Follow-up After a Mental Health-Related Emergency Department Visit for Vermont Youth in 2023

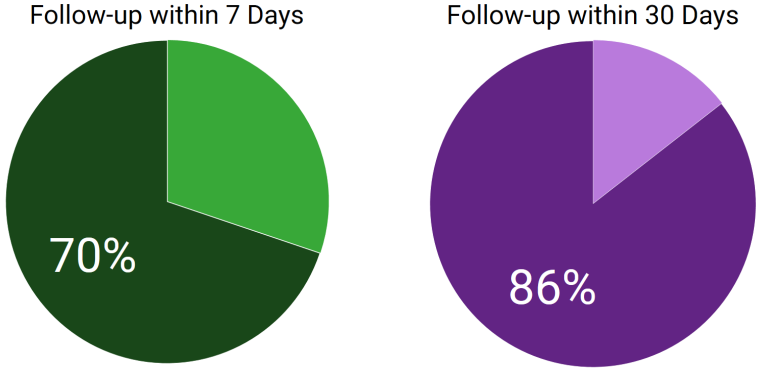
VERMONT DEPARTMENT OF MENTAL HEALTH

June 2025 **Data Brief**

Introduction: Visits to the emergency department (ED) for mental health concerns are high and have increased among youth,[1] thus more youth need outpatient follow-up care. Using data from the Vermont Health Care Uniform Reporting and Evaluation System* (all-payer claims) database, we estimate the percentage of youth receiving outpatient follow-up after an ED visit for mental health concerns.[2]

Sample: In 2023, youth (6-17 years) in the ED with a mental health principal diagnosis were mostly adolescent (69%; 13-17 years), female (62%), and with Medicaid (90%) insurance.

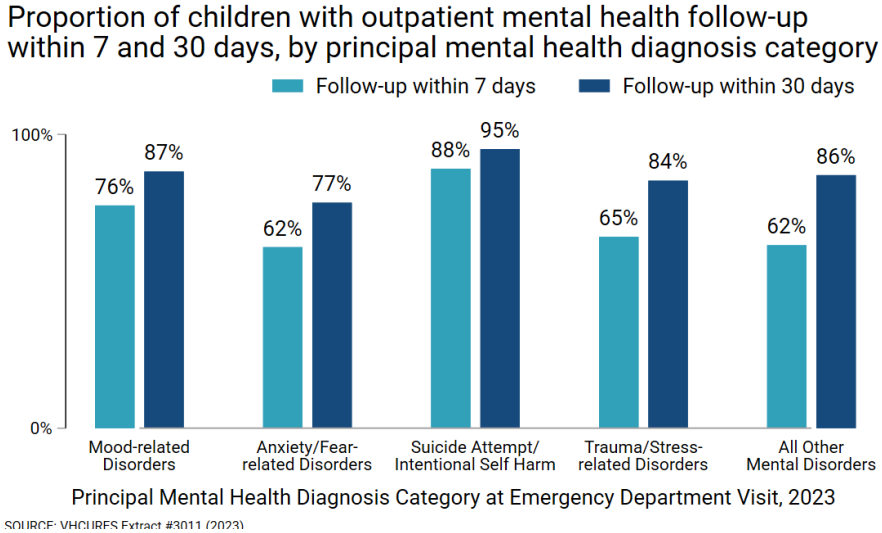
Figure 1: Mental health-related outpatient follow-up within 7 and 30 days



Key Takeaways

- 70% of youth received follow-up within 7 days of a mental health ED visit.
- 86% of youth received follow up within 30 days of a mental health ED visit.

Figure 2: Diagnoses and percentage of youth with follow-up within 7 and 30 days



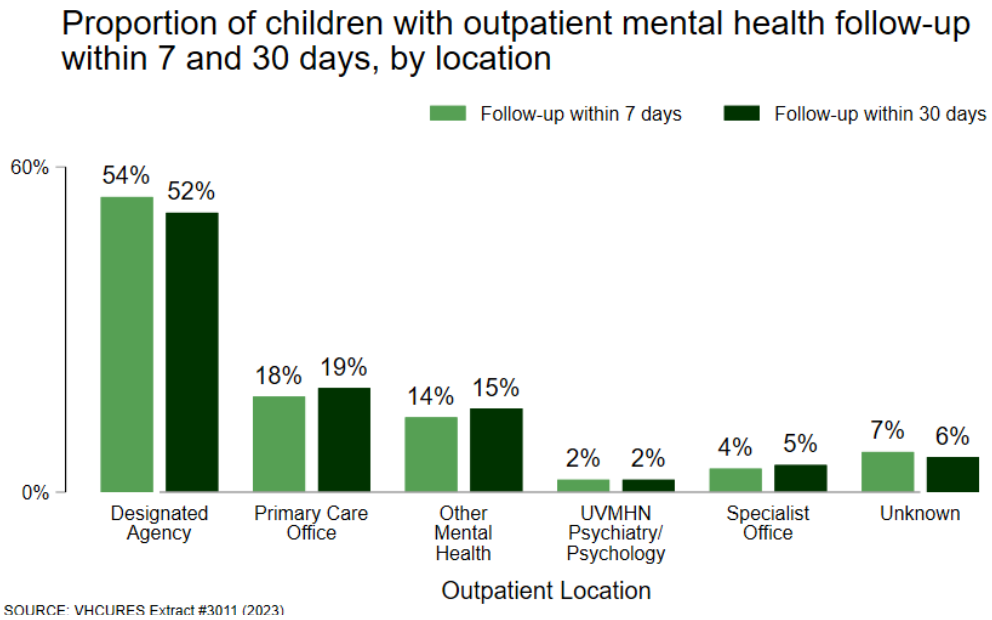
SOURCE: VHCURES Extract #3011 (2023)

Key Takeaways

- 95% of youth in the ED with suicidal behaviors or ideation had outpatient mental health follow up within 30 days.
- 77% of youth in the ED with anxiety/fear related disorders had outpatient mental health follow up within 30 days.

* These analyses were conducted in 2025 by the Health Services Research Team at the Vermont Child Health Improvement Program (VCHIP), University of Vermont, in partnership with the Vermont Department of Mental Health. The Vermont Health Care Uniform Reporting and Evaluation System (VHCURES) data are under the stewardship of the Green Mountain Care Board (GMCB). The analyses, conclusions, and recommendations from the VHCURES data are solely those of the study authors and are not necessarily those of the GMCB. The GMCB had no input into the study design, implementation, or interpretation of the findings.

Figure 3: Location and percentage of youth with follow-up within 7 and 30 days



Key Takeaways

- 54% of youth went to a Designated Agency for follow-up within 7 days of a mental health-related ED visit.
- Similar percents were seen at Designated Agencies within 30 days of an ED visit.

Summary: In Vermont, the percentage of youth with outpatient follow-up within 7 days (70%) and 30 days (86%) after a mental health ED visit was high. Nationally, among youth 6-17 years with Medicaid, 53% and 69% had outpatient follow-up after a mental health ED visit within 7 and 30 days, respectively.[3] Vermont youth were most likely to receive outpatient care at designated agencies, followed by primary care.

Resources for youth and families in Vermont

1. Vermont Consultation and Psychiatry Access Program, caregiver resources: https://www.vtcpap.com/resources-for-caregivers
2. Find designated agency mental health providers by county on the DMH website: https://mentalhealth.vermont.gov/individuals-and-families/designated-and-special-services-agencies
3. Vermont Family Network: https://www.vermontfamilynetwork.org
4. Vermont Federation of Families for Children's Mental Health: https://www.vffcmh.org

References

1. Santo L, Peters ZJ, Davis D, DeFrances CJ. Emergency department visits related to mental health disorders among children and adolescents: United States, 2018–2021. National Health Statistics Reports; no 191. Hyattsville MD: National Center for Health Statistics. 2023. https://dx.doi.org/10.15620/cdc:132642
2. 2024 Mandatory Core Set of Children's Health Care Quality Measures for Medicaid and CHIP (Child Core Set). Follow-Up After Emergency Department Visit for Mental Illness: Ages 6 to 17 (FUM-CH), modified to fit local context. Contact the Health Services Research Team at VCHIP for further details.
3. Children's Health Care Quality Measures. Medicaid.gov. September 2024. Children's Health Care Quality Measures | Medicaid Table FUM-CH. Follow-Up After Emergency Department Visit for Mental Illness: Ages 6 to 17. 2023 Measure Performance Tables on the Child Core Set Measures

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