

2026

VMAP Impact Report Strengthening the System



VMAP
Virginia Mental Health
Access Program

Acronyms

AAP: American Academy of Pediatrics

AACAP: American Academy of Child and Adolescent Psychiatrists

ACORN: Ambulatory Care Outcomes Research Network

ASD: Autism Spectrum Disorder

CAP: Child and Adolescent Psychiatrist

CME: Continuing Medical Education

DBHDS: Department of Behavioral Health and Developmental Services

HRSA: Health Resources and Services Administration

LMHP: Licensed Mental Health Professional

MSV(F): Medical Society of Virginia (Foundation)

PCC: Primary Care Clinician

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

VMAP Funding

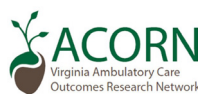


\$14,785,488
State General Funds
(via DBHDS)

\$820,999
HRSA
(via VDH)

This funding is based on state's FY26, which runs July 1, 2025 - June 30, 2026

Funders & Partners

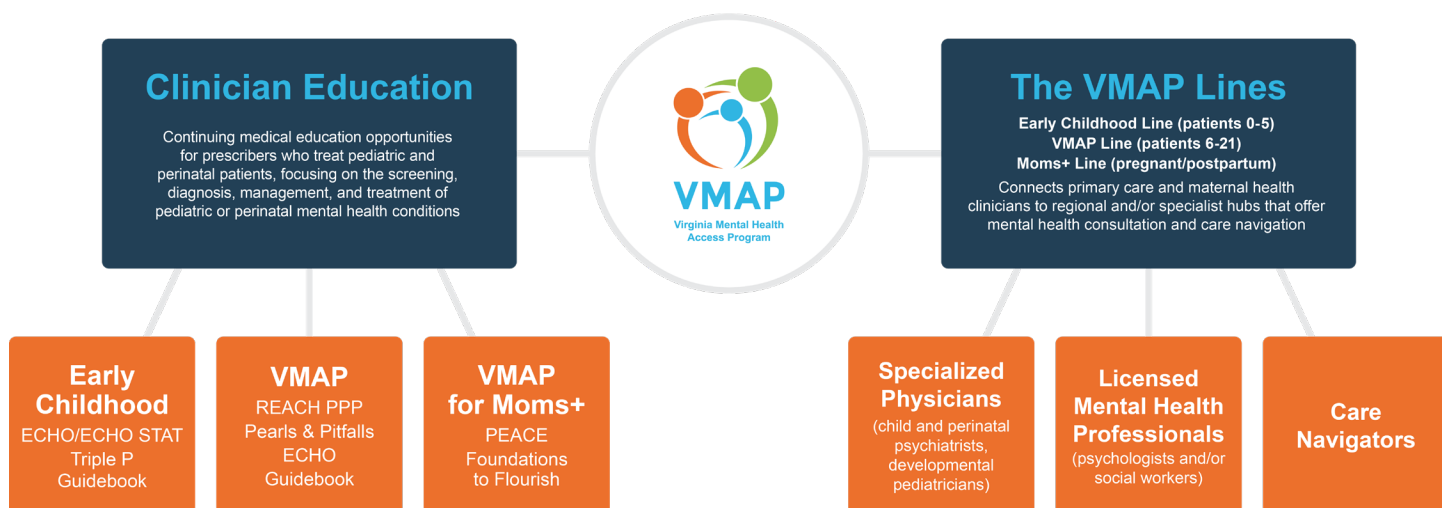


What is VMAP?

The Virginia Mental Health Access Program (VMAP) is a statewide initiative that increases access and improves mental, behavioral, and emotional health and development by providing education, consultation, and care navigation to prescribing clinicians treating infants, children, adolescents, young adults, and pregnant & postpartum people.

How VMAP Works

VMAP ensures more children, adolescents, young adults, and pregnant/postpartum individuals have access to prescribers who are better equipped to manage their mental health.



VMAP Line Hubs

- North
- Central
- East
- West
- Southwest



Children's National

Inova™

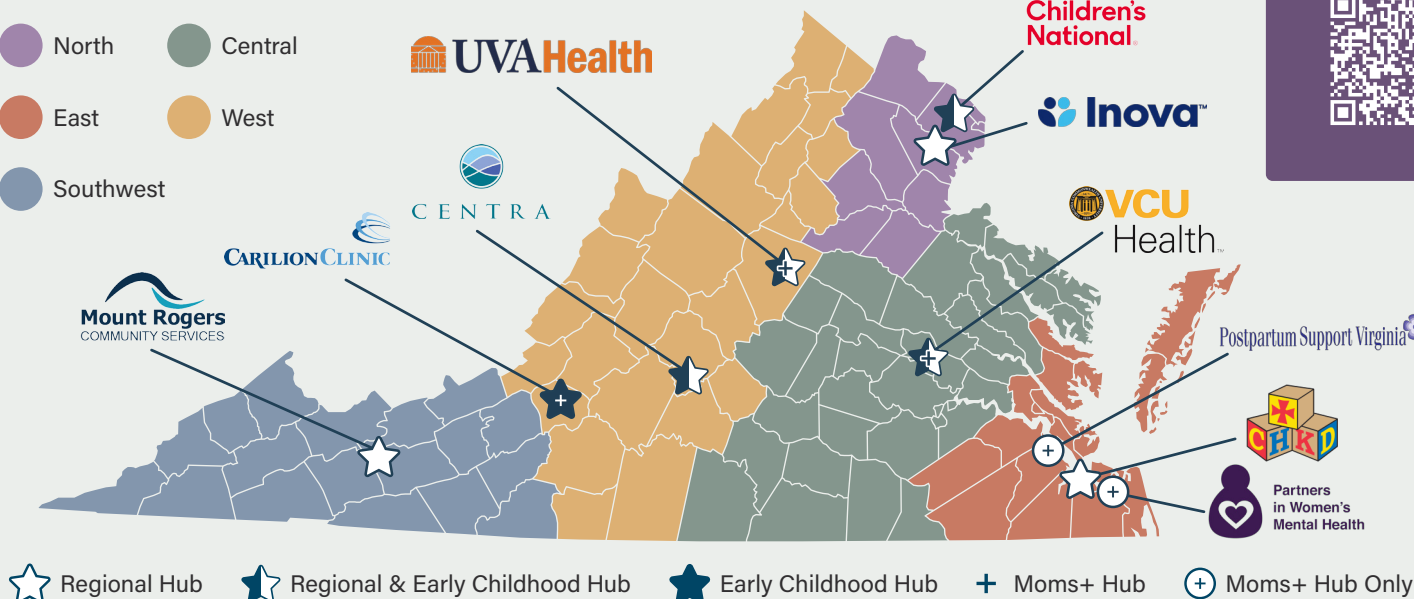
VCU Health

Postpartum Support Virginia



Partners in Women's Mental Health

Scan here to watch VMAP's Impact Video



Executive Summary

Entering its eighth year as an initiative of the Commonwealth's public health system, VMAP continues to improve access to mental health care for children, adolescents, and their families. With recent expansions to serve pregnant and postpartum patients, the psychiatry access model has proven effective in **mitigating workforce shortages, building primary care and maternal health capacity, and strengthening supports for families**. Approximately **24.6% of Virginia primary care clinicians (PCCs) seeing pediatric patients have utilized VMAP's services**, and by the end of 2025, 3,001 healthcare professionals were registered with the program—a **31% increase** in the last year!

This past year, the VMAP Line reached several significant milestones*, including:

Over **13,000** calls from Virginia clinicians; the VMAP Line now averages over **300** calls per month.

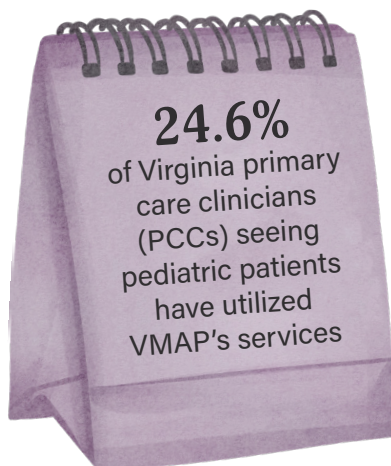
Over **6,000** clinical consultations and **10,000** care navigation cases

Over **11,000** Virginia pediatric patients served

81% of prescribers continued managing their patients' concerns after a VMAP Line consultation, and **76% of families** were connected to local resources through care navigation.

We also had **record-setting participation** in our continuing medical education programs:

- ◆ 1,413 unique participants since 2019
- ◆ 1,719 participants in VMAP's intensive core programs, such as REACH, ECHO, and QI trainings
- ◆ 255 participants in early childhood-focused trainings, 40% of whom participated in 2025 alone



Evaluation and Impact

VMAP conducts ongoing evaluations to measure and assess its impact on the Virginia healthcare system. Using data from the VMAP Line, pre- and post-assessment data from trainings, clinician surveys, and secondary analysis from other sources, VMAP has triangulated significant findings that demonstrate:

- ◆ VMAP is being utilized by a **wide variety of prescribing clinicians** across Virginia.
- ◆ PCCs completing REACH PPP are **more likely to identify and manage mental health concerns** in their practice, leading to earlier intervention and increasing workforce capacity.
- ◆ The combination of education and consultation leads to **increased knowledge and confidence** in PCCs.

In 2025, 137 new clinicians were awarded the **VMAP Recognition Badge** after successfully completing one of VMAP's comprehensive pediatric mental health education programs. Since its inception, 998 PCCs have earned this badge.

Our **VMAP Guidebook** and its comprehensive care guides have been recognized nationally and downloaded 4,895 times.

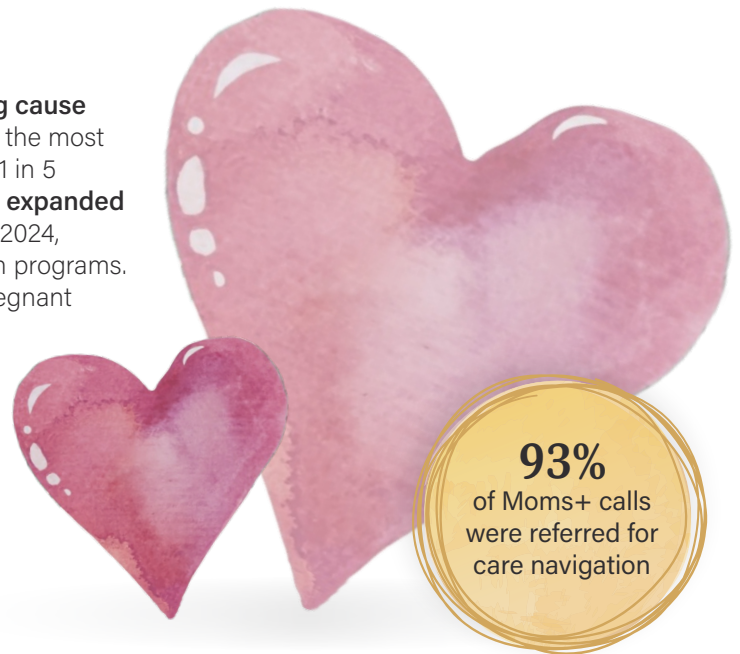
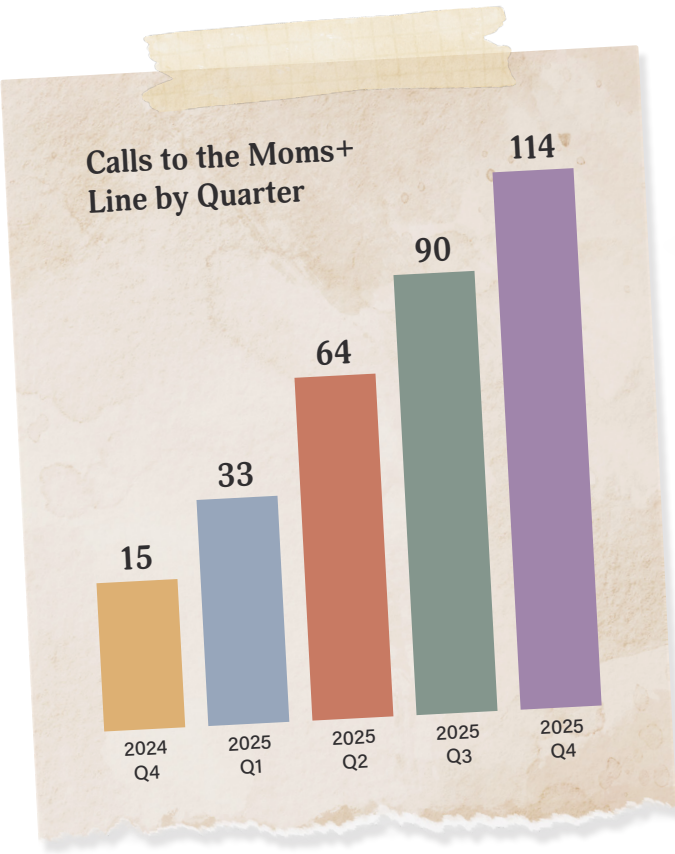
Multiple analyses, including evaluation of internal data and external research using third-party data sources, indicate that VMAP's education programs shift PCC behavior over time, leading to more screening, better assessment, and earlier intervention for common mental health conditions. **For every clinician trained, their entire patient panel benefits from expanded access to mental health.**

*This data does not include the newly established VMAP for Moms+ expansion.

Data sources and limitations: This report was created using VMAP Line data, pre- and post-assessment data from training, clinician surveys, and additional secondary data analysis. A noted limitation of this data is that much of 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 population should be used with caution.

Moms+ Expansion

Perinatal mood and anxiety disorders (PMADs) are the **leading cause of death** in the first year postpartum. Mental health issues are the most common complication of pregnancy and childbirth, impacting 1 in 5 birthing individuals². Thanks to additional state funding, VMAP **expanded its pediatric model to support perinatal populations**. In late 2024, VMAP for Moms+ launched its consultation line and education programs. This expansion supports prescribing clinicians who care for pregnant and postpartum patients and/or their families.



In its first year*, the Moms+ Line experienced **significant call volume increases each quarter** resulting in 314 calls from 143 unique prescribers.



The most common specialty calling the line was **OB/GYN** (38%), followed by **pediatrics** (30%) and **midwifery** (13%).



Top reasons for consultations included questions about community resources or support, triage or level of care, and medication or behavioral consultation.

The VMAP for Moms+ Line served patients across all regions of the state, demonstrating successful early outreach to clinicians all over Virginia. **Just over 7 in 10 cases involve postpartum patients, while most of the remaining cases (27%) involve patients at different trimesters of pregnancy.** Calls not related to a prescriber's own patient most often came from pediatric clinicians regarding a parent identified through routine newborn screening.

VMAP for Moms+ also designed and launched **Perinatal Education for Advanced Clinical Expertise (PEACE)**, a comprehensive two-day training that helps prescribers identify and manage mental health conditions frequently presenting in pregnant and postpartum individuals. Through its first three cohorts of the PEACE training, VMAP has trained **78 interdisciplinary clinicians**, including nurse practitioners, midwives, OB/GYNs, family physicians, and psychiatrists.

"I am so grateful to have the VMAP Moms+ Line. For our moms with depression and anxiety, we can get immediate guidance with a simple phone call. It's so helpful to speak directly with a psychiatrist for advice and recommendations. I can't wait to spread the word to my partners about this program!"

-Virginia OB/GYN



*Year 1 includes data from November 2024-December 2025.

² CDC Newsroom (2022). *Four in 5 pregnancy related deaths in the U.S. are preventable.* [cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths](https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths)

Clinician Feedback: How VMAP Helps

In Fall 2025, VMAP distributed a survey to PCCs across the Commonwealth seeking feedback on their ability to support the mental health of their pediatric patients. This survey mirrored one conducted in 2022 and examined clinicians':

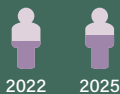
- ♦ Awareness and feedback on current VMAP programs
- ♦ Demographics and participation status with VMAP
- ♦ Knowledge and confidence in mental health assessment and treatment

Of the 411 total respondents, **80% had called the VMAP Line or participated in education**. This was a **significant increase** from 55% in 2022. 95% of pediatricians taking the 2025 survey had engaged with VMAP!

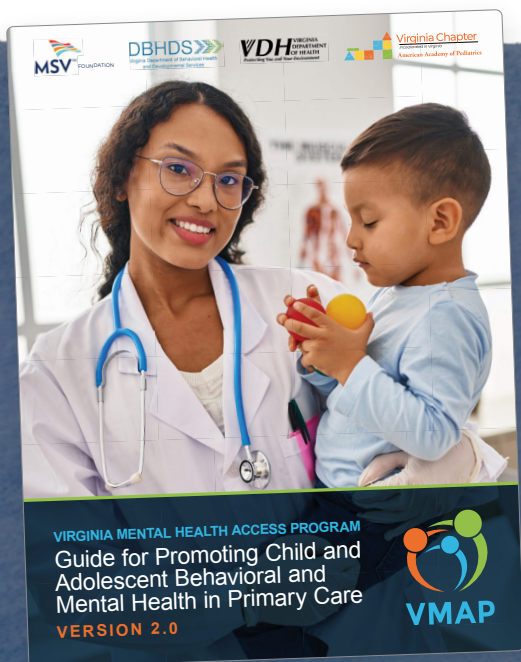
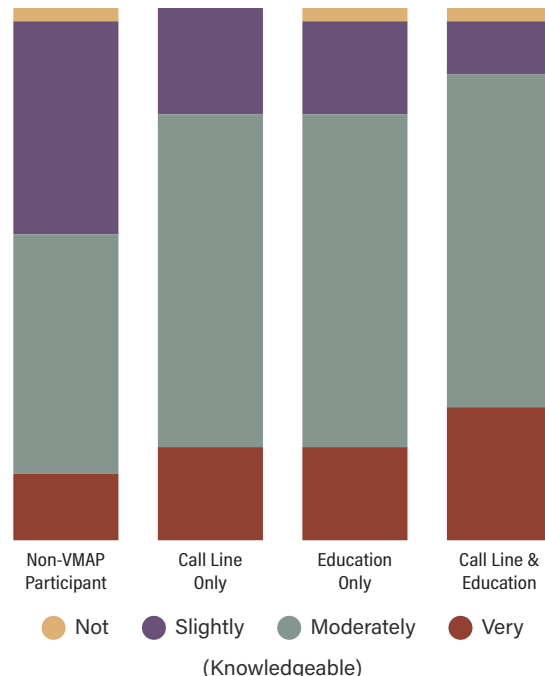
- ★ Clinicians who have called the VMAP Line or participated in VMAP education programs **rate their knowledge of mental health treatment options higher** than those who have never used VMAP.
- ★ Individuals who have used both VMAP services have **significantly higher knowledge ratings** than all other groups.
- ★ This trend is consistent across survey respondents from 2022 and 2025.

Qualitative comments about experiences with the VMAP Line and education programs were **overwhelmingly positive**, with 90% of commenters offering praise or gratitude for the services.

Awareness of the VMAP Guidebook rose from **43%** of 2022 respondents to **64%** of 2025 respondents



Clinician Self-Rated Knowledge of Mental Health Treatment Options



"VMAP has been a huge help in managing complex patients and...helping families and patients connect with much needed resources."

"[VMAP] is just the best! At every level—Pearls & Pitfalls, ECHO, REACH PPP, Triple-P—love that there are so many different learning opportunities at various levels and they are all FANTASTIC."

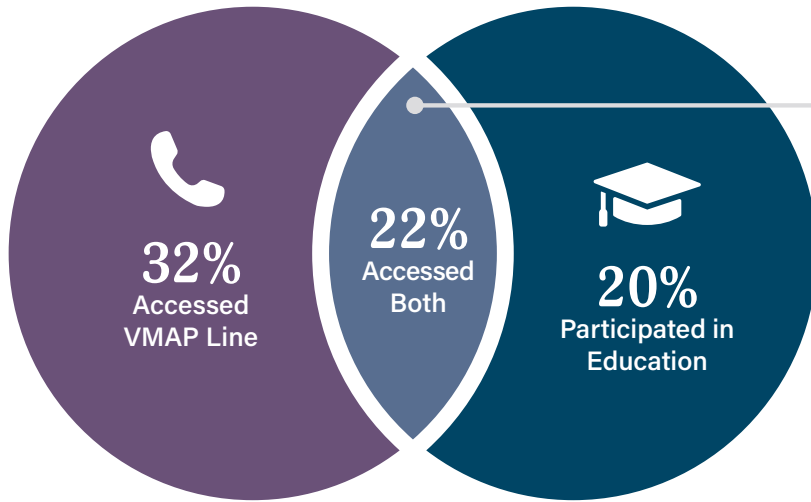
"The VMAP Line is a lifeline for those of us in the grassroots who are unable to get our patients into timely psychological/psychiatric care."

Feedback received from VMAP's 2025 Primary Care Clinician Survey

VMAP's Statewide Reach

VMAP partnered with the Ambulatory Care Outcomes Research Network (ACORN) at VCU to update its secondary data analysis of the program's reach across the Commonwealth. This clinician-level analysis identified any prescribing clinician in Virginia who would be most likely to use VMAP's pediatric services. According to this analysis, **VMAP has engaged 24.6% of eligible clinicians across the state**. VMAP had **3,001 registered clinicians** through the end of 2025.

Of the 3,000+ people registered with VMAP...



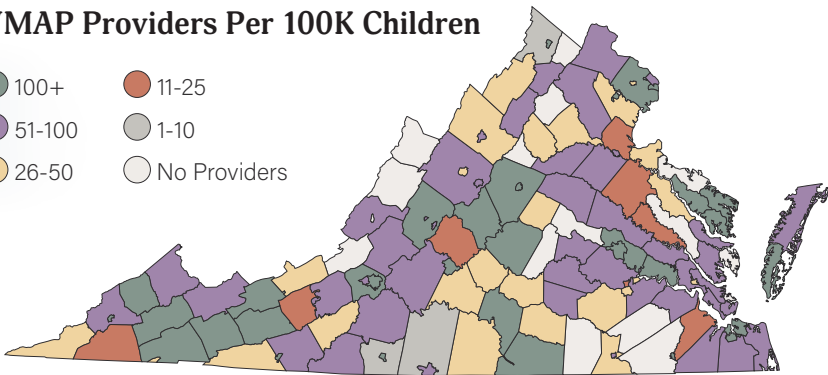
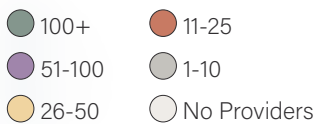
56% of education participants have called the VMAP Line at least once while...

36% of education participants have called multiple times

Neither
26%

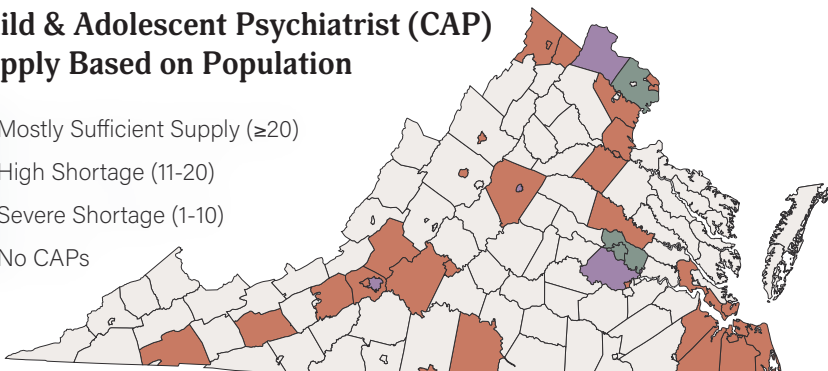
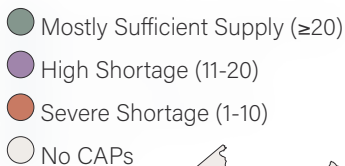
45% of these registered in 2025

VMAP Providers Per 100K Children



This map reflects clinicians who are using VMAP services (call line or education). The program's impact can be seen in every region with most localities having moderate to high numbers of clinicians using our services. This mitigates the workforce gaps Virginia experiences in child psychiatry and other mental health specialties.

Child & Adolescent Psychiatrist (CAP) Supply Based on Population

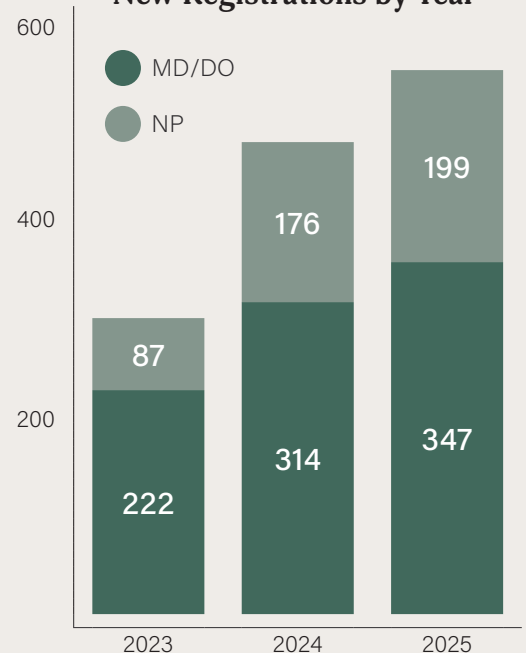


Source: AACAP (2025). Workforce maps by state.
www.aacap.org/AACAP/Advocacy/Federal_and_State_Initiatives/Workforce_Maps/Home.aspx

Provider Demographics

- ♦ From 2023–2025, VMAP has continued to see new registrations across all clinician and specialty types
- ♦ In addition, from 2024–2025, there was **significant registration growth** in clinicians specializing in OB/GYN or midwifery after the launch of VMAP for Moms+

New Registrations by Year



VMAP Education for Pediatric Populations

Clinician education is a core component of the mental health access program model. VMAP's pediatric mental health education is designed to build prescriber knowledge and confidence in screening, diagnosing, and treating mental health conditions. Each program offers **Continuing Medical Education (CME)** or **Maintenance of Certification (MOC)** credits when completed.

VMAP's pediatric mental health education programs have reached **2,319 attendees** and **1,413 unique clinicians**. 25% of those attendees (589) participated in 2025!

Since 2019, VMAP has engaged **1,719 attendees** through its core pediatric mental health offerings, including **REACH PPP, ECHO, and QI initiatives**, which are offered on an ongoing basis throughout the year.

VMAP also launched two pilots in 2025. Three practices were trained in substance use screening for adolescents (**YSBIRT**). The training will expand to four additional practices in 2026. VMAP also provided specific training to 21 healthcare professionals on suicidality screening for the Portsmouth Naval Emergency Department.

In 2025, we offered multiple early childhood-focused courses for PCCs, including the **Triple P** and **ECHO STAT**, which trains PCCs to evaluate and diagnose autism for certain young children—significantly reducing wait times and preserving critical early intervention windows. **255 participants** completed early childhood-focused trainings, and **101 clinicians** participated in early childhood trainings in 2025 alone.

VMAP's **Pearls & Pitfalls**—a bimonthly, one hour drop-in webinar series on a variety of pediatric mental health topics—reached **226 participants** between 2024 and 2025 and saw a **53% growth** in attendance last year.

Across these clinician education programs, VMAP has offered over 30,000 CME credits, 10,000 MOC Part 2 credits, and 7,000 MOC Part 4 credits.

"Since taking the [VMAP STAT] course I have been able to confidently diagnose more than 30 young children with unambiguous autism. This has allowed the patients and their families to access early therapies, education, and support."

- Virginia Nurse Practitioner

Other Highlights:



427 clinicians have participated in multiple courses with VMAP



60% (255) of those **multi-course trainees** have participated in core courses (REACH, ECHO, QI) that demand longer time commitments



275 clinicians participated in their first **VMAP training** in 2025

Growth in Education Participation by Clinician Type and Specialty (2024-2025)

Family practice trainees **more than doubled** in numbers (from 31 to 79)



Nurse practitioner trainees **nearly doubled** in numbers (from 105 to 192)



Physician trainees increased by **more than 25%** (from 233 to 297)



Pediatric clinician trainees **increased by 16%** (from 262 to 304)



Research Highlight: The Impact of REACH PPP

In 2025, VMAP partnered with research colleagues from VCU's ACORN team to evaluate the impact of VMAP's REACH PPP training on pediatric outcomes in primary care settings. This analysis was critical for understanding the real-world effects of clinical training outcomes that are not captured through VMAP's internal data collection. We know that once a PCC receives advanced pediatric mental health training, **their entire patient panel benefits** from this knowledge and skill development.

Methodology: REACH-trained clinicians were matched with other PCCs in Virginia who had never received the training. Billing codes in the All Payers Claims Database (APCD) were analyzed:

- ♦ 1 year prior to REACH training (baseline)
- ♦ 1 year after REACH training
- ♦ 2 years after REACH training

Groups were matched on multiple demographic variables (clinician and specialty type, VMAP region, etc.). Researchers used linear mixed-effect modeling to assess differences in PCC behavior across multiple variables.

The analysis revealed **significant differences** between the clinical practice of REACH-trained clinicians and non-REACH-trained clinicians in four key areas:

1. Diagnosis of any mental health condition,
2. Diagnosis of mood, anxiety, and pervasive developmental disorders,
3. Patient prescribed mental health medications in primary care, and
4. Patient received any mental health service.

The difference widened for clinicians 2 years after REACH training. There were no differential changes between groups in serious mental illness diagnoses, therapy provision, or mental health-related emergency visits or hospitalizations.



REACH Training Increases Number of Pediatric Patients Receiving Mental Health Care in Primary Care

How does this impact children in Virginia?

When considering the 425 clinicians who received REACH training used in the study and an average panel size of 1,500 pediatric patients, we can project the number of pediatric patients who are identified and treated for mental health disorders in primary care, leading to **improved access and earlier intervention**:

Projected total of Virginia pediatric patients in primary care...	1 year after REACH training	2 years after REACH training
...diagnosed with any mental health condition	3,825	5,100
...diagnosed with mood, anxiety, or pervasive developmental disorders	2,550	3,825
...prescribed a medication for mental health in primary care	1,913	3,825
...who received any mental health service	9,563	12,750



Since the REACH trainings analyzed for this study, an additional 375 PCCs have been trained by VMAP. As of December 2025, 800 PCCs have taken VMAP's REACH PPP throughout Virginia.. Given the results of this analysis combined with the number of PCCs trained to date, we expect **significant improvements in the identification of mental health issues in primary care** for pediatric patients in Virginia.

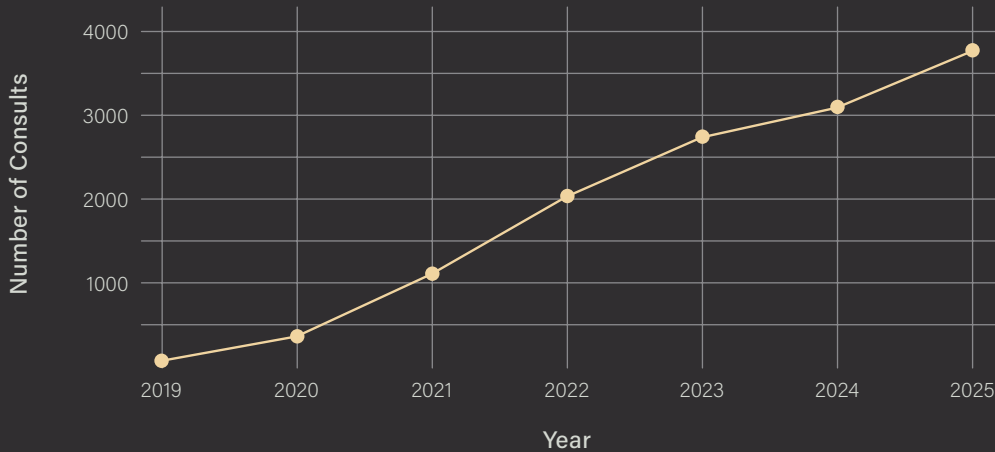
VMAP Line

Calls & Consults

The VMAP Line continues to offer **same-day support** to PCCs every week, including consultations with Licensed Mental Health Professionals (LMHPs), Child and Adolescent Psychiatrists (CAPs), and Developmental Behavioral Pediatricians (DBPs).

In 2025, VMAP received 3,708 calls to the VMAP Line, a 16% increase over the previous year.

VMAP Line Calls since 2019



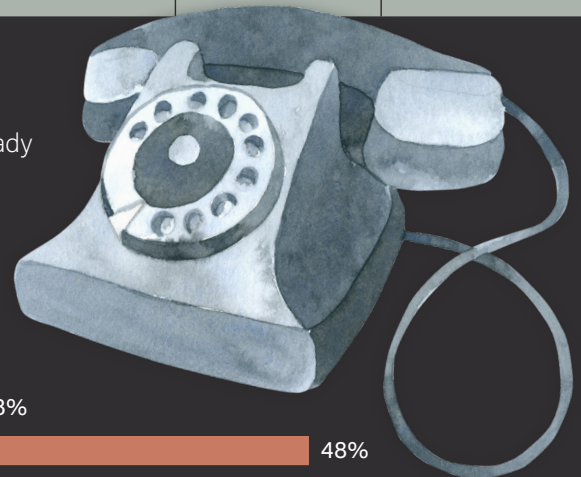
This included 1,249 clinical consultations in 2025, a **7% increase** from the year before!

Based on outcomes tracked following each consult, **81% of patients were able to be managed within the primary care setting following a consultation.** Calls to the VMAP early childhood line (for children under age six) **increased 35%** between 2024 and 2025. Additionally, VMAP was included in DBHDS's strategic goals for 2025. One of the goals was to grow unique callers by 10% in each region:

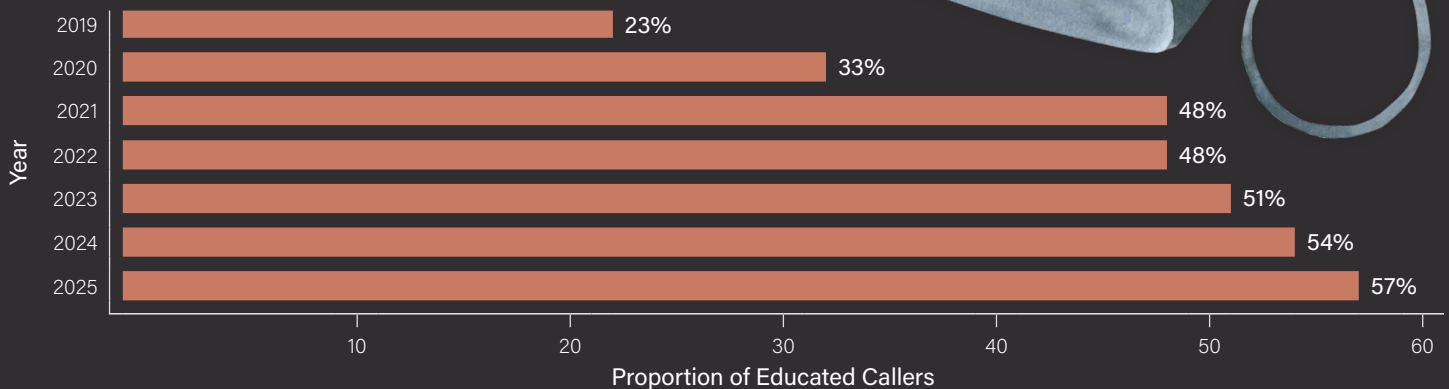
Change in Unique Callers in 2025 (vs. 2019-2024)

Region	Statewide	Central	Eastern	Northern	Southwestern	Western
% Growth	21%	16%	29%	16%	22%	29%

Another notable trend is the significant increase in the proportion of clinicians calling the VMAP Line who have already participated in VMAP education at the time of their call. Over the last three years, **over 50% of callers** had already participated in **at least one** VMAP education program.



Proportion of VMAP-Educated Callers to VMAP Line Over Time



Care Navigation

VMAP's care navigators help PCCs and families locate appropriate resources. This can range from mental health services (counseling, psychiatry) to other social determinants of health needs (food or housing resources). **Care navigators follow up with families throughout the process**, providing knowledge, emotional support, and guidance at every step. Our care navigation team also works alongside the VMAP consultation service to find the right resources for each family, identify barriers to care, and provide follow-up support when needed.

In January 2026,
VMAP reached 10,000
care navigation cases

There was a 20% increase
in care navigation cases
between 2024 and 2025



In follow-up surveys, ratings of care navigator helpfulness received an average score of 9.37 and a median score of 10 (out of 10) (n=139)

Most Common Care Navigation Requests

Parenting Support **Psychiatry** IOP/PHP ABA Therapy
Counseling/Therapy
Psych Testing Intensive In-Home
Crisis Services **Food and Housing**

Care Navigation Team Growth



2021

4

Care Navigators
(591 cases)



2025

14

Care Navigators
(3,086 cases)

As the success of our model has grown, demand for care navigation services has increased alongside our overall call volume. **72% of calls statewide include requests for care navigation.** Our care navigation team has similarly expanded with this increased demand.

VMAP has ongoing partnerships with Unite Virginia and Bridge2ResourcesVA, two technology platforms that support resource coordination for many patient and family needs. The Bridge2Resources VA platform averaged 1,000 site visitors per month in 2025 and Unite Virginia supported 22,667 clients, addressing more than 42,000 needs through the platform.

"[The navigator] was immediately invested and dove in to help or be as helpful as she could. Her patience, empathy and work ethic was just wonderful and so important during what was a challenging time."

- Virginia Family



Acknowledgments

The Virginia Mental Health Access Program (VMAP) Administrative Team and the Medical Society of Virginia Foundation (MSVF) would like to acknowledge and thank all funding partners, supporting organizations, regional hub staff, and collaborating affiliates for their ongoing support and financial assistance.

Special thanks to our key partners at the Virginia Chapter of the American Academy of Pediatrics (VA-AAP), the Department of Behavioral Health and Developmental Services (DBHDS), and the Virginia Department of Health (VDH), whose leadership and partnership are the reason VMAP exists.

MSVF looks forward to the continued efforts of all partners and staff in maintaining and furthering VMAP's success through offering Virginia prescribers quality expertise, training, and support in addressing child, adolescent, and perinatal mental health.

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