VMAP — Virginia Mental Health Access Program

Provider Education Data Insights

VMAP 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 system 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

Completed
4,081
mental health consultations and
4,113
care navigation requests[1]

Served
5,592
Virginia pediatric patients

74% of families
were connected to local resources

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.

For the full 2023 Impact Report and more information on VMAP, scan the QR code.

[1]Please 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.
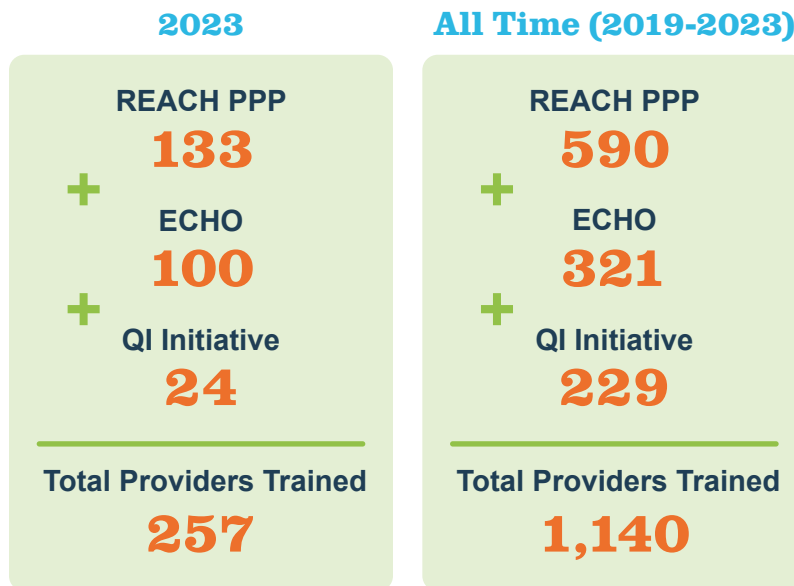
VMAP — Virginia Mental Health Access Program

Education Overview

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

Since its inception, VMAP has engaged 1,140 providers in its core offerings.

2023

REACH PPP
133
+
ECHO
100
+
QI Initiative
24

Total Providers Trained
257

All Time (2019-2023)

REACH PPP
590
+
ECHO
321
+
QI Initiative
229

Total Providers Trained
1,140

Nurse Practitioners

Nurse practitioners comprise 22.1% of all trainees in 2022 and 2023, an increase from 13.3% of trainees in 2019 through 2021.

**13.3%** of trainees (2019-2021) → **22.1%** of trainees (2022-2023)

REACH PPP

REACH PPP participants complete surveys before and after training on their perceived knowledge and comfort in managing various mental health disorders and symptoms. On average, trainees reported significant improvements in multiple areas.

REACH Knowledge in *Assessing* and *Diagnosing* Various Mental Health Symptoms and Disorders

1 — 2 — 3 — 4 — 5

2.2   2.93
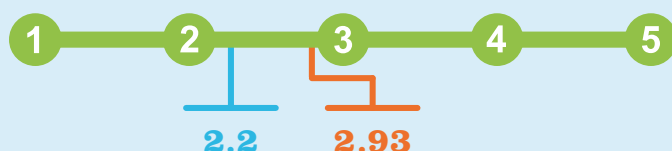
REACH Knowledge in *Treating* Various Mental Health Disorders and Symptoms

1 — 2 — 3 — 4 — 5

1.99   2.85
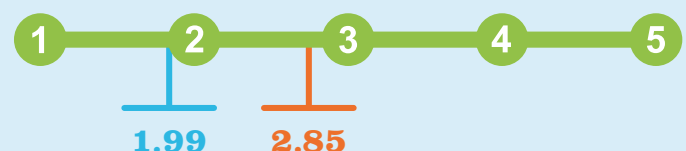
KEY: Pre-training score | Post-training score

Provider Education Data Insights

VMAP
Virginia Mental Health
Access Program

REACH participants are overwhelmingly positive about their experience in the training program:

85%
Marked
"*I would recommend the training to a colleague*" as extremely true.

99%
Indicated they would change their practice in some way now that they had completed the training.

75%
Rated the course in the top 10% of continuing education courses they had taken.

Post-survey respondents (n=111)

ECHO

Providers participating in ECHO in 2023 completed pre- and post-training surveys (n=33) to rate their confidence in assessing and managing nine common pediatric mental health conditions. **Most providers reported positive changes in their confidence across the nine conditions. Providers reported average positive change in confidence in assessing (82%) and managing (94%) the various conditions.** The areas of greatest improvement were seen in managing dysregulated anger, gender dysphoria, and substance use disorder.

ECHO participants also find significant value in the training opportunities.
74% said that it was *very helpful* or *extremely helpful* in improving their ability to diagnose and manage mental health symptoms.

74%

97% of participants said they were *mostly satisfied* or *very satisfied* with the VMAP ECHO.

97%

Since being a part of this VMAP ECHO, how has your practice changed?
61% reported an increase in "recommending changes to [a patient's] mental health care after consulting with a VMAP psychiatrist and/or licensed mental health professional".

61%

VMAP
Virginia Mental Health
Access Program

Education & VMAP Line Interaction

VMAP conducted a secondary analysis of providers who participated in VMAP trainings and used the VMAP Line between 2021 and 2023.

ECHO participants from 2021 to 2023 were asked to rate their confidence in assessing select mental health disorders or symptoms both before and after training[1]. All ECHO participants demonstrated significant improvements in their confidence. **However, users with no previous VMAP Line experience demonstrated significantly greater changes in their confidence**. These improvements indicate that ECHO can be particularly helpful for providers with more limited experience treating mental health disorders and symptoms themselves, but it remains applicable even as providers gain experience in direct treatment.

ECHO Confidence in Assessing Various Mental Health Issues

Previous Call Line Experience

1 — 2 — 3 — 4 — 5

2.67   3.96

No Previous Call Line Experience

1 — 2 — 3 — 4 — 5

1.97   3.72

KEY: Pre-training score | Post-training score

(1) ADHD, 0-5; ADHD, 6-12; ADHD, 13+; anxiety, depression, mood disorders, substance use disorder

Providers calling the VMAP Line who were in the middle of training or had completed a major training course (REACH, ECHO, ECHO QI, and QI Initiative) reported usage of screening tools in their consults 65% of the time, while VMAP callers who had never taken one of those courses reported screening tool usage in 52% of consults. **Further analysis of screening tool usage for specific concerns revealed significant differences across the board, primarily that participants are more likely to utilize screening tools after completing a VMAP training**. This may lead to earlier identification and referral for mental health concerns in pediatric patients.

Screening Tool Usage for Specific Concerns Based on Training Participation

VMAP Line Caller Type

Screener Type & Specific Concern	VMAP Education	No VMAP Education
Depression	39%	21%
Anxiety	55%	42%
ADHD	42%	26%