



IMPACT REPORT 2022-2023

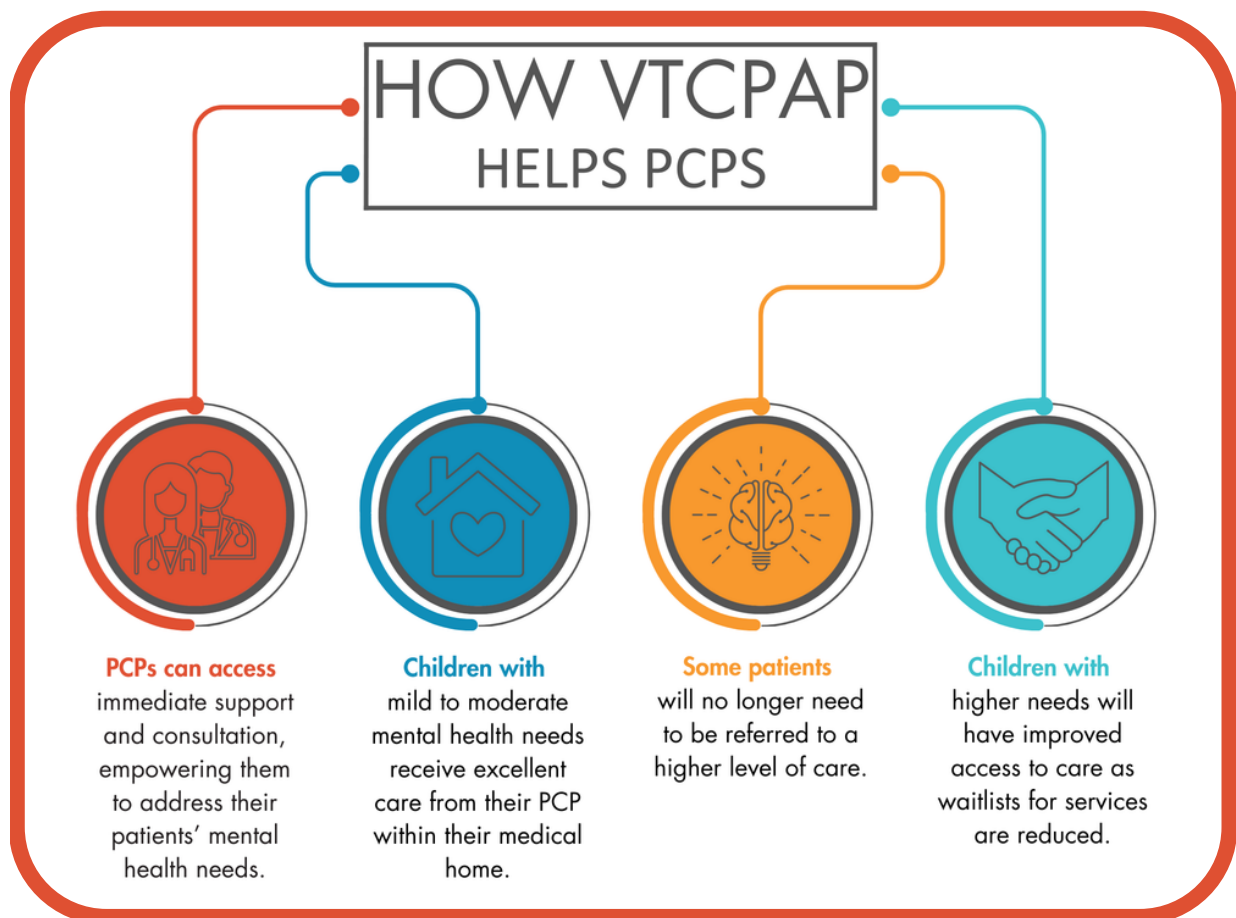
Summary:

The **Vermont Child Psychiatry Access Program** (VTC PAP) is modeled on a novel approach to child mental health. We support primary care providers to increase their skills and confidence in managing pediatric mental health conditions; our team of licensed clinical social workers and board certified child and adolescent psychiatrists provide **FREE, immediate support and psychiatric consultation** through our phone line to primary care providers. This immediately helps with questions about diagnosis and treatment planning; PCPs can then provide immediate care for children with mild to moderate needs.

Mission: Funding:

Harness **collaborative relationships** and **evidence-based strategies** to improve mental health care for kids in Vermont.

VTC PAP is a **nimble and adaptive program** that is supported by VT DMH Pediatric Mental Health Care Access Program with funding from the Health Resources and Services Administration (HRSA) and the Four Pines Fund of the Vermont Community Foundation.



Context in Vermont

YRBS 2021 Data

Children in Vermont are experiencing significant mental health challenges, and their caregivers are struggling to access the care that they need.

The 2021 Youth Risk Behavior Survey found that

22%

of middle schoolers



35%

of high schoolers



reported experiencing poor mental health in the **past 12 months**.

In the same time span,



22%

of high schoolers reported that they engaged in self-harm

AND

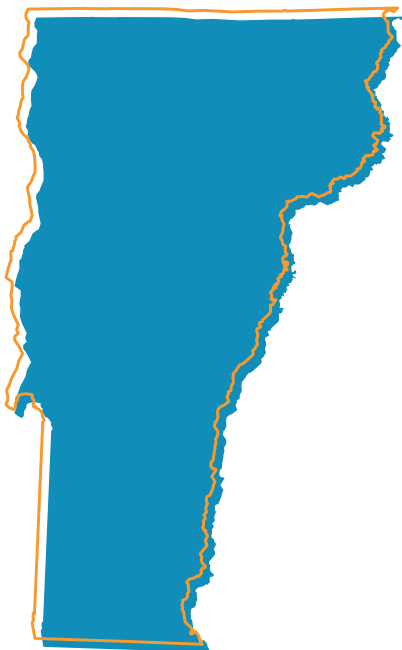
14%

said they had made a suicide plan.



[Vermont Youth Risk Behavior Survey](#)

Who we serve



VTCPAP serves PCPs from all **14** counties in Vermont and has a statewide impact.

Who is calling VTCPAP ?

June 2022 - October 2023

VTCPAP completed



648

consultations
and served



590
patients

Top 5 conditions providers are calling about:

ADHD

Anxiety disorders

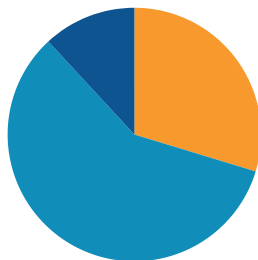
Depressive disorders

Disruptive, impulse-control,
and conduct disorders

Trauma and stressor-related
disorders

Percent of Clinic Types Registered

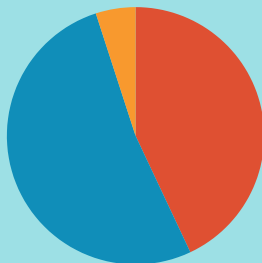
Family 59%
Pediatric 30%
Naturopathic 12%



26% of calls had a suicidality component

Patient Gender

Female 52%
Male 43%
Gender Diverse 5%



Percent of Provider Type who Consulted

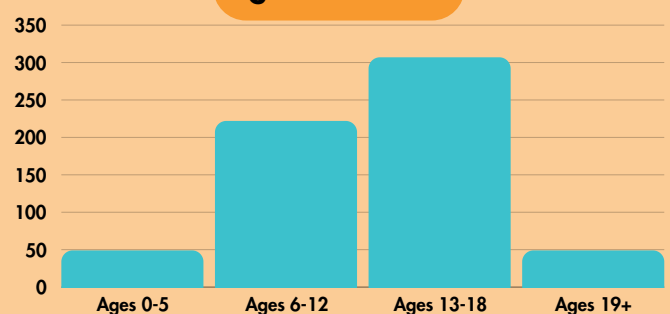
Pediatrician 26%
Family Practitioners 18%
Medical Directors 13%
Nurse Practitioners 30%
Physician Assistant 8%
Other 5%



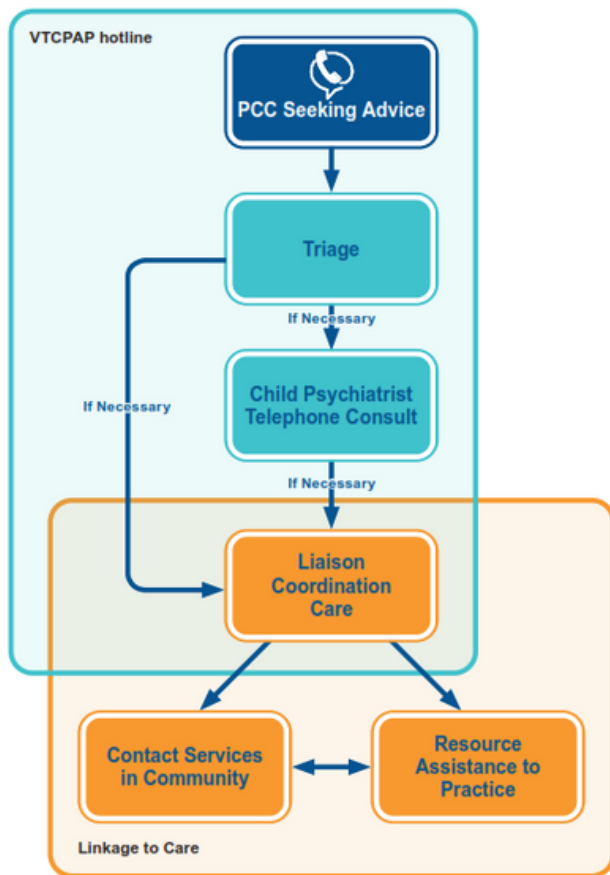
Race and Ethnicity

The racial and ethnic demographic data of the patients that providers are calling us about largely tracks with statewide demographic data. We are exploring opportunities to increase access to our services for providers serving Hispanic and Latino communities in VT.

Age of Patients



How does it work?



VTCPAP is staffed by a team of **licensed clinical social workers and board certified child and adolescent psychiatrists** who answer phone calls between 9:00am – 3:00pm, Monday to Friday.

During business hours, we return the call within 30 minutes, or the PCP can schedule a time for a call back at their convenience.

Calls may result in recommendations for appropriate screening, treatment, or available referral resources, all of which promote a trauma-informed approach to care.

Each call impacts the PCPs ability to treat their entire patient population with new knowledge and confidence.

Quotes from providers:

"The VTCPAP program has helped me to do a much better job taking care of my patients with complex mental health needs. I always come away with some new ideas or strategies to try. They listen carefully, they ask great questions.

They have helped me use questionnaires more effectively to monitor patients with OCD and trauma; given great advice about managing cannabis dependent patients; and helped me sort through learning disability/anxiety/ADHD comorbidities. I always get a call back the same day, at a time when I can spare the time to talk." - **Mary Bender, MD**

VTCPAP Trainings:

In our first year, VTCPAP provided 31 trainings to 692 attendees from across Vermont. Trainings covered a wide range of mental health topics, and included the VTCPAP-Sponsored REACH Institute's Patient Centered Mental Health in Pediatric Primary Care (PPP) Training.

"I feel excited to start leaning into anxiety and phobias more directly and to more directly support clients in facing their fears and building tolerance to live with uncertainty." Participant in the Exposure & Response Prevention Training for Mental Health Providers

"I am going to ensure we have a specific plan of how to screen kids in our health manual that nurses in my district can access." Participant in a Suicide Screening Training for the Vermont State School Nurses Association Meeting

"I am so grateful to have been able to participate in this training. It is without question the most effective CME I've done to date. Thank you so much for making this resource available I am implementing more routine pediatric mental health screeners and scales as we speak." **Anje Van Berckelaer**, MD (Feedback on VTCPAP-Sponsored REACH training)

"Great content, great format and terrific instructors! Very empowering and compassionate! I learned a ton. Exceeded all expectations!" **Wayne Warnken**, MD (Feedback on VTCPAP-Sponsored REACH training)

VTCPAP HISTORY



MAY 2021

Application started for
PMHCA HRSA Funds



JUNE 2022

VTCPAP phone line
went "live"



MARCH 2023

First VTCPAP Direct to
Practice Training

MAY 2020

Idea for VTCPAP
(with Four Pines Fund of
the Vermont Community
Foundation involvement)



AUGUST 2021

Vermont one of PMHCA
HRSA Awardees, only
FQHC hosted program in
the nation through the
Community Health
Centers



JANUARY 2023

First VTCPAP Sponsored
REACH Institute PPP
Training



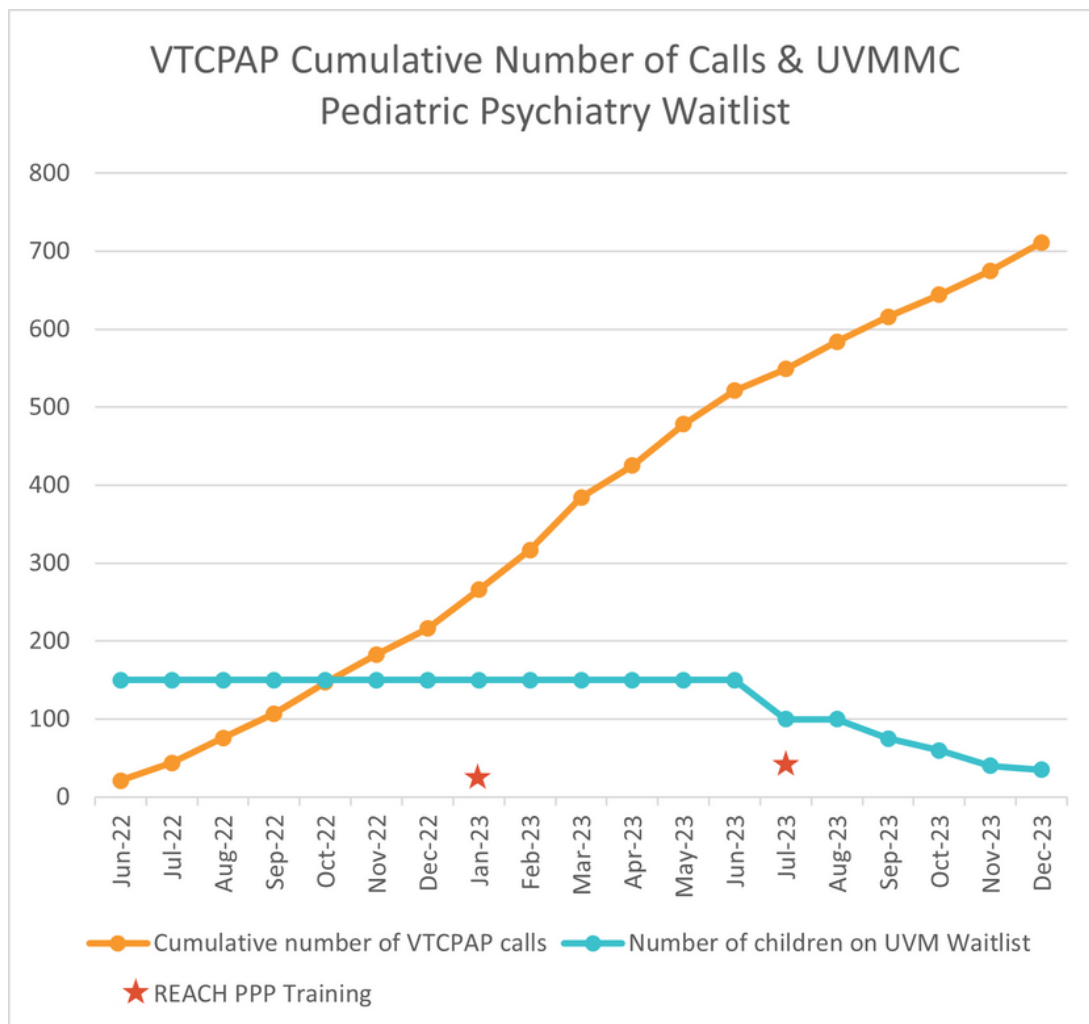
JUNE 2023

Reached **500** calls on the
VTCPAP phone line



VTCPAP calls & UVMMMC pediatric psychiatry waitlist

One of our primary goals is to help alleviate the waitlists that families in VT typically encounter when trying to get their children into higher levels of mental health and psychiatric care through supporting PCPs to treat mild - moderate cases within the medical home. While we do not have data demonstrating a clear causal relationship, and there are likely other internal mitigating factors, there is a correlation between the launch of the VTCPAP program and a reduction in the waitlist for UVMMMC's pediatric psychiatry program.



Number of providers who attended REACH PPP training.

January 2023: 25

June 2023: 44

Reschedule into other PPP cohorts: 3

What are we proud of?

- Building strong relationships to serve PCPs and their patients equitably across Vermont
- Receiving great feedback from PCPs about our trainings and consultation service
- Registering 100% of pediatric practices in Vermont
- Continuously learning skills to improve our trainings
- Building a strong, close knit team at VTCPAP
- Sending 72 PCPs in Vermont to the REACH Institute's PPP training to receive excellent training in treating pediatric mental health conditions
- Our [promotional video](#)
- Our new VTCPAP website: www.vtcpap.com
- Our monthly newsletter
- Our state and philanthropic partnerships which inform and strengthen our team

Future hopes and goals:

- Continue to positively impact mental health systems for children
- Continue to serve PCPs through the phone line service
- Continue to provide trainings for PCPs and community therapists throughout Vermont on a variety of mental health topics
- Continue to gather and analyze data for quality improvement and shaping our VTCPAP program to meet provider needs
- Secure ongoing, **sustainable funding** to support the vital work that VTCPAP provides to PCPs in Vermont

Partnership, collaboration, and a state-level lens are key to our work and success. We work closely with state level partners to avoid duplication of efforts and to ensure that our work is in alignment with other state level initiatives in service of pediatric mental health.



THIS PROGRAM IS SUPPORTED BY THE VTDMH PEDIATRIC MENTAL HEALTH CARE ACCESS PROGRAM WITH FUNDING FROM THE HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA) AS PA OF AN AWARD TOTALING \$634,130 WITH 23% FINANCED WITH NON-GOVERNMENT SOURCES. THE CONTENTS ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF, NOR AN ENDORSEMENT, BY HRSA, HHS, OR THE U.S. GOVERNMENT.

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