

Vermont PMHCA: Vermont Child Psychiatry Access Program

Harnessing Collaborative Relationships to Meet Key Engagement and Training Goals

Summary

The **Vermont Child Psychiatry Access Program (VTCAP)** 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 efficient care for children with mild to moderate needs. Care for children with mild to moderate needs.

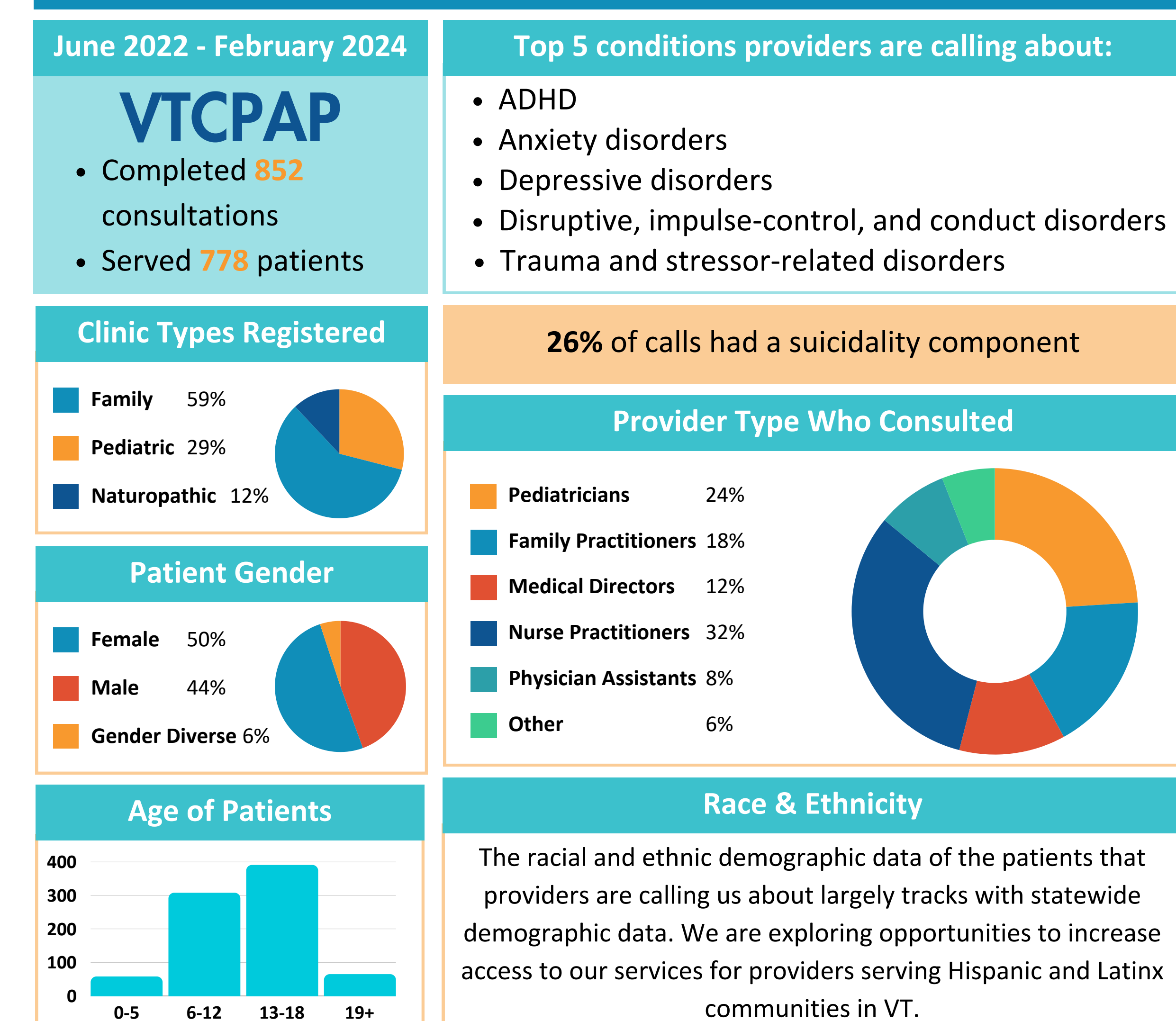
Funding

VTCAP 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.

Mission

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

Who is Calling VTCAP



Partnership, collaboration, and a state-level lens are key to our work and success. Through bi-weekly leadership meetings, we work together to increase practice enrollment in the consultation service, coordinate and promote training opportunities, leverage relationships to promote the VTCAP services and plan for sustainability. We work closely to staff VTCAP, avoid duplication of efforts, and ensure that our work is in alignment with other state level initiatives in service of pediatric mental health.

Practice Enrollment

Through data informed outreach efforts, our team successfully enrolled all pediatric practices in Vermont and continues to connect with family and naturopathic clinics to encourage enrollment.

Current enrollment (as of 3/1/2024):

Pediatric Practice - 100% enrolled ~ **Family Practice - 61%** enrolled ~ **Naturopathic - 46%** enrolled

PMHCA Training Offerings

We have leveraged partnerships and effective outreach strategies to offer **146** training sessions to **2,755** attendees from May 2022 - February 2024.

Training Evaluation Data

- Sponsored 90 PCPs to attend the REACH Institute's Patient-Centered Mental Health in Pediatric Primary Care trainings.
- 80% of respondents agreed or strongly agreed that as a result of CPAP their practice is better able to meet the needs of pediatric patients with mental health challenges.

Feedback from our PCP Partners

In a recent survey that went out to PCPs who utilize VTCAP services:

- 85% reported an **improvement in the quality of their working life** due to services provided by VTCAP
- ~60% indicated if not for VTCAP consultation, **they would have referred patients to a local CAP**

"The VTCAP 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**

"We have these patients that are going to need mood stabilizers or atypical antipsychotics. That was a complete no-go for me. But I might actually feel comfortable if I know that, then I can call for follow-up, and get counseling." - **PCP**

Quotes from attendees of trainings

"The training was really helpful. I think that the presenters deeply have a passion for what they do. They care about education. They care about the patient outcome and the provider's outcome. It was very interesting and good to listen to."
- **Licensed Nursing Assistant** (Regarding Trauma Responsive Care training for Emergency Departments)

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** (Regarding a VTCAP-sponsored REACH Institute PPP Training)

"The person with lived experience really highlighted that it's not the big things, it's the little things. It is being reminded of human connection and that little comfort measures are important. That piece was probably the most beneficial for my staff."
- **Director of Emergency Services** (Regarding Trauma Responsive Care training for Emergency Departments)

Thanks to Our Partners



What are we proud of?

- Strong coordination and partnership across VTCAP staff, The University of Vermont Health Network, Vermont Child Health Improvement Program, Vermont Department of Health, Vermont Department of Mental Health, Community Health Centers, Four Pines Fund, Center for Behavioral Health Integration, LLC, and the American Academy of Pediatrics - Vermont Chapter to inform program design, implementation, outreach, training, and program sustainability.
- Receiving great feedback from PCPs about our trainings and consultation service.
- Investing in professional development to strengthen our training delivery skills.
- Serving PCPs from all 14 counties in Vermont and having a statewide impact.
- VTCAP monthly newsletter
- VTCAP [promotional video](#) • VTCAP website: vtcpap.com



VTCAP History



Body

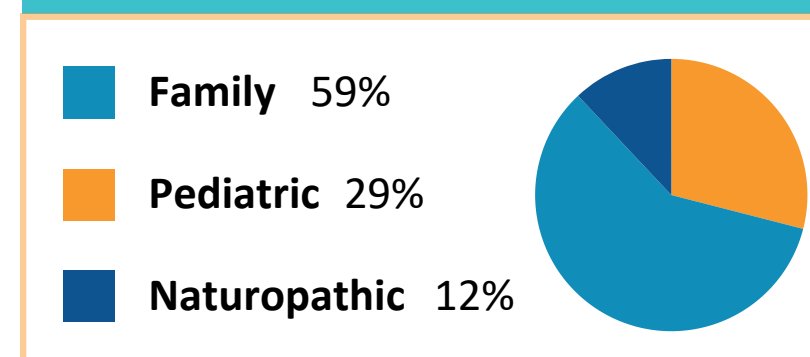


June 2022 - February 2024

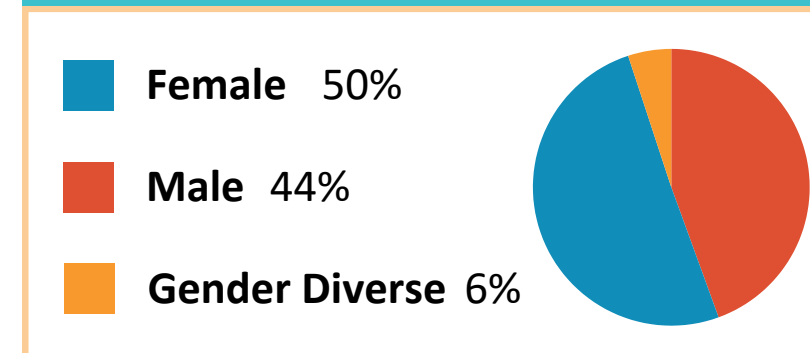
VTCPAP

- Completed **852** consultations
- Served **778** patients

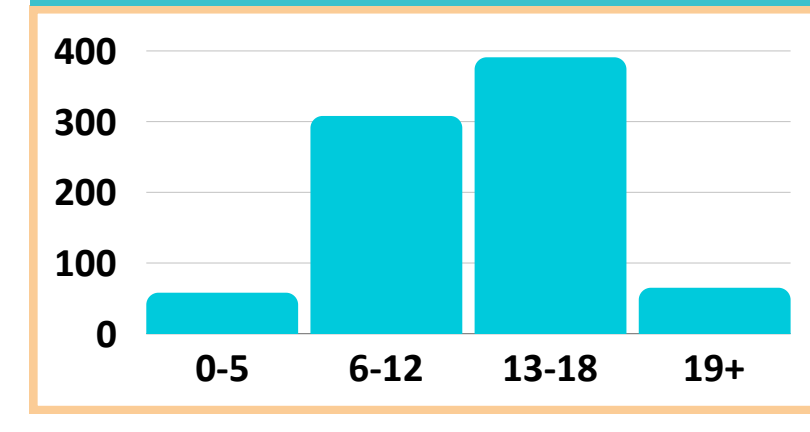
Clinic Types Registered



Patient Gender



Age of Patients

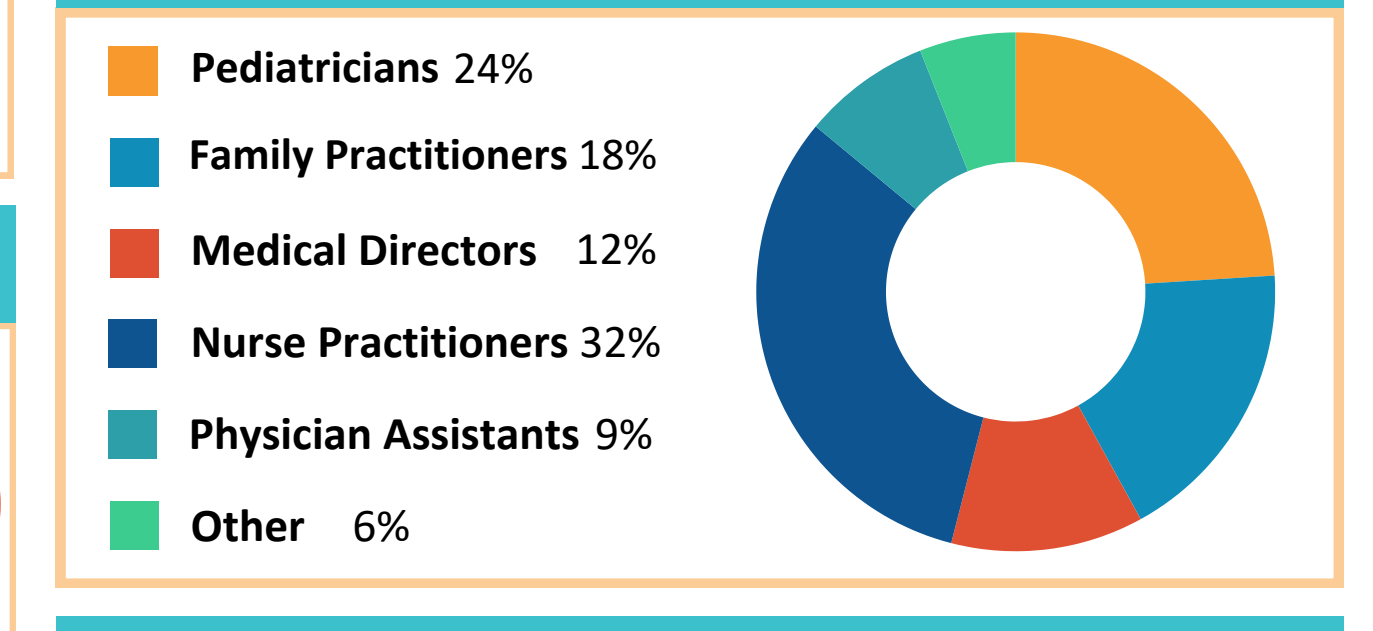


Top 5 conditions providers are calling about:

- ADHD
- Anxiety disorders
- Depressive disorders
- Disruptive, impulse-control, and conduct disorders
- Trauma and stressor-related disorders

26% of calls had a suicidality component

Provider Type Who Consulted



Race & 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 Latinx communities in VT.

Who is Calling VTCPAP

