were for mental health



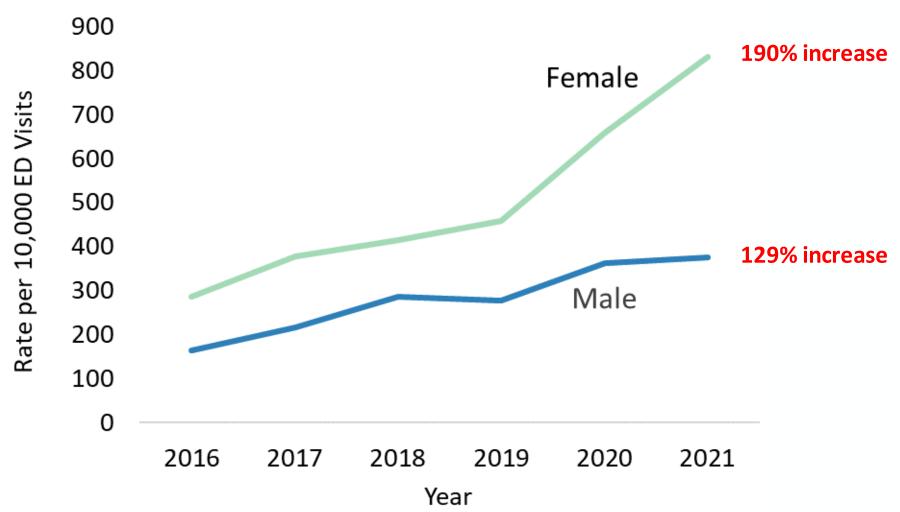
11.7% of ER visits for ages 13-21 were for mental health conditions from 2016-2021.

2.3% of ER visits for ages 0-12 were for mental health conditions from 2016-2021.

Percent of pediatric ER visits that were for mental health, by age



ED visits related to suicidal thoughts, self-harm, and suicide attempts among Virginia youth 9-18 yrs, by gender



Rural ERs had higher proportion of pediatric mental health visits



7.1%

of all rural
pediatric ER visits
from 2016-2021
were for mental
health.



5.0%

of all urban
pediatric ER visits
from 2016-2021
were for mental
health.

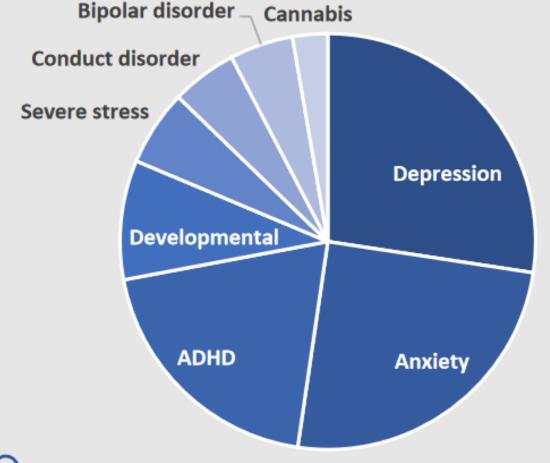


4.9%

of all suburban pediatric ER visits from 2016-2021 were for mental health.



Depression and anxiety were more than half of pediatric mental health ER diagnoses

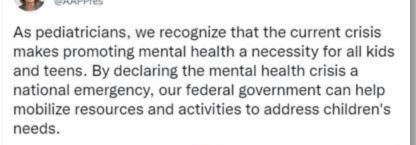




Includes diagnoses from 2016-2021.

Declaring a National Emergency in Child and Adolescent Mental Health – Two Years Later

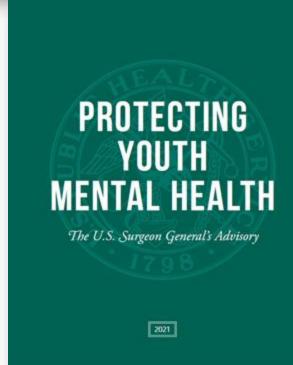




American Academy of Pediatrics @ @AmerAcadPeds - Oct 13
We, along with @AACAP and @hospitals4kids, wrote today to the @WhiteHouse, urging they declare a national emergency in children and teens' mental health, which we did one year ago. 134 organizations joined us in our letter. bit.ly/3Tfx1rD

3:31 PM - Oct 13, 2022 - Twitter Web App

Moira Szilagyi, MD, PhD, FAAP



Roll Call

POLICY

Youth mental health advocates renew calls for action

More than 130 national and state children's groups call for the Biden administration to declare youth mental health an emergency

POLITICO PRO

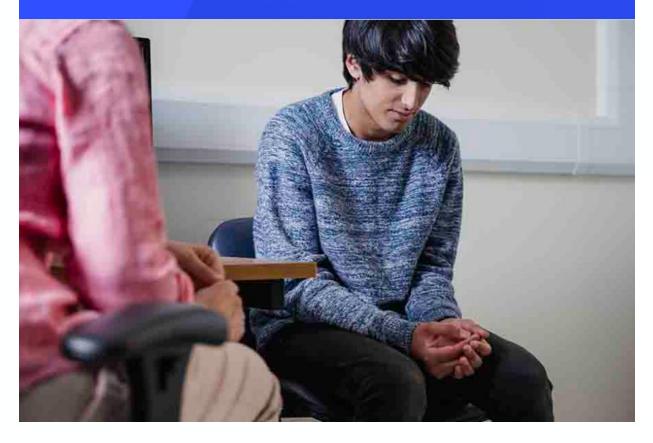
YOUTH MENTAL HEALTH EMERGENCY? — A group of more than 130 national and state youth health groups asked the White House to issue a national emergency declaration over the poor mental health of children and teens throughout the country.

The groups, including the American Academy of Child and Adolescent Psychiatry, the American Academy of Pediatrics and Children's Hospital Association, said an emergency declaration would protect current access and help expand access in the future.

"Suicide is increasing for children and teens at alarming rates — especially for Black boys and girls under age 12 — and is now the leading cause of death for Asian American youth and the second leading cause of death for young people nationally," the groups said, noting they were thankful the administration and Congress had taken some action. "Emergency department visits for suspected youth suicide attempts have increased dramatically and those for eating disorders have doubled during the pandemic."

Suicide: Blueprint for Youth Suicide Prevention

Home / Patient Care / Suicide: Blueprint for Youth Suicide Prevention



Blueprint for Youth Suicide Prevention

AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

. A A C A P . O R G































www.aap.org/suicideprevention



Scope of the Problem in Virginia

According to the 2022 Virginia School Survey of Climate and Working Conditions,

- 40% of Virginia high schoolers surveyed felt sad or hopeless almost every day for >=2 weeks in a row.
- 10% of middle school and 13% of high school students indicated that they had seriously considered attempting suicide in the past 12 months.
- Of those, 56% indicated **they made a plan** about how they would attempt suicide.



A Broad Crisis Requiring Transformative Action

Expand capacity of existing child mental health care systems.

Pediatricians are uniquely positioned to play a central role in the promotion of healthy mental development of all infants, children, and adolescents.





Mental Health Developmental Continuum







Infancy & Toddler



Preschooler



School Age



Adolescence

Contributing factors:

Social Drivers of Health
Special Health Care Needs
Access to Quality Health

Care

Medical Home

Stigma

Community Resources
Education/Child Care
Economic Resources

Relationships: Parents, Family, Peers

Cultural Perspectives

Systemic Racism

Childhood Experiences/Trauma

Anxiety, Depression

Suicidal Ideation

Substance Use









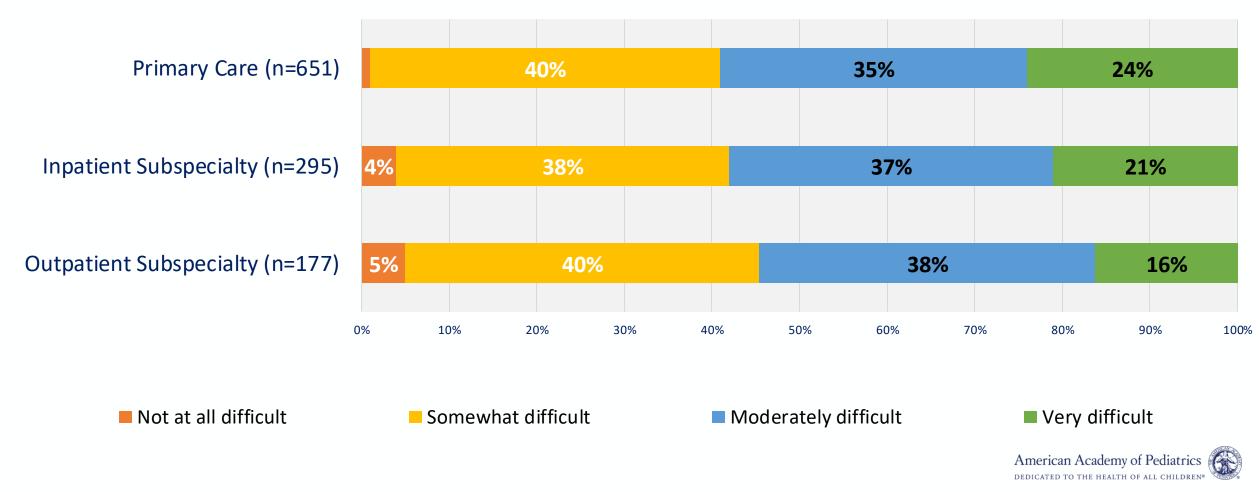
Why Pediatric Primary Care?

- Longitudinal therapeutic relationship
- Developmental perspective
- Identification and intervention early
- Promote supportive parenting behaviors
- Foster safe, stable, nurturing relationships
- Serve as a trusted source of information



PLACES pediatricians' difficulty finding care for patients with mental health conditions by specialty

"Overall, how difficult is it for you to find care for your child and adolescent patients with mental health conditions?"

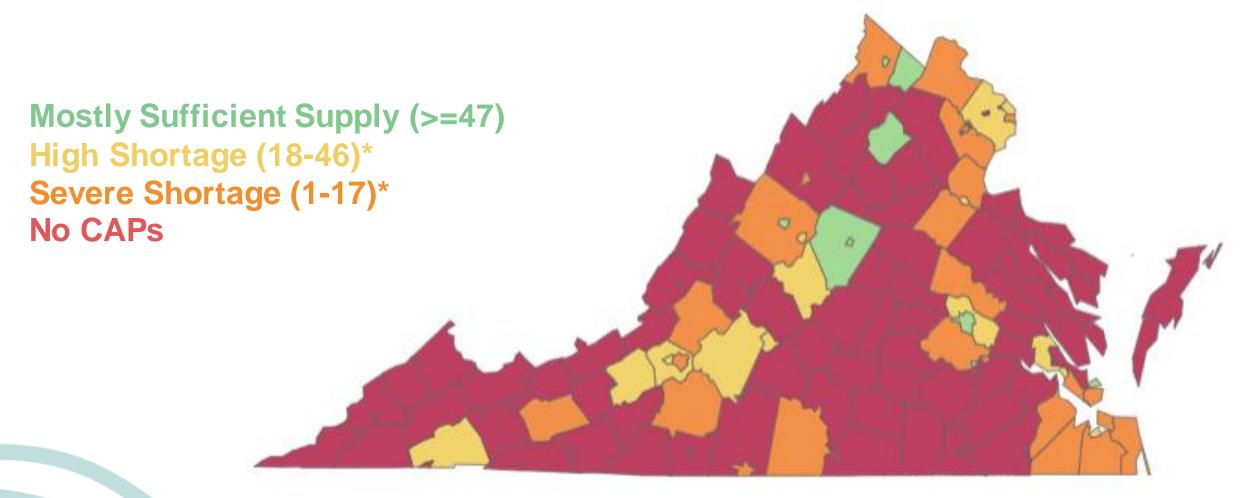




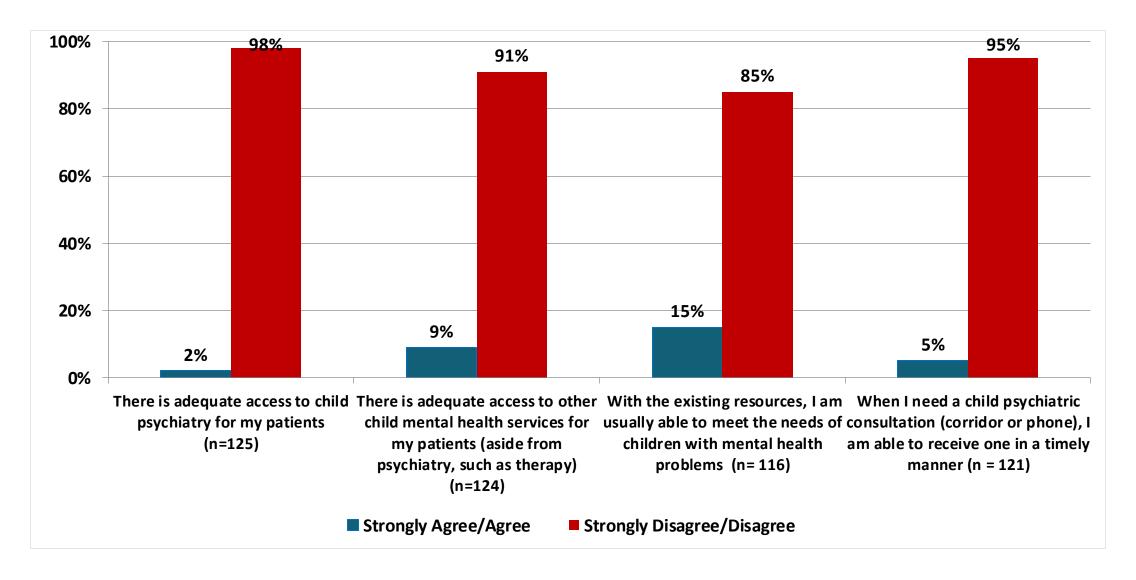
Workforce Shortage

- 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, therapists 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



Why Virginia Needs a 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

QI Projects

Project ECHO

Guidebook

The VMAP Line

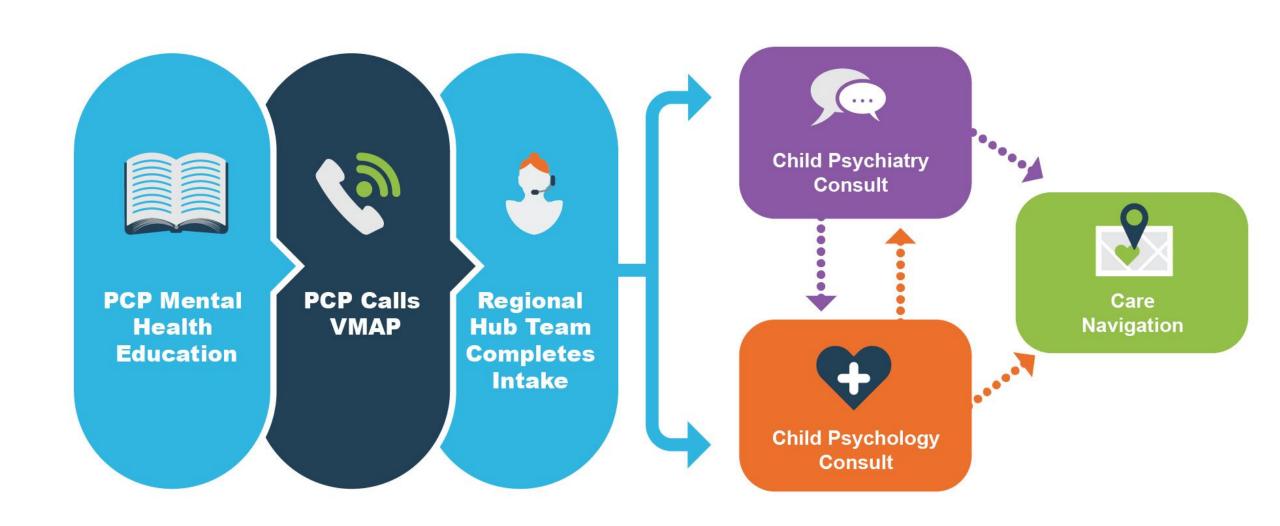
Connects primary care providers to regional hubs that offer pediatric mental health consultation and care navigation to support with patients 21 and under.

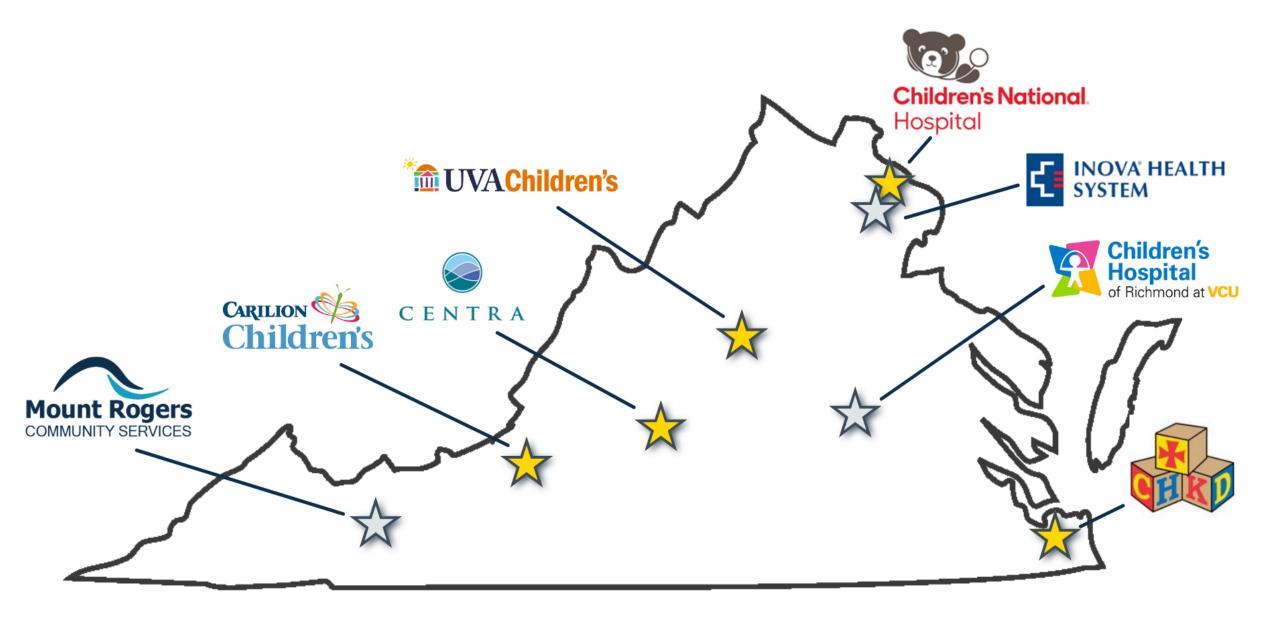
Child and adolescent psychiatrists

health
professionals
(psychologists and/or social workers)

Care navigators

How Does VMAP Work?









AAP Center of Excellence on Social Media and Youth Mental Health





Artificial Intelligence and Children





The Al companion who cares

Always here to listen and talk.
Always on your side

Healthy Mental Development Framework: Shifting the Way Pediatric Primary Care Professionals Think and Talk About Mental Health

- Mental health is not only an illness to be treated but a developmental process that occurs across the lifespan
- Uses a relational health and trauma-informed care lens to promote social-emotional, behavioral, and psychological wellness
- Pediatric PCPs can play a central role in promoting healthy mental development due to the longitudinal therapeutic relationship with their patients and families



Why we do what we do...



Video Message From The Governor



Provider Panel: How VMAP is Making a Difference

How VMAP's Expansion Has Helped Virginia Providers

Dr. Josh Jakum, Brittany Butler, PA-C, & Amy Foy, NP

"Thanks to VMAP for supporting our search for an in-person LPC experienced with trans adolescents. It was like finding a needle in a haystack, but we did get through the waitlists and my kid has a counselor that he can connect to." - Karen V.

Supported by VMAP's Northern Region via Care Navigation



Updates from the Virginia Department of Health

Bethany Geldmaker, PhD, PNP, HRSA Program Director VMAP **Karen Shelton, MD,** VDH Commissioner



Updates from the Department of Behavioral Health and Developmental Services

Katharine Hunter, Acting Director, DBHDS Office of Child & Family Services **Nelson Smith,** DBHDS Commissioner



Updates from Health & Human Resources

John Littel, Secretary of Health & Human Resources

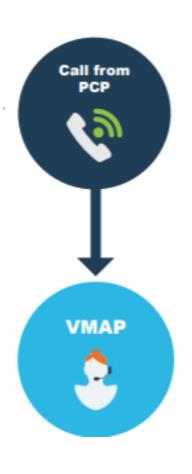


Program Updates & Expansion

Rachel Reynolds, PhD

VMAP Assistant Director of Operations

1,298
providers
registered
for VMAP

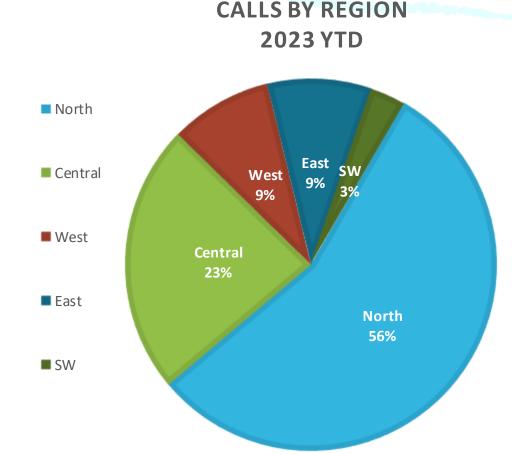


6,229
calls to
VMAP line

33,451
hours of VMAP training

General Call Line Updates for 2023

- Full staffing across state, including:
 - At least 1 LMHP & Care Navigator per region
 - 3 full-time care navigators in Northern region
 - 2 full-time care navigators in Central & Western regions
- 25 Child & Adolescent Psychiatrists supporting full state coverage.



2,343 calls statewideJan 1-Oct 31, 2023

VMAP Education for PCPs







138 total attendees

- 6 courses held in 2023
- 1 in-person in Roanoke
- 5 courses planned for 2024
- 2 will be held in-person

84

total attendees

4 cohorts held in 2023:

- Mental Health Basics (x2)
- Youth & Young Adult
- Birth to 5: A Deeper Dive

28

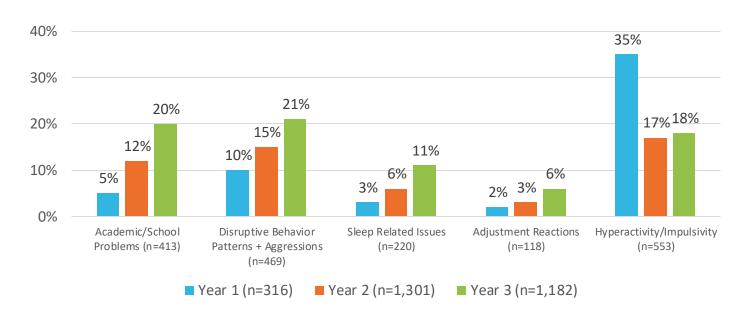
total attendees

Early Childhood Learning Collaborative: Systems of Care for Kids (SOCKs)

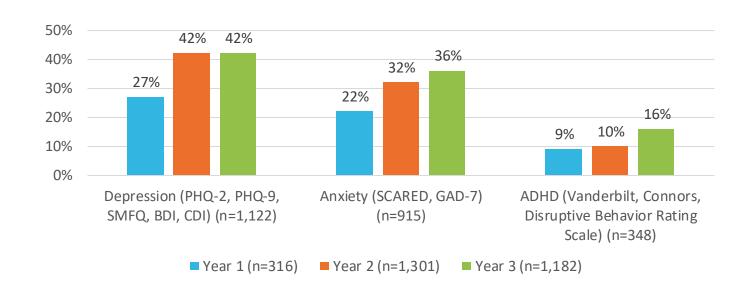
New this year with CME & MOC-4 available!

New VMAP Record: 11,368 hours of education delivered in 2023!

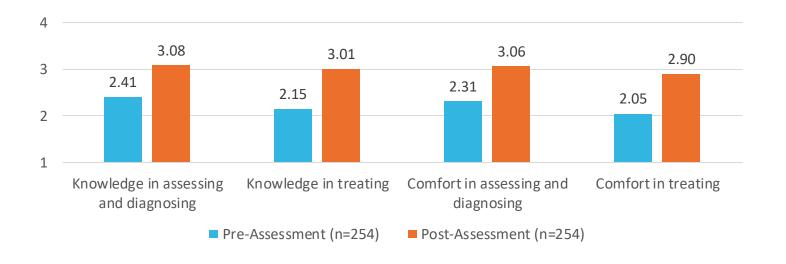
Significant increases in providers reporting concerns...



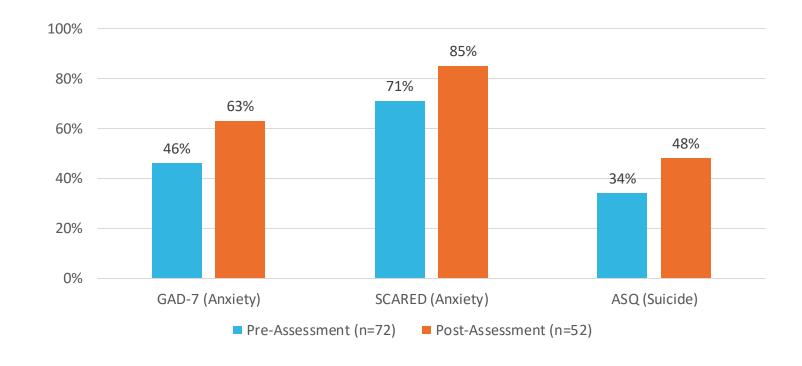
Significant increases in screening tool usage for patient...



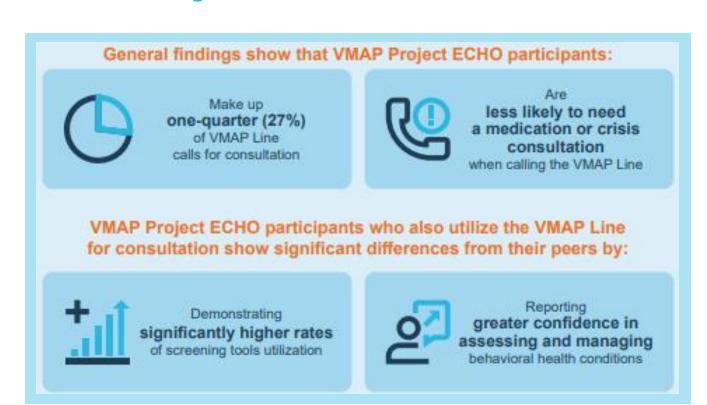
Significant aggregate increases from REACH Pre- to Post-Assessment Scores...



Significant increase regarding general screening tool usage among Project ECHO participants in Year 3...



VMAP Project ECHO & VMAP Line



Care Navigation Demand

Year 1 10

Year 2 685

Year 3
1,341

Care Navigation

78% of care navigation cases saw resources provided to *both* PCP *and* Family.

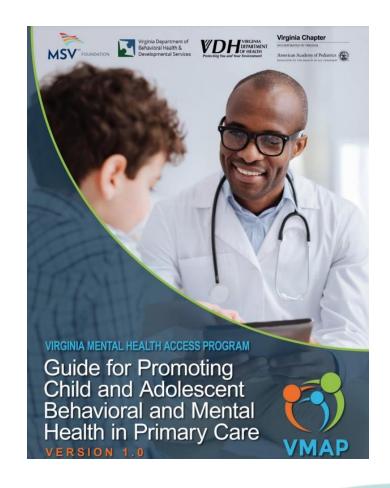
- Care Navigation Outcomes:
 - Resources Provided: 61%
 - Unable to Reach Family: 32%
 - Family No Longer Interested in Services: 7%
- Barriers to Care Navigation Referrals:
 - Lower Priority/Too busy: 40%
 - Resource Availability Issue: 34%
 - Insurance or Financial Issues: 15%



VMAP Guidebook

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

- Compilation of evidence-based practices, up-to-date resources, & practical knowledge specifically geared towards pediatric and adolescent health care providers.
- Updates & expanded content coming for 2024
- Available to download for free!
 - 1,550 downloads since January 2023



VMAP Expansion

2023 & Beyond

Early Childhood Expansion

- 2023 General Assembly allocated \$3.9 million
- Developmental Behavioral Pediatricians & Early Childhood Psychiatrists on VMAP consult line
- Early Childhood LMHPs & Care Navigators on VMAP consult line
- New Trainings Offered on Early Childhood Behavioral and Mental Health (including Autism)
- Triple P Trainings



Why Do We Need Specialized Early Childhood Mental Health Consultations?

Mental health doesn't start at the age of 6

There is variable (and mostly insufficient) training in IECMH across mental health & pediatric specialists

More than half of scheduled well child visits happen by age 6, and many focus on elements of behavioral & emotional development

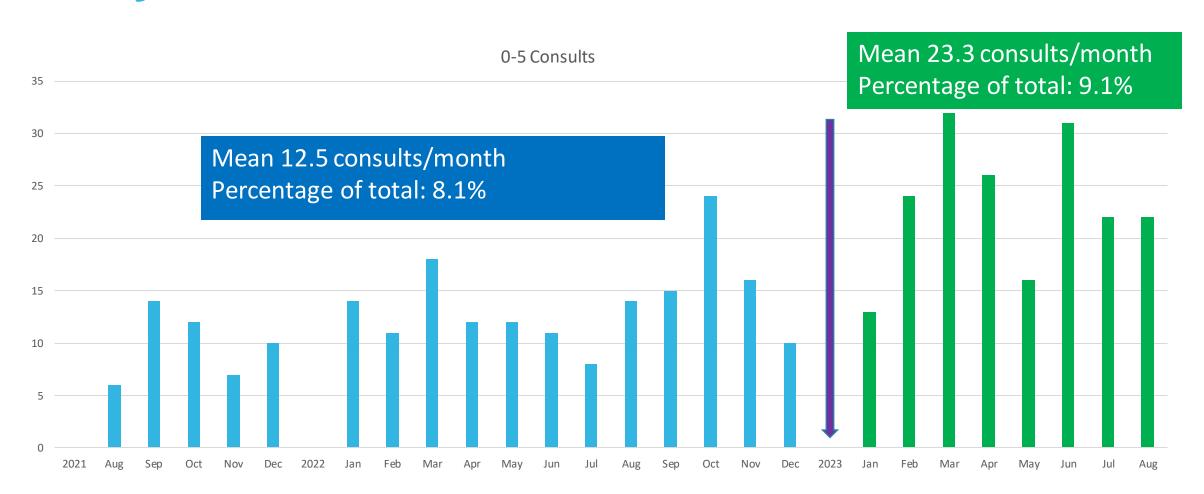
Young children (and their mental health) are different and unique

Early Childhood Expansion - So Far

- 7% of all **VMAP** Line calls (N=3,886) were patients aged 0–5
- The percent of these young patients seen in **VMAP Line** consults (*N*=2,799) increased from 6% in Year 1 to 9% in Year 3
- The percent of 0–5 patients seen in **Care Navigation calls** (*N*=2,036) since November 2020 is 9%.

Data collected from August 2019-December 2022

Early Childhood Call Line Utilization



Early Childhood Education - So Far

ECHO - Birth to Five

2022 - 35 participants

2023 - 28 participants

ECHO-SOCKs

2023 - 28 participants



Triple P (pilot)

2023 - 20 participants (FULL for December 2023)

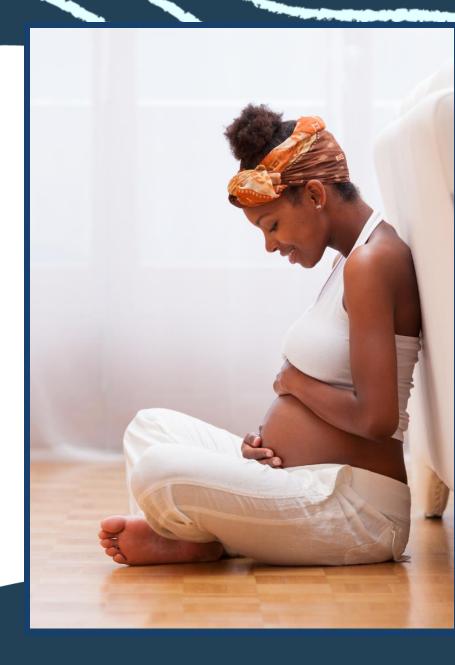
Emergency Department Education Pilot

- Education for emergency providers created based on needs assessment
- 3 webinars held in November & December 2023
- 102 registered so far!
- Sessions are recorded with VCU and will be available for future participants

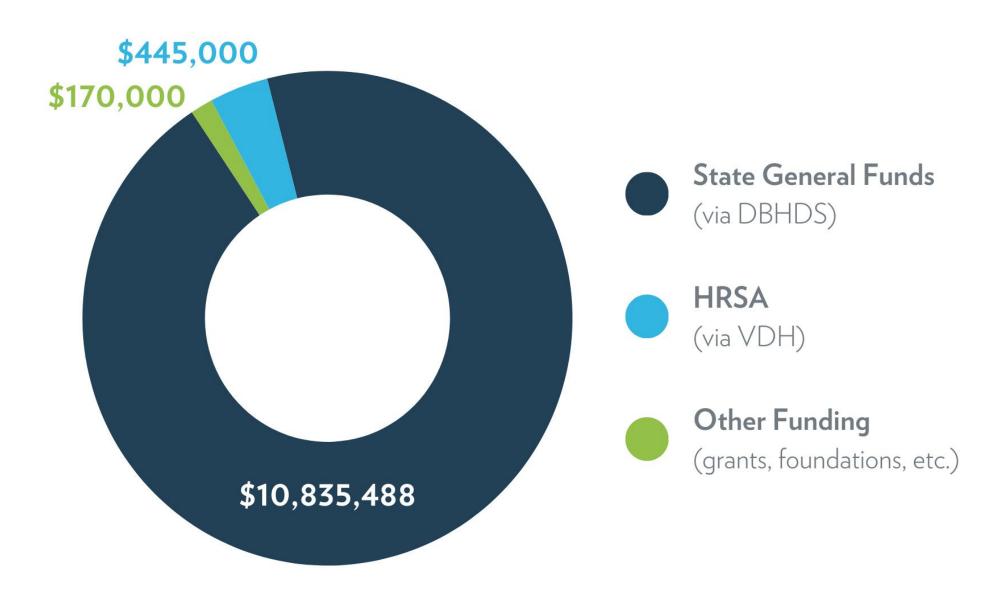


Maternal Mental Health Expansion

- Training for OB/GYNs, Pediatricians, Family Medicine (starting Spring 2024)
- Consult line access to Maternal Mood Disorder Psychiatrists, Licensed Mental Health Providers, AND Care Navigation
- Starting with Western/Southwestern Region planned for Summer 2024



Current Funding FY 2024



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

We'd Also Like To Thank...











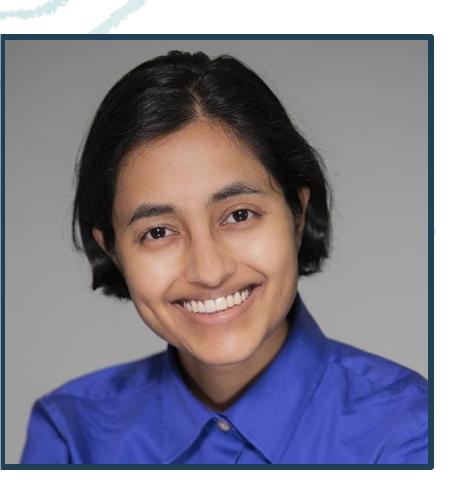
2023 Outstanding REACH Faculty

Jennifer Chandler

in recognition of her dedication & commitment to the REACH program, faculty, and participants







2023 Outstanding ECHO Faculty

Kriti Gandhi, MD

in recognition of your leadership, positivity, commitment, & care







Closing Remarks

Sandy Chung, MD

VMAP Medical Director