



**RIGHT HELP.
RIGHT NOW.**

Transforming Behavioral Health Care for Virginians

2025 Vision for Behavioral Health in the Commonwealth

All Virginians will...

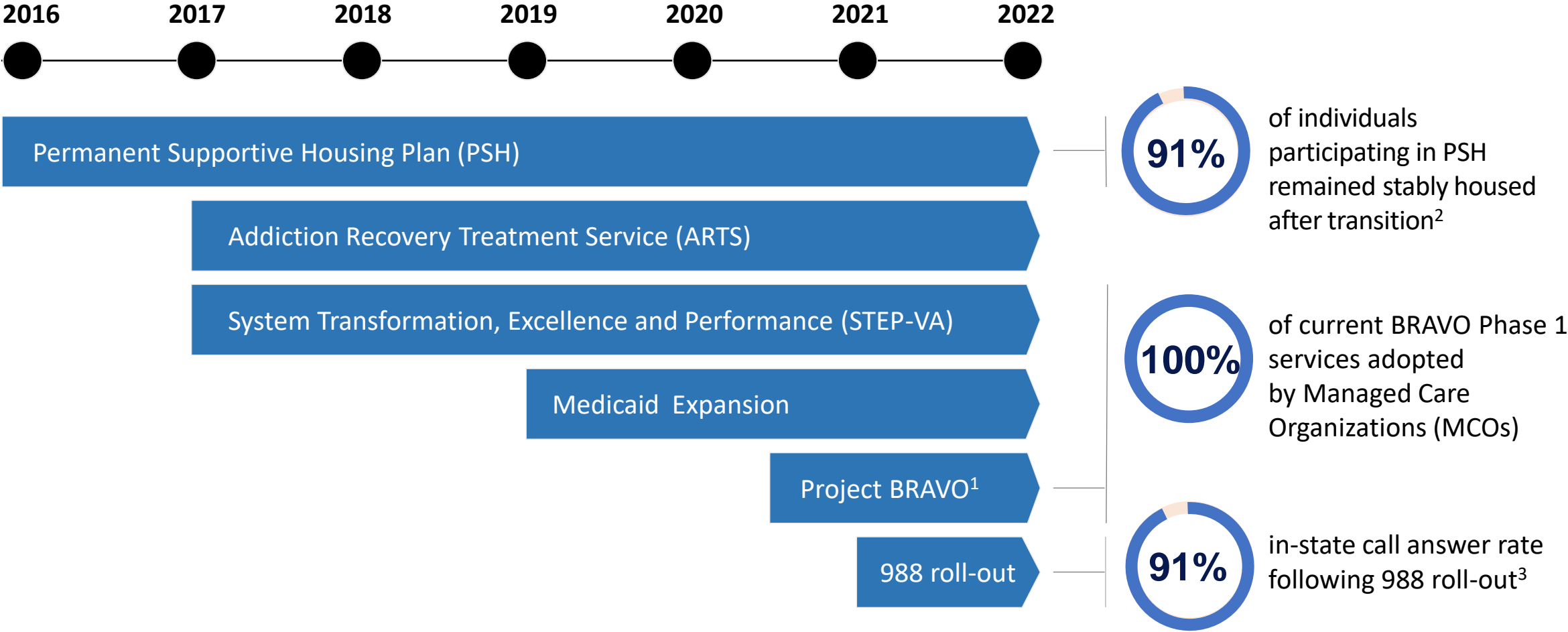
... be able to access behavioral health care when they need it,

... have prevention and management services personalized to their needs, particularly for children and youth,

... know who to call, who will help, and where to go when in crisis, and

... have paths to reentry and stabilization when transitioning from crisis

The Plan builds on the Commonwealth's progress across several initiatives



1. Consists of the implementation of fully integrated behavioral health services that provide a full continuum of care to Medicaid members; DMAS Virginia.gov
2. Referring to the population served by PSH: Permanent Supportive Housing: Outcomes and Impact – November 2022 (virginia.gov)
3. DBHDS data, received November 28, 2022

Across the Commonwealth, access to Behavioral Health care remains a challenge

None of county is shortage area Part of county is shortage area Full county is shortage area

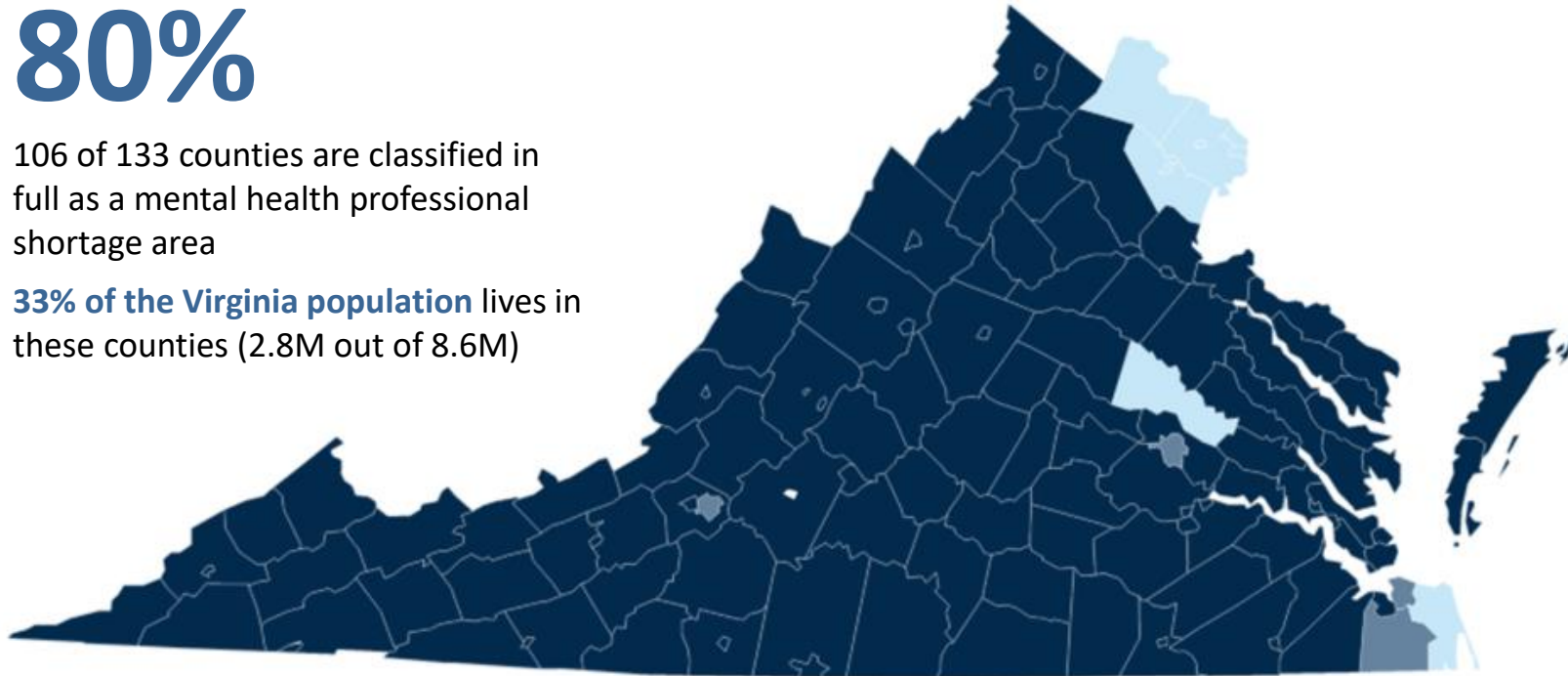
Virginia Health Professional Shortage Areas by County, Mental Health, HRSA¹



80%

106 of 133 counties are classified in full as a mental health professional shortage area

33% of the Virginia population lives in these counties (2.8M out of 8.6M)



Mental Health America rankings²



34th

Access to Care

39th

Mental Health Workforce Availability

48th

Youth Mental Health

1. Health Resources and Services Administration Mental Health Care Health Professional Shortage Areas, by State, as of September 30, 2022, data.HRSA.gov

2. State of Mental Health America, Access to Care Ranking 2023

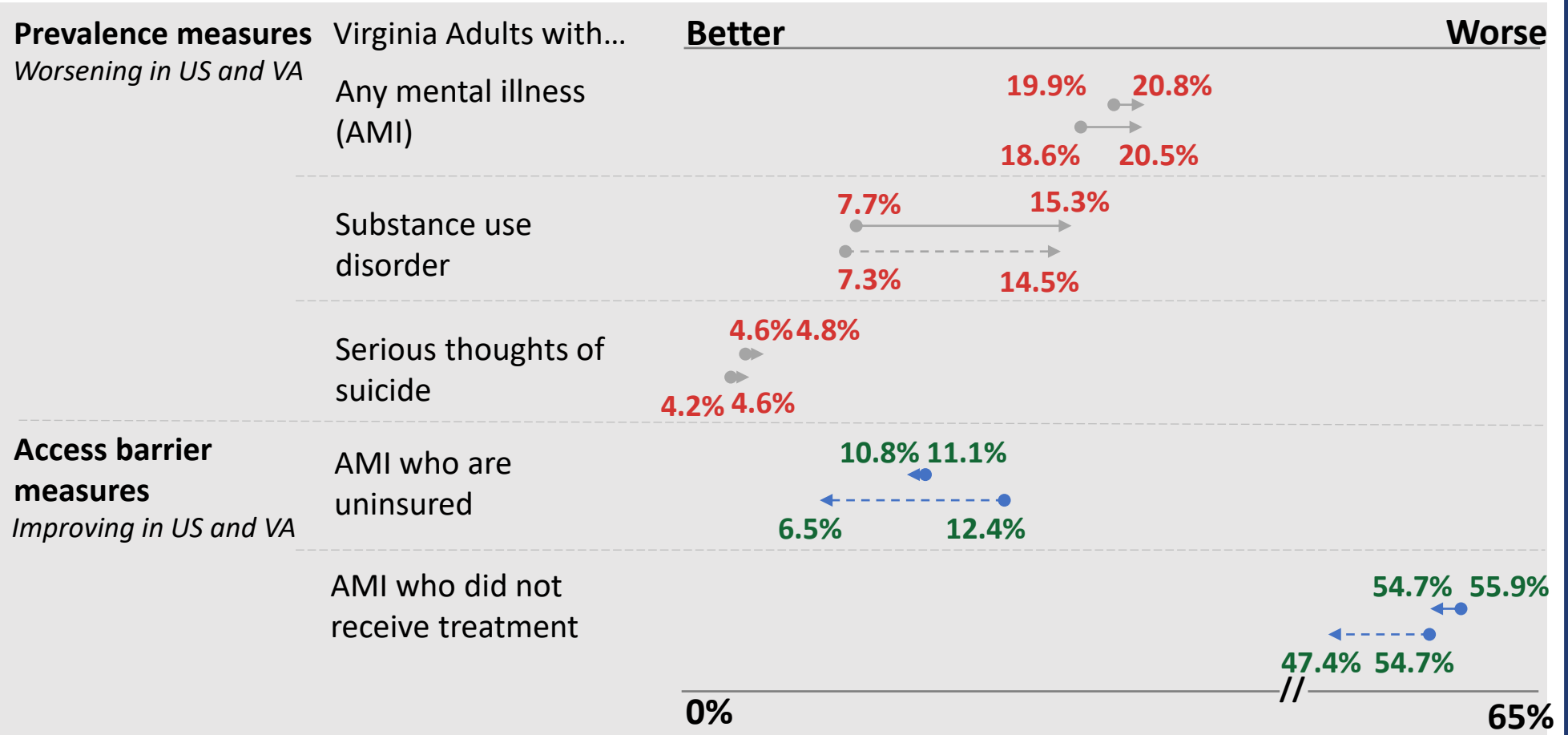
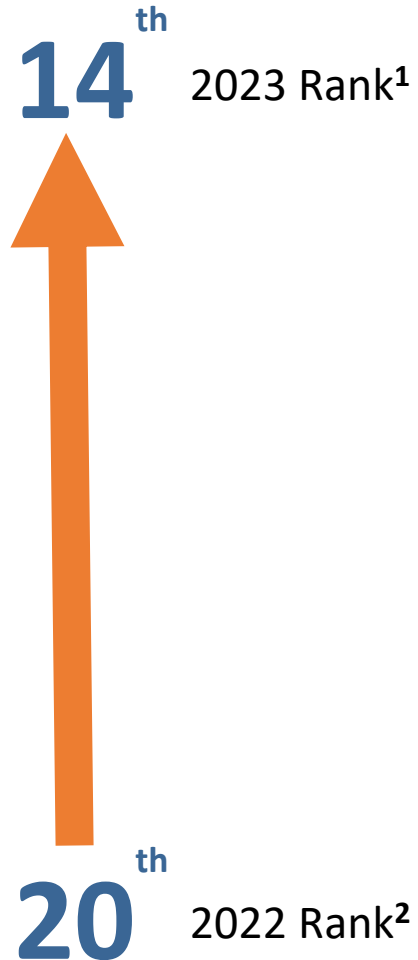
Mental Health America ranks Virginia 14th out of 50 states for Adult Mental Health

Mental Health America, Adult Mental Health rankings



2022 ● → 2023 US Average
 2022 ● - - - -> 2023 Virginia Average

● Worsening
 ● Improving

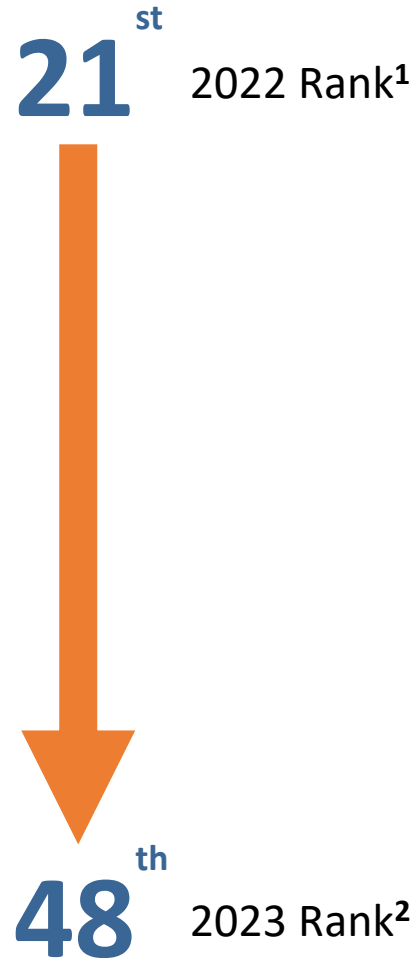


1. Adult Ranking 2023, Mental Health America based on 2019-2020 data
 2. Adult Ranking 2022, Mental Health America based on 2018-2019 data

Mental Health America ranks Virginia 48th out of 50 states for Youth Mental Health

Mental Health America, Youth Mental Health rankings

2022 ● → 2023 US Average ● Worsening
 2022 ● - - - - -> 2023 Virginia Average ● Improving



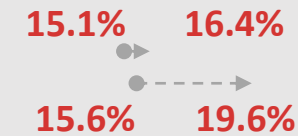
Prevalence measures *Worsening in US and VA*

Virginia Youth with...

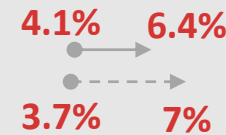
Better

Worse

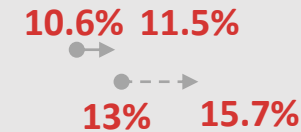
At least one major depressive episode (MDE)



Substance use disorder

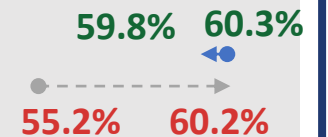


Severe MDE



Access barrier measures *Worsening in VA*

MDE who did not receive mental health services



Private insurance that did not cover mental or emotional problems



0% // 65%

1. Youth Ranking 2022, Mental Health America based on 2016-2019 data
 2. Youth Ranking 2023, Mental Health America based on 2019-2020 data

The Commonwealth's Behavioral Health Plan is founded on six pillars

An aligned approach to BH that provides access to **timely, effective, and community-based care** to reduce the burden of mental health needs, developmental disabilities, and substance use disorders on Virginians and their families

1: We must strive to ensure **same-day care for individuals experiencing behavioral health crises**

2: We must **relieve the law enforcement communities' burden** while providing care and **reduce the criminalization of behavioral health**

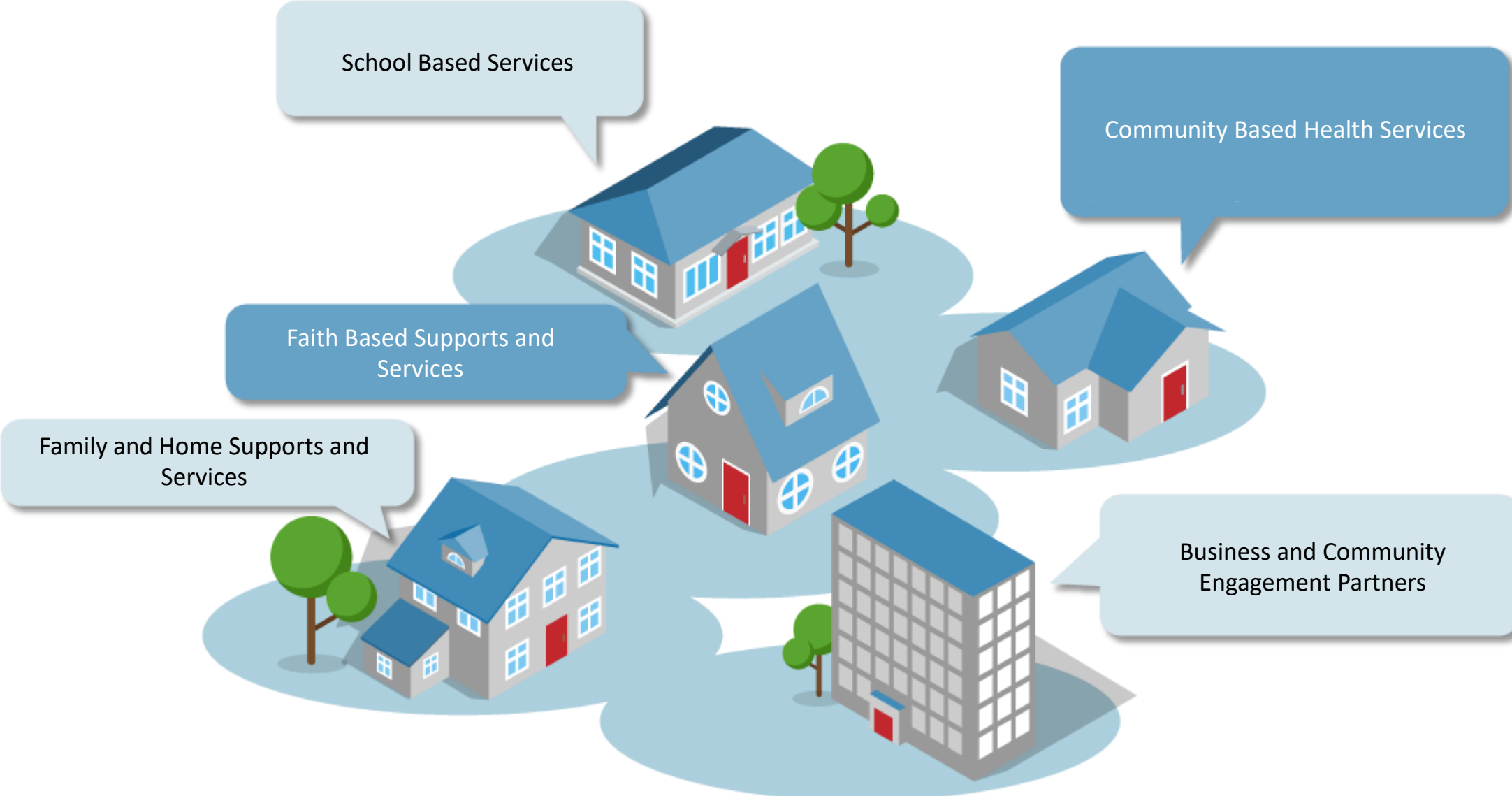
3: We must **develop more capacity** throughout the system, going beyond hospitals, especially to enhance community-based services

4: We must **provide targeted support for substance use disorder (SUD)** and efforts to prevent overdose

5: We must **make the behavioral health workforce a priority**, particularly in underserved communities

6: We must **identify service innovations and best practices** in pre-crisis prevention services, crisis care, post-crisis recovery and support and develop tangible and achievable means to close capacity gaps

A system designed for youth: Supporting youth where they Live, Learn, and Play



THE KIDS ARE NOT OK

1 OUT OF 5

youth (ages 13–17) experience a serious mental health condition



Suicide is the 3rd leading cause of death for young people, for youth ages 10–14 suicide is the 2nd leading cause of death.



Over 70% of respondents of the youth RHRN survey reported difficulty accessing care and dissatisfaction with the availability of services.

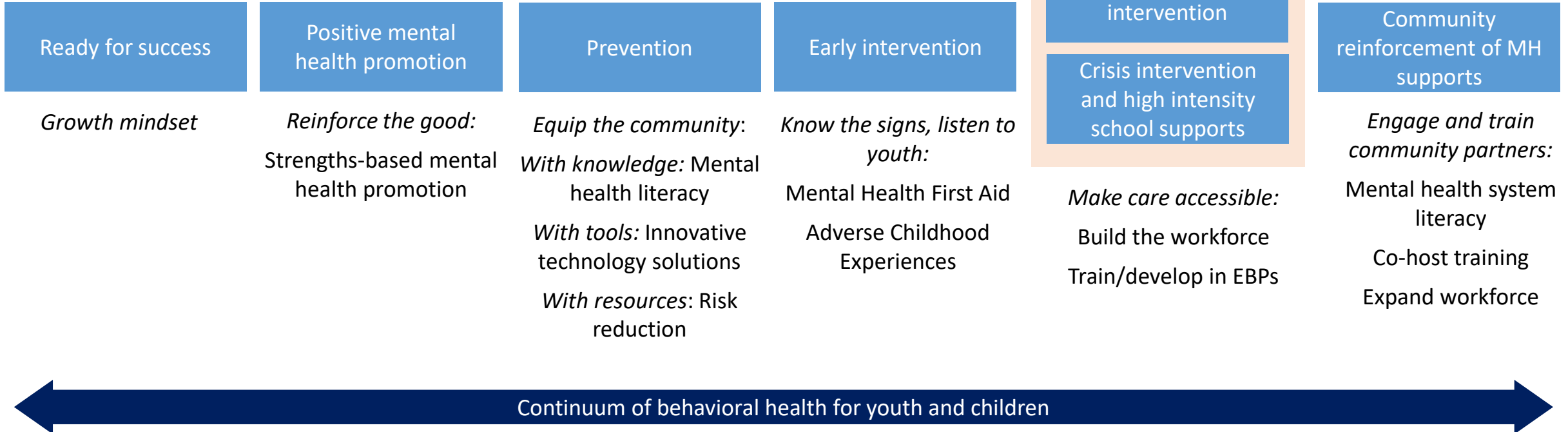


The rate of high school students feeling hopeless increased 27% from 2011 to 2019

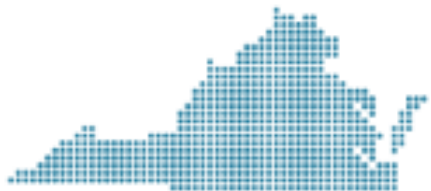


One in ten high school students report binge drinking in the past 30 days.

Where we want to be



**CHILDREN'S
MENTAL
HEALTH
INITIATIVES
ARE
ACROSS
ALL SIX
PILLARS OF
RIGHT HELP,
RIGHT NOW**



WORKSTREAM 1: SAME DAY CRISIS CARE

WORKSTREAM 2: RELIEVE LAW ENFORCEMENT BURDEN

WORKSTREAM 3: BUILD MORE CAPACITY

WORKSTREAM 4: TARGETED SUD INTERVENTIONS

WORKSTREAM 5: WORKFORCE IS A PRIORITY

WORKSTREAM 6: SERVICE INNOVATIONS

Using state-based data to inform system changes

Medicaid
Utilization Data

HEDIS Quality
Measures

CSA Service Gap
Survey

DBHDS licensing
data

Statewide TDO/ECO
data

Virginia Health
Information/EDCC

Virginia Adolescent
Substance Use
Needs Assessment

Youth Risk Behavior
Survey

School Climate
Survey

Mental Health
America Data

Data from
professional
organizations (ie.
AAP, APA, etc)

Enhancement of Youth Mental Health Services

School Based Mental Health

- \$7.5 million to expand school based mental health pilots
- Collaboration with the ALL In VA plan
- CMS approved reversal of the free care rule

Faith based supports

- Faith based mental health leaders forum

Family supports

- Family navigators
- Focusing on kinship foster care and prevention
- Expanding parental mental health supports and services

Workforce supports

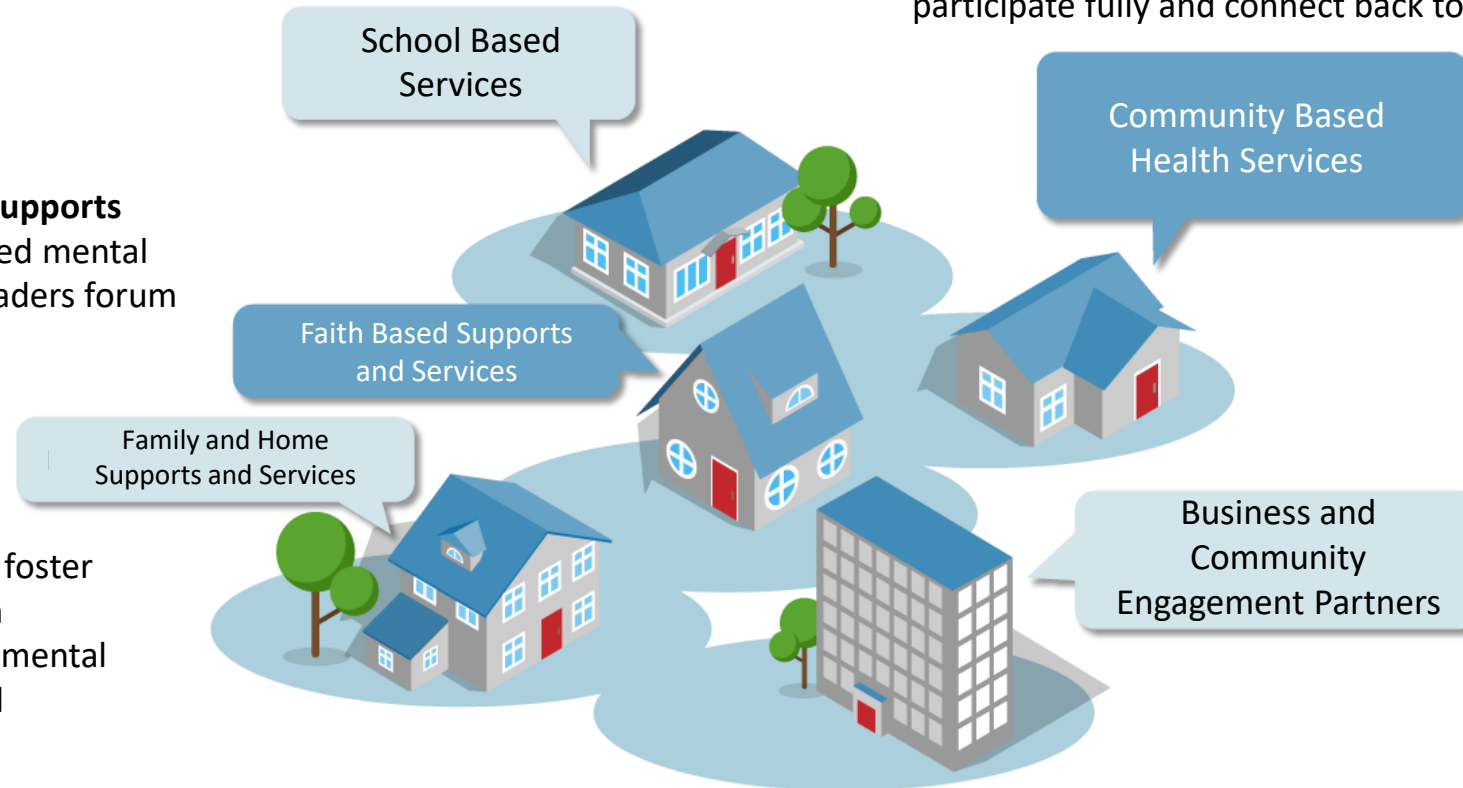
- VMAP expansion

Medicaid services

- Community mental health service array enhancements
- PRTF workgroup held over the fall to look at improved alignment with managed care

Inpatient Hospitals

- Need to shift to a model of care where parents and caregivers can participate fully and connect back to other community services



Public health approach

- Creating broad awareness
- Expand peers driven supports and messaging

Main Areas of Focus for Today's Group Activities

- We need a robust, diverse, and capable workforce that serve youth and families. Identifying and creating new services cannot be successful without a workforce.
- Youth and families need to be engaged partners and need to know what services and supports exist in the community now.

Strategies to growing the Youth Focused Behavioral Health Workforce

Loan repayment

Scholarships

Training/Certification on youth focused EBPs

Formal education/career pathways to work in certain roles

Post-graduate career switching opportunities

Group Activity

10-15 minutes to use these categories (or you may identify a new category) and add specifics

- What type of behavioral health careers should receive loan repayment or scholarships?
- What type of training or certification is needed on EBPs?
- Formal education: engaging community colleges and other higher education to better prepare the workforce
- How to decrease barriers to switching careers into a behavioral health field/



Strategies to improve youth mental health literacy

Parent/Family training

Public health awareness

Youth Led Initiatives

Social Media

Group Activity

15 minutes to design a youth mental health awareness campaign!

- Describe what topics to focus on
- Who is your target audience
- Who is the trusted voice(s) of the campaign
- Who are the community partners
- How will you know it is impactful (what data will you use?)
- What's the name of your campaign



What's Next

Call to Action!

- Development of a comprehensive children's mental health plan within *Right Help, Right Now*
- Support the efforts of the Governor's *ALL In VA* plan to address COVID-19 learning loss and absenteeism, with respect to the impacts related to behavioral health

