

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 its Behavioral Health Workforce (State of Mental Health in America, 2020). Because of this, many of Virginia's children go without necessary behavioral health services.

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 and Psychiatry, 2019*).

Only

two counties in Virginia

have a sufficient number of child psychiatrists.



Over

65% of

pediatricians

reported they lacked mental health and behavioral health knowledge and skills (*McMillan, J., Land, M., & L. Leslie, 2017*).

VMAP is the Solution

Hubs comprised of child psychiatrists, psychologists, and care navigators can support its region's pediatric primary care providers.

When fully implemented VMAP has four key components:

- 1 Education** for primary care providers on screening, diagnosis, management, and treatment.
- 2 Access to telephonic** consults for primary care providers with 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 families.
- 4 Telehealth visits** with psychiatrists and/or psychologists for families who require additional support.

VMAP is Already Making a Necessary Change



VMAP has already trained over **200 primary care providers** who can now better provide mental health services to their patients.



Virginia now has a **fully operational call-center** where primary care providers can connect with a child and adolescent psychiatrist to help with their patients.



Preliminary data show that **over 82% of VMAP consultations** resulted in the PCP continuing to support the patient in their practices.

Learn more about the Virginia Mental Health Access Program at VMAP.org.