

STRENGTHENING VERMONT'S MENTAL HEALTH WORKFORCE. IMPROVING ACCESS TO CARE.

THE CHALLENGE

Vermont's children, families, and perinatal patients continue to face significant barriers to timely mental health care. Long wait times, workforce shortages, and limited access to specialty services contribute to worsening symptoms, provider burnout, and rising healthcare costs—particularly in rural communities.

OUR SOLUTION

VTCPAP strengthens the capacity of pediatric and perinatal healthcare providers through real-time psychiatric consultation, peer-to-peer education, evidence-based training, and resource and referral support. By equipping providers to confidently care for patients with mild to moderate mental health conditions within their own practices, we help keep care close to home, reduce unnecessary referrals to specialty services, and preserve limited specialty resources for patients with the greatest clinical need.



OUR IMPACT

BUILDING CAPACITY ACROSS VERMONT

- **2,200+ psychiatric consultations** supporting pediatric and perinatal healthcare providers statewide between 2022 - 2026. Each consultation increases the knowledge, confidence, and capacity of the calling provider to care not only for the individual patient discussed, but also for future patients with similar mental health needs.
- **254 educational programs for pediatric and perinatal providers** delivered to **5,664 healthcare professionals** since 2022, strengthening Vermont's mental health workforce and expanding access to high-quality, evidence-based care.
- **120 pediatric primary care providers** sponsored since 2022 to complete advanced mini-fellowship training in pediatric mental health care, creating lasting expertise within primary care practices across Vermont.

SUPPORTING PROVIDERS

- **85% of pediatric primary care providers** surveyed report that VTCPAP improves their work life.
- **60% of pediatric providers surveyed** report they would have referred patients to specialty mental health services without VTCPAP consultation, helping reduce unnecessary referrals and strengthen care within the medical home.

STRENGTHENING VERMONT'S MENTAL HEALTH SYSTEM

Since VTCPAP launched, outpatient child psychiatry programs—including University of Vermont Medical Center, Dartmouth Health, and Green State Psychiatry—have partnered

with VTCPAP to support primary care providers caring for patients awaiting specialty psychiatric services. This collaboration helps ensure that treatment can begin or continue while families remain on waitlists, allowing patients with the most acute needs to access specialty care more quickly while those who improve can often continue receiving care within their medical home.

SUPPORTING HEALTHCARE TRANSFORMATION

VTCPAP advances Vermont's healthcare reform goals by strengthening primary care, improving timely access to mental health expertise, reducing unnecessary healthcare costs, and supporting a more sustainable mental health workforce.

STATEWIDE REACH

As Vermont's statewide psychiatry access program, VTCPAP serves providers in all 14 counties, with the majority of consultation requests coming from rural communities. We work alongside primary care practices, Federally Qualified Health Centers, hospitals, and community partners to ensure that children, families, and perinatal patients can receive high-quality mental health care as close to home as possible.

LEARN MORE: www.vtcpap.com | vtcpap@vtcpap.com

WHAT PROVIDERS ARE SAYING ABOUT VTCPAP

It has been very helpful to get individualized support and in a timely manner with your program. The consultants I have spoken to have always been patient, kind and thoughtful.

Mostly it has allowed me to manage my patients with more confidence and prevent unnecessary referrals or long wait times for patients to see psychiatry.

A family was feeling rather discouraged by not being able to find a therapist, but the list provided by VTCPAP provided some previously undiscovered options that ended up working out really well, which gave the family a lot of hope.

In previous situations, I would have referred some of these kiddos out to psychiatry and thrown my hands up with 'I wish I could help!' But now, I've been given access to a psychiatrist with the exact knowledge I need to be able to provide exceptional care right in their primary care office. This provides continuity of care for the patient and family and helps me practice much more complicated psychiatric care immediately and with confidence.

The VTCPAP perinatal support program has been an invaluable resource. Dr. Guth has truly been a game changer—at times, even a lifesaver—for our perinatal patients. Her timely, compassionate guidance allows us to provide appropriate psychiatric support quickly, especially when medication management is needed... I'm deeply grateful for this program; I honestly can't imagine how we would meet our patients' needs without it.