Shifting Challenges: Mental Health in the ACA Era

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Ted Lutterman
NASMHPD Research Institute (NRI)

Impact of Mental Illness in America

• Approximately one in five Americans will have a mental health problem in any given year, yet only a third of them will receive mental health services.
  – 11.5 million persons (5% of adults age 18 and over) have a Serious Mental Illness and only 59.6% received a mental health service.

• Over 38,000 Americans died by suicide in 2010, more than double the number who died by homicide.

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Costs of Mental Illness
(over $340 billion per year)

Direct Treatment Costs
• At $147 billion, MH spending accounted for 6.3 percent of all-health spending in 2009. (SAMHSA 2013)

Indirect Costs

Other Costs of Mental Illness
• Suicide
• Premature mortality
• High medical co-morbidity
• Unemployment
• Homelessness and unstable living arrangements
• Caregiver burden on families and friends
Reasons for Not Receiving Mental Health Services in the Past Year among Adults (Aged 18 or Older) with an Unmet Need for Mental Health Care: 2011 (SAMHSA, 2012)

- Could Not Afford Care: 50.1%
- Could Handle Problem without Treatment: 28.8%
- Did Not Know Where to Go for Services: 16.2%
- Did Not Have Time: 15.1%
- Treatment Would Not Work: 10.4%
- Did Not Feel Need for Treatment: 8.5%
- Health Insurance Did Not Cover Enough Treatment: 8.3%
- Might Cause Neighbors/Community to Have Negative Opinion: 8.0%
- Did Not Want Others to Find Out: 7.1%
- Might Have Negative Effect on Job: 7.0%
- Fear of Being Committed/Having to Take Medication: 7.0%
- Health Insurance Did Not Cover Any Treatment: 6.7%
- Concerned About Confidentiality: 5.9%

State Mental Health Authority (SMHA)

The State Agency designated in charge of the provision of mental health services.

Typical Responsibilities:
- Operate psychiatric inpatient services for persons dangerous to themselves or others
- Fund (or operate) a comprehensive array of community mental health services
- Plan for mental health service development, Address unmet need, Set standards for services, License mental health providers, Monitor quality and outcomes
- Coordinate with other state government agencies
Organization of SMHAs:

- Majority are part of a larger Department of Health or Health and Human Services
  - In 12 states the SMHA is a separate Cabinet Department
- Most have now combined Mental Health and Substance Abuse services (39 States)
- Most are located in the same umbrella department as the State Medicaid Agency

Number of State Psychiatric Resident Patients at End of Year: 1950 to 2011

Sources: CMHS Addictions and Resident Patients at End of Year, State and County Mental Hospitals, by Age and Diagnosis, by State, United States, 2002, and NRI 2012 State MH Agency Profiles System
6.9 million consumers received SMHA Mental Health Services (2.2% of US population - Range from 0.4% to 4.8% of state population)

Served in Community, State Hospitals and other Settings:
96% were served in the Community
2% served in state psychiatric hospitals
6% served in other psychiatric inpatient settings.
Consumers could be served in multiple settings during the year

Characteristics of Consumers Served by SMHAs: 2011

Service Utilization Rate per 1,000 Population
Persons Served by SMHA Systems: 2011

**Employment:**
18% of adults were competitively employed

**Medicaid Coverage:**
63% had some Medicaid coverage for their mental health services, and 37% had No Medicaid coverage

**Positive Outcomes from Care:**
71% of Adults
65% of Children (reported by families)

PREVALENCE OF BH CONDITIONS AMONG MEDICAID EXPANSION POPULATION

Uninsured Adults Ages 18-64 with Incomes <133% FPL (17.9 Million)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent with Condition</th>
<th>CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serious Mental Illness</td>
<td>5.4%</td>
<td>4.9-5.9%</td>
</tr>
<tr>
<td>Any Mental Illness</td>
<td>21.3%</td>
<td>20.3-22.4%</td>
</tr>
<tr>
<td>Substance Use Disorder</td>
<td>13.6%</td>
<td>12.9-14.4%</td>
</tr>
<tr>
<td>Any Mental Illness or Substance Use Disorder</td>
<td>29.7%</td>
<td>28.6-30.9%</td>
</tr>
</tbody>
</table>

CI = Confidence Interval
PREVALENCE OF BH CONDITIONS AMONG EXCHANGE POPULATION

Uninsured Adults Ages 18-64 with Incomes 133-<400% FPL (19.3 Million)

- Serious Mental Illness (905,831) CI: 4.2-5.3%
- Any Mental Illness (4,066,602) CI: 20.1-22.2%
- Substance Use Disorder (2,756,039) CI: 13.5-15.1%
- Any Mental Illness or Substance Use Disorder (5,762,626) CI: 28.7-31.0%

CI = Confidence Interval
Sources: 2008-2011 National Survey of Drug Use and Health, 2011 American Community Survey

SMHA Expenditures for Mental Health: FY 1981 to 2010 in Current and Constant “1981” Inflation Adjusted Dollars

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State Mental Health Systems were Affected By Recent State Budget Shortfalls

From FY2009 to FY2012 SMHAs Had Total MH cuts of $4.35 Billion*

<table>
<thead>
<tr>
<th>Year</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 2009</td>
<td>$1,216,020,843</td>
</tr>
<tr>
<td>(39 states had MH Cuts out of 44 responding)</td>
<td></td>
</tr>
<tr>
<td>FY 2010</td>
<td>$1,019,325,136</td>
</tr>
<tr>
<td>(38 states had MH Cuts out of 45 Responding)</td>
<td></td>
</tr>
<tr>
<td>FY 2011</td>
<td>$1,270,618,291</td>
</tr>
<tr>
<td>(36 states had MH Cuts out of 47 responding)</td>
<td></td>
</tr>
<tr>
<td>FY 2012</td>
<td>$842,236,221</td>
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<tr>
<td>(31 states had MH Cuts out of 41 Responding)</td>
<td></td>
</tr>
</tbody>
</table>

Closing State Psychiatric Hospitals & Hospital Beds (2009-2012)

• 12 States closed 15 state psychiatric hospitals

• 29 States closed over 4,400 beds
  – Over 9% of state psychiatric hospital bed capacity was closed
  – Acute civil status beds were most likely to be closed. Few forensic beds were closed.

Results based on 41 SMHAs Reporting Winter 2011-2012
Distribution of State Mental Health Agency
Controlled Expenditures: State Psychiatric Hospitals and Community-Based Services: FY'81 to FY'10

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SMHA-Controlled Forensic and Sex Offender Mental Health Expenditures As a Percentage of State Psychiatric Hospital Expenditures, FY'83 to FY'10

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Primary Method States Use to Organize and Fund Community Mental Health: 2012

Percent of SMHA-Controlled Revenues from Major Funding Sources, FY 1981 to FY 2010

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Impact of the ACA on State Mental Health Systems

• State Mental Health responses to the ACA depend upon the Governor and State Legislature’s actions supporting or opposing ACA implementation
  – 26 Governors are supporting Expansion of Medicaid
  – 16 States have been approved to operate a State-Based Health Insurance Marketplace Exchange
### SMHA Roles working on Expanded Medicaid Programs: 2012

<table>
<thead>
<tr>
<th>SMHA Roles with Expanded Medicaid</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working with Medicaid to ensure appropriate MH benefits are included in the expanded Medicaid benefit</td>
<td>34</td>
<td>6</td>
</tr>
<tr>
<td>Planning to help newly eligible mental health consumers enroll</td>
<td>31</td>
<td>9</td>
</tr>
<tr>
<td>Identified core set of MH services or supports that will NOT be covered</td>
<td>7</td>
<td>32</td>
</tr>
<tr>
<td>Responsible to ensure the provision or funding of MH services or supports not covered</td>
<td>17</td>
<td>8</td>
</tr>
</tbody>
</table>

### SMHA Roles in Working to Establish Health Homes for Behavioral Health: 2012

<table>
<thead>
<tr>
<th>Health Homes</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working with Medicaid and/or health providers to establish Health Homes that include behavioral health services and supports</td>
<td>32</td>
<td>8</td>
</tr>
<tr>
<td>Working with Medicaid Health Homes State Plan Amendment (Section 2703)</td>
<td>21</td>
<td>10</td>
</tr>
<tr>
<td>Supporting Health Homes with funds other than Medicaid?</td>
<td>13</td>
<td>18</td>
</tr>
<tr>
<td>Providing financial supports to help establish Health Homes that include behavioral health services</td>
<td>8</td>
<td>25</td>
</tr>
<tr>
<td>Providing technical assistance and training to mental health providers to help them partner with primary care providers</td>
<td>19</td>
<td>18</td>
</tr>
<tr>
<td>SMHA’s Community Mental Health Centers (CMHCs) are partnering with health providers to become part of a Health Home</td>
<td>22</td>
<td>13</td>
</tr>
<tr>
<td>Community Mental Health Centers (CMHCs) are partnering with FQHCs to form a Health Home</td>
<td>15</td>
<td>19</td>
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For Additional Information

- Contact:
  Ted Lutterman
  Director of Government and Commercial Research
  NASMHPD Research Institute, Inc.
  3141 Fairview Park Dr. Suite 650
  Falls Church, VA 22042
  703-738-8164
  ted.lutterman@nri-inc.org
  www.nri-inc.org