



2023 MCHB Programs All Awardee Annual Meeting

Plenary Session: Building Program Capacity to Improve Mental Health Access

Dr. Sandy Chung

Dr. Tiffany Moore Simas

Vision: Healthy Communities, Healthy People





Building Program Capacity to Improve Mental Health Access

Sandy Chung, MD, FAAP, FACHE
AAP President

American Academy of Pediatrics

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Disclosure Statement

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2023 AAP Strategic Priorities

- Healthy Mental and Emotional Development
- COVID Recovery and Disaster Readiness
- Equity, Diversity and Inclusion
- Safety & Wellbeing within the Pediatric Profession

The Impact of the Pandemic on Children



Family Income



Increase Risk of Domestic Violence and Abuse



Lack of Access to Safe Transportation



COVID-19 Impact on Families



Inadequate Access and Disruptions to Health/Mental Healthcare



Heightened Food Insecurity



Unstable Housing and Technology



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.



Additional Disparities in Care for CYSHCN and Communities of Color



- Services interrupted for children and youth with special health care needs
- Structural racism adding stress to communities of color

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

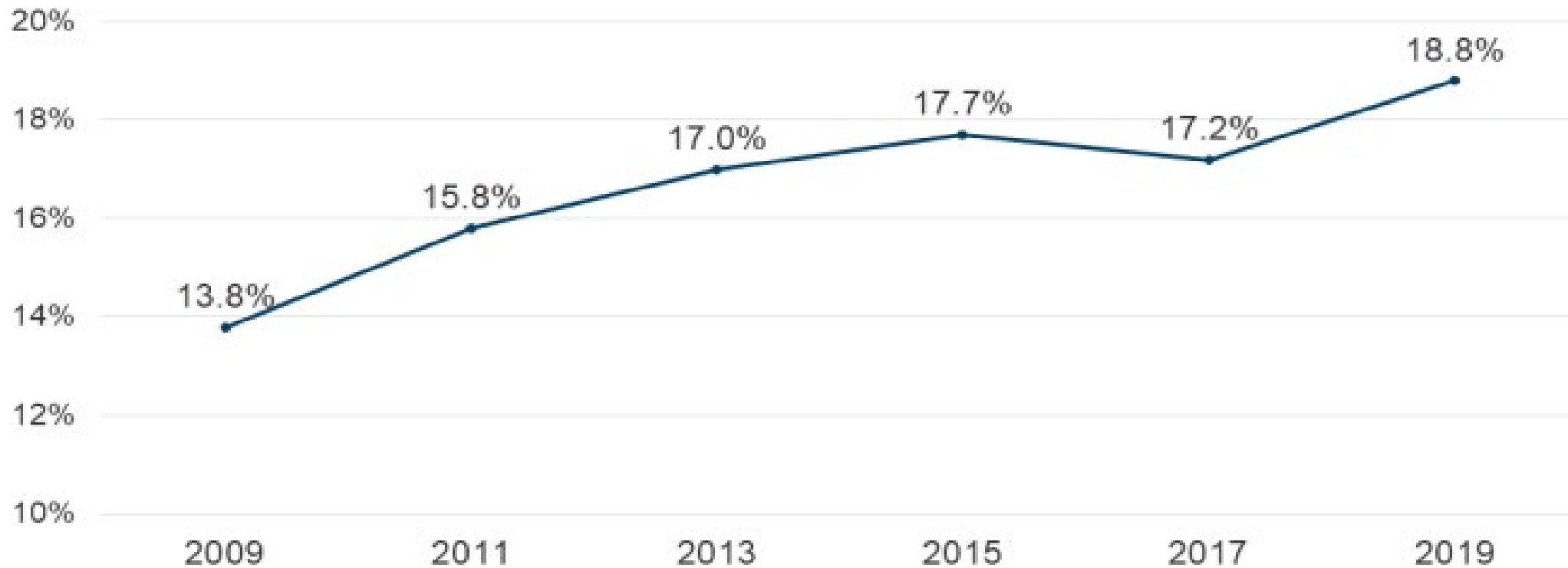


No change



In right direction

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



SOURCE: Youth Risk Behavior Survey, 2009-2019.



Suicide: Blueprint for Youth Suicide Prevention

[Home](#) / [Patient Care](#) / Suicide: Blueprint for Youth Suicide Prevention



www.aap.org/suicideprevention

Blueprint for Youth Suicide Prevention

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY
WWW.AACAP.ORG



Declaring a National Emergency in Child and Adolescent Mental Health – One Year Later

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Home News Membership Career Resources Research Philanthropy About the AAP

News Release

Health Organizations Urge the Biden Administration to Declare a Federal National Emergency in Children's Mental Health

Home / News Room / Health Organizations Urge the Biden Administration to Declare a Federal National Emergency in Children's Mental Health

Moira Szilagyi, MD, PhD, FAAP
@AAPPres

As pediatricians, we recognize that the current crisis makes promoting mental health a necessity for all kids and teens. By declaring the mental health crisis a national emergency, our federal government can help mobilize resources and activities to address children's needs.

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

HEALTHY YOUTH

PROTECTING YOUTH MENTAL HEALTH

The U.S. Surgeon General's Advisory

2021

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."

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



Prenatal



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

Spectrum of Pediatric Mental Health Concerns, Problems and Disorders

Presentation in pediatric practices (primary care and specialty)

- **19%** of children in the U.S. have impaired MH functioning and do not meet criteria for a disorder¹
- About **20%** of children and adolescents experience a MH disorder each year²

The need for mental health competencies in pediatric practice (*Pediatrics*, 2019)

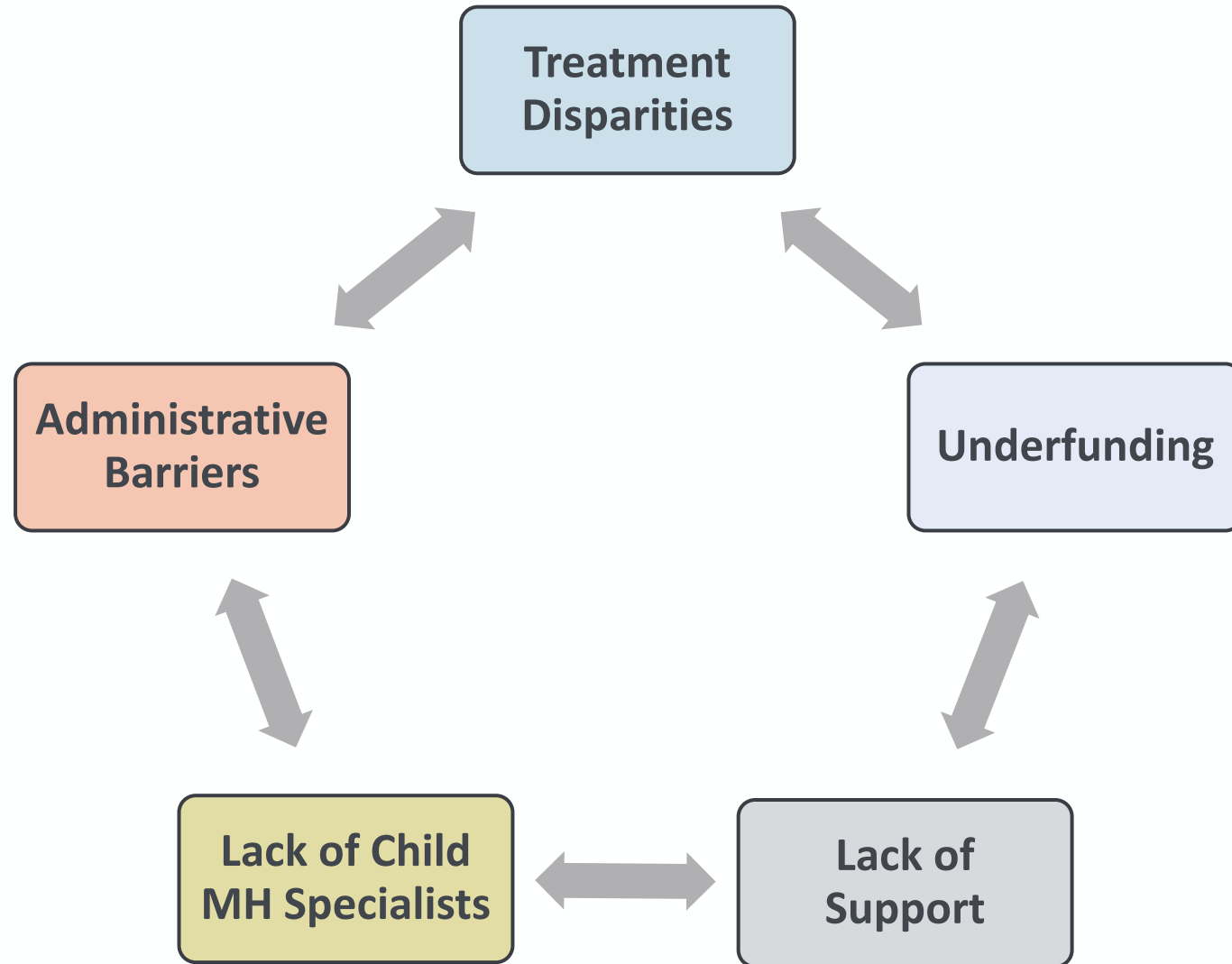
- Suicide is a **leading cause of death** in 10-24 year-olds¹
- Adults who had a childhood MH disorder—**6x** the odds of adverse adult outcomes (health, financial, social)¹
- **50%** of adults in U.S. with MH disorders had symptoms by age 14³

1. [Foy JM, Green CM, Earls MF; Committee on Psychosocial Aspects of Child And Family Health, Mental Health Leadership Work Group. Mental Health Competencies for Pediatric Practice. *Pediatrics*. 2019;144\(5\):e20192757. doi:10.1542/peds.2019-2757](#)

2. [O'Connell ME, Boat T, Warner KE, eds. Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Washington \(DC\): National Academies Press \(US\); 2009.](#)

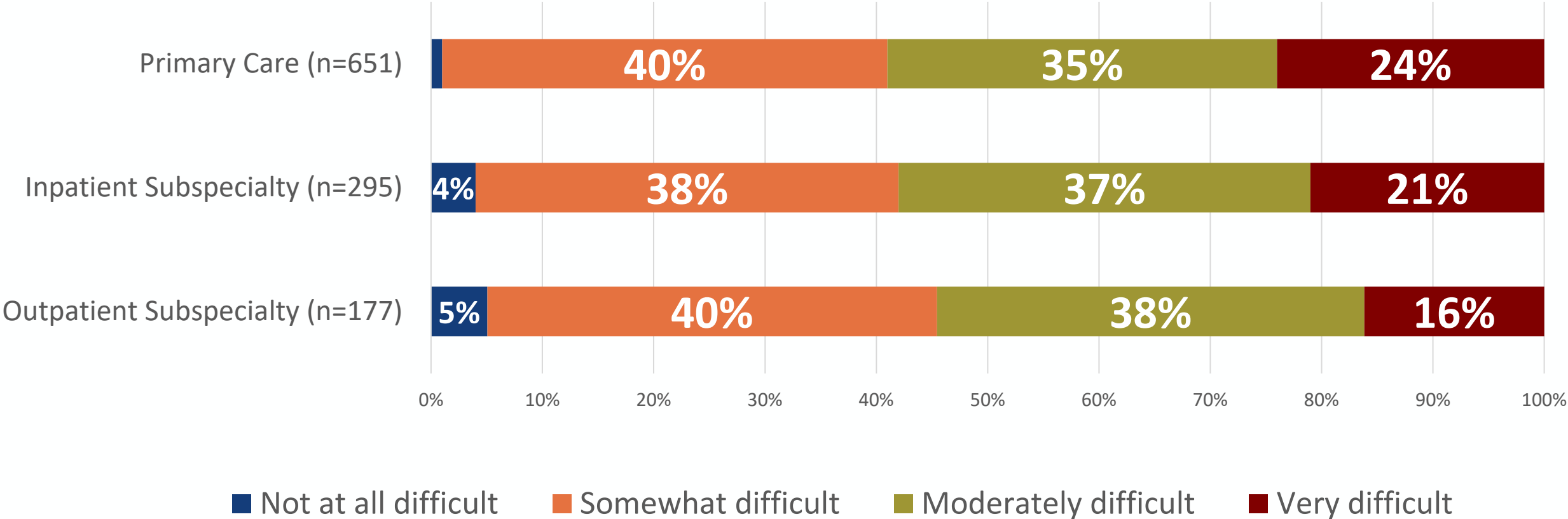
3. [Bitsko RH, Claussen AH, Lichstein J, et al. Mental health surveillance among children — United States, 2013–2019. *MMWR Suppl*. 2022;71\(Suppl-2\):1–42. DOI:](#)

Service Gaps and Workforce Issues



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?”



Source: AAP PLACES 2022 Check Point Survey; 2016-18, 2009-11, and 2002-04 Residency Graduates

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



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





Advocating for Mental Health Care Services







Announcing the New AAP Agenda for Payment Transformation

- Informed by AAP Policy and existing Committees, Sections, and Councils
- Medicaid, CHIP, Commercial Insurance
- Payment Amounts, Eligibility, Enrollment, Benefits, Access
- Value-Based Care/Alternative Payments
- Pediatric primary care, pediatric medical subspecialists, and pediatric surgical specialists
- Input from across the Academy

AAP Center of Excellence on Social Media and Youth Mental Health



GQ

Culture

The Evil Way that Social Media Messes with Your Mental Health

Tech Addiction Is Real: How to Cut Back on Screen Time and Wean Off Social Media

Going cold turkey with technology isn't realistic in our hyper-connected world, but there are ways to modulate usage and take back control of your apps and devices.

By [Jason Cohen](#) May 12, 2023

f t g ...

'We are literally killing our kids with this stuff': Cox says he'll sign any social media regulations

The New York Times

OPINION
GUEST ESSAY

It Was a Mistake to Let Kids Onto Social Media Sites. Here's What to Do Now.

Aug. 5, 2022



<https://camhcoalition.org>



Mental Health

- **Reauthorization and additional \$80 million in federal funding** for the HRSA Pediatric Mental Health Care Access Program—new grant awards likely announced this week
- **988 Suicide & Crisis Lifeline** July 2022 fully operational for phone and text
- **Core Leadership Team** named for the AAP-run Child and Adolescent Mental Health Coalition
- **State Advocacy Healthy Mental and Emotional Development Grants** applications for round two grants will be announced in the next month

Making the Case on Capitol Hill: Bipartisan Safer Communities Act (BSCA)

HEARING ON "COMMUNITIES IN NEED: LEGISLATION TO SUPPORT MENTAL HEALTH AND WELL-BEING"

Date: Tuesday, April 5, 2022 - 10:15am

Location:

Hybrid Hearing in the John D. Dingell Room, 2123 of the Rayburn House Office Building, and Cisco Webex

Subcommittees: 117th Congress
Health (117th Congress)

The Subcommittee on Health of the Committee on Energy and Commerce will hold a hybrid hearing that includes both in-person and remote attendance on Tuesday, April 5, 2022, at 10:15 a.m. This hearing will take place in the John D. Dingell Room, 2123 of the Rayburn House Office Building, as well as remotely using Cisco Webex online video conferencing. The hearing is entitled, "Communities in Need: Legislation to Support Mental Health and Well-Being."



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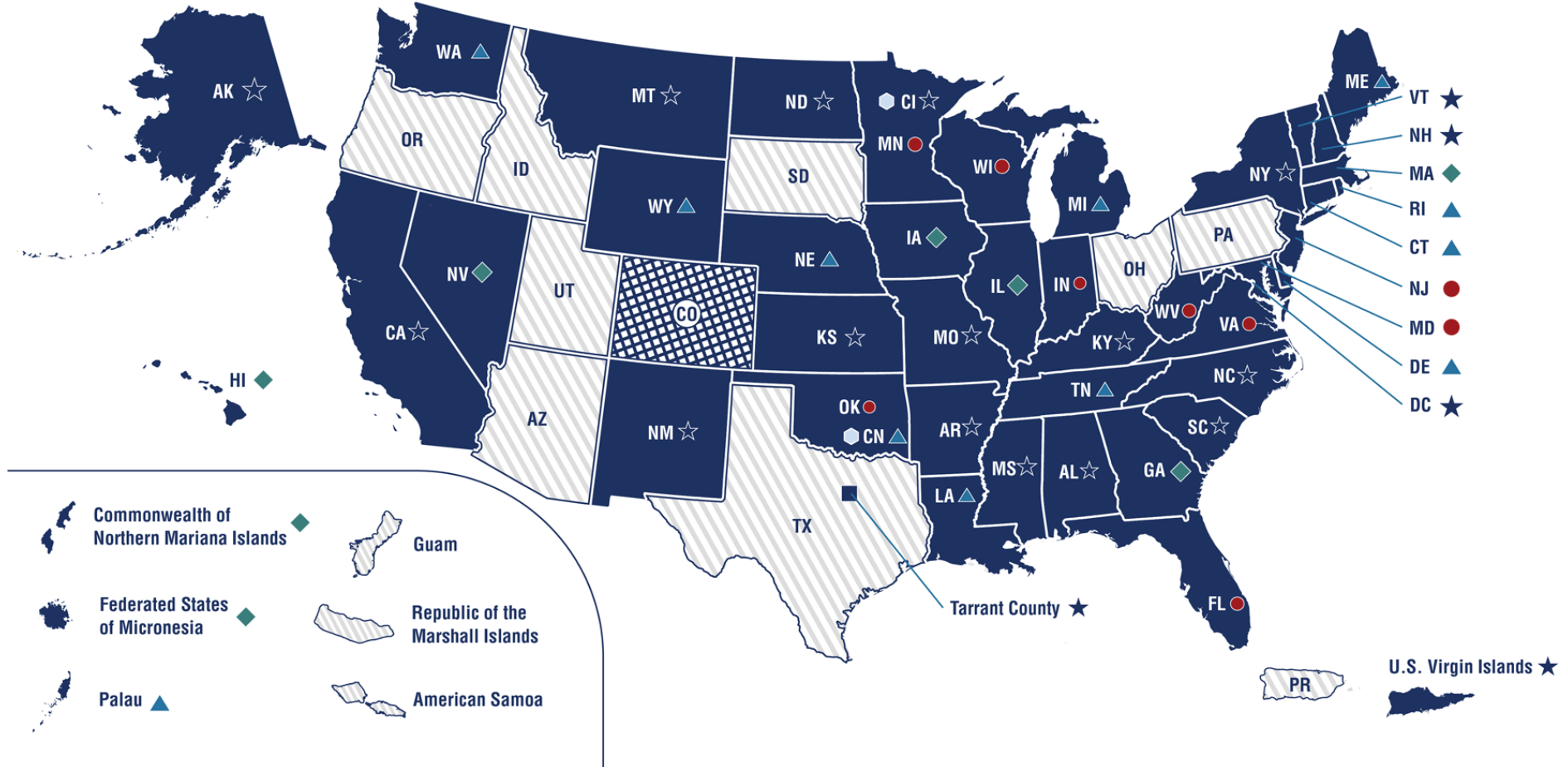
BSCA Provision in Focus: Pediatric Mental Health Care Access (PMHCA) Program

Promotes Behavioral Health Integration into Pediatric Primary Care Using Telehealth

- **Statewide/regional networks of pediatric mental health teams** provide teleconsultation, training, TA, and care coordination services for primary care practices
- **Focus on achieving health equity related to racial, ethnic, and geographic disparities** in access to care
- **PMHCA Program reauthorized for 5 years** in the *Bipartisan Safer Communities Act* which also provided an additional \$80 million/4 years (in addition to \$80 million from the *American Rescue Plan Act* and annual appropriations)
- New funding will allow programs to **expand to hospital emergency departments and schools**

Map of PMHCA Programs as of June 23, 2023

TRIBAL NATION KEY	FUNDING KEY	EXPANSION FUNDING USE KEY
Chickasaw Nation (CN)	HRSA-PMHCA Initial and Expansion Funding	Schools
Red Lake Band of Chippewa Indians (CI)	Not HRSA-PMHCA Funded	Emergency Departments
	HRSA-PMHCA Initial Funding Only	Both
		General



Providing Technical Assistance to Primary
Care Providers to Support Mental Health
Needs and Promote Use of Pediatric
Mental Health Care Access (PMHCA)
Programs Cooperative Agreement

American Academy of Pediatrics

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HRSA – AAP Cooperative Agreement: Providing Technical Assistance on Mental Health Care, PMHCA Programs

- **Assess needs and competencies of pediatric primary care providers (PCPs)** related to delivery of mental health services and PMHCA programs
- **Develop and implement technical assistance activities** to support PCPs in addressing mental and relational health needs
- Leverage networks of AAP members, chapters, and partners to **support PCPs in accessing PMHCA programs**
- Develop and disseminate resources for PCPs that **highlight best practices and lessons learned** for working with PMHCA programs
- **Evaluate** project reach, impact, and outcomes

Contact Us: PMHCA@aap.org





Journey of a PMHCA Program:

**VMAP—a statewide
Mental Health Access
Program**

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.



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*)

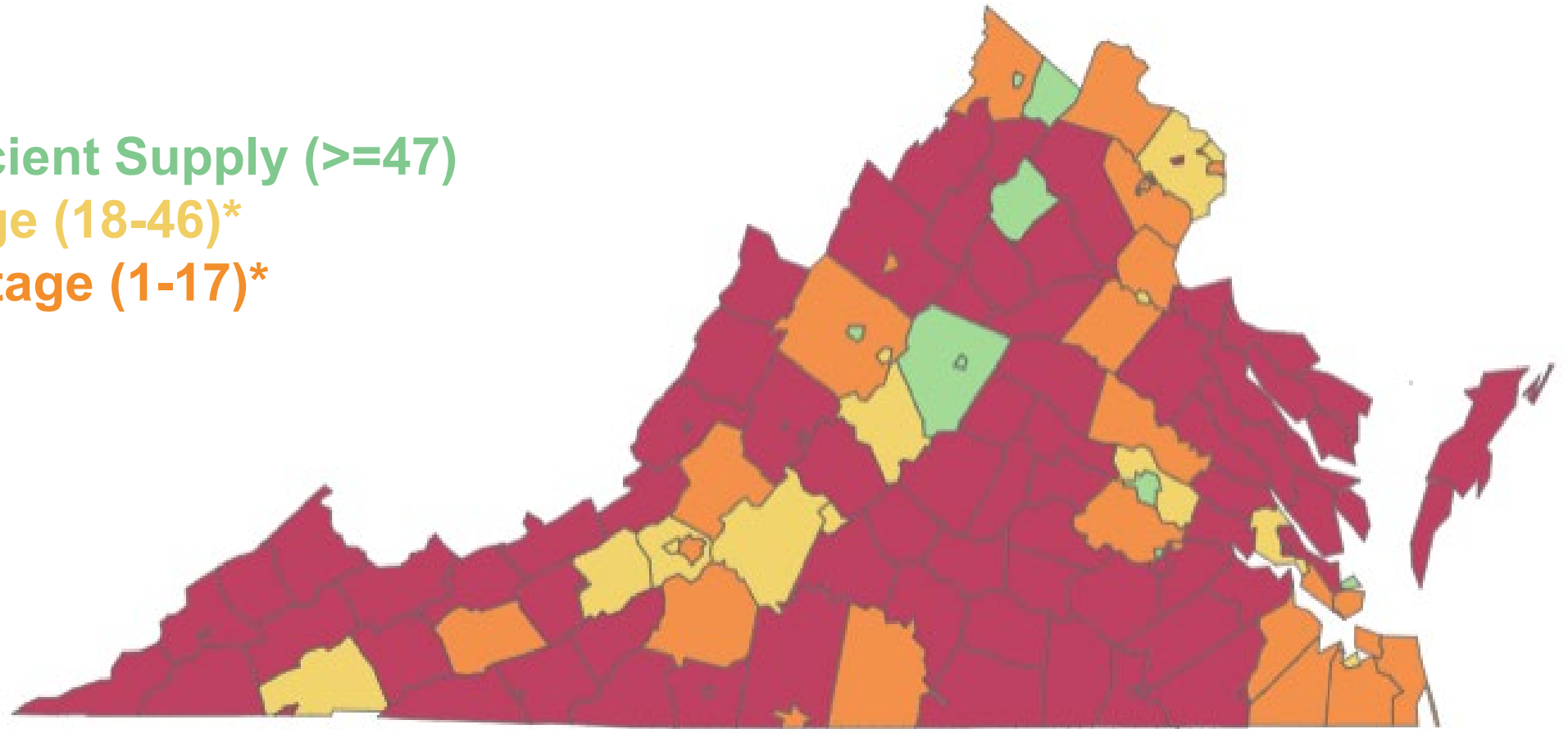
Child & Adolescent Psychiatrist Shortage Virginia

Mostly Sufficient Supply (≥ 47)

High Shortage (18-46)*

Severe Shortage (1-17)*

No CAPs

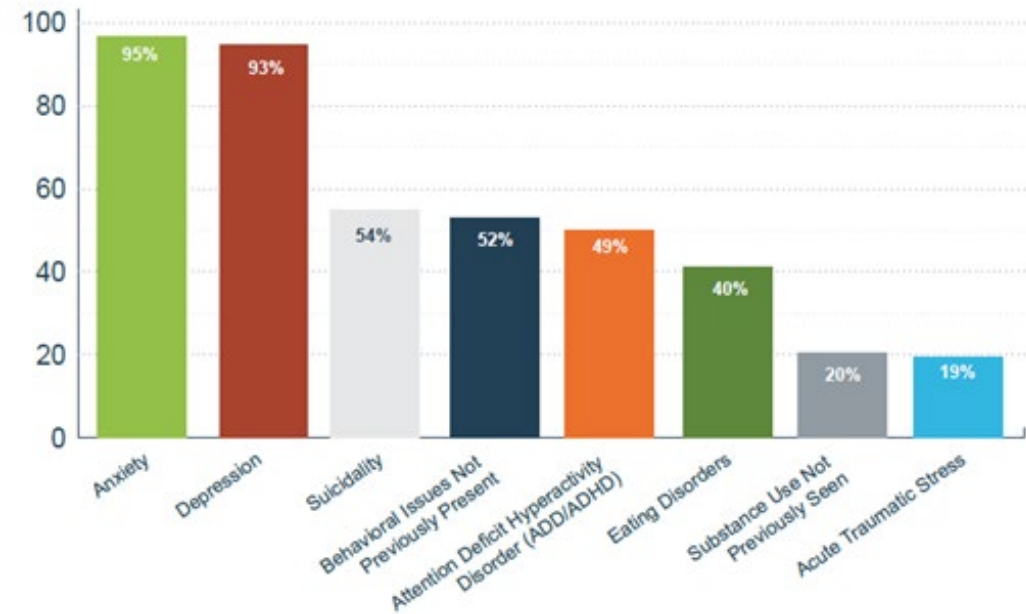


(American Academy of Child and Adolescent Psychiatry, 2019)

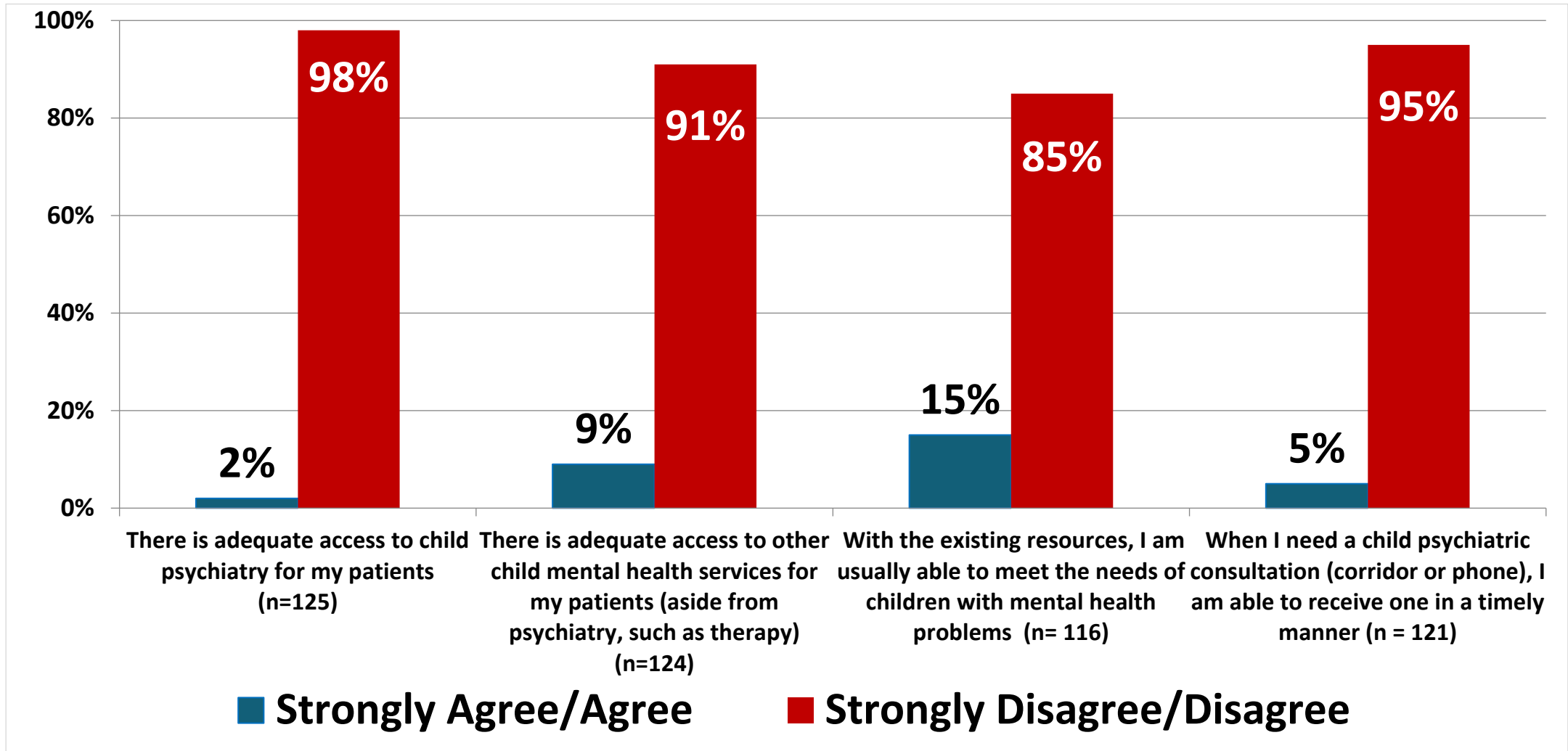
COVID's Impact on Pediatric Patients

- 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.

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



Why Virginia Needs a Mental Health Access Program



(VA AAP Survey Data)



Virginia 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

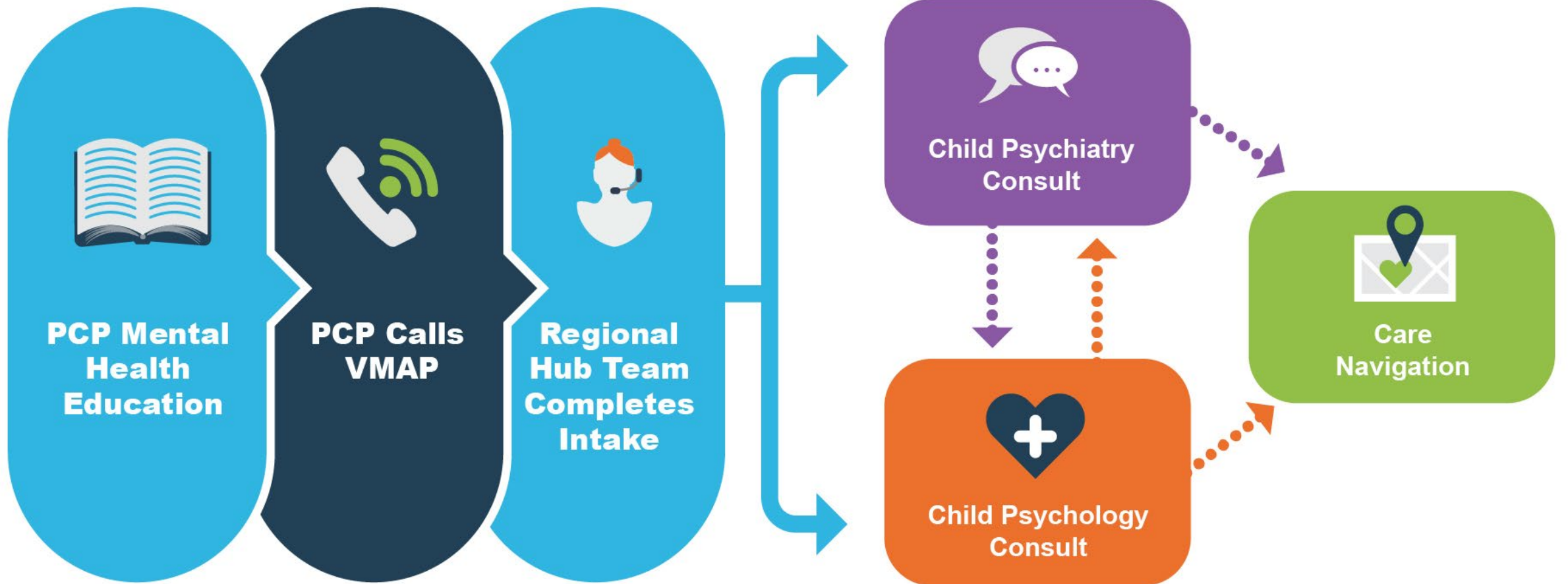
Connects primary care providers to regional hubs that offer pediatric mental health consultation and care navigation to support with patients 21 and under.

Child and adolescent psychiatrists

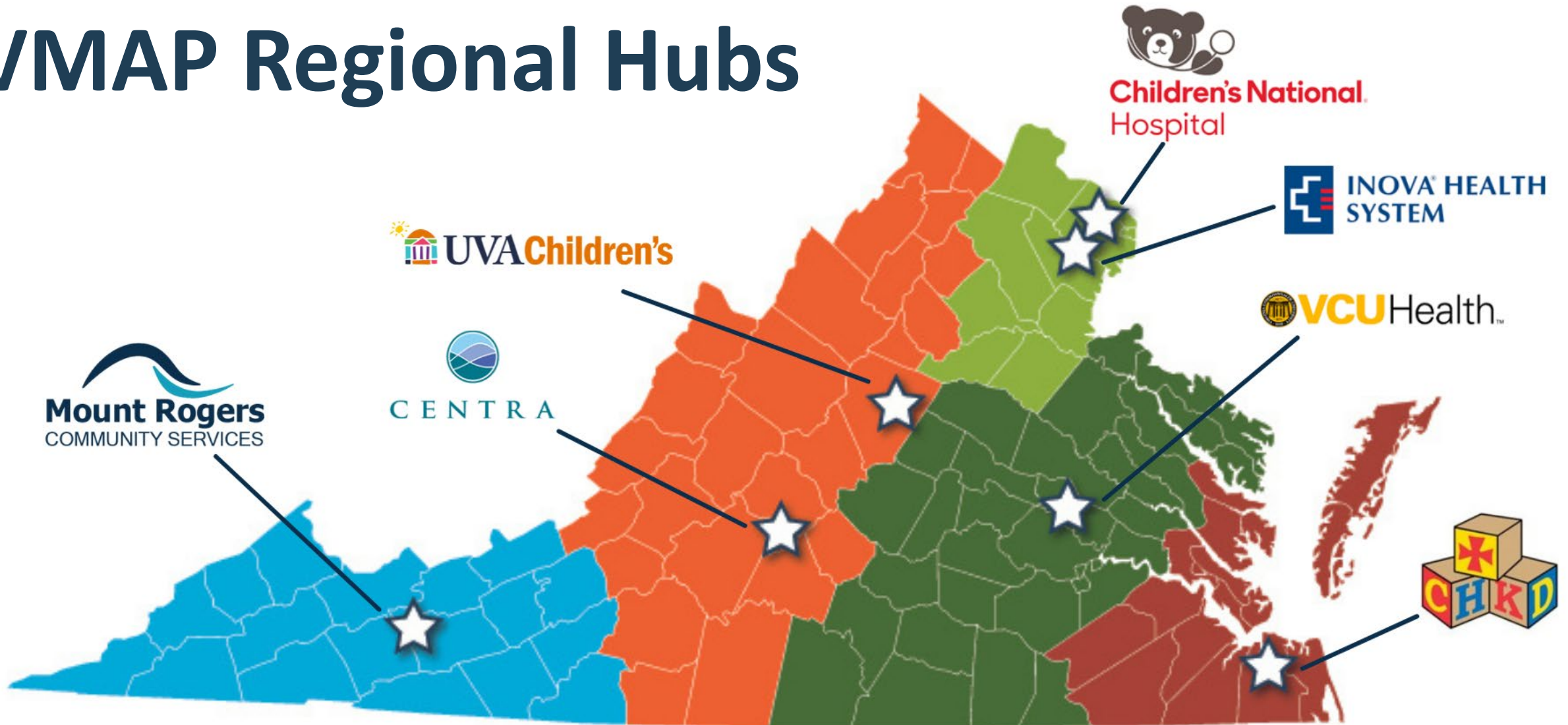
Licensed mental health professionals
(psychologists and/or social workers)

Care navigators

How Does VMAP Work?



VMAP Regional Hubs



North
Launched October 2020

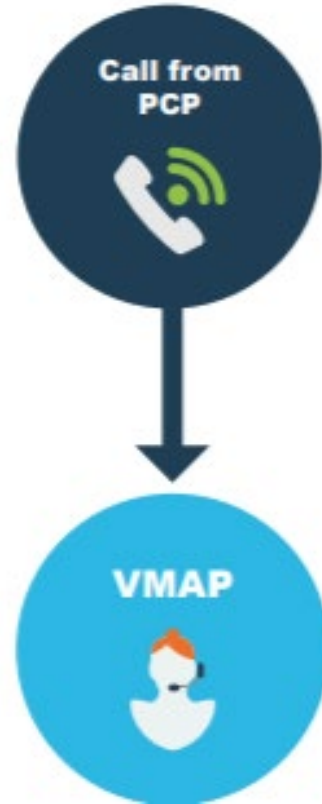
East
Launched January 2021

Southwest
Launched July 2021

Central
Launched August 2021

West
Launched February 2022

1,084
providers
registered
for VMAP

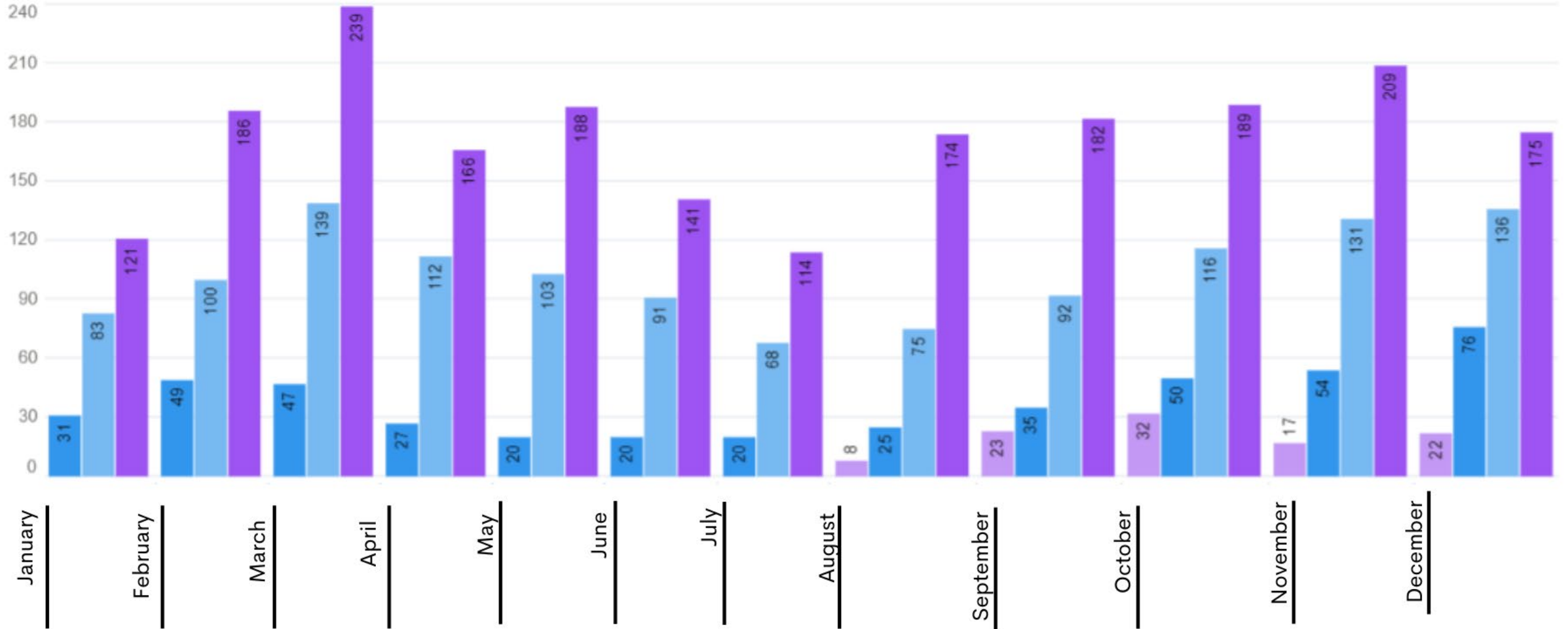


4,109
calls to
VMAP line

22,083
hours of
VMAP
training

Data collected from August 1, 2019–January 31, 2023

Calls to the VMAP Line Year Over Year



VMAP Education for PCPs



A dynamic 3-day, 16-hour interactive course focused on building skills and confidence in diagnosing and treating pediatric behavioral health problems. (Followed by a 6-month, case-based distance-learning program.)

Enrolling Now:

- February 3-5, 2023 (complete)
- March 17-19, 2023 - virtual
- May 12-14, 2023 – in person

Fall 2023 coming soon!

CME and MOC-2 available

60 minute didactic and case discussion sessions once per month.

VMAP ECHO 101 (2 Cohorts)

3rd Thursdays, 12-1 PM
4th Tuesdays, 12-1 PM

New!

★ **Youth & Young Adult (FULL)**
4th Fridays, 12-1 PM

VMAP Deeper Dive: Birth to 5 (FULL)

4th Thursdays, 12-1 PM

CME and MOC-4 available

Monthly didactic and case discussion sessions + optional enhanced QI project on SDOH screening and referral

New!

★ **Early Childhood SOCKs
(Systems of Care for Kids):
Supporting Families with
Young Children**

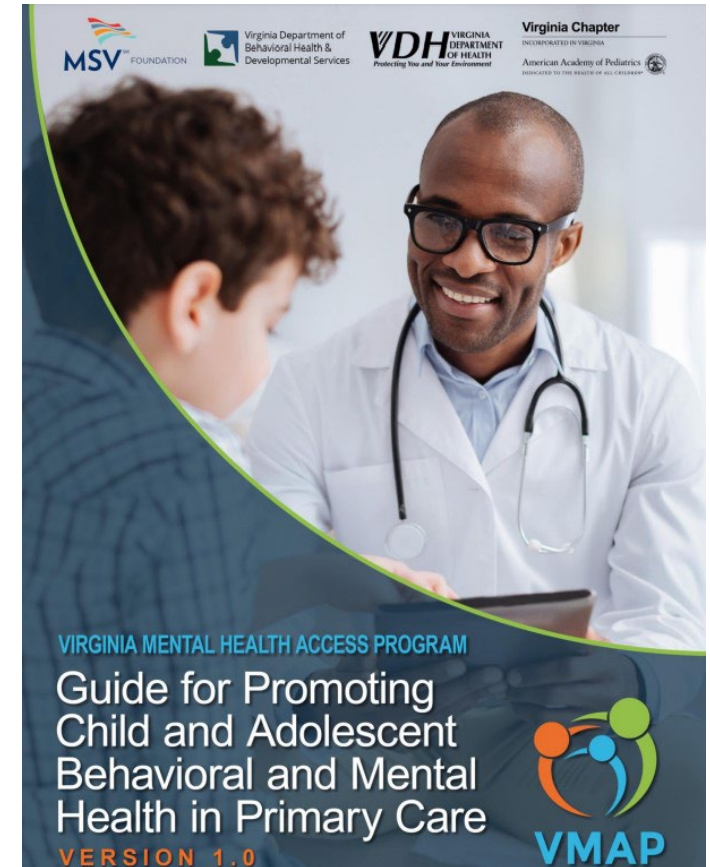
2nd Tuesdays, 12-1 PM
February-December 2023

CME and MOC-4 available

VMAP Guidebook

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

- Compilation of **evidence-based practices, up-to-date resources, and practical knowledge** specifically geared towards pediatric and adolescent health care providers.
- **Available to download for free!**



VMAP Guidebook

Contains care guides on the following topics:

- Disruptive Behavior & Aggression in Children 2-10
- Psychosis
- Substance Use Disorder
- Eating Disorders
- Sleep Challenges

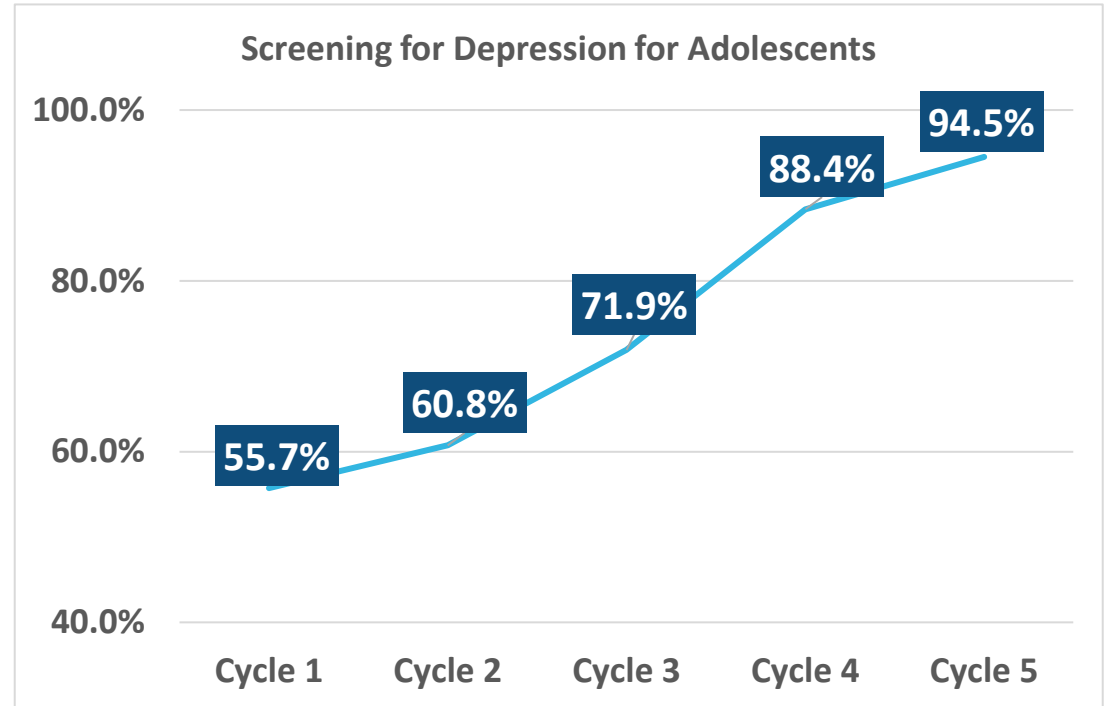
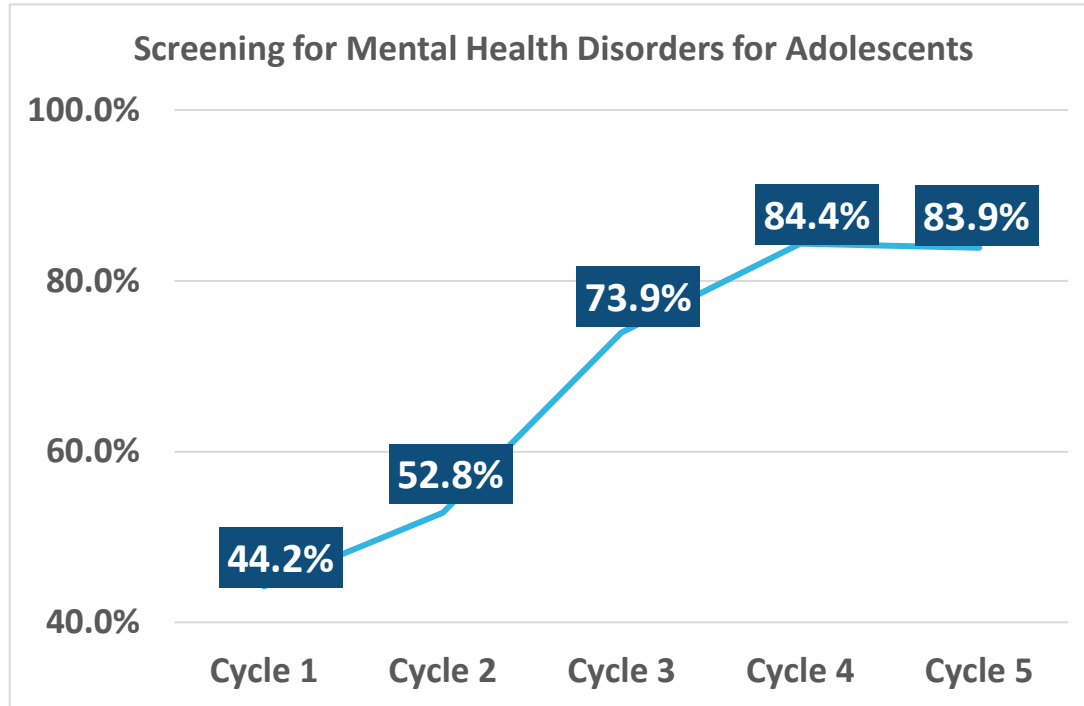
- Depression
- Suicidality
- Anxiety
- Trauma & PTSD
- ADHD
- Bipolar Disorder

Early Childhood Expansion – In Progress

- 2022 GA allocated \$1.4 million
- Goal: To support Virginia PCPs with patients 5 and under.
 - Add early childhood experts to VMAP line
 - Add early childhood education to VMAP curriculum

- Current status: VMAP has added developmental pediatricians and early childhood child psychiatrists to VMAP line
- Launched 2 new early childhood Project ECHOs
- Will add early childhood psychologist and care navigators this year

VMAP QI Project Results



5 months of QI work by 41 providers across the state.
Approx 1,000 adolescents per month, with a total of 5,042 adolescents
Significant improvement in number of adolescents screened by end of project!

Current Funding

FY2023



Executive Committee



Ally Singer Wright
VMAP Program Director
Medical Society of Virginia Foundation (MSVF)



Sandy Chung, MD
VMAP Medical Director
Virginia Chapter of the American Academy of Pediatrics (VA AAP)



Nina Marino, MSW, LCSW
Director, Office of Child & Family Services
Department of Behavioral Health and Developmental Services (DBHDS)



Hanna Schweitzer, MPH
VMAP State Program Administrator
Department of Behavioral Health and Developmental Services (DBHDS)



Mary Beth McIntire
Chief Programs Officer
Medical Society of Virginia Foundation (MSVF)



Rachel Reynolds
VMAP State Operations Manager
Medical Society of Virginia Foundation (MSVF)



Bethany Geldmaker
HRSA Program Director, VMAP
Virginia Department of Health (VDH)

VMAP Committees

**PCP
Education**

Beth Ellen Davis, MD, MPH
(University of Virginia)

Equity

Hanna Schweitzer, MPH
*(Dept. of Behavioral Health &
Developmental Services)*

**Care Navigation
Regional
Advisory Boards**

VMAP Regional Hub Teams

**Research &
Publication**

Matthew McKinney
*(Medical Society of
Virginia Foundation)*

What are providers saying?

“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.”

“VMAP is a lifeline for pediatricians who are prescribing far more SSRIs than antibiotics this year – they help us help kids faced with months of waiting for care.”

If you're a primary care provider treating children and adolescents...

Don't forget to **REGISTER** for the

VMAP Line

to gain access to:

- Regional **child and adolescent psychiatrists** available for consultation
- Regional **licensed mental health professionals** available for consultation
- **Care navigation** services to support with resource and referral needs

Register at www.VMAP.org or call now!

1-888-371-VMAP (8627)

*This line is **not** for families to call directly. This is **not** a crisis line for patients.*



Monday through Friday 9 a.m. - 5 p.m. (last call at 4:30 p.m.)

- Hub team will ask for provider and patient information.
- A behavioral health provider will call you back within 30 minutes.
 - Patients must be 21 years old or younger.
- Provider must practice in Virginia, or patient must reside in Virginia.



VMAP Partners and Funders



Virginia Department of
Behavioral Health &
Developmental Services



Virginia Chapter

INCORPORATED IN VIRGINIA

American Academy of Pediatrics
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Questions?

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Register with VMAP

www.vmap.org

1-888-371-VMAP (8627)

Follow us @VMAPva





Thank You



2023 MCHB Programs All Awardee Annual Meeting

Plenary Session: Building Program Capacity to Improve Mental Health Access

Dr. Tiffany Moore Simas

Vision: Healthy Communities, Healthy People

