

Vermont Child Psychiatry Access Program

Margaret Spottswood, MD, MPH
House Committee on Healthcare Testimony
January 17, 2024



Mission

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

Support primary care providers to **increase their skills and confidence**

Provide **FREE immediate support and psychiatric consultation** to

PCPs by phone.

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

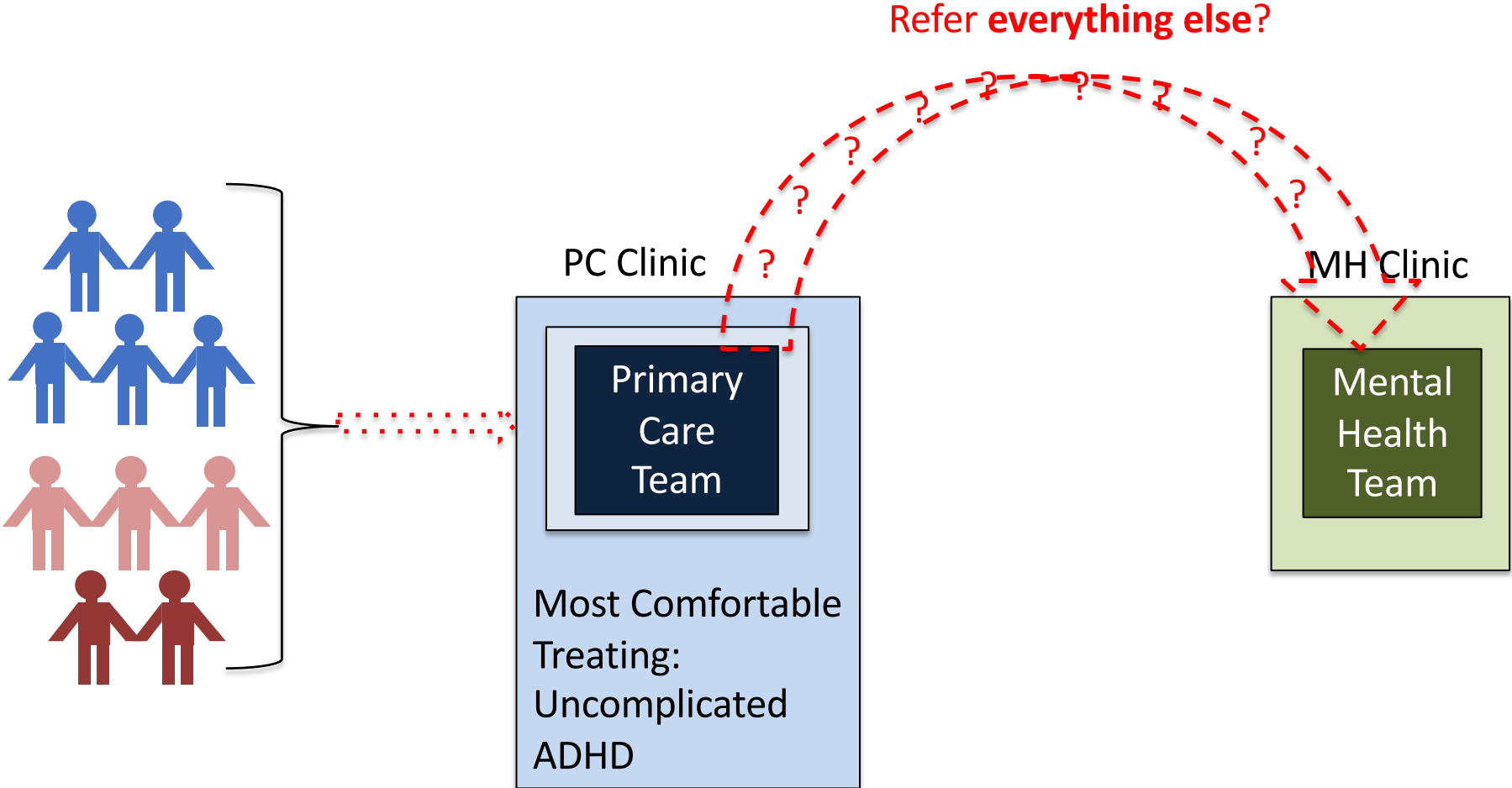
14%

said they had made a suicide plan.

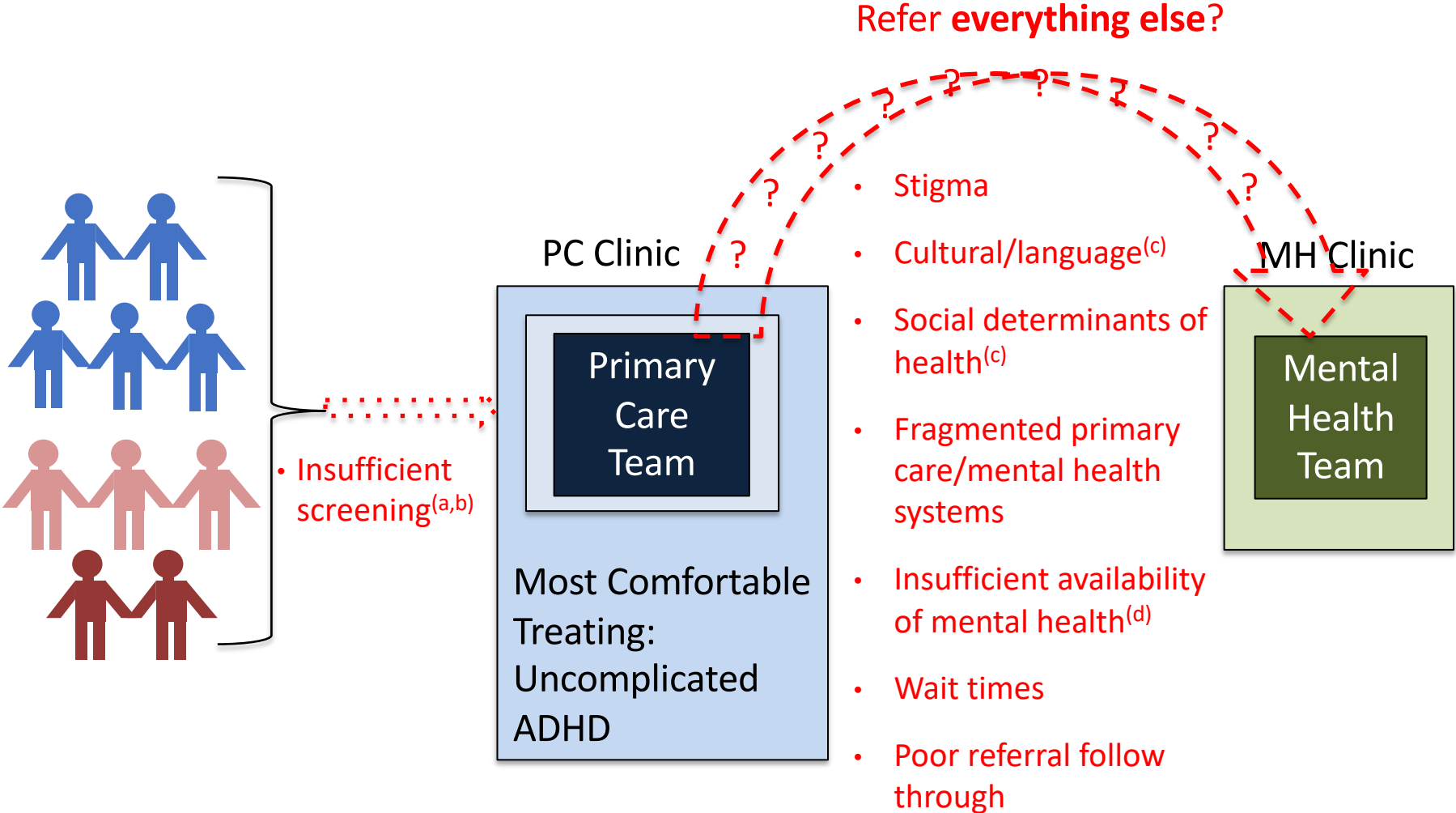


[Vermont Youth Risk Behavior Survey](#)

Old Pediatric Mental Health Care

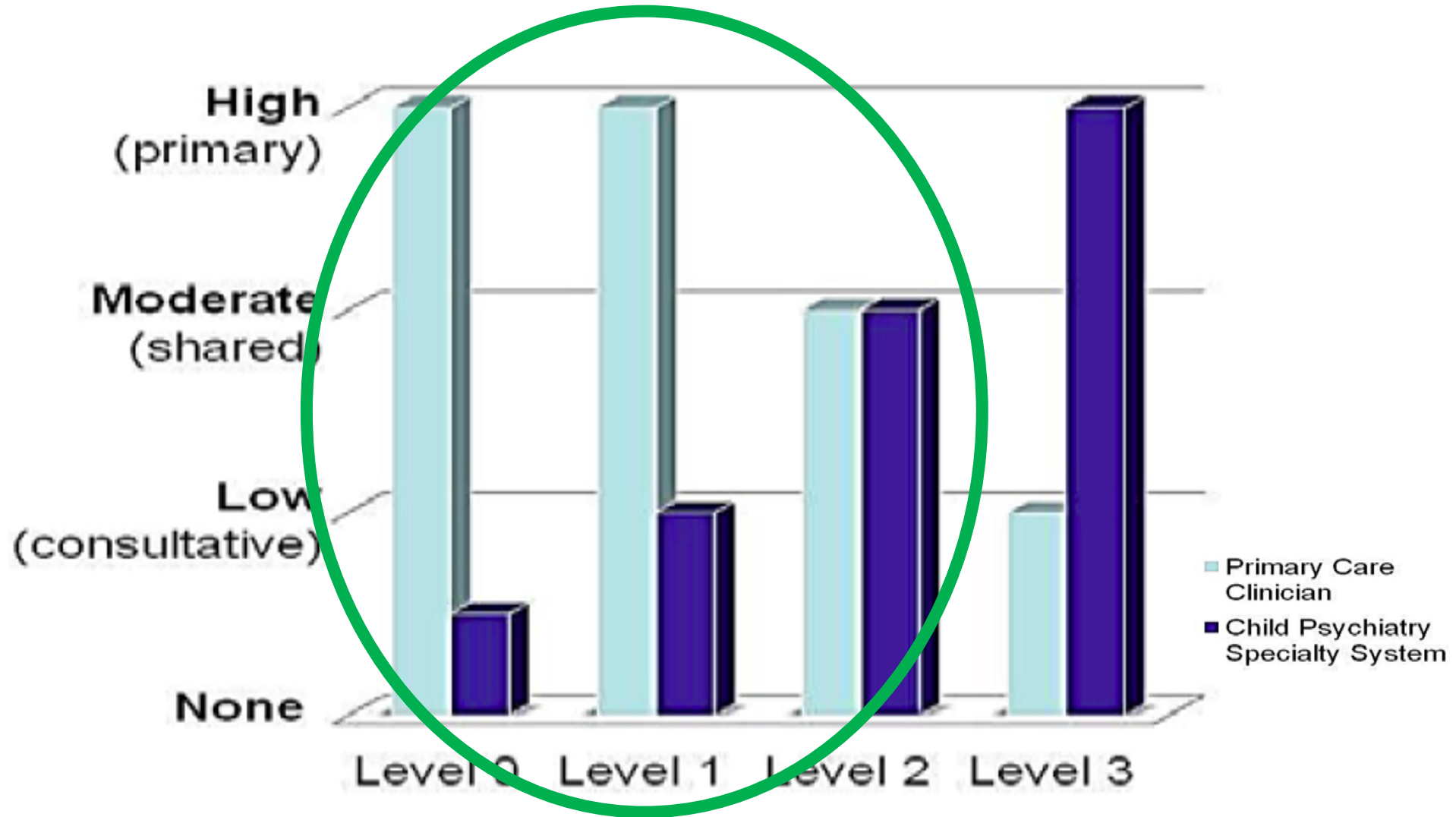


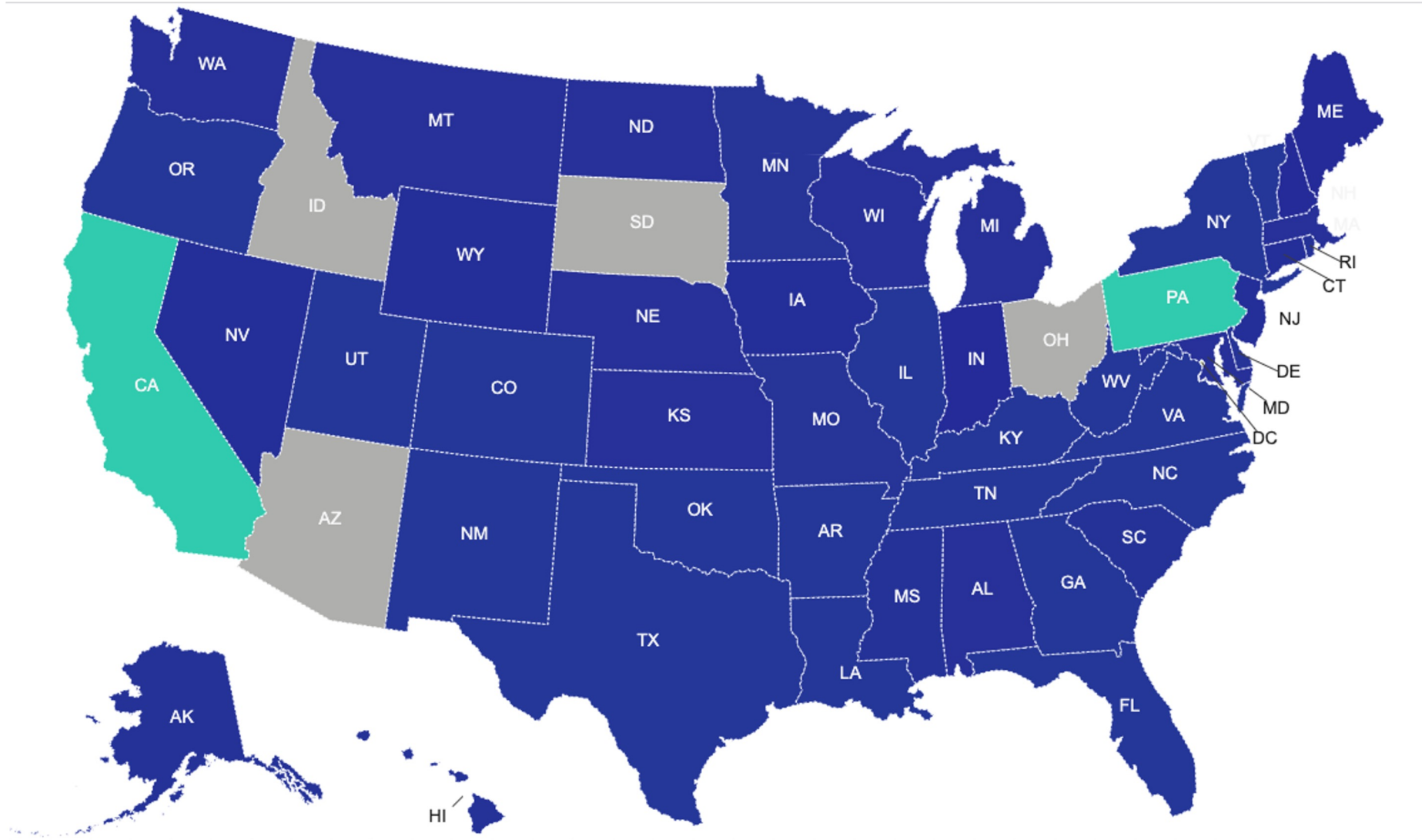
Old Pediatric Mental Health Care



(a) Hacker 2014; (b) Kuhlthau 2011; (c) Pires 2013; (d) Thomas 2006

Stepped pediatric mental health care

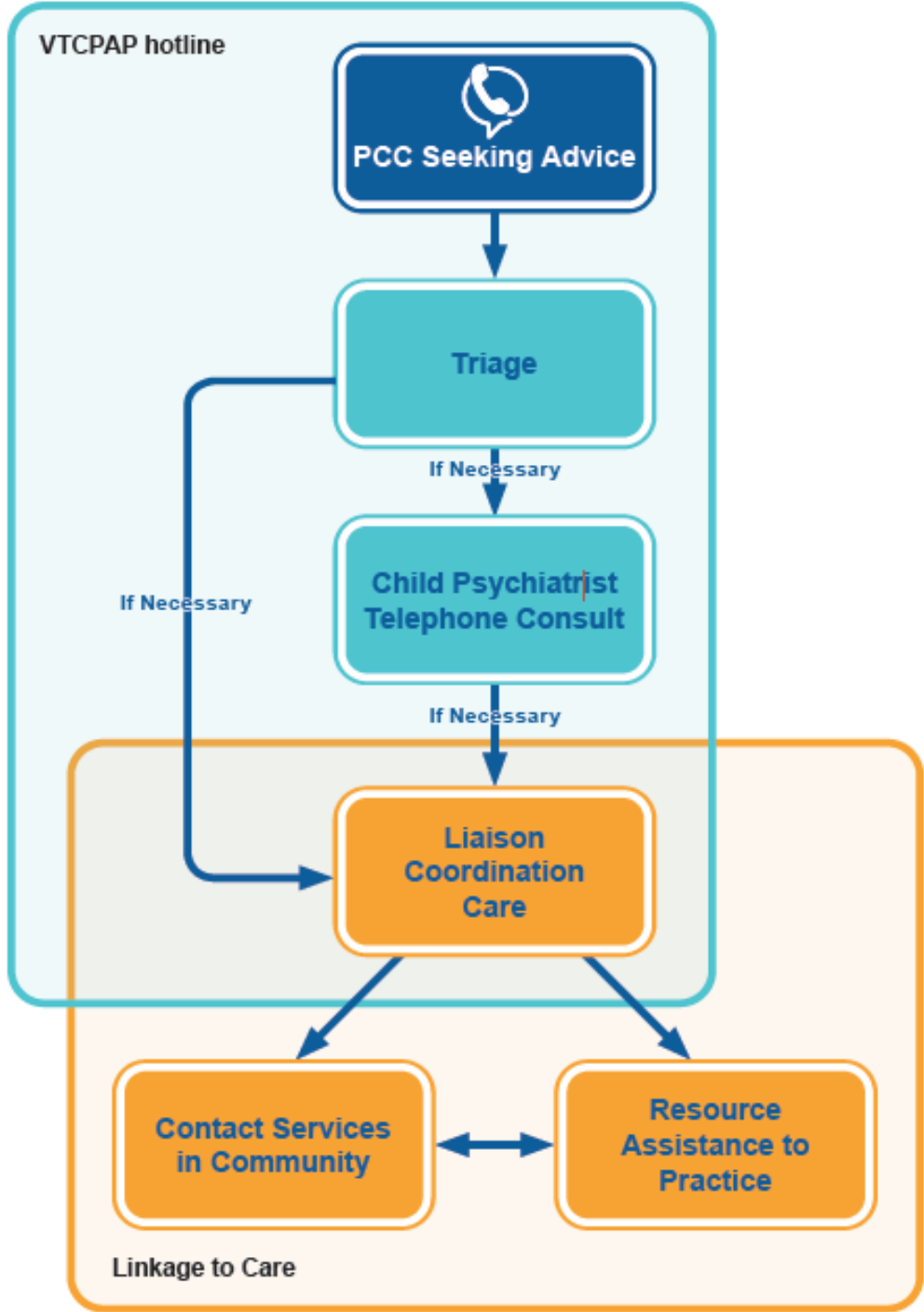




Example call

*“Good Morning! This is Dr. Smith. I am calling today because I have a **5 year old hispanic** patient who was adopted. He has a **trauma** history and is having a lot of behavioral challenges in school this year. His parents and teachers are **asking about ADHD**. I gave them the Vanderbilts but the results were inconclusive. I am wondering about next steps?”*







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HOW VTC PAP HELPS PCPS



PCPs can access immediate support and consultation, empowering them to address their patients' mental health needs.



Children with mild to moderate mental health needs receive excellent care from their PCP within their medical home.



Some patients will no longer need to be referred to a higher level of care.



Children with higher needs will have improved access to care as waitlists for services are reduced.

Top 5 conditions providers are calling about:

ADHD

Anxiety Disorders

Depressive disorders

Disruptive, impulse-control,
and conduct disorders

Trauma and stressor-related
disorders

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26% of calls had a suicidality component

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June 2022 - October 2023

VTCPAP completed



648

consultations
and served

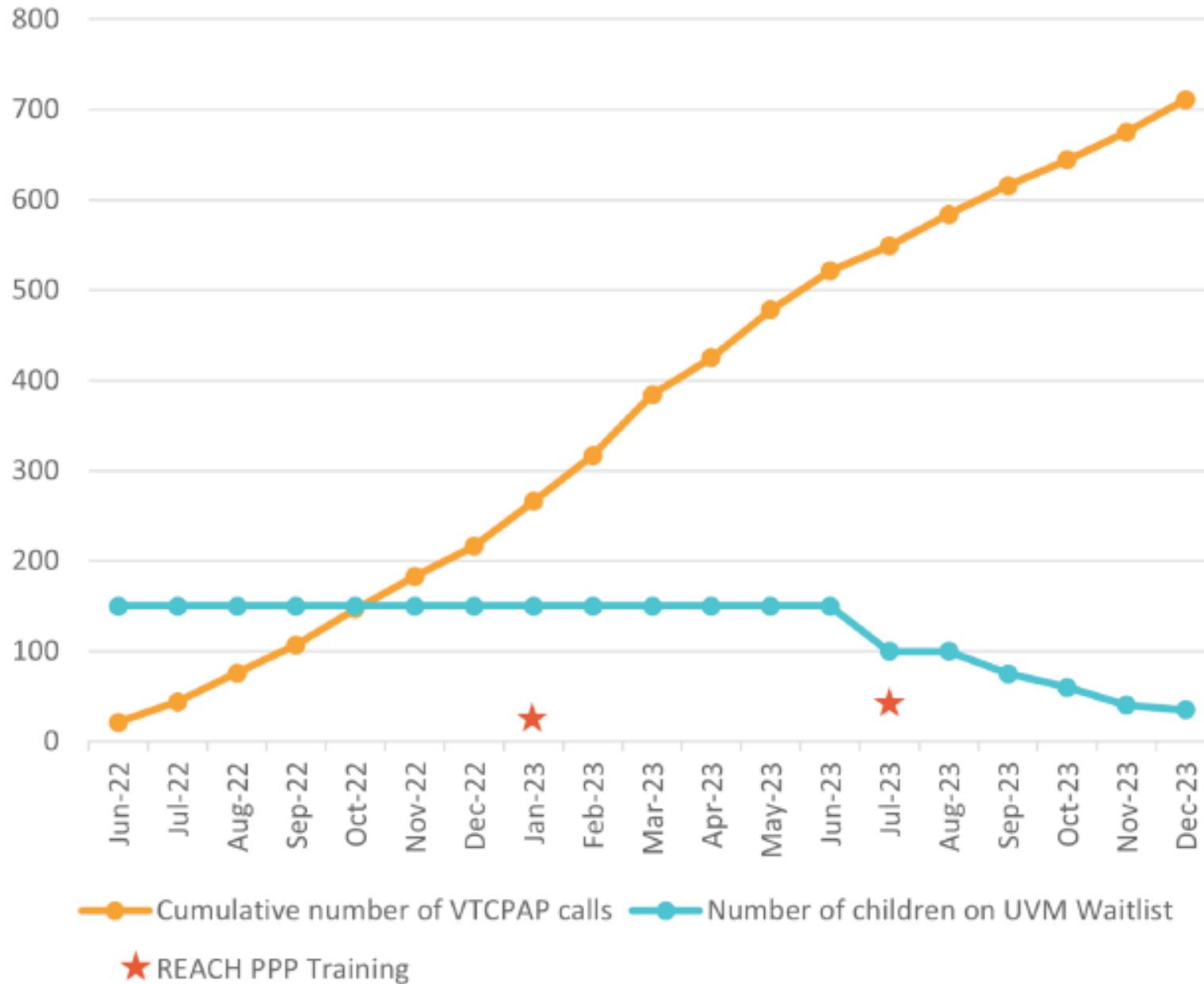


590

patients

31 trainings to 692 attendees

VTCPPAP Cumulative Number of Calls & UVMMMC Pediatric Psychiatry Waitlist



Partnership, collaboration, and a state-level lens are key to our work and success:





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