Hacking Mental Health

VIRTUAL EVENT

May 21, 2020
8:30 AM

Welcome

Eileen Ellsworth
President and CEO
Community Foundation for Northern Virginia
Thank you to our event sponsor:

Odin Feldman Pittleman PC

Welcome

Eileen Ellsworth
President and CEO
Community Foundation for Northern Virginia
Moderator

Tamika L. Tremaglio
Greater Washington Managing Principal
Deloitte

Panelist

Dr. Alfiee M. Brelan-Noble
Founder and Board President,
The AAKOMA Project, Inc.
Panelist

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

Panelist

Rick Leichtweis, Ph.D
Executive Director,
Inova Kellar Center
Panelist

Ravi Singh, MD
Child Psychiatrist,
Inova Kellar Center

Modified slide deck from Sandy Chung, MD, FAAP, FACHE
President, Virginia Chapter AAP
Medical Director, VMAP
• 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

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
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
Virginia Regions
Northern (CNMC/Inova), Central (VCU/VTCC), Eastern (CHKD), Western (UVA/Centra), Southwestern (Carilion)

Five Regional Hubs of VMAP

How Does VMAP Work?

Call from PCP
- PCP calls for services
  - (Psychiatrist/Psychologist/SW Consult; or Care Navigation)
- Enters intake data
- Routes request to regional resource

Call Center

VMAP

PCP Mental Health Education

Psychiatrist/ Psychologist/SW consult
- Enters outcome data
- Referral to Care Navigation if needed

Regional Team Paged/Called
- Returns call to PCP
- Referral to Care Navigation if needed

Care Navigation
- Care Navigator works directly with patient’s family
- Follow up conducted
- Resources Database maintained

Regional Care Navigation
- PCP Office
- Telepsych Visit
  - Telehealth Appt
  - If face-to-face visit required, telehealth appt set up and conducted
  - Referral to Care Navigation if needed
VMAP Education for PCPs

**VMAP QI Project Results**

**Increase in Mental Health and Depression Screenings**

- **Screening for Mental Health Disorders for Adolescents**
  - Cycle 1: 44.2%
  - Cycle 2: 52.8%
  - Cycle 3: 79.9%
  - Cycle 4: 86.4%
  - Cycle 5: 83.3%

- **Screening for Depression for Adolescents**
  - Cycle 1: 55.9%
  - Cycle 2: 60.8%
  - Cycle 3: 71.9%
  - Cycle 4: 88.4%
  - Cycle 5: 94.5%

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!

For more information on how to sign up,
VMAP Website: [www.vmapforkids.org](http://www.vmapforkids.org)
or the Virginia AAP Chapter website: [www.virginiapediatrics.org](http://www.virginiapediatrics.org)
WHAT IS VMAP?

Children have so much to offer the world - we believe in the power that they hold, and know that they will mold future generations to come.

Panel Discussion

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What is Measurement-Based Care?

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

“Routine Outcome Monitoring”

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]
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

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

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

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Hacking Mental Health

THANK YOU!

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