

New Mental Health Hospital and Outpatient Services For Children

*A Transformational Initiative For Our
Region And Beyond*



CHKD: Serving Our Region's Children

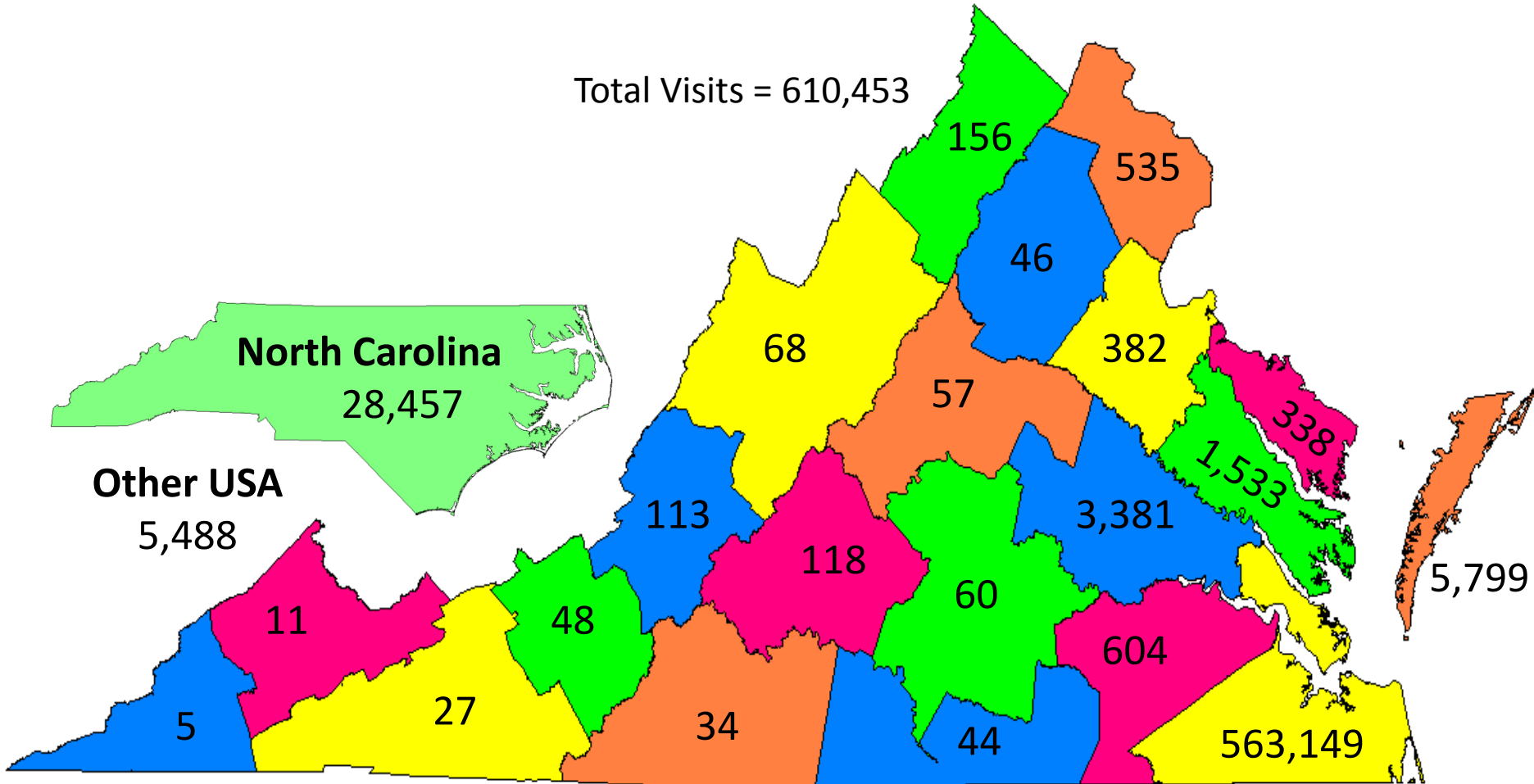


- 206 bed hospital
- Level I Pediatric Trauma Center
- Health and Surgery Centers
- 200+ medical and surgical subspecialists in plus pediatricians in nearly 30 locations
- Home of EVMS Department of Pediatrics
- UVA collaborations – Cardiac Surgery & CIN
- 3,400 employees
- 1,200 King's Daughters in 50 Circles
- 750 Volunteers

CHKD Inpatient and Outpatient Care

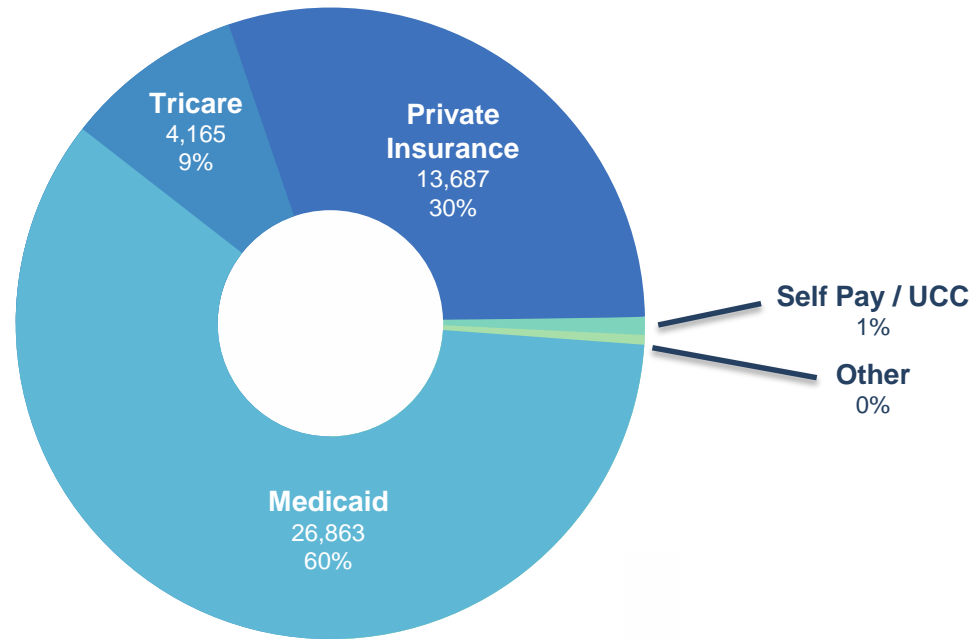
By Virginia Health Planning Districts

FY 2018



Includes Inpatient Discharges, Outpatient Visits and Recurring visits (therapies)

FY2018 CHKD Inpatient Days, by Payor



HIGHEST MEDICAID UTILIZATION OF ANY HOSPITAL IN THE COMMONWEALTH – BY MORE THAN DOUBLE

The Mental Health Crisis

- **1 in 5** US children (20%) have a **diagnosable mental health condition** (CDC 2011). Recent research suggests that the number may be closer to 1 in 3 children.
- And, **fewer than 25%** of youth in need of mental health services receive treatment (NCCP 2010).
- **50%** of adult psychiatric disorders onset ***before*** the age of 14 (CDC 2011).
- Regionally, the **most common reason for inpatient admission** for patients ages 10-17 is psychiatric. (Truven 2015).
- **3-5 children each day are evaluated in CHKD ED for mental health concerns.**
- Pediatric ED visits for anxiety, mood and other mental health disorders have **increased by 22%** from 2009-2013. (Healthcare Cost and Utilization Project 2013).
- Children/adolescents admitted to children's hospitals for suicidal thoughts or self harm **more than doubled** in past decade (AAP News 2017).

10 Leading Causes of Death by Age Group, United States – 2016

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,816	Unintentional Injury 1,261	Unintentional Injury 787	Unintentional Injury 847	Unintentional Injury 13,895	Unintentional Injury 23,984	Unintentional Injury 20,975	Malignant Neoplasms 41,291	Malignant Neoplasms 116,364	Heart Disease 507,118	Heart Disease 635,260
2	Short Gestation 3,927	Congenital Anomalies 433	Malignant Neoplasms 449	Suicide 436	Suicide 5,723	Suicide 7,366	Malignant Neoplasms 10,903	Heart Disease 34,027	Heart Disease 78,610	Malignant Neoplasms 422,927	Malignant Neoplasms 598,038
3	SIDS 1,500	Malignant Neoplasms 377	Congenital Anomalies 203	Malignant Neoplasms 431	Homicide 5,172	Homicide 5,376	Heart Disease 10,477	Unintentional Injury 23,377	Unintentional Injury 21,860	Chronic Low Respiratory Disease 131,002	Unintentional Injury 161,374
4	Maternal Pregnancy Comp. 1,402	Homicide 339	Homicide 139	Homicide 147	Malignant Neoplasms 1,431	Malignant Neoplasms 3,791	Suicide 7,030	Suicide 8,437	Chronic Low Respiratory Disease 17,810	Cerebrovascular 121,630	Chronic Low Respiratory Disease 154,596
5	Unintentional Injury 1,219	Heart Disease 118	Heart Disease 77	Congenital Anomalies 146	Heart Disease 949	Heart Disease 3,445	Homicide 3,369	Liver Disease 8,364	Diabetes Mellitus 14,251	Alzheimer's Disease 114,883	Cerebrovascular 142,142
6	Placenta Cord Membranes 841	Influenza & Pneumonia 103	Chronic Low Respiratory Disease 68	Heart Disease 111	Congenital Anomalies 388	Liver Disease 925	Liver Disease 2,851	Diabetes Mellitus 6,267	Liver Disease 13,448	Diabetes Mellitus 56,452	Alzheimer's Disease 116,103
7	Bacterial Sepsis 583	Septicemia 70	Influenza & Pneumonia 48	Chronic Low Respiratory Disease 75	Diabetes Mellitus 211	Diabetes Mellitus 792	Diabetes Mellitus 2,049	Cerebrovascular 5,353	Cerebrovascular 12,310	Unintentional Injury 53,141	Diabetes Mellitus 80,058
8	Respiratory Distress 488	Perinatal Period 60	Septicemia 40	Cerebrovascular 50	Chronic Low Respiratory Disease 206	Cerebrovascular 575	Cerebrovascular 1,851	Chronic Low Respiratory Disease 4,307	Suicide 7,759	Influenza & Pneumonia 42,479	Influenza & Pneumonia 51,537
9	Circulatory System Disease 460	Cerebrovascular 55	Cerebrovascular 38	Influenza & Pneumonia 39	Influenza & Pneumonia 189	HIV 546	HIV 971	Septicemia 2,472	Septicemia 5,941	Nephritis 41,095	Nephritis 50,046
10	Neonatal Hemorrhage 398	Chronic Low Respiratory Disease 51	Benign Neoplasms 31	Septicemia 31	Complicated Pregnancy 184	Complicated Pregnancy 472	Septicemia 897	Homicide 2,152	Nephritis 5,650	Septicemia 30,405	Suicide 44,965

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

The Mental Health Crisis Hits Home

- **Community Health Needs Assessment** – Access to mental health care was the **top priority** in 2013 ***and again*** in 2016 ***and again*** in 2019!

2013, from a Pediatrician in Hampton Roads:

“...a note about what it is like in the trenches here... ADHD, OCD, Depression, ODD are taking up an inordinate amount of time for community pediatricians.”

“It used to be that Otitis Media (ear infection) was the big pathology that we took care of. Now it is the above... I am stymied here and have little to no assistance. It is like fighting a battle and I am not armed.”

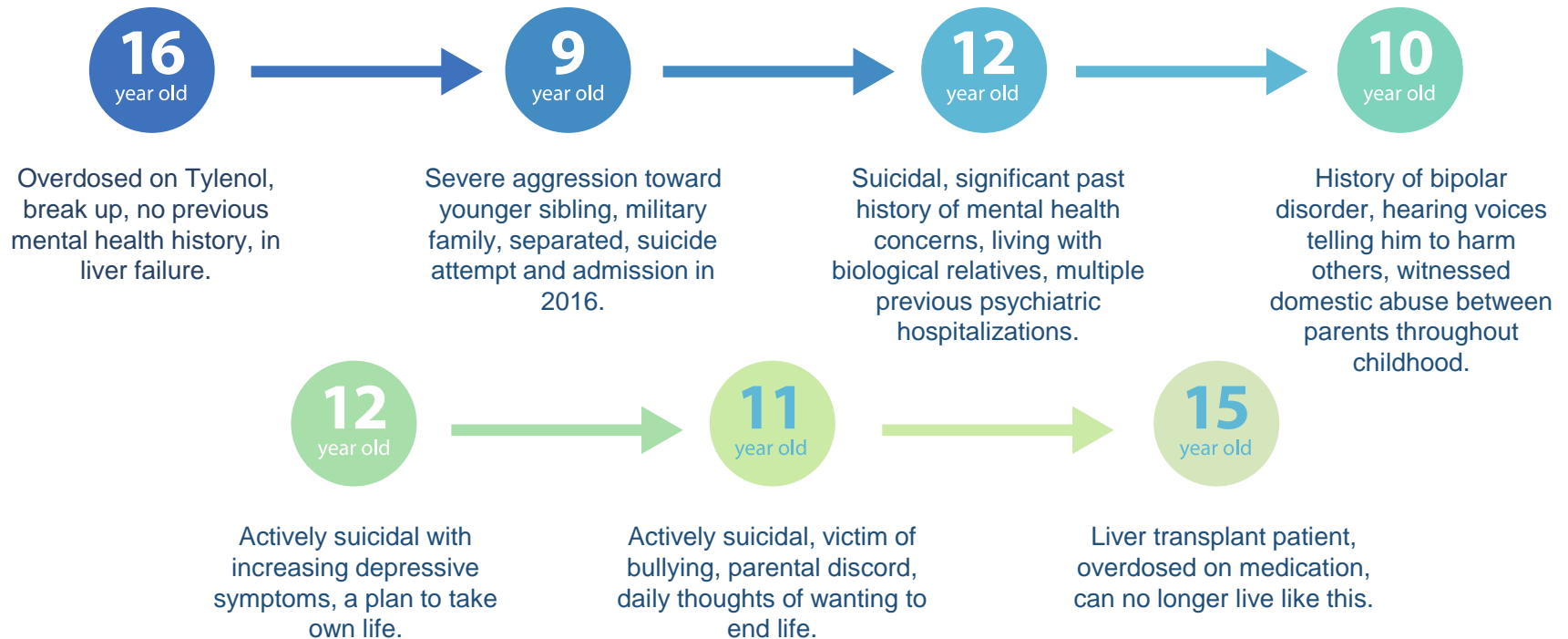
75% of children with psychiatric needs are first seen in the primary care setting

2018 State of Mental Health in America report: VIRGINIA



- Virginia ranks 47th in the country for mental health care for children under 18 years of age.
- 12.5% of Virginia children have had at least one major depressive episode (MDE).
- Ranked 49th for providing mental health services to children who had a MDE.
- 7th highest rate of youth with alcohol dependence, 10th highest for marijuana use, and 8th highest for cocaine use.
- 55,000 children (70.8%) who have had a MDE are not receiving mental health services in Virginia.
- Of those who received treatment, only 15.5% received consistent treatment.

A RECENT DAY AT CHKD



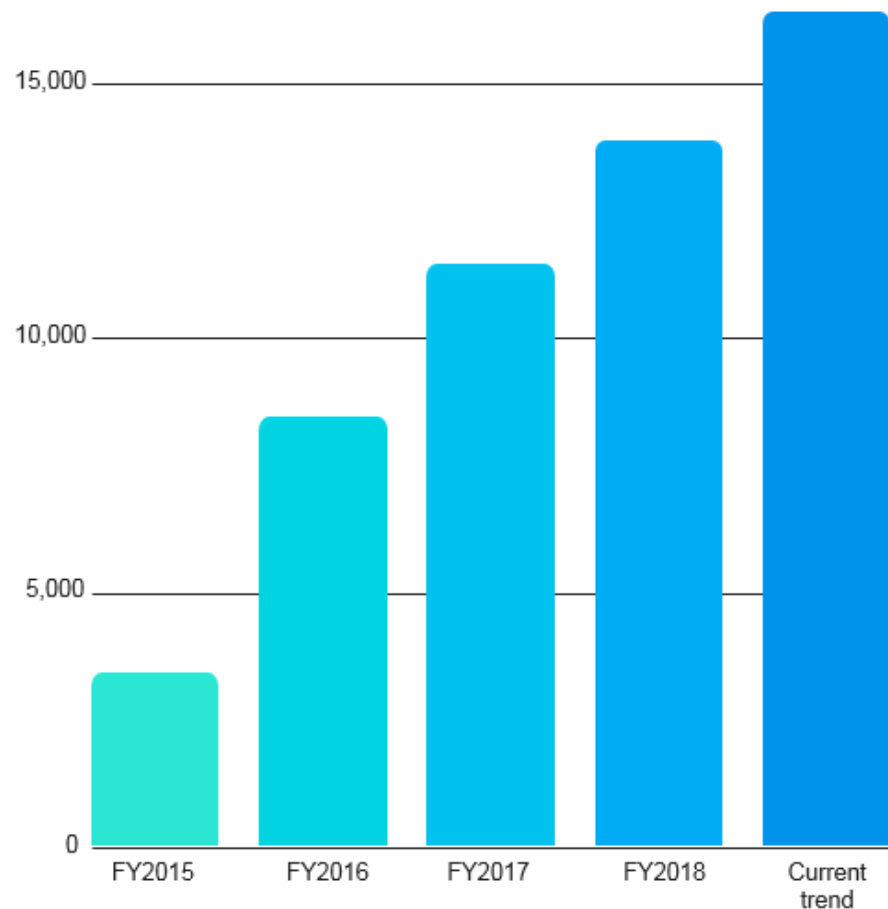
The reality ... this is now just another day at CHKD

CHKD MENTAL HEALTH OUTPATIENT VOLUME UP 300%

Visits/consults went from **3,425** in FY15 to more than **14,000** in FY18.

15-20 outpatient referrals daily.

400+ children on outpatient wait list. All calls triaged with immediate access as indicated.



A New Era Begins At CHKD

In late 2017, CHKD's board moved to develop comprehensive mental health services for children, ushering in a new era for pediatric care in Hampton Roads and beyond.

What We Offer Today



Outpatient services

Norfolk, Virginia Beach, Chesapeake, and Newport News.



Consult-Liaison

Inpatient medical support of patients with co-occurring medical and mental health needs. Team includes psychiatry, psychology, mental health therapist, and a medical social worker.



Crisis Evaluation Services

24/7/365 via our emergency department, placement as necessary, safety planning, coping cards, and connection to community resources.



Tele-Mental Health

Currently serving one pediatric practice, have plans to expand to several more in the coming months.

The Future: Transforming Children's Mental Health Services in Hampton Roads and Beyond

\$200+ MILLION INVESTMENT

- **60-bed Inpatient Psychiatric Hospital, main Norfolk campus**
 - 2100 admissions annually
 - Open in late 2022
- **Intensive Outpatient/Partial Hospitalization Programs**
 - 315 patients annually per location
 - Open within 12-24 months
- **Expanded Outpatient and Telemedicine Services**
 - Additional 18,500 outpatient mental health therapy visits
 - Additional 8,300 psychiatry consults
 - Open within 12-24 months
- **Recruit 10 Psychiatrists and Develop Child and Adolescent Psychiatry Fellowship**

We will care for children who are UNSERVED or UNDER-SERVED today

- Children 5 and under
- Children with neurodevelopmental disorders including autism
- Eating/Feeding disorders
- Chronic medical and co-occurring mental illness
- Somatic symptom disorders
- General psychiatric concerns

CHKD Expansion Plans Will Increase Access and Reduce Wait Times for Children in Need

By 2025, CHKD will provide > 48,000 outpatient mental health visits – more than 3X our current volumes.

FY25 CHKD Mental Health Volumes Projection

	FY16	FY17	FY18	FY19	FY20	FY21	FY22	FY23	FY24	FY25
Outpatient Encounters	8,340	5,298	12,435	15,172	23,407	34,125	41,858	46,168	47,335	48,528
<i>Existing</i>	8,340	5,298	12,435	13,347	14,259	15,171	16,082	16,994	17,906	18,818
<i>Incremental</i>	-	-	-	1,825	9,148	18,954	25,776	29,174	29,429	29,710
Inpatients Served	142	181	206	269	277	288	299	2,476	2,492	2,509
<i>Med-Psych Discharges</i>	142	181	206	269	277	288	299	314	330	347
<i>Psych Discharges</i>	-	-	-	-	-	-	-	2,162	2,162	2,162
Day Treatment Patients Served	-	-	-	-	-	-	-	340	370	400
IOP Patients Served	-	-	-	-	200	220	440	460	480	480

CHKD plans for a dedicated 4 bed ASD unit expected to serve 88 patients each year

CHKD Mental Health Initiative By the Numbers

Construction Cost

~\$224 Million

Projected Staffing

FY2023		
FTE	Expense	Avg. Salary
335.6	~\$25,300,000	\$75,000



From Vision to Reality: An Investment in Our Children and in Our Region

We need every sector of our community to step up.

- **The King's Daughters – THANK YOU FOR YOUR LEADERSHIP AND COMMITMENT!!!**
- State, Local, and Federal Resources
- Economic Development Resources
- Corporate Support
- Individual Philanthropists
- Civic Groups
- Grateful Patients
- Foundations
- ***The entire community***

May is Mental Health Awareness Month

- May 15 event with the Hampton Roads Community Foundation
- May 29 CHKD Mental Health Awareness Night at Harbor Park

The Face of Mental Health

- In a letter to himself, a young man struggling with mental health issues wrote: “Not everyone knows, but you’ve been taking medication for your anxiety attacks... You’ve kept it secret because you didn’t want to be viewed as weak.
- He said he was in a dark place, that he just wanted to stay in his shell.
- He admitted he had been battling anxiety for years.
- The anxiety grew worse with each achievement, stronger with added expectation, a constant internal battle artfully concealed from family and friends.
- He could conceal it no longer and began meeting regularly with a psychologist and taking anti-anxiety medication.

The Face of Mental Health

Kyle Guy, UVA ... 2019 National Champions

