

Emerging Trends in Public Mental Health Systems

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Context

- States participate in an annual consultative peer review process
- Reviews are held in five sites around the country each year
- 59 States and Territories present their State mental health plan
- This year, the Administrator of SAMHSA requested that a Trends report be prepared
- States cooperated in presenting information on trends and services in their State
- Year One provides a baseline from which trends will be evaluated over the next four years

School-Based Services

- 16% of students seek Mental Health Services from School-based Health Centers
- Variation among Mental Health Services provided in schools (i.e. on-site MHS providers, referrals, training teachers to work with children with SED, etc.)
 - Tennessee: educational puppet shows
 - Colorado: Collaborations with mental health providers enable schools to provide on-site services; School-based Mental Health Services are covered by Medicaid

School Violence Prevention Programs

- 2.7 million students have been victims of crime on school grounds
- Although school violence has gotten a lot of media attention, serious crime and violence in schools have actually decreased from 1992-2000
- Safe Schools/ Healthy Student Initiative
 - DOE and DOJ provide over \$100 million to reduce violence and enhance healthy child development
 - Maryland: Community Mobilization
 - Oregon: Early Identification and intervention

State Children's Health Insurance Program

- Approximately 3.4 million children are enrolled
- Medicaid expansion (22); state-designed plans (16); combination plans (18)
- State-designed programs often offer inadequate mental health benefits; substance abuse benefits not required
- Low enrollment
 - Relinquishment of unspent funds to HCFA
 - States have developed outreach strategies to educate families and increase enrollment
 - Brochures, advertisements, school-involvement, etc.
 - Indiana- The Whooots” and Arizona- KidsCare-avan

Relinquishment of custody

- To obtain mental health services for children, parents often have to relinquish custody of children
- States have developed strategies to prevent relinquishment of custody
 - Utilize existing funding streams to ensure all children get covered
 - Enforce EPSDT mandate that Medicaid-eligible children are entitled to all necessary services to treat or improve a health condition
 - Passage of legislation to prohibit the practice (e.g., CT, RI, VT)

Staff Shortages

- As of July 31, 2000, HRSA had designated 2,706 primary medical care, 661 mental health and 1,178 dental Health Professional Shortage Areas
- Staff Shortages due to low salaries and managed care changes
- Staff Recruitment and Retention Approaches
 - Special training programs offered in conjunction with universities
 - Non-taxable stipends for staff
 - Forgiveness of student loans and tuition reimbursement programs

Jail Diversion Programs

- 16% of offenders have a mental illness; individuals with mental illness have 64% greater chance of being arrested; offenders with mental illness have high recidivism rates (North Carolina)
- Jail Diversion Projects
 - Federal legislation authorized funding for Mental Health Court demonstration project (2001-2004)
 - SAMHSA Jail Diversion Knowledge Development and Application Program
 - Onsite Mental Health Services: Counseling, Case Management, Crisis Intervention

Violent Sexual Predators

- An individual who has been convicted of a sexually violent offense and shows signs of a mental illness or personality disorder that predisposes them to commit another crime
- Sexual offender registries
- Legislation for involuntary civil commitment
- Financial impact on states
 - California added several thousand beds for VSP's

Services for Elderly

- As the population ages, there is an increasing need for specialized services
- Barriers to prevention, diagnosis, and treatment
- Physical problems, social isolation, lack of transportation, and unwillingness to acknowledge the presence of symptoms complicate treatment
- Collaborations with other agencies are also beginning to occur
- Outreach to the elderly through such community figures as mailmen and utility meter readers
- Several States are working with NASMHPD to develop outcome standards for working with the elderly

Services to Minorities and Special Populations

- Circles of Care program through CMHS provides grants to tribes and urban Native American programs to plan and evaluate systems of mental health care for the children and families of Native Americans/Alaskan Natives
- Changing demographics as reflected in the past Census report indicate minority groups are moving to areas in which they had not previously been concentrated
- Refugee and immigrant groups are challenging systems to develop innovative outreach and materials in a variety of languages

Olmstead Decision

- In 1999, the Supreme Court the court ruled that states are required to provide community-based services to individuals with disabilities when providers have determined that institutionalization is no longer needed
- Status of development of Olmstead-related plans
 - 40 states have developed plans or taskforces to examine need
 - Many states will implement plans in 2001-2002
 - 10 states have chosen not to develop plans
- Funding available through numerous mechanism
- Implications of *University of Alabama v. Garrett* (2001)

Mental Health Parity

- Mental Health Parity Act of 1996
- Passage of Mental Health Parity Legislation
 - 32 states and 2 territories have passed legislation
 - 8 states have proposed legislation and awaiting Congressional approval
 - 3 states proposed legislation which was not passed
 - 6 states are the process of developing legislation
- Characteristics of state legislation
 - Broad vs. Specific definitions of mental illness
 - Many states do not cover substance abuse

Housing Homeless Individuals with Mental Illness

- Estimated that one-third of homeless people have a mental illness
- Lack of affordable housing
- PATH Program
- Street outreach, MHS at shelters, supported housing, referrals
- Innovative approaches
 - Florida and Hawaii- military donation
 - West Virginia- positive outcomes

Co-Occurring Disorders

- 10-12 million individuals have a mental illness co-occurring with substance abuse
- Braided and Blended funding from substance abuse and mental health agencies is used for integrated treatment services
- Integrated programs with “no-wrong-door” access strategies and cross-trained professionals
- Merging of mental health and substance abuse agencies into single organizational entities

Rural Issues

- America contains 80% of the land in the U.S., and about 20% (55 million) of its people
- Rural areas often have fewer resources—such as transportation, community centers, and meal programs—that foster social contact
- Suicide among rural men, particularly in the western US, is very high, sometimes three to five times that of the national averages

Rural Mental Health Services and Telemedicine

- Telemedicine is being utilized to reach large landmasses and rural areas
- E-mail, computer conferencing, video conferencing
- Problems associated with telemedicine
 - Provider reluctance
 - Evaluation- does it work for everyone?
 - Licensure, liability, and confidentiality
 - Reimbursement concerns in many states

Cultural Sensitivity

- There is a need for culturally sensitive systems that are available, accessible, and effective
- Multi-ethnic task forces
- State mental health systems nationwide are moving to adopt cultural sensitivity standards for organizations and providers
 - Difficulty in finding appropriately trained personnel with the diverse cultural and linguistic backgrounds

Pacific Territories and Islands

- Pacific Territories and Protectorates consist of American Samoa, Guam, the Marshall Islands, the Federated States of Micronesia, the Northern Marianas, and Palau
- Puerto Rico and the U.S. Virgin Islands
- Challenges in the Territories by huge distances and difficulties with outreach

Pacific Territories and Islands

- Cultures are in transition, with increasing Westernization and breakdown in traditional emphasis on family support of members
- Increases occurring in substance abuse and in mental illness, reflected also in increasing suicide rates
- Most Territories have had difficulties establishing prevalence rates due to different ways of defining mental illness

Consumer Involvement

- Consumers have begun to be involved in numerous areas of mental health including:
 - State Mental Health Agency Planning Committees
 - As Providers of services through drop-in centers as well as increasing numbers of consumers employed by agencies to deliver services to other consumers
 - Conducting Consumer Satisfaction Surveys
 - Serving on teams reviewing Community Mental Health Center services for the State

HIPAA

- Rules govern practices in the broad areas of consumer control, boundaries, security, accountability and public responsibility with respect to medical records
- The need to establish secure systems, appoint privacy monitors, and comply with the requirements for submission of electronic information are likely to have a substantial financial and resource impact on States and providers
- Two year timeline for full implementation

Trends for the Future

- Impact of the Internet and on-line services
- Continuing problems funding housing alternatives for people with mental illness
- Tobacco settlement funds being used to fund CHIP programs in some states
- Violence prevention emphasis continues as overall violence rate decreases
- Increased integration of mental illness and substance abuse treatment services and funding
- Garrett case implications for states – will states slow their implementation of Olmstead plans?

Trends for the Future

- States continue moving cautiously into managed care arena
- Staff shortages continue to impact service delivery
- Increasing longevity drives more services targeted to elderly
- Increasing consumer involvement in service planning and provision
- Transitioning of adolescents into adult services

Trends for the Future

- Collaboration among agencies
 - Substance abuse and mental health
 - Criminal justice/juvenile justice and mental health
 - Children's services bridging multiple agencies
- HIPAA requirements present a financial challenge to systems to comply
- Increasing financial burden of providing beds for Violent Sexual Predators
- Ticket to Work and purchasing of outcomes by consumers