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**Shifting Challenges: Mental Health in the ACA Era**

Sponsored by Alliance for Health Reform and  
Robert Wood Johnson Foundation  
July 2, 2013

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**NASMHPD Research Institute (NRI)**

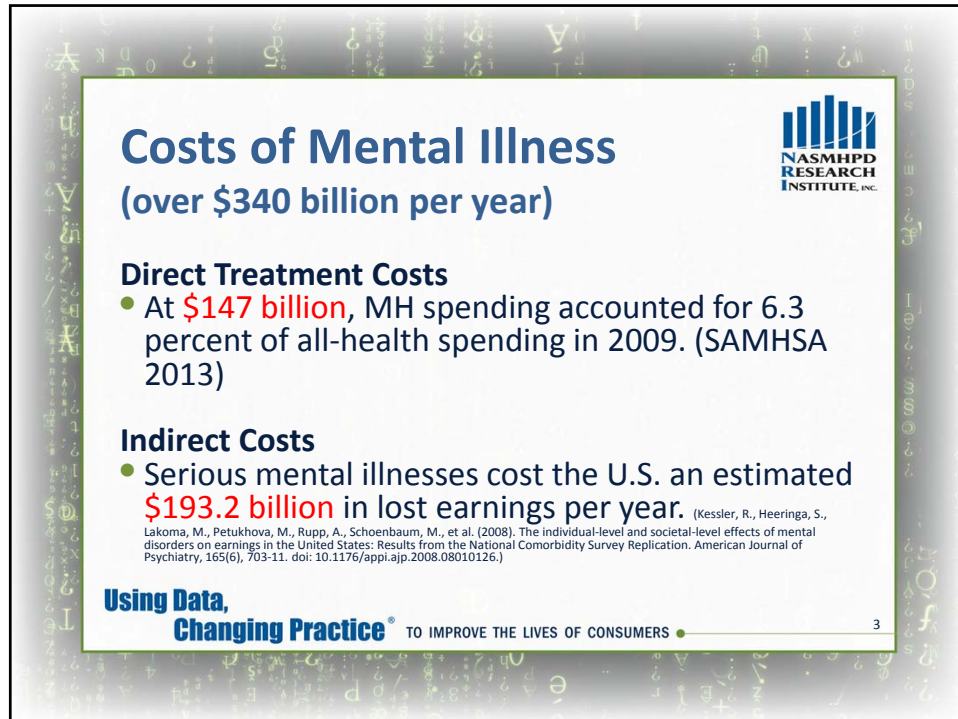
**Impact of Mental Illness in America**




- 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)



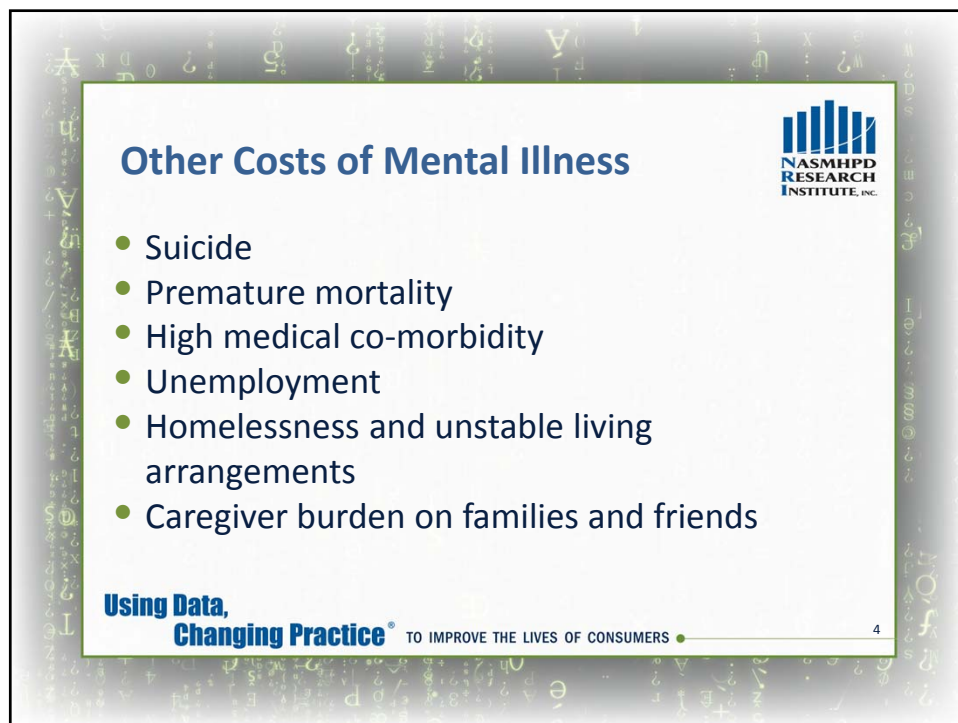
**Direct Treatment Costs**

- At **\$147 billion**, MH spending accounted for 6.3 percent of all-health spending in 2009. (SAMHSA 2013)


**Indirect Costs**

- Serious mental illnesses cost the U.S. an estimated **\$193.2 billion** in lost earnings per year. (Kessler, R., Heeringa, S., Lakoma, M., Petukhova, M., Rupp, A., Schoenbaum, M., et al. (2008). The individual-level and societal-level effects of mental disorders on earnings in the United States: Results from the National Comorbidity Survey Replication. *American Journal of Psychiatry*, 165(6), 703-11. doi: 10.1176/appi.app.2008.08010126.)

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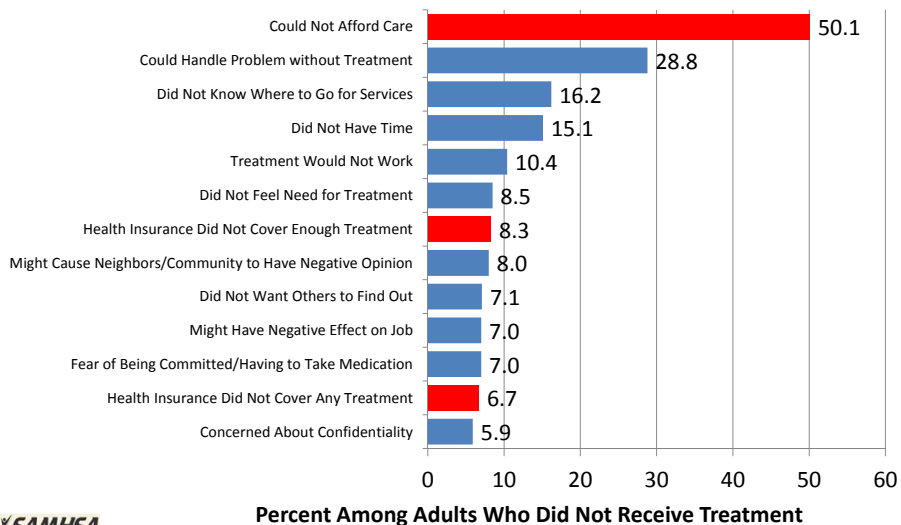
## Other Costs of Mental Illness



- Suicide
- Premature mortality
- High medical co-morbidity
- Unemployment
- Homelessness and unstable living arrangements
- Caregiver burden on families and friends

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### 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)



### 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

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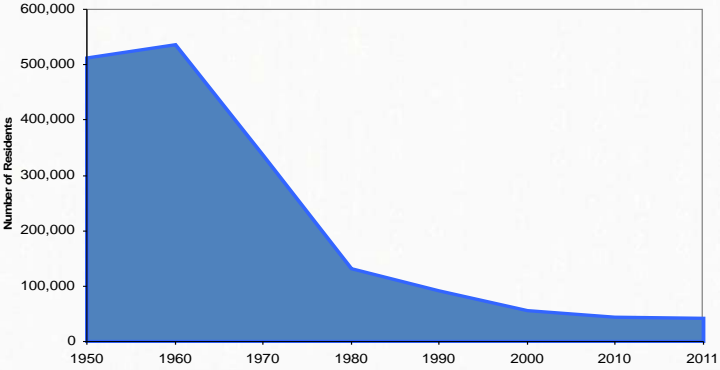
## Organization of SMHAs:



- 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

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





Year	Number of Residents
1950	~500,000
1960	~520,000
1970	~350,000
1980	~130,000
1990	~100,000
2000	~60,000
2010	~45,000
2011	~40,000

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Sources: CMHS Additions 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

## Persons Served by SMHA Systems: 2011




**6.9 million** consumers received SMHA Mental Health Services (2.2% of US population - Range from 0.4% to 4.8% of state population)

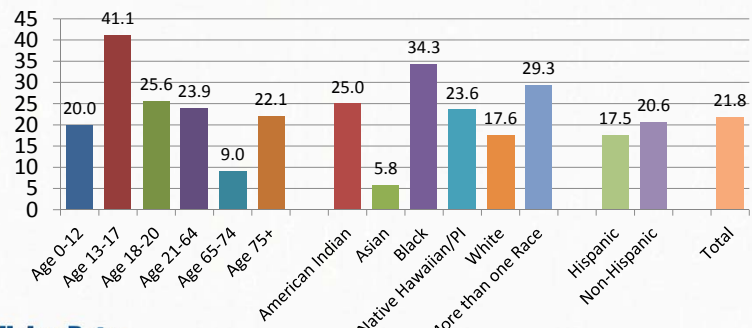
**Served in Community, State Hospitals and other Settings:**  
**96% were served in the Community**  
 2% served in state psychiatric hospitals  
 6% served in other psychiatric inpatient settings.  
*Consumers could be served in multiple settings during the year*

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## Characteristics of Consumers Served by SMHAs: 2011



**Service Utilization Rate per 1,000 Population**




Characteristic	Service Utilization Rate per 1,000 Population
Age 0-12	20.0
Age 13-17	41.1
Age 18-20	25.6
Age 21-64	23.9
Age 65-74	9.0
Age 75+	22.1
American Indian	25.0
Asian	5.8
Black	34.3
Native Hawaiian/PI	23.6
White	17.6
More than one Race	29.3
Hispanic	17.5
Non-Hispanic	20.6
Total	21.8

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## Persons Served by SMHA Systems: 2011

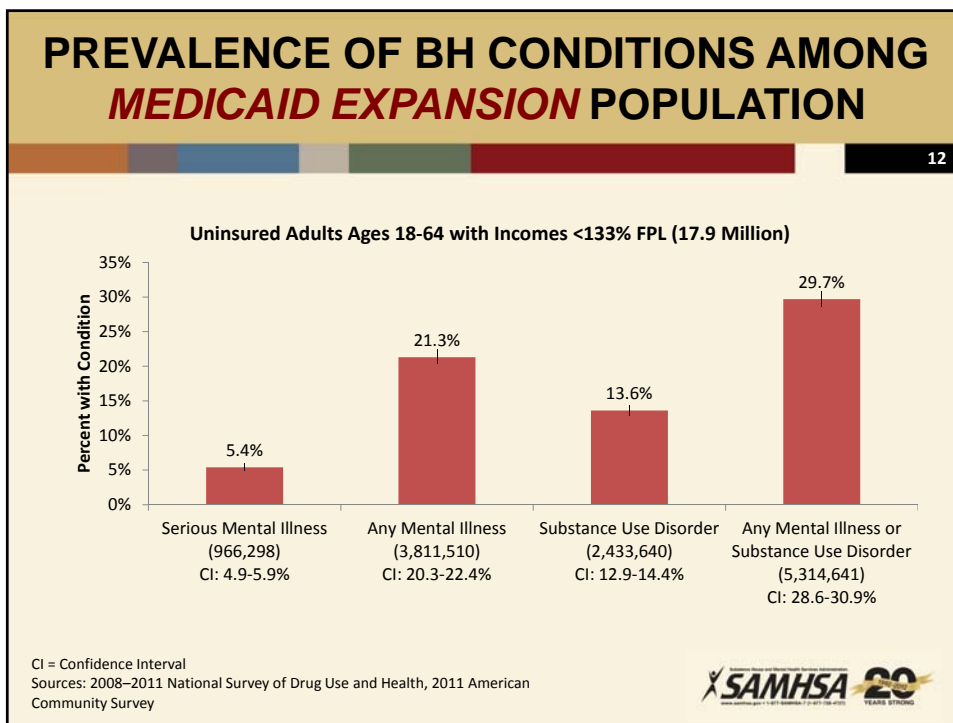


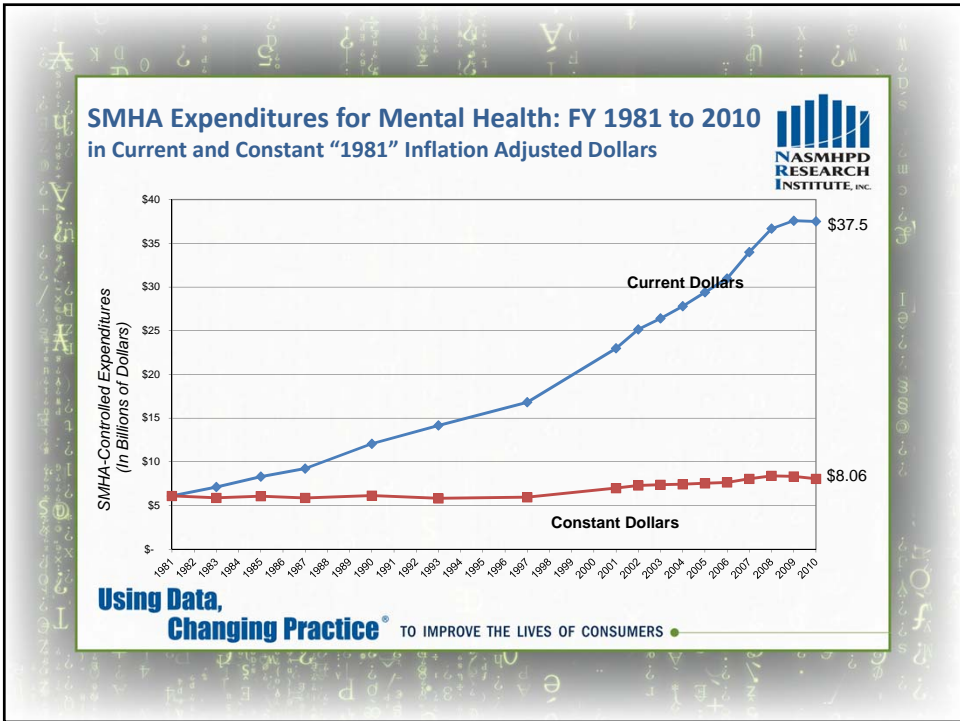
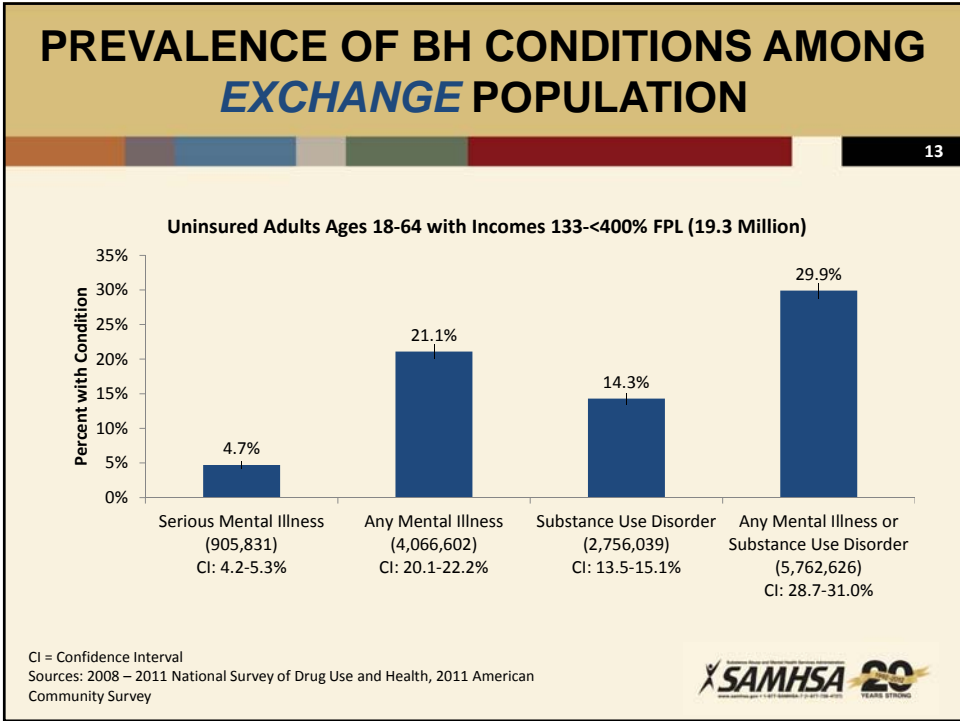
**Employment:**  
18% of adults were competitively employed

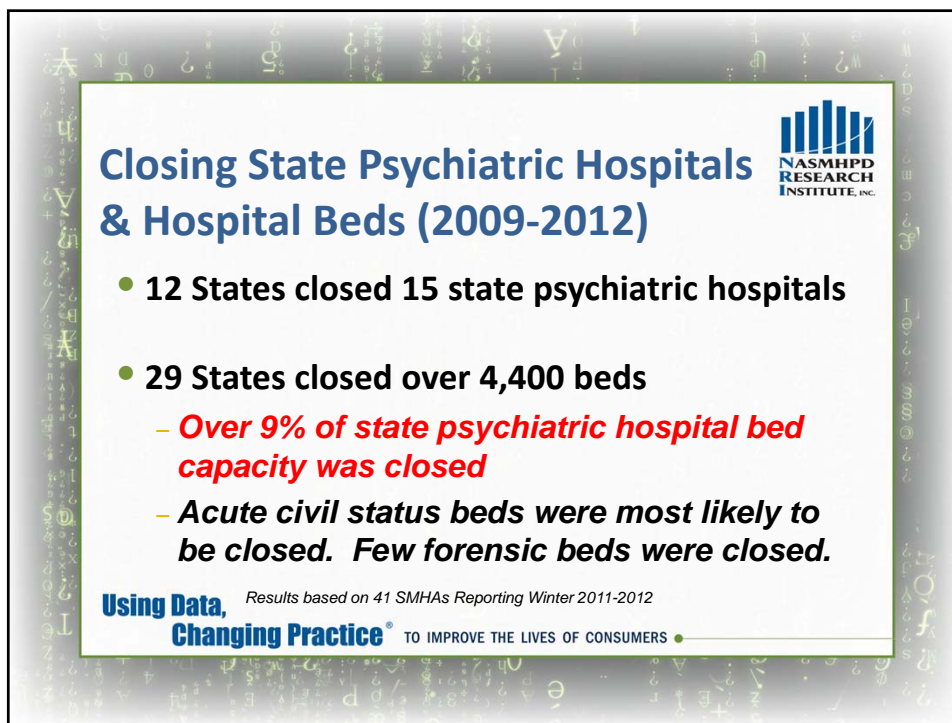
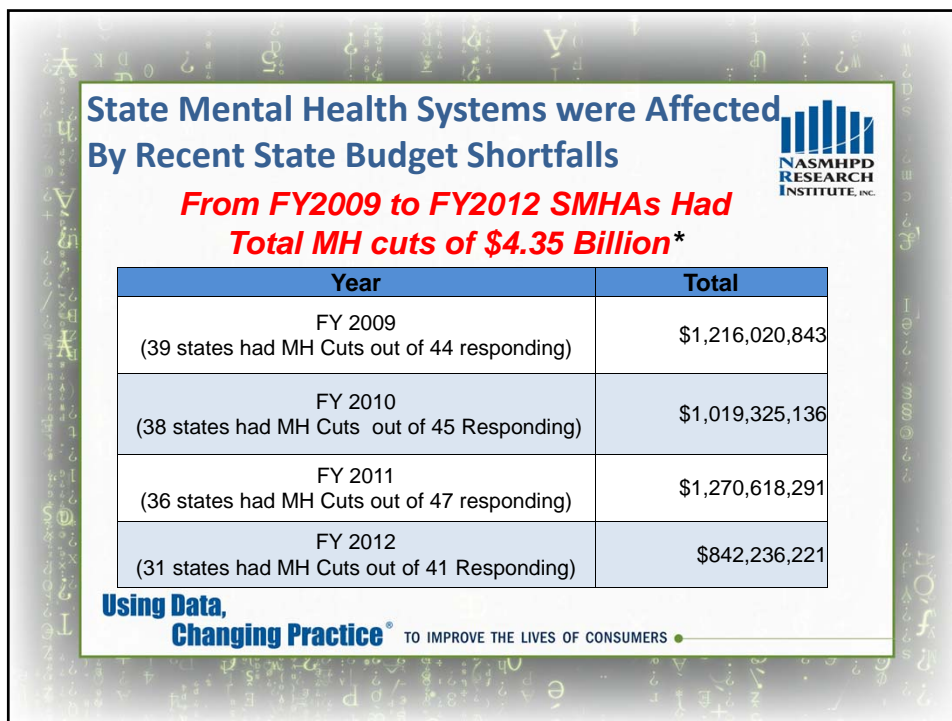
**Medicaid Coverage:**  
63% had some Medicaid coverage for their mental health services, and 37% had No Medicaid coverage

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

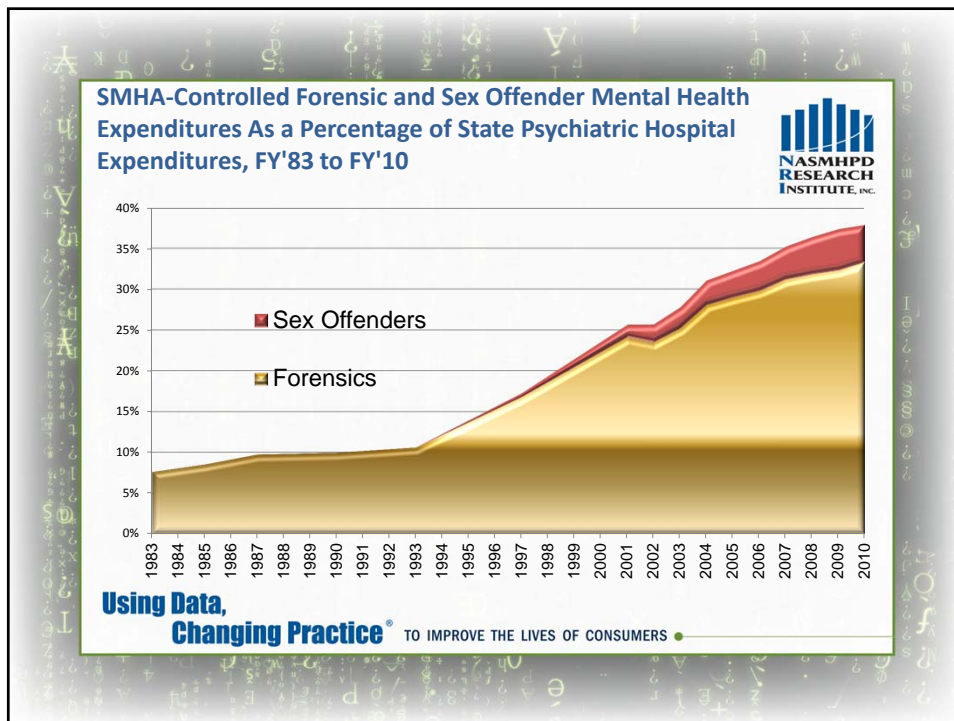
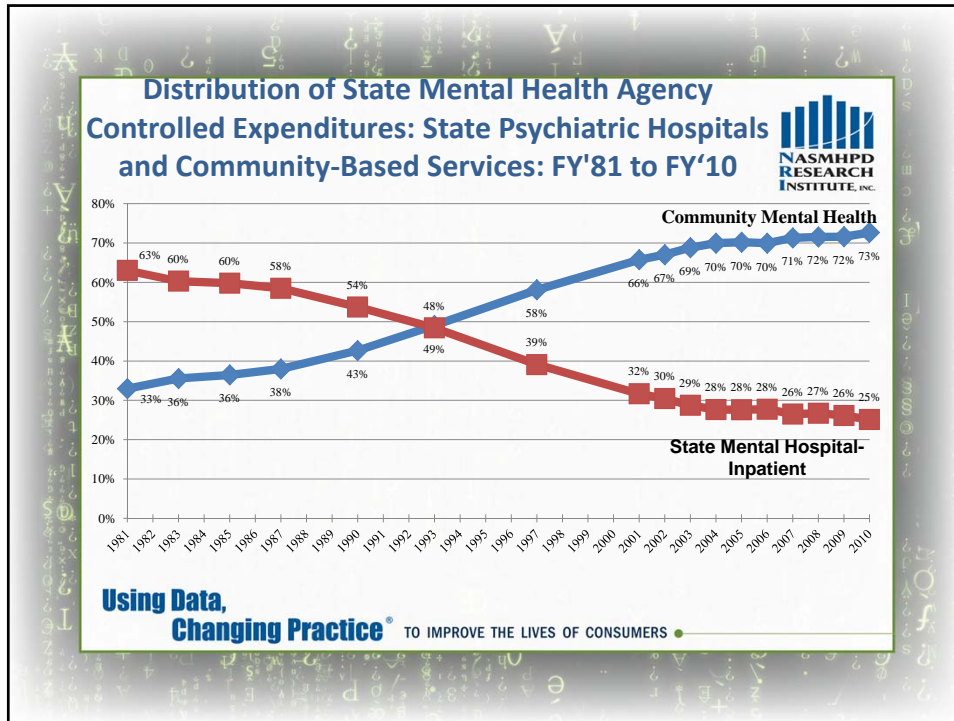
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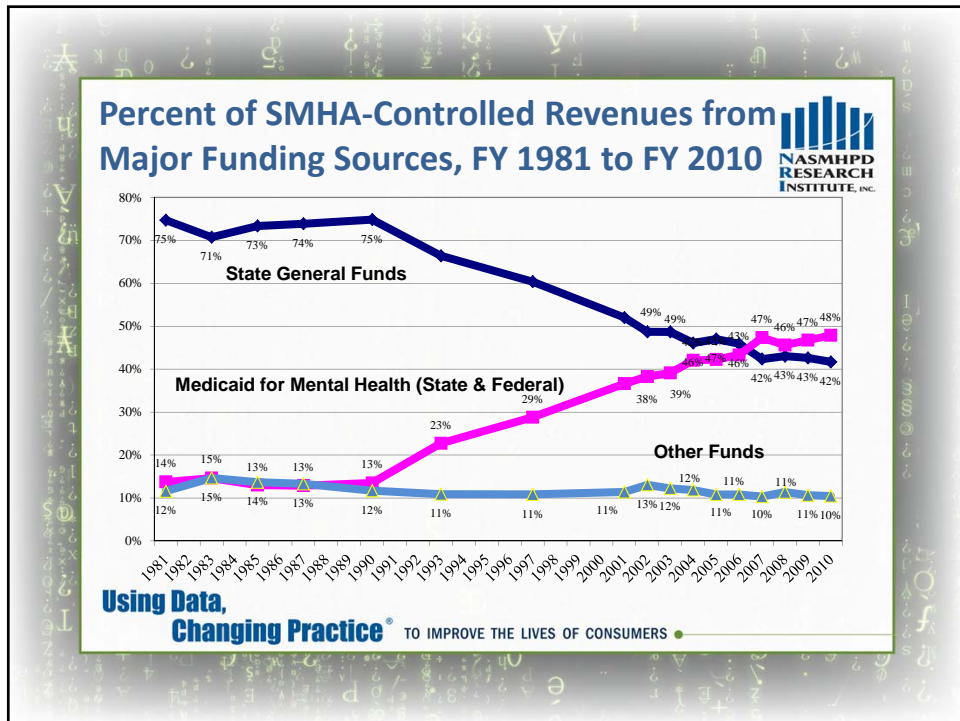
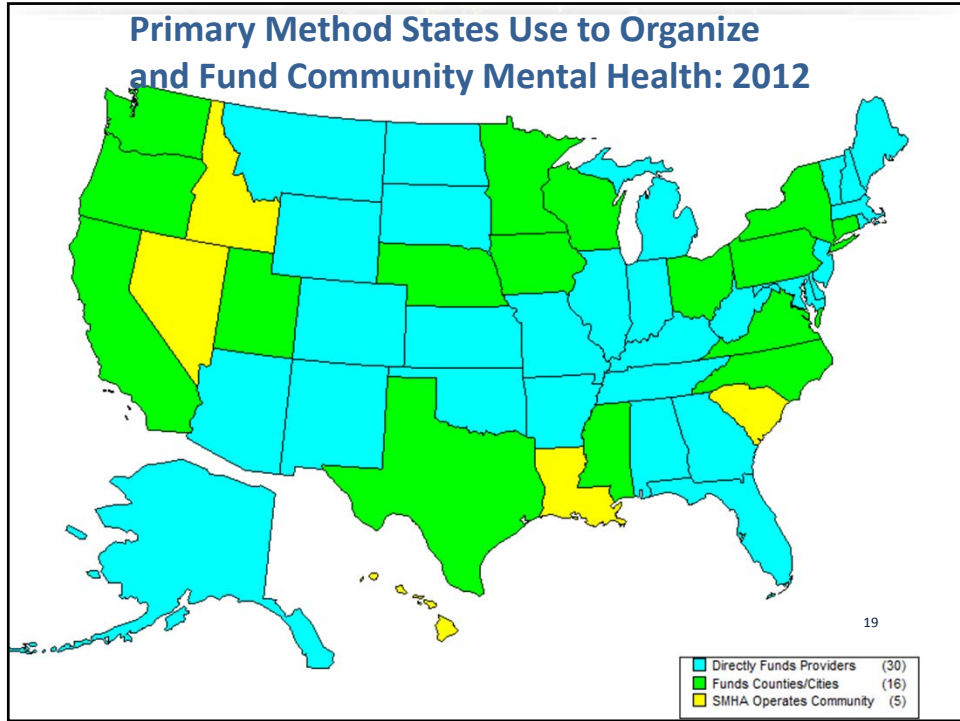


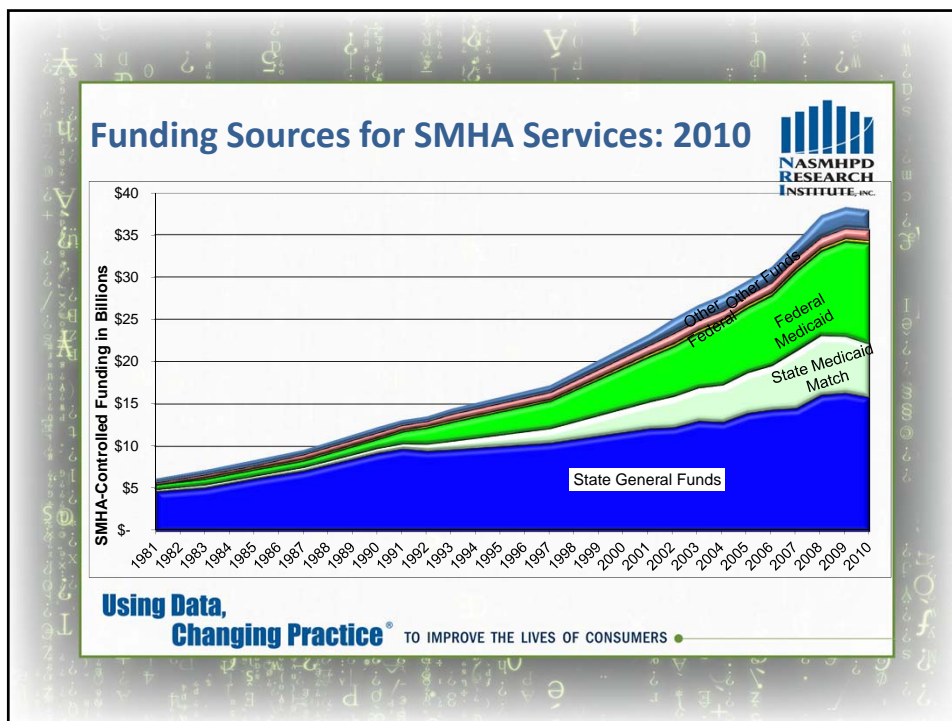










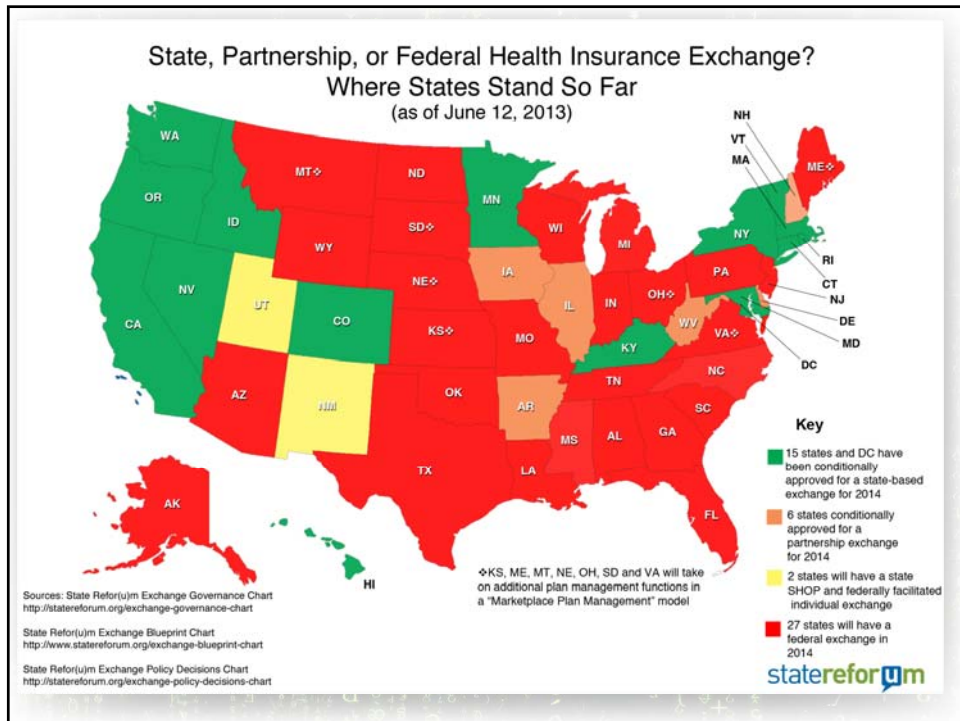
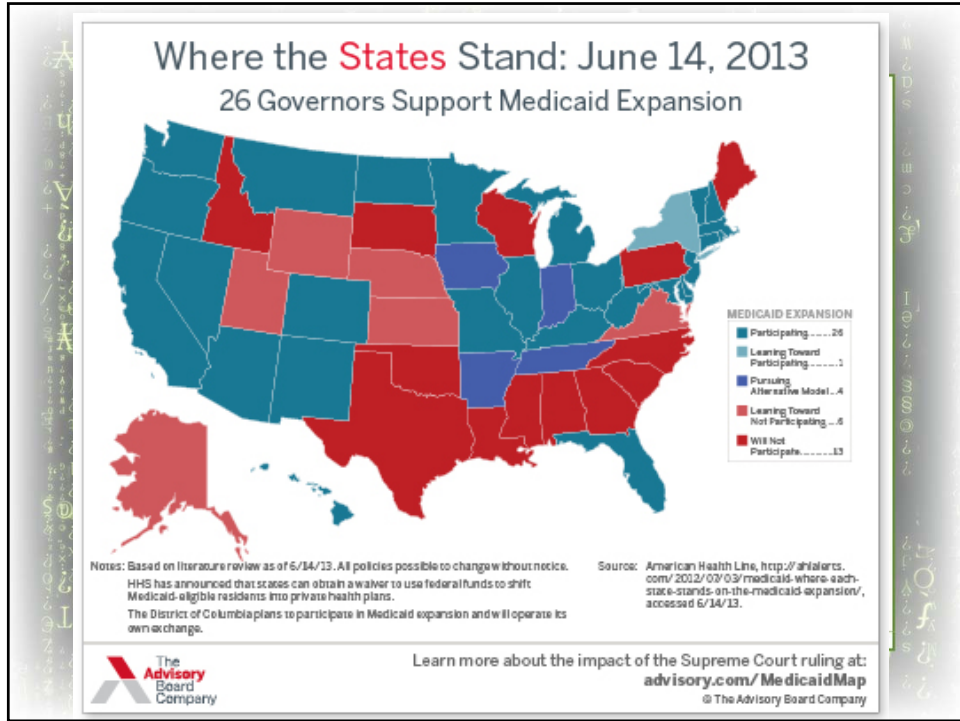



### Impact of the ACA on State Mental Health Systems


- 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

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<b>SMHA Roles working on Expanded Medicaid Programs: 2012</b> 		
SMHA Roles with Expanded Medicaid	Yes	No
Working with Medicaid to ensure appropriate MH benefits are included in the expanded Medicaid benefit	34	6
Planning to help newly eligible mental health consumers enroll	31	9
Identified core set of MH services or supports that will NOT be covered	7	32
Responsible to ensure the provision or funding of MH services or supports not covered	17	8

<b>SMHA Roles in Working to Establish Health Homes for Behavioral Health: 2012</b> 		
Health Homes	Yes	No
Working with Medicaid and/or health providers to establish Health Homes that include behavioral health services and supports	32	8
Working with Medicaid Health Homes State Plan Amendment (Section 2703)	21	10
Supporting Health Homes with funds other than Medicaid?	13	18
Providing financial supports to help establish Health Homes that include behavioral health services	8	25
Providing technical assistance and training to mental health providers to help them partner with primary care providers	19	18
SMHA's Community Mental Health Centers (CMHCs) are partnering with health providers to become part of a Health Home	22	13
Community Mental Health Centers (CMHCs) are partnering with FQHCs to form a Health Homes	15	19



**For Additional Information**



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