

# 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 48th lowest in the country when considering prevalence of mental illness in our youth compared to access to care (State of Mental Health in America, 2023). Because of this, many of Virginia's children go without necessary mental/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 Psychiatry, 2019).

**91% of Virginia localities**

are mental health professional shortage areas  
(VDH Data from HRSA, 2022)



Over

**65% of**

**pediatricians**

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

## VMAP is the Solution

Through its education and regional hub services, **VMAP ensures that more children have access to providers who are better equipped to manage their mental health.**

- 1 Education** for primary care providers (PCPs) on screening, diagnosis, management, and treatment of pediatric mental health conditions
- 2 Regional hubs** that provide PCPs access to the following via the VMAP line for their patients 21 and under:
  - **Telephonic consultation** with child psychiatrists and/or other licensed mental health professionals
  - **Care navigation** to help identify additional regional mental health services that may benefit PCPs' patients and their families

## VMAP is Already Making a Necessary Change



VMAP has already trained over **800 primary care providers** who can now better provide mental health services to their patients.



The VMAP line is available to Virginia PCPs 40 hours a week and offers **same-day pediatric mental health consultation** and care navigation services.



Over **83% of VMAP consultations** resulted in the PCP continuing to support the patient in their practices.

Learn more about VMAP at [VMAP.org](https://www.vmap.org) •     @VMAPVA



Virginia Chapter

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American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

