



VMAP

Virginia Mental Health
Access Program

VMAP For Moms+

Maternal Mental Health Expansion

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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

Pearls & Pitfalls

ECHO

Guidebook

The VMAP Line

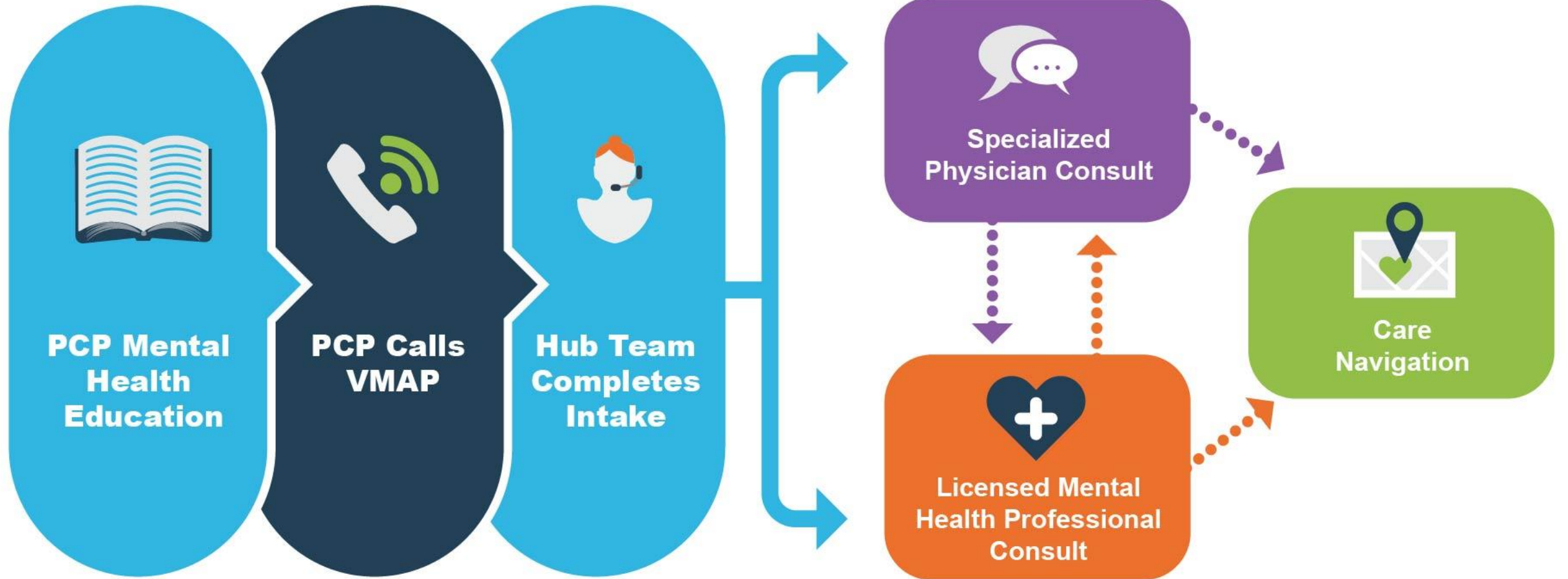
Connects primary care providers to regional and/or specialist hubs that offer mental health consultation and care navigation for their patients 21 and under.

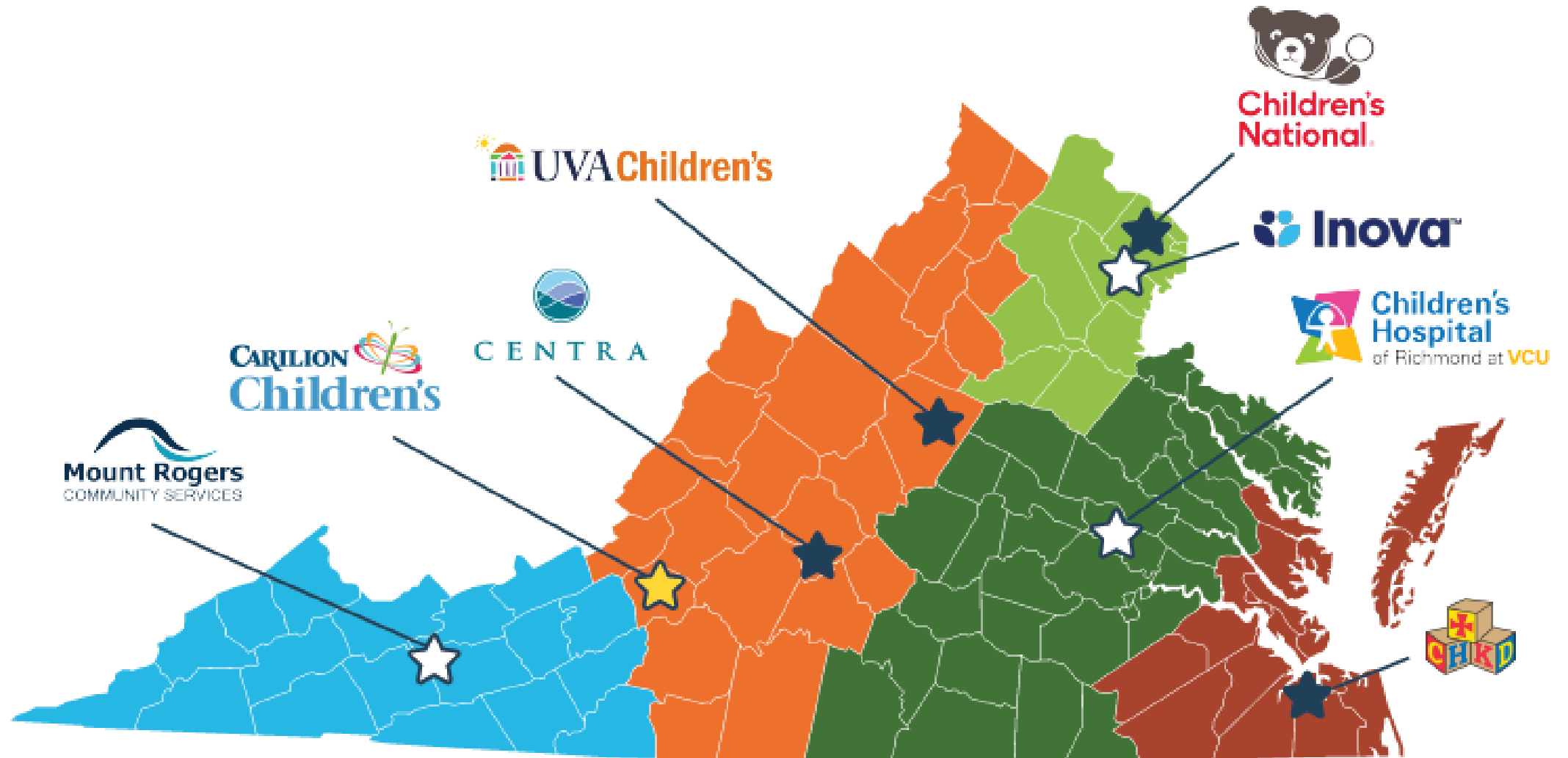
Specialized Physicians
(child psychiatrists and/or developmental pediatricians)

Licensed Mental Health Professionals
(psychologists and/or social workers)

Care Navigators

How Does VMAP Work?

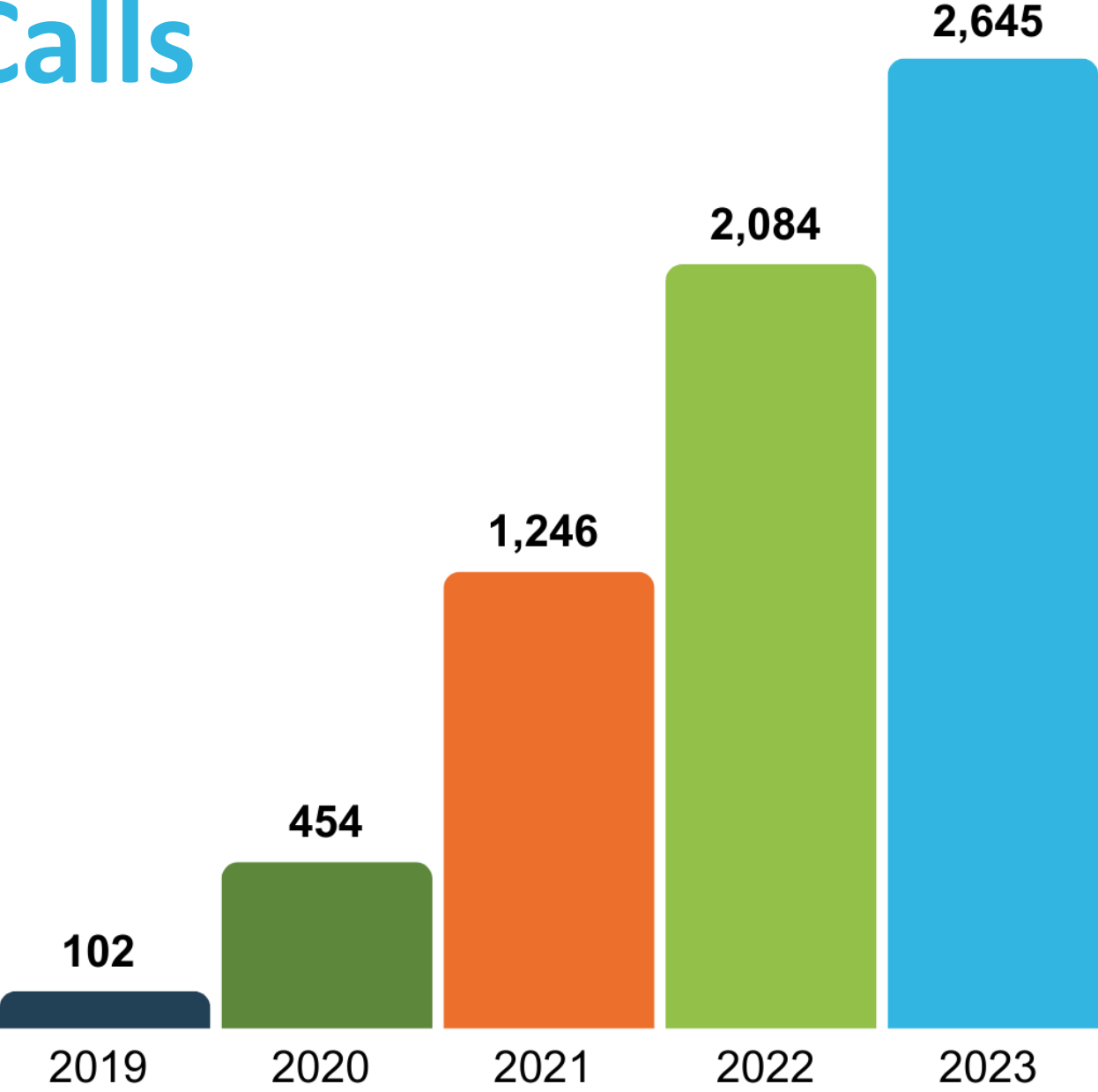




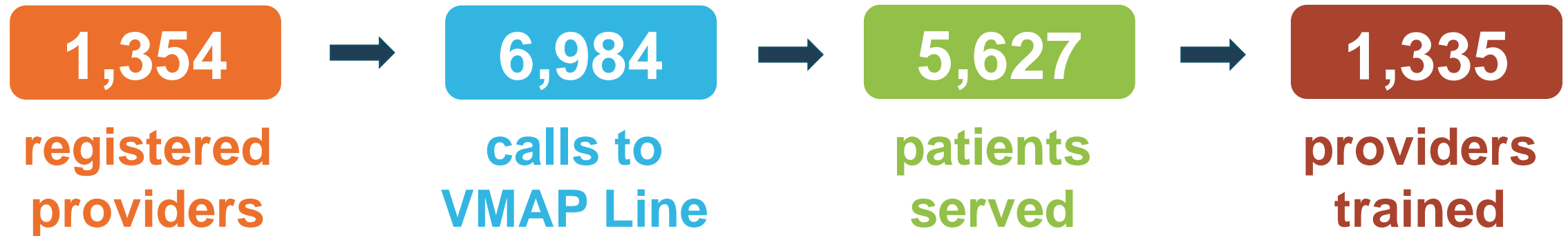
- North
- East
- Southwest
- Central
- West
- ☆ Regional Hub
- ☆ Early Childhood Hub
- ☆ Regional & Early Childhood Hub

VMAP Line Calls

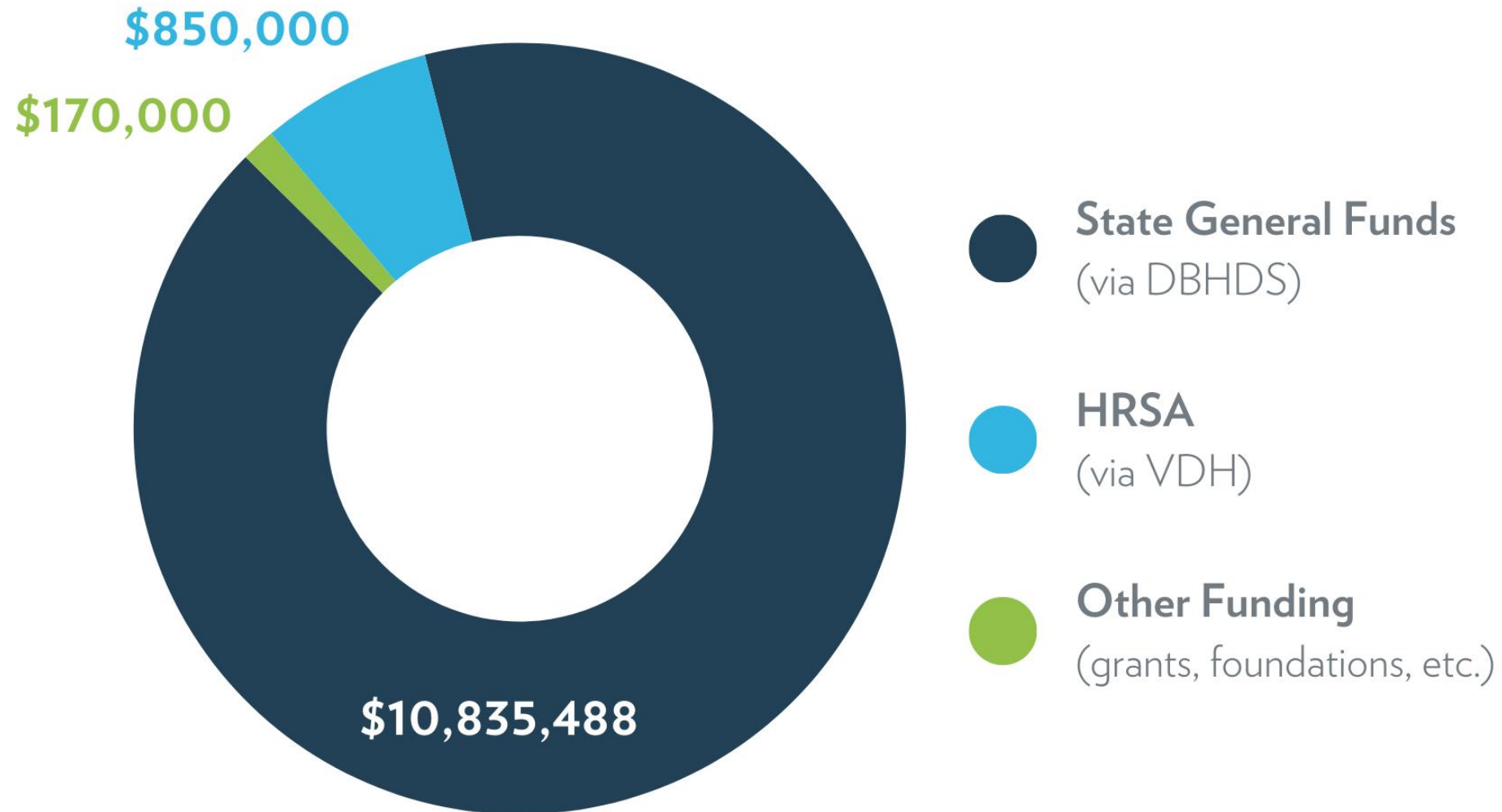
2019 – 2023



VMAP By The Numbers (So Far!)



VMAP Funding



Early Childhood Expansion

- VMAP identified a **serious gap** for Virginia's youngest patients:
 - Workforce shortages + increase in demand = **extensive wait lists** for specialists who treat early childhood mental, emotional, & behavioral health concerns.
 - PCPs see children **at least 12x** before age 5.¹
 - In 2023, VMAP successfully advocated for **additional state funds** to expand its services to support PCPs seeing patients under 6 with mental, emotional, & behavioral health concerns.



Early Childhood Expansion

- Provides the **training and support** PCPs need to recognize and respond to early childhood concerns in timely manner.
- The VMAP Line expanded to include an early childhood hub with **early childhood specialists**.
- **New trainings** offered on early childhood mental health.

Press “6” For Under 6

Providers can now call the VMAP Line and **press “6”** to speak with an expert about a patient under the age of 6. These experts include:

- **Early childhood psychiatrists**
- **Developmental/behavioral pediatricians**
- **Licensed mental health professionals**
- **Care navigators**

...who all specialize in early childhood mental health!

2 Ways to Contact VMAP’s Early Childhood Hub:

1. Call during normal business hours and **press “6”**.
2. Request a call at vmap.org/call-vmap.

Press “6” For Under 6

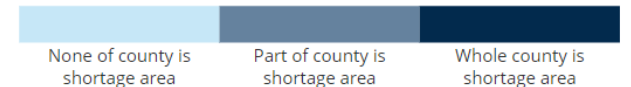
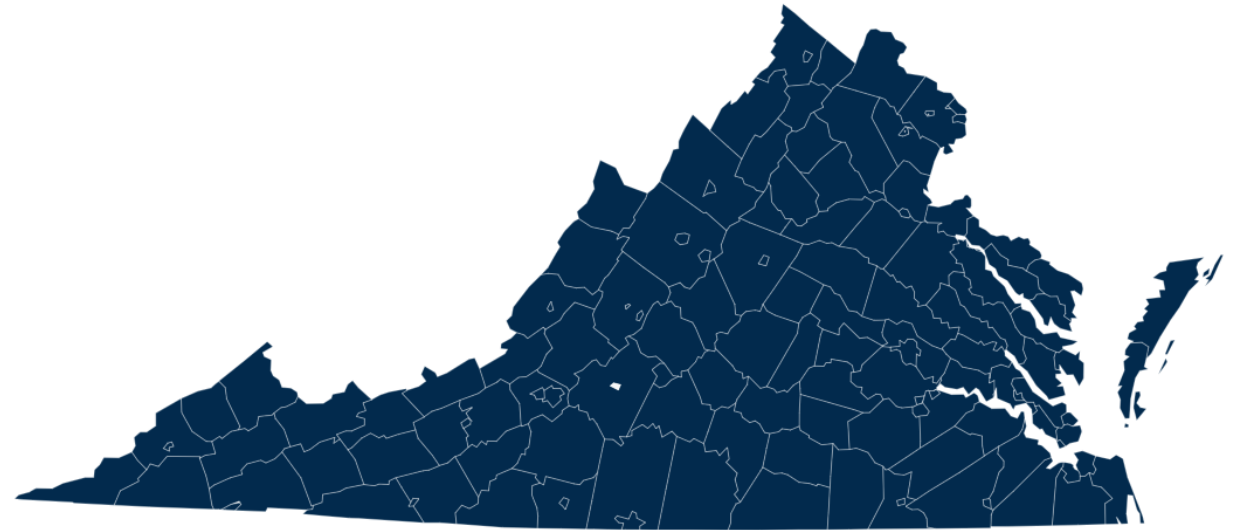
Maternal Mental Health Expansion

- 20% of patients report having mental health issues during pregnancy or postpartum, but 75% **never receive treatment**.²
- Perinatal mental health issues are the **leading cause**³ of maternal mortality in America (most frequently accidental overdose and death by suicide).
- **Left untreated**, they can lead to dangerous health outcomes for the birthing person and child, and impact developmental outcomes of infants, babies, and toddler.



Perinatal Mental Health Challenges in Virginia

- **100%** of localities in Virginia are mental health professional shortage areas.⁴
- Virginia ranks **39th lowest**⁵ in the country for the number of mental health specialists available.
- **Low numbers** of maternal healthcare workers, especially perinatal psychiatrists.



Maternal Mental Health Expansion

- VMAP received additional state funding in fall 2023 to launch **VMAP for Moms+**
- Designed for **maternal health providers**, such as:
 - OB/GYNs
 - Midwives
 - Family physicians
 - Other providers who interact with pregnant and postpartum patients, such as **pediatricians** and **lactation professionals**



VMAP For Moms+ Line

- Expected to launch later this year
- Connect maternal health providers with:
 - **Perinatal Psychiatrists** for consultation (within 30 minutes)
 - **Perinatal Licensed Mental Health Professionals** for consultation (within 30 minutes)
 - **Care Navigators** who will work directly with their pregnant and postpartum patients to help them connect with local resources and referrals as needed
- Maternal health providers will be able to call during regular business hours for the above services
- State funded - **no cost to providers!**

VMAP for Moms+ Provider Education

- Train maternal health providers to **screen, diagnose, and manage** perinatal mental health concerns.
- First training scheduled for **October 2024**.
- Providers can then use **VMAP for Moms+ Line** for support as they put their learning into practice with their perinatal patients.
- After launch, providers can register **VMAP.org**



Current Partners & Funders



Questions?

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Virginia Mental Health
Access Program

Register with VMAP

www.vmap.org

1-888-371-VMAP (8627)

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References

1. Hagan, J. F., Shaw, J. S., & Duncan, P. M. (2017). "Bright futures: Guidelines for health supervision of infants, children, and adolescents." *Bright Futures/American Academy of Pediatrics*.
2. Weiner, S. (2023). "The toll of maternal mental illness in America". *AAMC News*, [aamc.org/news/toll-maternal-mental-illness-America](https://www.aamc.org/news/toll-maternal-mental-illness-America)
3. "Four in 5 pregnancy-related deaths in the U.S. are preventable" (2022). *CDC Newsroom* [cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths](https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths)
4. Reinert, M, Fritze, D. & Nguyen, T. (2022). "The State of Mental Health in America 2023" *Mental Health America*.
5. "Health Professional Shortage Areas: Mental Health by County, April 2024 – Virginia" (2024). *Rural Health Information Hub*.