VERMONT Consultation & Psychiatry Access PROGRAM

Supporting Pediatric and Perinatal Providers

MENTAL HEALTH PROVIDERS

FREQUENTLY ASKED QUESTIONS

(802) 488-5342 | Mon–Fri 9AM–3PM | vtcpap@vtcpap.com | www.vtcpap.com

WHAT IS VTCPAP?

The Vermont Consultation & Psychiatry Access Program (VTCPAP) is a free, rapid-access consultation service for Vermont medical providers caring for pediatric patients (up to age 21) and perinatal patients. Through VTCPAP, providers can consult with licensed mental health clinicians and psychiatric providers for evidence-based guidance related to mental health screening and assessment, diagnosis, treatment planning, medication management, and referrals and resources.

WHO CAN USE VTCPAP?

VTCPAP consultation services are primarily available to medical providers, with some additional provider types eligible to access perinatal consultation. Click here for a list of eligible providers.

Mental health providers, patients, and families cannot initiate a consultation on behalf of a medical provider, but they can encourage a patient's PCP or other eligible medical provider to contact VTCPAP for support.

HOW DOES IT WORK?

Providers call VTCPAP at **(802) 488-5342**, Monday–Friday, **9:00 a.m.–3:00 p.m. ET.**

A **Liaison Coordinator (LC)** will answer the call, gather basic patient information, and discuss the provider's consultation question. Depending on the provider's needs, the LC may provide consultation directly and/or connect the provider with the psychiatrist on call. Psychiatric consultation is generally available within 30 minutes during open hours or can be scheduled for a later time that works for the provider.

WHEN SHOULD I ENCOURAGE A MEDICAL PROVIDER TO CONSULT VTCPAP?

Mental health providers can play an important role in identifying situations where VTCPAP consultation may be helpful. Consider encouraging a patient's PCP or other medical provider to call VTCPAP when:

- There are ongoing questions about a patient's mental health symptoms, diagnosis, assessment, or treatment needs.
- A patient is waiting to access mental health or psychiatric services and the medical provider could benefit from consultation to support ongoing, non-crisis care.
- A patient is already receiving mental health services, but the medical provider would like assistance identifying additional resources or services to complement the treatment plan.
- The care team is uncertain about next steps, particularly when there are questions related to diagnosis, medication management, treatment planning, or community-based resources.

VTCPAP is a consultation service and **does not replace crisis or emergency services**.

HOW CAN MENTAL HEALTH PROVIDERS PARTNER WITH VTCPAP?

Mental health providers are important partners in strengthening access to mental health care for Vermont children, adolescents, perinatal patients, and families. You can help by **sharing information about VTCPAP with PCPs, medical providers, and other mental health clinicians in your professional networks** and encouraging eligible providers to use VTCPAP when consultation could support patient care.

Mental health providers may also ask to be included in VTCPAP's internal referral resources. When a medical provider requests assistance identifying mental health services for a patient, VTCPAP may provide relevant referral information for the medical provider to share directly with the patient or family.

While VTCPAP strives to provide individualized and helpful referral options, **inclusion in our referral resources does not guarantee that a mental health provider has availability or is accepting new patients at any given time**.

FOR MORE INFORMATION:

Visit www.VTCPAP.com for additional information about VTCPAP and resources related to pediatric and perinatal mental health.

To inquire about being included in VTCPAP's referral resources or for other questions, email VTCPAP@VTCPAP.com.

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