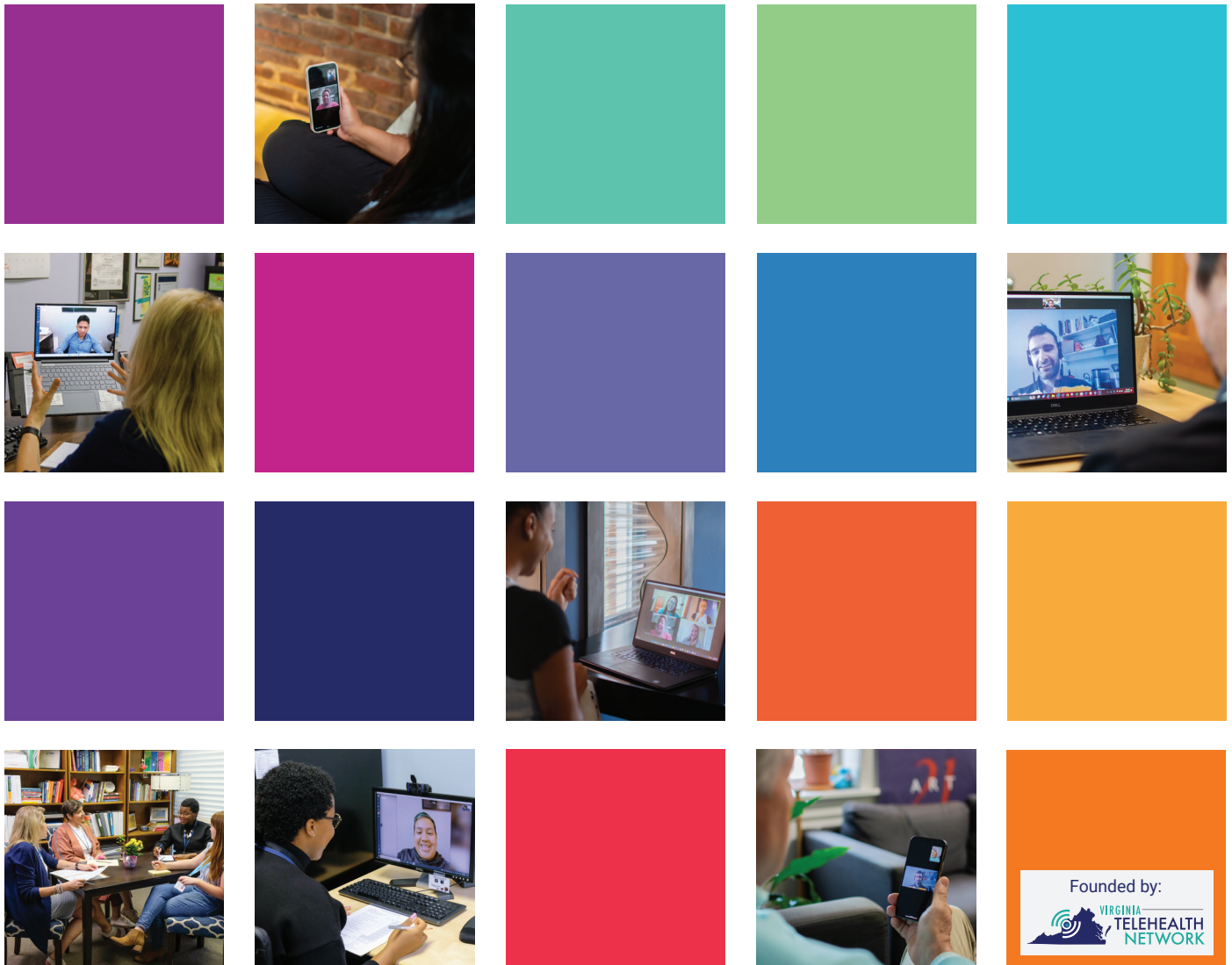


VTMHI Champions Mental Health Access, Fuels Workforce Development

2023 IMPACT REPORT



There is a mental health crisis in Virginia.

100%

of Virginia's localities are **experiencing shortages** of mental health professionals
(hrsa.gov)



Virginia ranks in the **bottom third** of states when it comes to access to mental health services
(Mental Health America)

In Virginia...

Virginia's health care providers agree: **Telehealth improves access to care.**

It is imperative to expedite the licensure process for aspiring mental health professionals, ensuring they undergo diverse and comprehensive training.

69^{*}

free and charitable clinics



87%^{**}

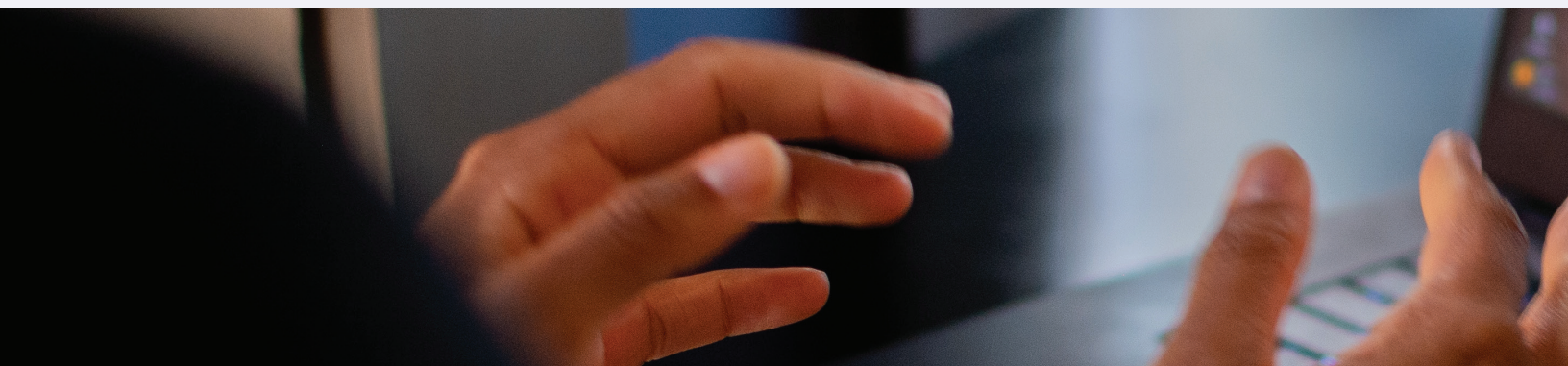
of providers agree telehealth allows them to **address patient care barriers**

76%^{**}

of providers agree telehealth allows them to **see more patients**

**Members of the Virginia Association of Free and Charitable Clinics*

***VTN Benchmarking Telehealth Usage in Virginia Survey*



VTMHI: A Virginia-Grown Solution

The Virginia Telemental Health Initiative (VTMHI) is a first-of-its-kind program that expands access to timely and appropriate telemental health services by collaborating with Virginia's free and charitable clinics and mental health providers who are in the process of meeting their licensure requirements.

In collaboration with the Virginia Association of Free and Charitable Clinics

"VTMHI has realized much over the past two years and has put qualified mental health resources just a click away for many of Virginia's most vulnerable citizens," said Rufus Phillips, CEO of the Virginia Association of Free and Charitable Clinics.

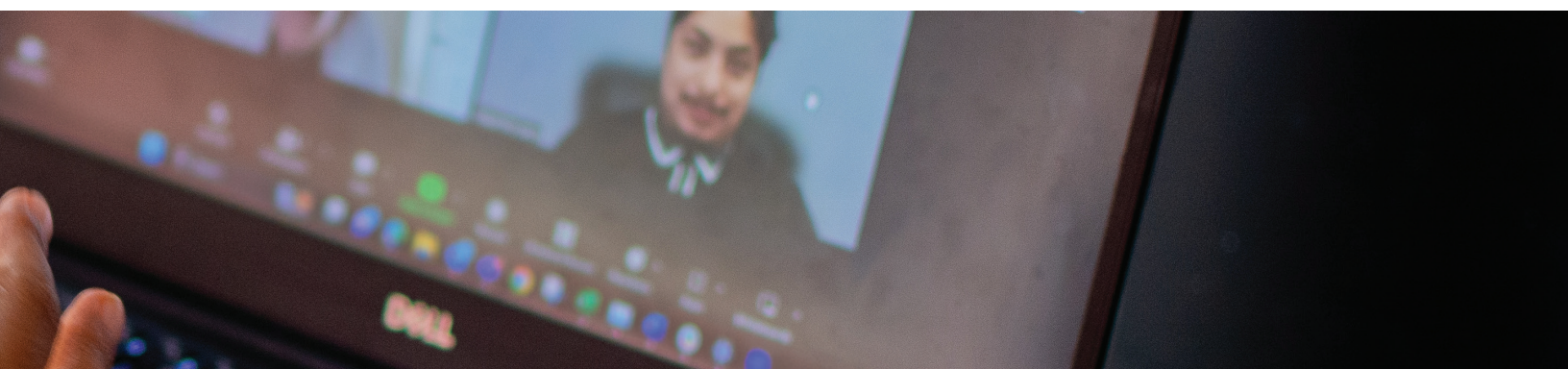
"VTMHI succeeded in harnessing existing technology to make professional mental health services more accessible to the marginalized communities served by Virginia's network of free and charitable clinics -- those who otherwise go without. While there is still much work to be done, Virginia is helping blaze new paths to address the behavioral health crisis and we're proud of what has been accomplished."



VTMHI referral partners are located all across Virginia. Initial partners include:



In 2024, **30 new clinics** will be invited to join the program.



Expanding Virginians' *access to care*

VTMHI provides *free teletherapy* to patients served by Virginia's network of free and charitable clinics. Both the requisite technology and broadband internet are available for teletherapy appointments at the referring clinic should a patient not have access to either on their own.

How it Works

- 1** Participating free clinic identifies a patient in need of mental health supports.
- 2** Clinic refers patient to VTMHI and collaborates as patient's medical home.
- 3** VTMHI conducts assessment to ensure telemental health care matches patient needs.
- 4** Patient is matched with a volunteer therapist.
- 5** Therapist and patient agree on treatment goals (min. of 10 sessions provided).
- 6** VTMHI coordinates with referring clinic regarding care and social support needs.

**During VTMHI's
Pilot Year...**

Nearly 1,000
patient visits
scheduled

Multilingual
mental
health visits
implemented

10 referring free
clinic partners
committed to
support pilot
development

And *strengthening* the mental and behavioral health workforce

VTMHI is increasing the availability of mental health professionals by breaking down barriers to licensure. The program provides volunteers with free clinical supervision and client contact hours, along with the invaluable experience of serving people of different backgrounds in need of mental health services.

How it Works

- 1 Pre-licensed mental health provider (pre-LMHP) applies to become a volunteer.
- 2 VTMHI matches pre-LMHP volunteer with (and pays for) clinical supervision based on learning and career goals.
- 3 Volunteer commits to at least six months of service.
- 4 Volunteer receives complimentary training in important topics like: telemental health best practices, working with the health care safety net, incorporating translation into therapy, and virtual safety assessment and planning.

This process aims to *expedite licensure requirements* and equip Virginia's next generation of mental health providers with experience in delivering quality virtual care.



The average time between referral and a patient's first appointment was 11 days

100% of patients completed mental health screening assessments

Six clinical supervisors supported 43 pre-licensed mental health professionals



Testimonials and Personal Impact

Staci Newsom was one of VTMHI's first pre-LMHP volunteers. With more than half of her licensure hours completed, the new volunteer was seeing patients within three months and finished all her required hours in another three.

Today, Staci is fully licensed and continues to serve as a VTMHI volunteer. She's also developing a peer mentoring program for VTMHI's pre-licensed volunteers because that was what she found most impactful during her supervision. Volunteers like Staci, who see the value of serving Virginia's free and charitable clinic patients, are the backbone of VTMHI.



Flexibility & Support

*"I love being able to see clients when it works with my schedule and **being able to do it from home**. The VTMHI staff are super supportive every step of the way. We have an amazing team and everyone has been nothing but kind and helpful."*

– Staci Newsom, VTMHI Volunteer



Returning the Vigor

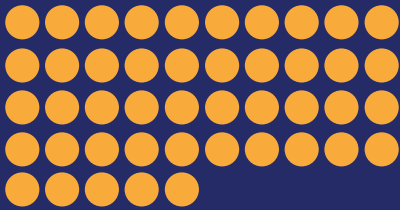
*"The experience of serving people of different backgrounds in need of mental health services has **reminded me why I enjoy doing what I do**. Participating in VTMHI has returned the vigor I needed to pursue my LCSW with much more enthusiasm."*

– Zamir Bridgman, VTMHI Volunteer

Looking Ahead

In less than two years, VTMHI has created an innovative and pioneering structure that is putting mental health services within the reach of Virginians who otherwise could not afford or access it. And its work is only beginning. With increased funding and support, VTMHI hopes to expand training and implementation opportunities for free clinic partners who would like to implement enhanced safety screening and planning.

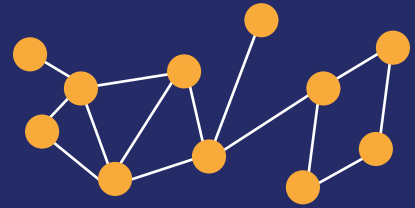
By 2026, VTMHI aims to...



Serve 45 free and charitable clinics



Provide over 10,000 telemental health visits to clinic patients each year



Maintain a network of more than 100 pre-licensed mental health professionals

And VTMHI has already achieved a major milestone in 2024, establishing itself as a virtual clinic that will receive patient referrals directly from Virginia's free and charitable clinics.

This is the first program of its kind nationwide.



How to Support:



Stay Informed

Scan the QR code and sign up for our monthly e-newsletter to stay up to date on the program's continued progress.



Volunteer

Volunteers are critical to VTMHI's success. Learn more at virginatelementalhealth.org.



VIRGINIA
**TELEMENTAL
 HEALTH**
 INITIATIVE

 virginatelementalhealth.org

 vtmhi@ehealthvirginia.org

 804.214.6770



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