



Hacking Mental Health

VIRTUAL EVENT

May 21, 2020
8:30 AM



1



Welcome

Eileen Ellsworth

President and CEO
Community Foundation for Northern Virginia



2



Thank you to our event sponsor:

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3



Welcome

Eileen Ellsworth

President and CEO
Community Foundation for Northern Virginia



4



Moderator

Tamika L. Tremaglio

Greater Washington Managing Principal
Deloitte



5



Panelist

Dr. Alfiee M. Breland-Noble

Founder and Board President,
The AAKOMA Project, Inc.



6



Panelist

Christianne Esposito-Smythers, Ph.D

Clinical Psychology,
George Mason University



7



Panelist

Rick Leichtweis, Ph.D

Executive Director,
Inova Kellar Center



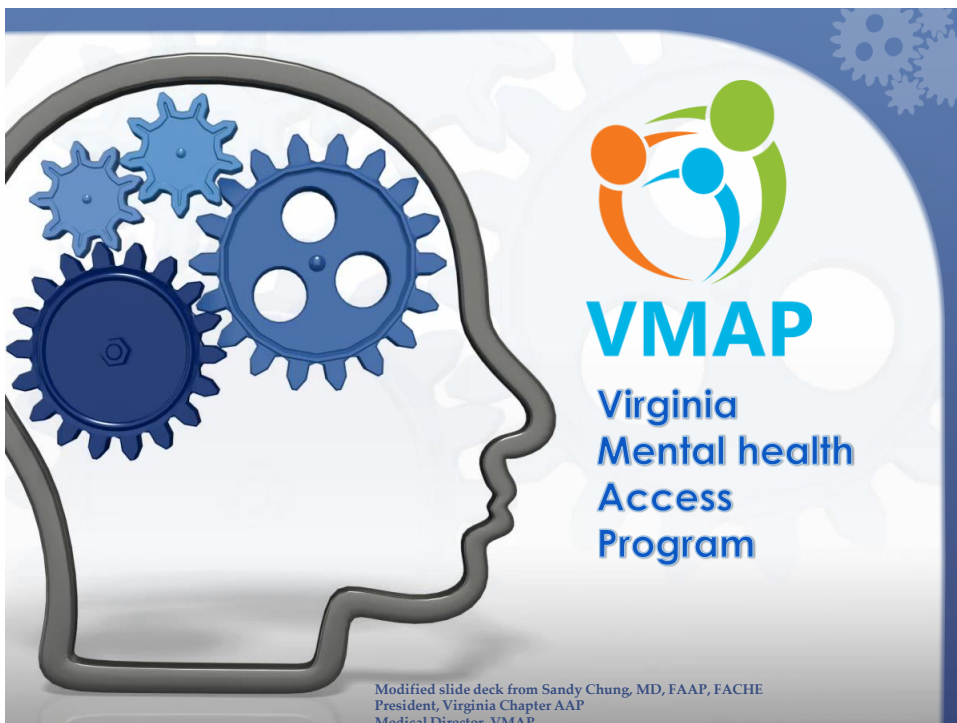
8



Panelist

Ravi Singh, MD

Child Psychiatrist,
Inova Kellar Center



Scope of the Problem Nationally



- **1 in 5 children has a diagnosable mental disorder** and 1 in 10 suffers from a serious mental health problem
- Approximately **50% of psychiatric illnesses begin by age 15** and 75% begin by age 24
- Patients with mental health symptoms will see PCPs before they have been diagnosed with a mental health condition
- **Over 65% of pediatricians reported they lacked mental and behavioral health knowledge and skills**



11

Scope of the Problem in Virginia

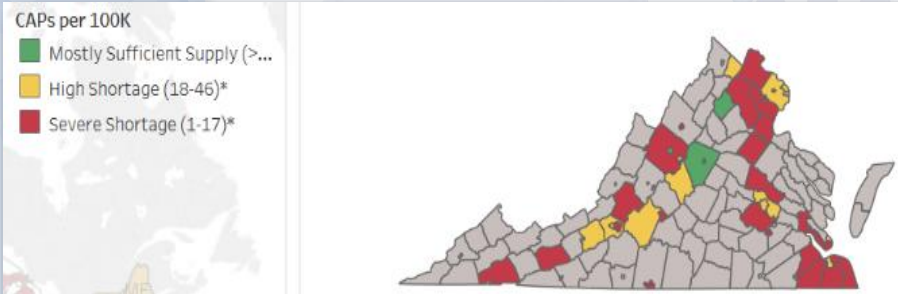
In the *State of Mental Health in America 2019* report:

- Virginia ranks 23rd in the country for mental health care for children under 18 years of age
- 79,000 (12.6%) of Virginia children having had at least one major depressive episode (MDE)
- **48,000 children (63.1%) who have had a major depressive episode did not receive mental health treatment in Virginia**
- Of those with severe depression who received treatment, only 20.4% received some consistent treatment



12

Child and Adolescent Psychiatrists Workforce Shortage



13

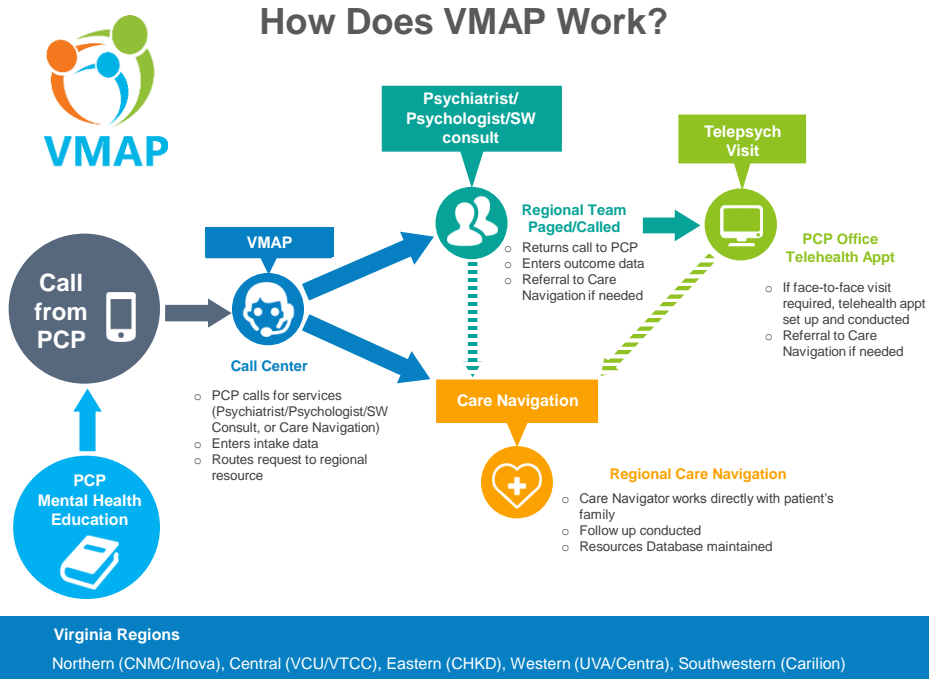
VMAP – a statewide Mental Health Access Program focused on children and adolescents

Key objectives of the Virginia Mental Health Access Program:

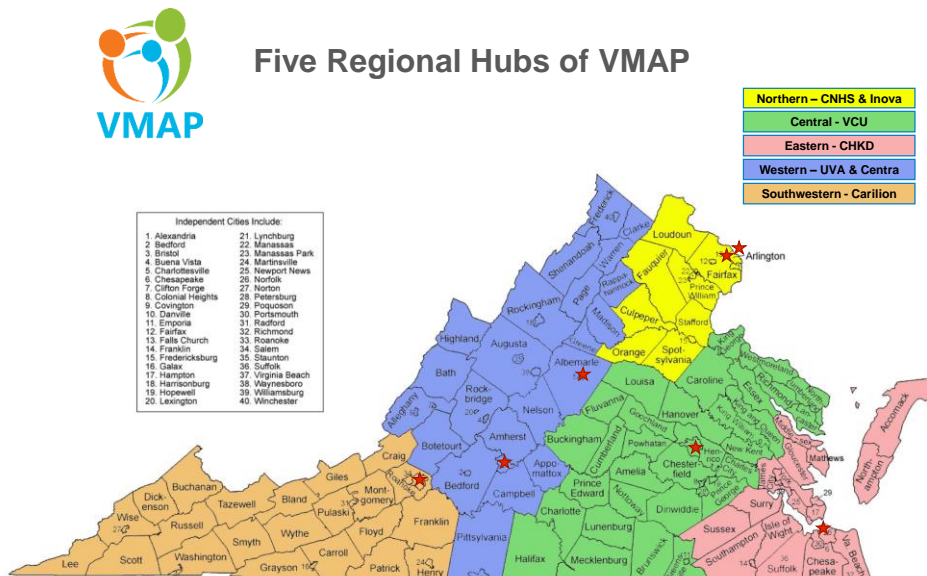
1. **Education for PCPs** on screening, diagnosis, management and treatment
2. **PCP telephonic/video consults with regional VMAP teams** comprised of child and adolescent psychiatrist, psychologist and/or social worker
3. **Telehealth visits** with psychiatrists or psychologists
4. **Care navigation** to help identify regional mental health resources



14



15



16

VMAP Education for PCPs



REACH programs held in 2019
256 Providers Trained

Coming Soon!

April 24-26, 2020 REACH –
Charlottesville (Western)

April 17-19, 2020 REACH –
Falls Church (Northern)

May 1-3, 2020 REACH –
Lynchburg (Southwestern)

Project ECHO –
Northern VA June 2019
Central VA Sept 2019
49 Providers Training

Coming Soon!
Southwestern VA
scheduled early 2020

Mental Health Screening
QI Project
ABP MOC Part 4 credit
with **41 physicians**
ending Sept 2019

Coming Soon!
Winter 2020

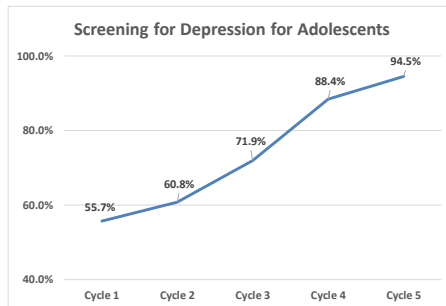
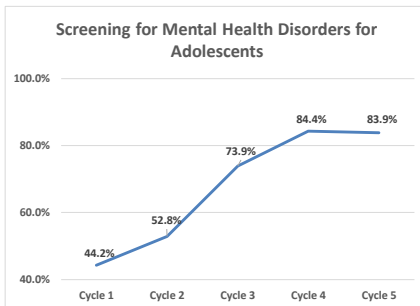
For more information on how to sign up,
VMAP Website: www.vmapforkids.org
or the Virginia AAP Chapter website:
www.virginiapediatrics.org



17

VMAP QI Project Results

Increase in Mental Health and Depression Screenings



5 months of QI work by 41 providers across the state

Approx 1,000 adolescents per month, with a total of 5,042 adolescents

Significant improvement in number of adolescents screened by end of project!



18

www.vmapforkids.org **Mental Health Providers go here**



The screenshot shows the homepage of the Virginia Mental Health Access Program (VMAP). The URL bar displays 'https://www.vmapforkids.org/'. The navigation menu includes 'Home', 'About Us', 'FAQs', 'Primary Care Providers', 'MH Providers' (circled in orange), and 'News & Updates'. A search bar is located on the right. The main banner features the VMAP logo and the text 'VIRGINIA MENTAL HEALTH ACCESS PROGRAM' and 'Collaborative Care for Children and Adolescents'. Below the banner, a section titled 'WHAT IS VMAP?' includes a quote: 'Children have so much to offer to the world - we believe in the power that they hold, and know that they will mold future generations to come.'

19



Panel Discussion



Dr. Alfiee M. Breland-Noble,
Founder and Board President
The Aakoma Project, Inc.



Christianne Esposito-Smythers, Ph.D
Clinical Psychology,
George Mason University



Rick Leichtweis, Ph.D
Executive Director, Inova
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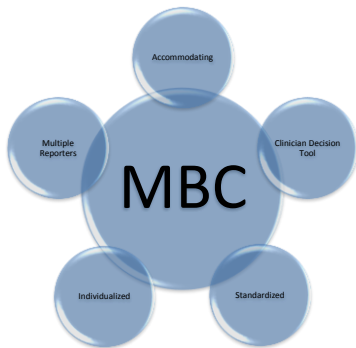


Ravi Singh, MD
Child Psychiatrist,
Inova Kellar Center



20

What is Measurement-Based Care?



Use of systematic data collection to track patient progress and inform treatment decisions

"Routine Outcome Monitoring"

Scott & Lewis, 2015; Green, 2016; Weisz et al., 2011; Trivedi et al., 2006

21

Why Adopt Measurement-Based Care?

- **Makes Treatment More Effective**
 - Patients more likely to reach remission
 - Catches treatment deterioration
 - Improves outcomes for those "not on track"
- **Makes Treatment More Efficient**
 - Reduces time to treatment response and remission by up to 50%
 - Reduces treatment length
- **Improves shared decision making and communication between providers and families**
- **Addresses Joint Commission Requirements & Incentivized by Insurance Companies**

(Guo et al., 2015; Lambert & Shimokawa, 2011; Lambert et al., 2003)

22

How is MBC Delivered at the Inova Kellar Center?

- HIPAA compliant cloud-based measurement feedback system and analytics software platform called the “OWL”
- Owned by OWL Insights (<https://www.owlinsights.com/>)
- Integrated into Electronic Medical Records
- Measures administered via tablets and/or app on cell phone to clients
- Measures are automatically scored and graphed

23

23

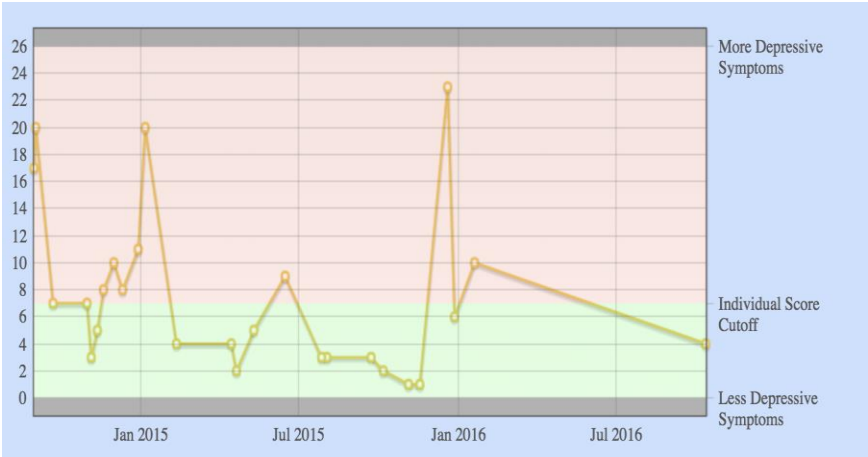
What Do We Assess Over Time?

- Suicidal thoughts and behavior
- Non-suicidal self-injury
- Depression
- Mania
- Anxiety
- Trauma
- Conduct problems
- Alcohol and substance use
- Sleep difficulties
- Eating disturbances

24

24

Client: 11 year old female named Jane
Measure: Short Mood and Feelings Questionnaire
Version: **Child Report**



25

Client: 11 year old female named Jane
Measure: Short Mood and Feelings Questionnaire
Version: **Parent Report**



26

26

Benefits of MBC at the Inova Kellar Center

- Patients report symptoms in OWL not identified in clinical interview
- Improves pre-certification process for treatment
- Aids in triage decisions and justification to families about level of care
- Aids in clinical case formulation and treatment planning
- Informs Treatment Team Review
- Decrease in staff time doing Utilization Reviews for continued stay
- Allows for program evaluation and informs any needed changes
- Conversations with parents and patients are data driven
- Involves the child through the monitoring progress
- Better quality of care

27

27



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28



Hacking Mental Health

THANK YOU!

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THE
community
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FOR NORTHERN VIRGINIA

29



Mental Health Resources in Northern Virginia

AAKOMA Project, Inc.

CRi

Easter Seals

EveryMind

**George Mason University
Center for Psychological
Services**

INOVA Kellar Center

**NAMI of Northern
Virginia**

**Northern Virginia Family
Service**

Pathway Homes

**Phoenix Houses of Mid-
Atlantic**

PRS, Inc.

**Recovery Program
Solutions of Virginia**

Rock Recovery

The Women's Center

Trillium Center

**United Methodist Family
Services**

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30