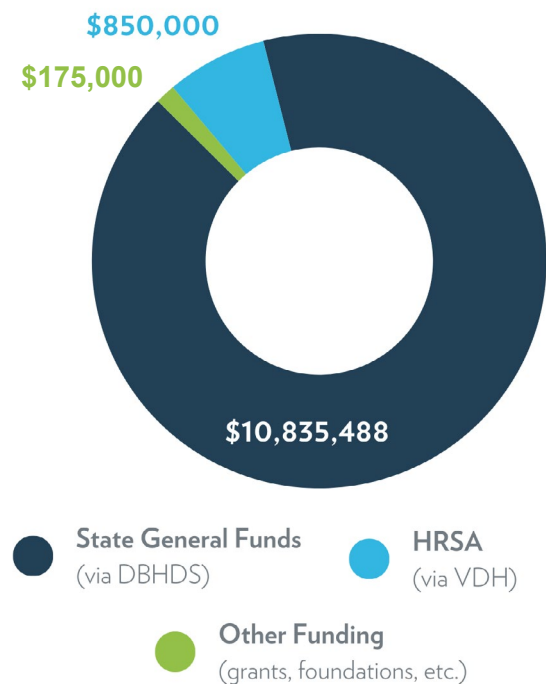




VIRGINIA MENTAL HEALTH ACCESS PROGRAM Impact Report 2023

Funding and Partners

2023 Funding



This funding is based on the state's FY24 which runs July 1, 2023-June 30, 2024

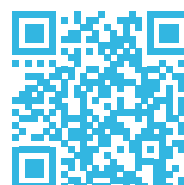
Acronyms

- AAP:** American Academy of Pediatrics
- ASD:** Autism Spectrum Disorder
- CAP:** Child and Adolescent Psychiatrist
- CME:** Continuing Medical Education
- DBHDS:** Department of Behavioral Health and Developmental Services
- DP:** Developmental/Behavioral Pediatrician
- ED:** Emergency Department
- HRSA:** Health Resources and Services Administration
- LMHP:** Licensed Mental Health Professional
- MOC:** Maintenance of Certification
- MSV(F):** Medical Society of Virginia (Foundation)
- PCP:** Primary Care Provider
- REACH PPP:** REACH Institute's Patient-Centered Mental Health in Pediatric Primary Care Mini-Fellowship
- VA-AAP:** Virginia Chapter of the American Academy of Pediatrics
- VDH:** Virginia Department of Health
- VMAP:** Virginia Mental Health Access Program

Partners and Funders



In FY23, VMAP also received funding from a coalition of **dedicated Virginia non-profit foundations**. To view these supporting foundations, please visit www.vmap.org/coalition or scan the QR code to the right.

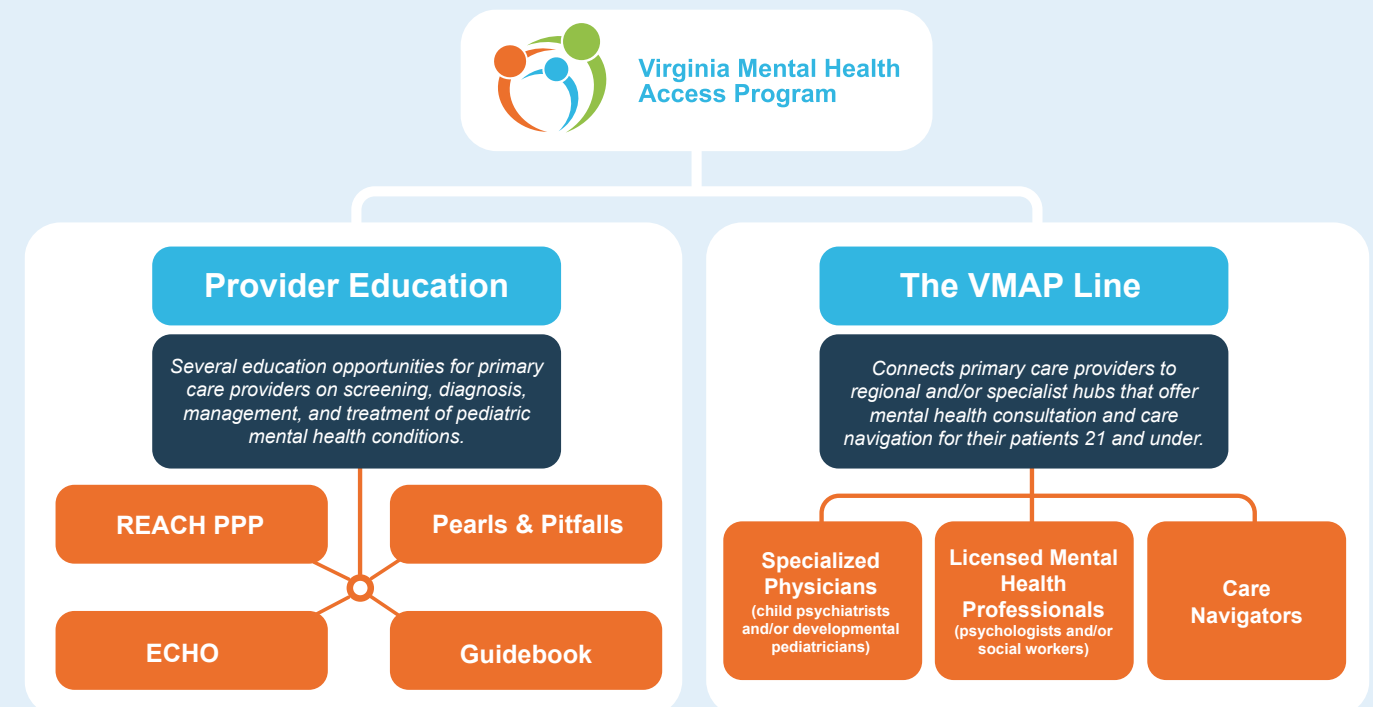


What is VMAP?

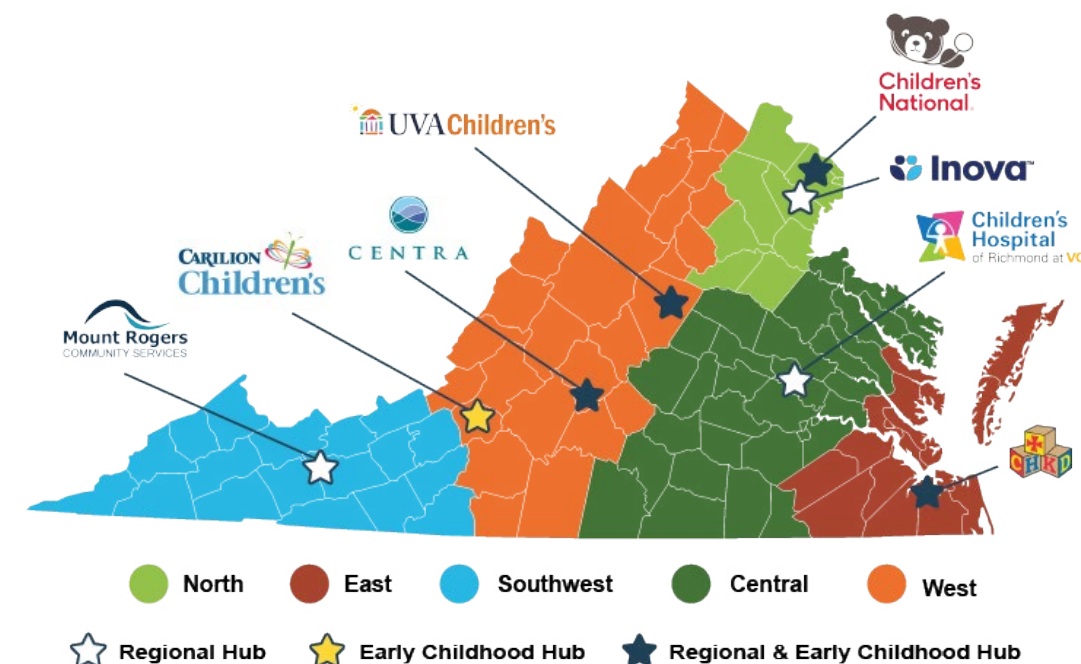
VMAP is a **statewide initiative** that helps healthcare providers take better care of children and adolescents with mental health conditions through **provider education** and **increasing access** to child psychiatrists, psychologists, social workers, and care navigators.

How VMAP Works

VMAP ensures more children and adolescents have access to providers who are better equipped to manage their mental health:



VMAP Line's Regional Hubs



Executive Summary

Designed in 2018, VMAP addresses the pediatric mental health crisis in Virginia through a multi-tiered and culturally responsive lens. **VMAP's model offers true systems change**, supporting primary care providers (PCPs) who see patients 21 and under by **improving their ability to assess, treat, and manage their patients' mental health**, thereby **mitigating mental health workforce shortages**. As VMAP enters its fifth year, its statewide reach continues to grow. By the end of 2023, there were **1,354 PCPs** registered for VMAP, which represents a **28% increase** in the last year!



THE VMAP LINE

The VMAP Line is staffed by nearly 50 team members across the state. Since it launched in 2019, it has:

Received
6,673
calls from PCPs

Served
5,592
Virginia pediatric patients

74% of families
were connected to local resources

Completed
4,081
mental health consultations and

4,113
care navigation requests¹

82% of PCPs
were able to continue managing their patient's concerns after a consultation



PROVIDER EDUCATION

Since 2019, VMAP has:

Executed
46
REACH, ECHO, and QI trainings

Conducted
22
one-time webinars and trainings for providers

Trained
1,335
PCP participants

Seen
3,279
downloads of the VMAP Guidebook

79 providers
earned the VMAP Recognition Badge in 2023, demonstrating completion of one of VMAP's intensive education programs

In addition to these direct services, VMAP is estimated to reach **hundreds of thousands** of Virginia children through their PCPs. Pediatricians have an average patient panel of 1,500 patients. As a result, for every provider trained by VMAP, their entire patient panel benefits from **improved access to mental healthcare**.

EVALUATION AND IMPACT

VMAP conducts ongoing evaluations to measure and assess its impact on providers. Using data from the VMAP Line, pre- and post-assessment data from trainings, and provider surveys, VMAP has triangulated significant findings that demonstrate:

- 1 Increased utilization of all VMAP core services by providers across Virginia.
- 2 Year-over-year increased screening tool usage with significant increases in screening for depression and anxiety.
- 3 Notable differences in provider types using VMAP across regions, with sizable expansion to a wider variety of providers in the last two years.

The combination of VMAP supported education/training and...the telephone line has undoubtedly prevented many patients in our practice from escalating to a crisis situation."
– Virginia Pediatrician

¹Please note more than one service (physician consultation, LMHP consultation, and care navigation) can be requested in a single call.

Data sources and limitations: This report was created using VMAP Line data, pre-and post-assessment data from training, and provider surveys. A noted limitation of this data is that it is collected via self-report, increasing the risk of bias. Another noted limitation is that VMAP Line data may over- or under-include certain diagnoses or concerns due to the varying nature of why providers utilize the line. Generalization of findings to the larger pediatric population should be used with caution.

Expansion & Special Initiatives

Early Childhood

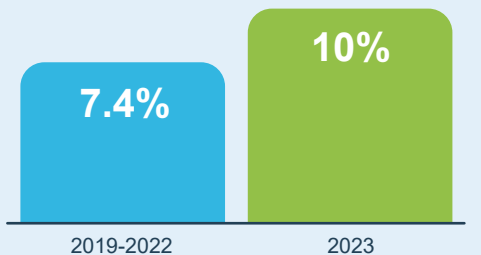
Through exploring the needs of pediatric patients across the state, VMAP **identified a serious gap** for Virginia's youngest patients. Workforce shortages combined with an increase in demand has resulted in extensive wait lists for specialists who diagnose and manage early childhood mental, emotional, and behavioral health concerns such as autism.

To address these issues, VMAP **successfully advocated** for increased state funding to bridge this gap. Since PCPs see children at least 12 times for well-child visits before the age of 5, VMAP's early childhood expansion provides the **training and support** PCPs need to **recognize and respond** to concerns in a timely manner.

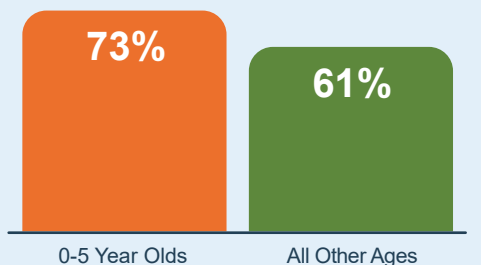
As part of this expansion, **VMAP added specialists to the VMAP Line**, such as early childhood child and adolescent psychiatrists (CAPs), developmental/behavioral pediatricians (DPs), and early childhood care navigators. An early childhood licensed mental health professional (LMHP) will join the team in 2024.

VMAP also launched **provider education programs on early childhood** including two new ECHO cohorts: *Birth to Five Deeper Dive* and *Systems of Care for Kids (SOCKs)*. Additionally, VMAP piloted a *Triple P (Positive Parenting Program)* training to help PCPs support parents in preventing and managing behavioral and emotional concerns in their children.

Calls for Ages 0-5 Over Time



% of Calls Requesting Care Navigation



2023 Early Childhood Education



Completed
3
early childhood trainings for PCPs



Trained
70
providers (71% physicians)



94%
of participants in VMAP's ECHO SOCKs program found the program **very helpful** or **extremely helpful** in **increasing their knowledge** about community systems to **support families with young children**.

Emergency Department

After recognizing that emergency department (ED) providers play a **critical role** in identifying and supporting the mental health needs of the most vulnerable pediatric patients, VMAP conducted a needs assessment and **piloted three webinars** in 2023 created exclusively for providers in ED settings. These webinars were attended by **64 ED providers** across the state. Topics included pediatric suicidality, aggression, and psychosis. In 2024, VMAP will continue to explore additional ways to support ED providers working with pediatric populations.

Continued Expansion

VMAP received \$3.9 million in additional state funding during the 2023 General Assembly, which enabled VMAP to continue expanding its new early childhood program and **launch a new program for providers who care for pregnant and postpartum patients**.

In 2024, VMAP will begin work on "**VMAP for Moms+**" which will offer maternal health providers education on perinatal mental health, as well as VMAP Line access to perinatal psychiatrists, other licensed mental health professionals, and care navigation. These services will start regionally and will expand as additional funding becomes available.

Provider Education Summary

VMAP's provider education builds **PCP knowledge and comfort** in screening, diagnosing, and treating pediatric mental health conditions. In addition to core offerings (REACH PPP, ECHO, and QI initiatives), VMAP provides other resources such as the Guidebook, educational webinars, and discussion forums that provide a diversity of opportunities to **bridge knowledge gaps**.

Since its inception, VMAP has engaged **1,140 providers** through 46 REACH PPP, ECHO, and QI initiatives. In 2023 alone, VMAP trained **257 participants** through these three offerings. Three out of four (75%) of providers participating in education were physicians. Nurse practitioners made up 19% of participants.

Providers Trained Through Core Offerings



Among ECHO participants...

37% were in practice for 5 or fewer years

41% were in practice for at least 20 years

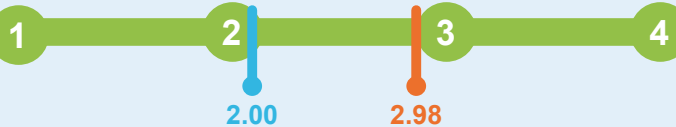
...indicating the training was appropriate for providers regardless of their experience level.

Scores following training demonstrated **significant improvements in confidence and knowledge** for the majority of participants:

ECHO Confidence in Managing Various Mental Health Issues



REACH Knowledge in Treating Various Mental Health Symptoms and Disorders



KEY: Pre-training score | Post-training score

REACH Participants*:

"Where would you rate this course in respect to other continuing education experiences?"

51%
said top 5%

87%
said top 25%

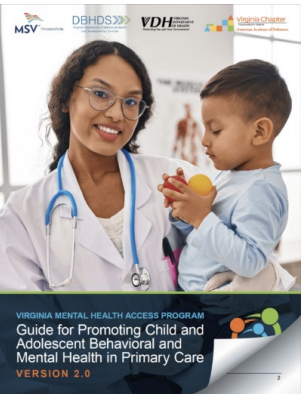
"I would recommend the training to a colleague"

82%
selected **Extremely true**

ECHO Participants*:

70%

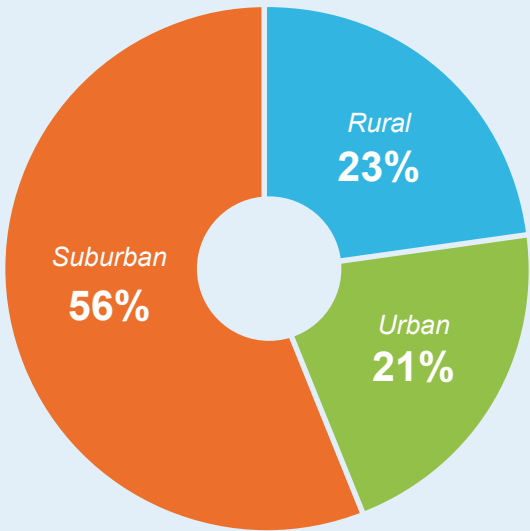
said that it was *very or extremely helpful* in improving their ability both to **diagnose and manage** pediatric mental health symptoms



Guidebook

Downloaded over **3,300 times**, the VMAP Guidebook is a compilation of evidence-based practices, up-to-date resources, and practical knowledge specifically geared toward PCPs treating pediatric and adolescent patients with mental health concerns. This free resource is designed to complement VMAP's provider education opportunities and the VMAP Line. An updated and enhanced version of the Guidebook will be published in 2024

REACH Participants - Practice Setting



This aligns closely with Virginia's rural population, as 20% of individuals ages 18 and under live in rural localities.³

Other Trainings and Events

In addition to VMAP's core education offerings, VMAP hosted 22 one-time webinars and trainings offered to Virginia providers on pediatric mental health, including piloting the **Pearls & Pitfalls** education series led by the VA-AAP.

*Out of the 149 REACH participants who completed a post-assessment between 2022 and March 2023, and out of 33 ECHO participants who completed a post-assessment in 2023.

³US Census Bureau (2021). *Sex by Age*. American Community Survey, ACS, 5-Year Estimates Detailed Tables, Table B01001.

VMAP Line Summary

The VMAP Line operates during regular business hours. After providing some brief intake information regarding their pediatric patient's mental health concern, PCPs are connected to a consultation with a clinician (physician specialist or LMHP) and care navigation services for community resources, as patient need indicates. Calls with a consulting physician or LMHP occur within 30 minutes of PCP request, and care navigation support is initiated with caregivers or patients within 2 business days. PCPs also receive follow-up communication regarding any recommendations.

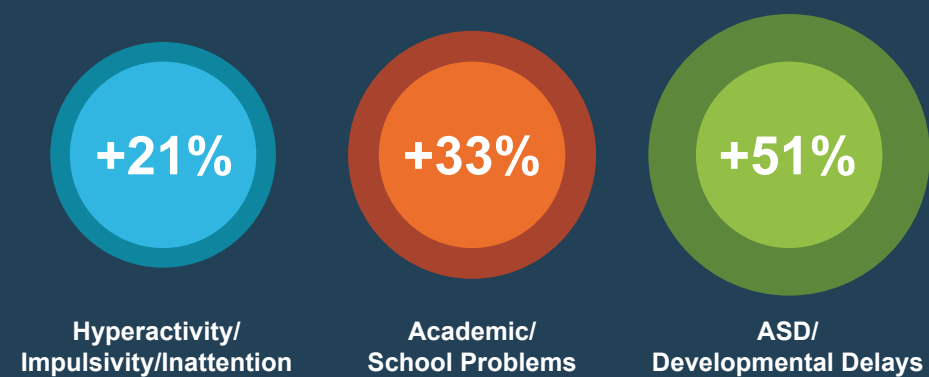
VMAP Line Stats



Consultation Insights

Calls regarding pediatric anxiety and/or depression continue to dominate the VMAP Line calls (representing 65% of all consults in 2023) but calls about other mental health concerns are rising as a proportion of total calls. This could suggest that as providers develop **more skills** in managing pediatric mental health, the topics of consultations become **more complex**.

Specific Concerns of Consults: Noted Changes from 2022 to 2023



Total consults in 2023: 1,284

Consultation Outcomes

PCP management of the specific behavioral health concern was the top outcome of all 1,284 VMAP Line consultations that occurred in 2023 (**82%**). Other top outcomes include referral to a therapist or other outpatient behavioral health services (**40%**) and continuation of existing behavioral health services (**23%**). In **25%** of all consultations, an additional referral to a psychiatrist for further evaluation was recommended. About **13%** included recommendations for school intervention services. Other outcomes were reported for less than **10%** of all consultations.

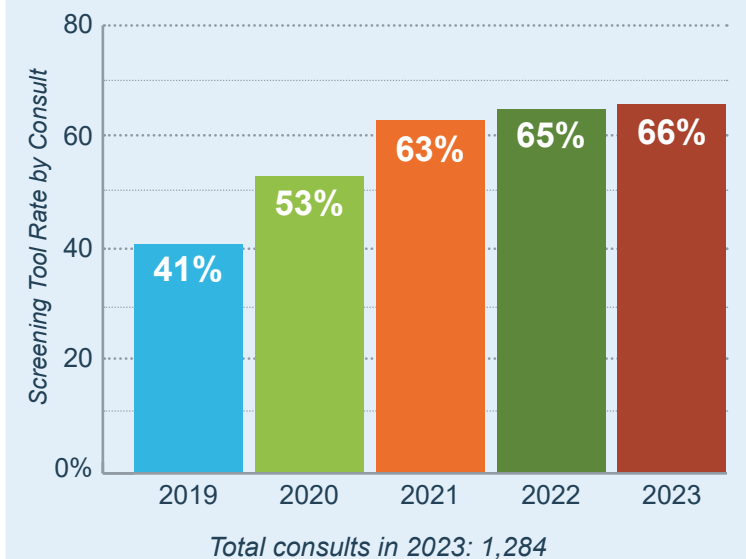
Screening Tool Usage

Screening tool usage has increased steadily since call line data was first collected in 2019, especially for anxiety and depression. In 2023, providers reported using a screening tool within one year of the consultation **62% of the time**. This is important because screening is a key step to early diagnosis and treatment, and early identification of mental health concerns is highly correlated with positive outcomes.

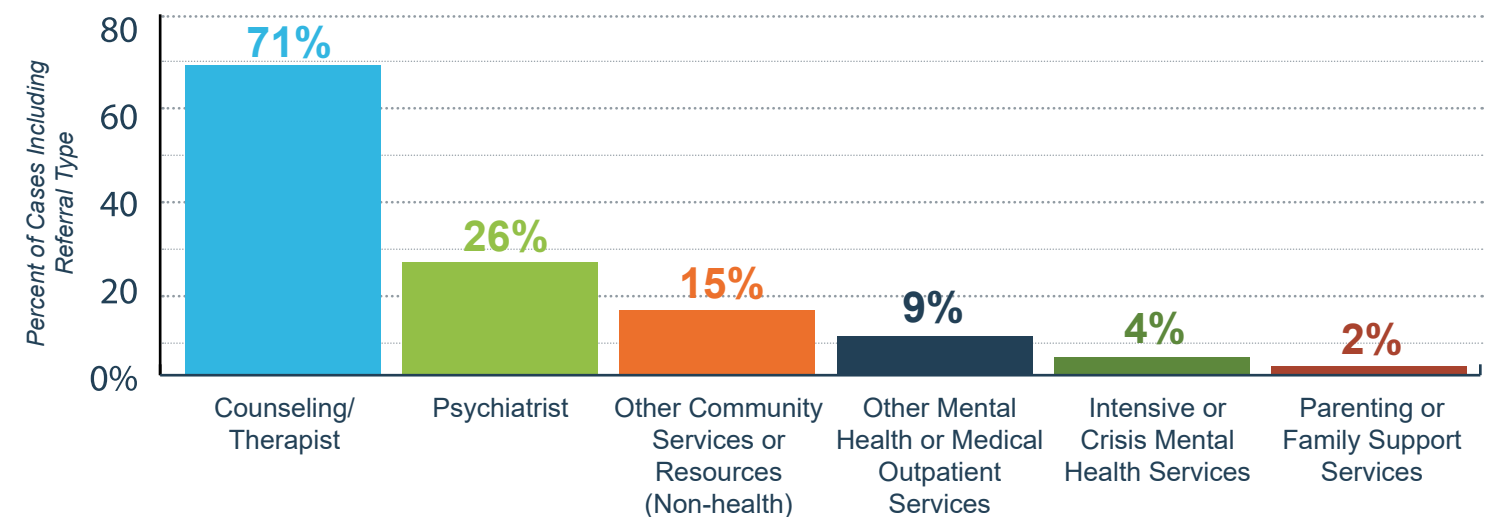
Care Navigation Referrals & Outcomes

VMAP has completed **4,113 care navigation cases** since 2019. Care navigation has grown significantly in the last year, with **51% (2,085)** of these cases occurring in 2023 alone. In **88% of cases**, VMAP care navigators worked directly with the family or patient to access community resources. Additional community services, including non-health resources such as food, housing, or educational support rounded out the top needs for patients and their families.

Screening Tool Usage for Consults Concerning Anxiety or Depression

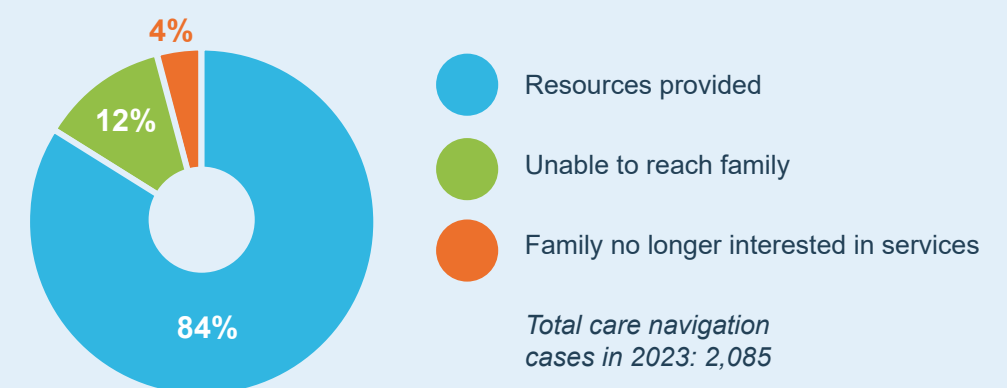


Care Navigation Referrals in 2023



Total care navigation cases in 2023: 2,085

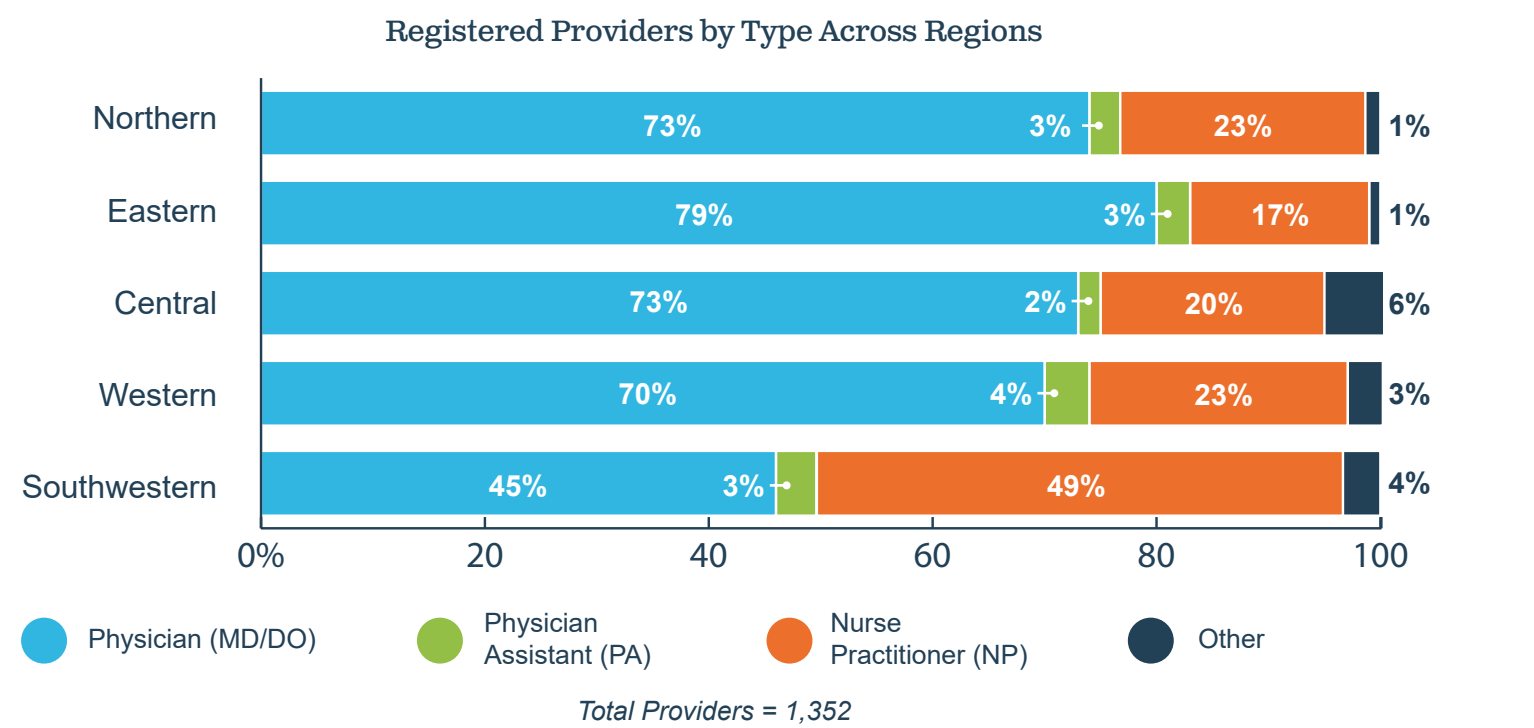
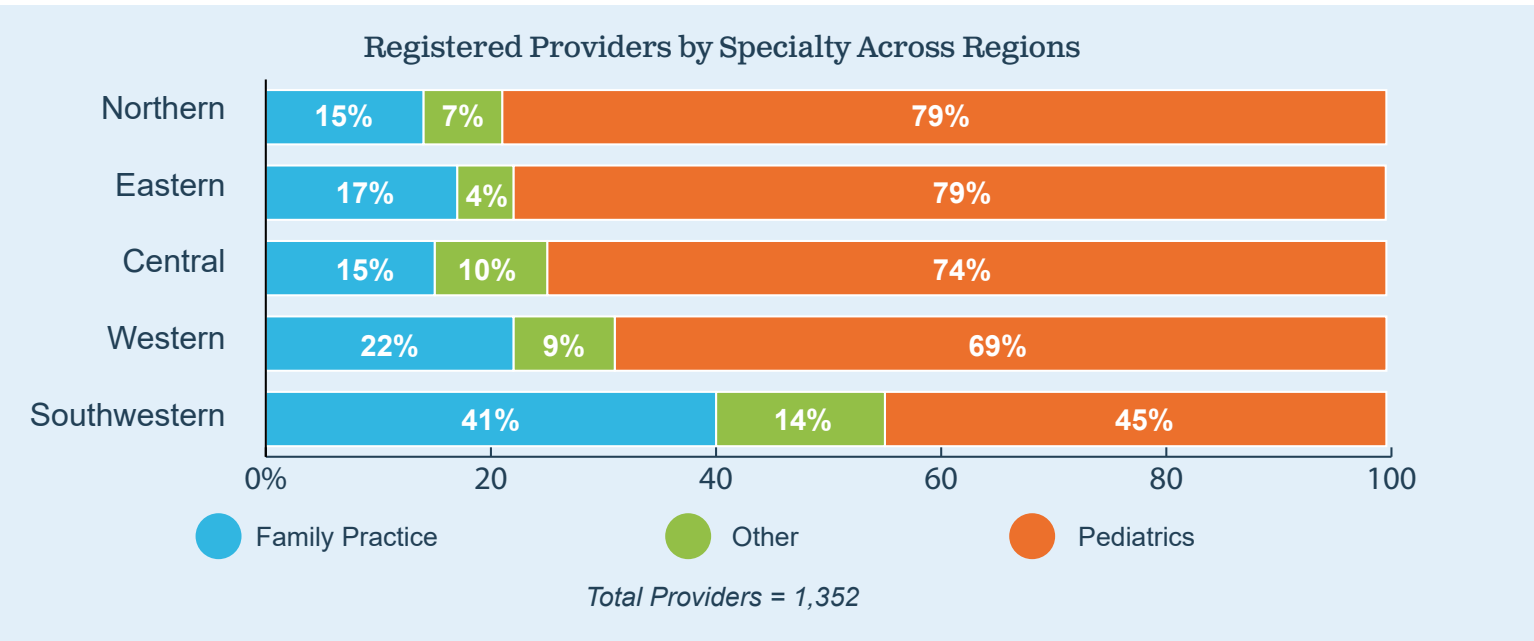
Outcome of Care Navigation Cases (2023)



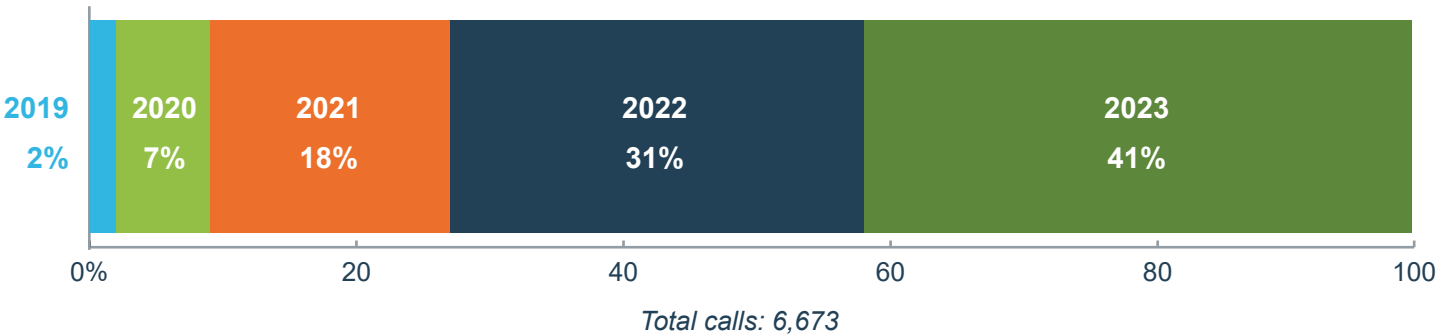
Comparison Data

Provider Participation

Pediatrics is the **predominant provider specialty** registered for the VMAP Line in all regions except southwest Virginia. In that region, there is a much higher percentage of registered providers who specialize in **family practice**. There are also **significantly more nurse practitioners** registered in the southwest region compared to other areas of the state. Thanks to targeted outreach, an analysis of year-over-year data showed **significant increases** in nurse practitioner and family physician registration statewide over the last two years.

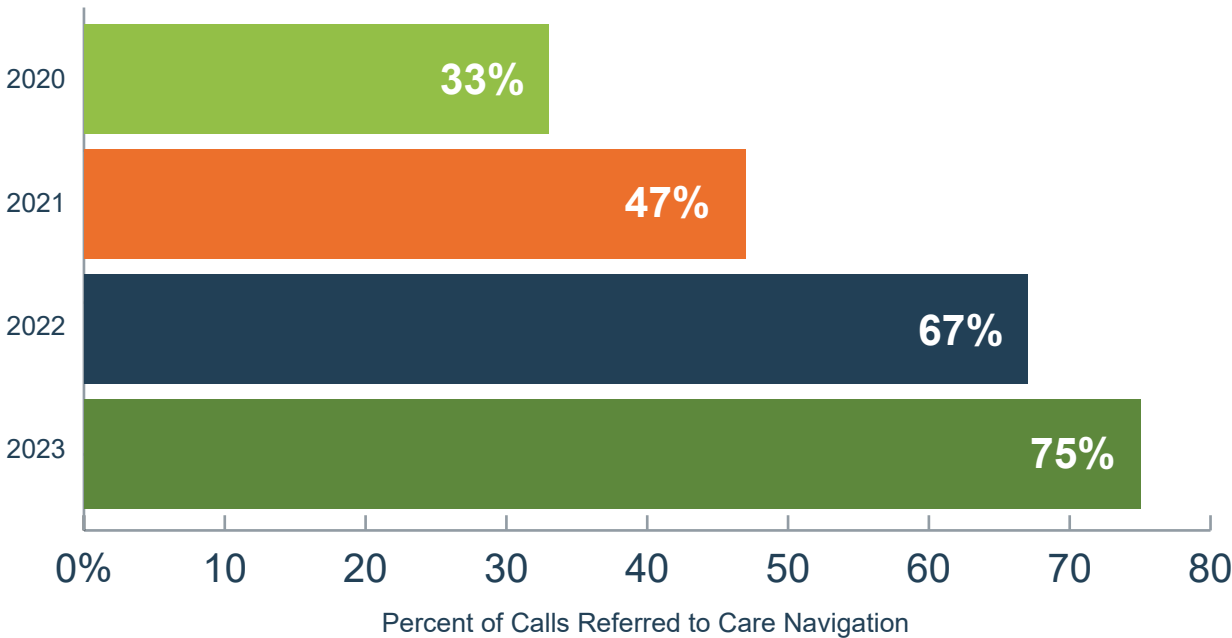


Total Calls to the VMAP Line by Year



Notably, **half (51%)** of all care navigation requests and **36%** of LMHP consultations occurred in 2023. This shows that providers are utilizing the VMAP Line for more than just psychiatric consultation. PCPs frequently consult with the LMHPs in each region to discuss levels of care, navigating family dynamics, or other challenges with supporting a family through the social service system.

Proportion of Calls Referred to Care Navigation Over Time



Acknowledgments

The Virginia Mental Health Access Program (VMAP) implementation team and the Medical Society of Virginia Foundation (MSVF) would like to acknowledge and thank all VMAP staff, funding partners, supporting organizations, and collaborating affiliates for their ongoing support and financial assistance. MSVF looks forward to the continued efforts of all partners and staff in maintaining and furthering VMAP's success through offering Virginia's healthcare providers quality expertise, training, and support in addressing child and adolescent mental health.

For additional information about MSVF, please contact:

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