

# *Direct* Making Access to Mental Health Care Easier for Pediatric Practices

*The Vistas offer Direct Admissions to support youth mental health – no emergency department required.*

As the school year comes to a close, routines shift for children and adolescents across our communities. But mental health needs do not take a summer vacation.

In fact, national data continues to highlight the growing need for timely access to youth mental health services. A recent study published in the Journal of the American Medical Association found that the proportion of pediatric emergency department visits related to mental health concerns has nearly doubled over the past decade.

At The Vistas, we recognize that pediatric practices often carry an enormous responsibility – supporting not only physical health, but emotional well-being, crisis concerns, family stressors, anxiety, depression, self-harm concerns, and more. During the summer months, those challenges do not disappear. In some cases, they become more visible.

We hope the enclosed materials serve as a helpful resource for your practice throughout the summer, and beyond. Should you have questions or wish to learn more, we welcome the opportunity to schedule a lunch and learn with your team or simply introduce ourselves as a collaborative behavioral health partner for you, your patients, and families.



*Because access to mental health care should feel supportive — not complicated.*



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