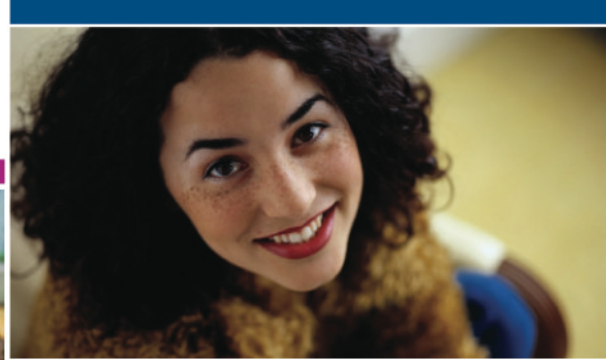


Working B4Stage4: Choosing a New Policy Path for Mental Health



Paul Gionfriddo, President and CEO, MHA
For National Dialogues on Behavioral Health
11/11/15



Mental Health America



- **Founded in 1909 by Clifford Beers.**
- **Formerly the National Mental Health Association.**
- **Gave birth to the mental health advocacy movement of the 20th century.**
- **200+ affiliates in 41 states and DC (all independent nonprofits).**
- **6,000 employees, <\$300 million in total budgets among MHA and all of its affiliates.**

What We Didn't Know In 1979



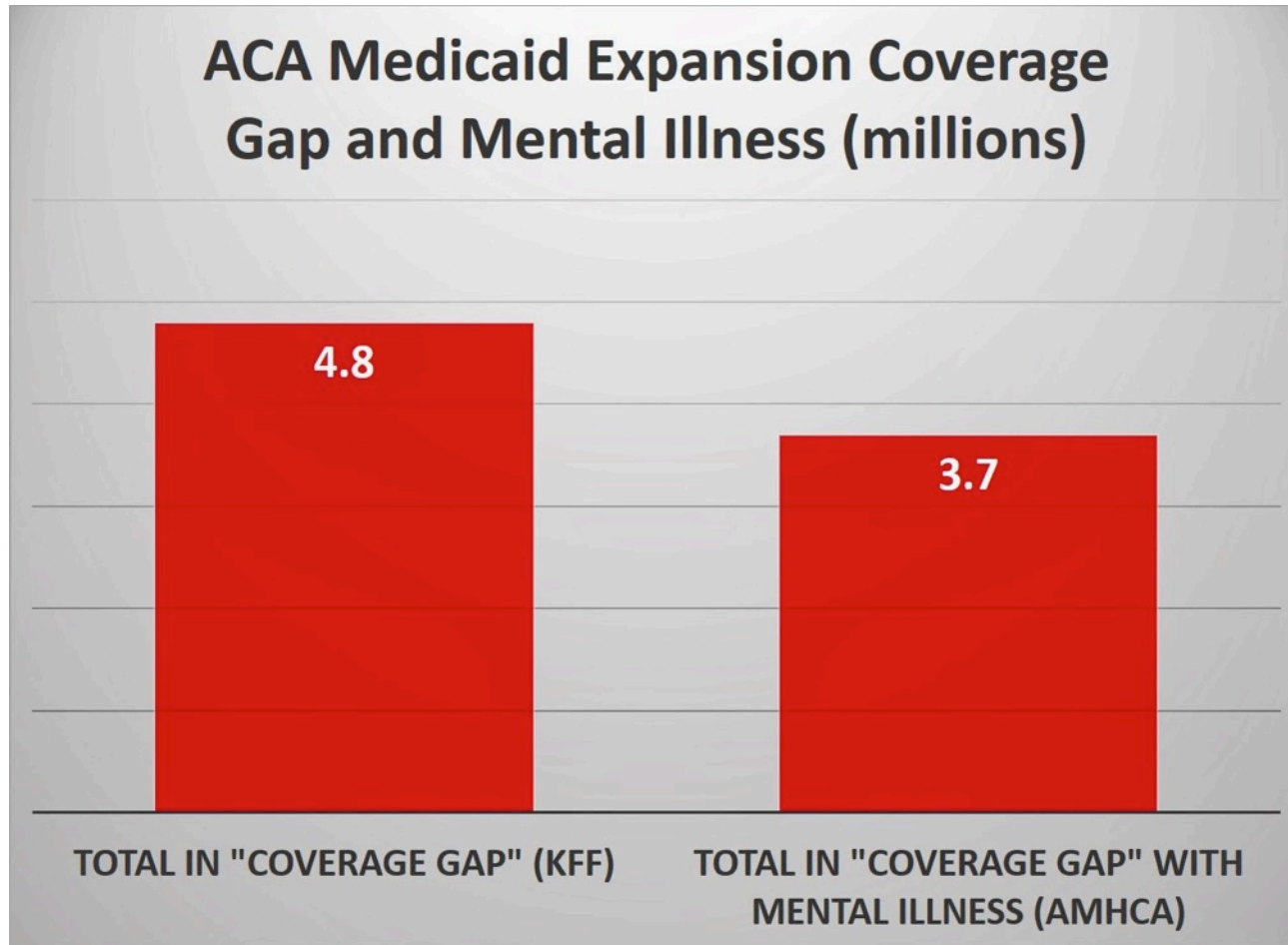
We needed to....

- Focus on children.
- Invest more, not less.
- Eliminate the revolving door, not just create a new one.

The Current Policy Landscape: Just Like '79

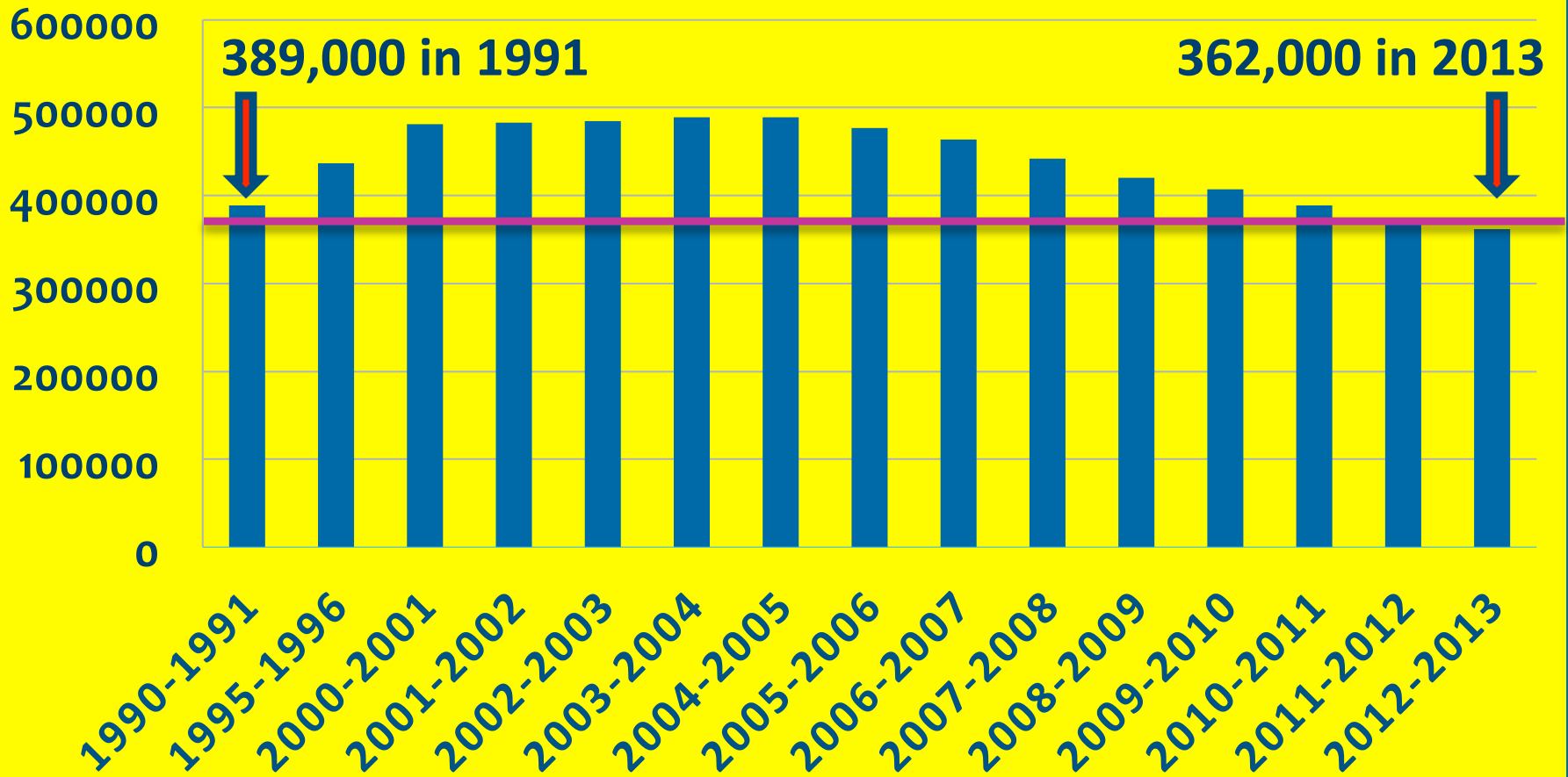
- **States cut \$4.6 billion from mental health budgets between 2009 and 2013.**
- **Medicaid expansion gap disproportionately affects adults with SMI.**
- **Serious mental illnesses are most frequently diseases of childhood, but children with serious mental illnesses rarely receive integrated health and education services.**

When Budgets Get Cut, Who Gets Harmed?



How about Kids? Only 1 in 28 with SMI is ID'ed for Special Ed; the Lowest in 20+ Years

CHILDREN W ED IN SPECIAL ED



Source: US DOE, 2015

Mental Health America

We're Trapped in Stage 4 Thinking

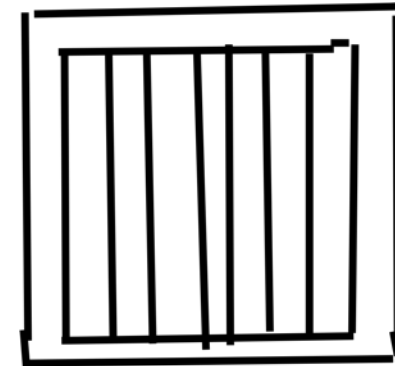
Mental Health
Conditions...



...are the only
chronic
conditions...

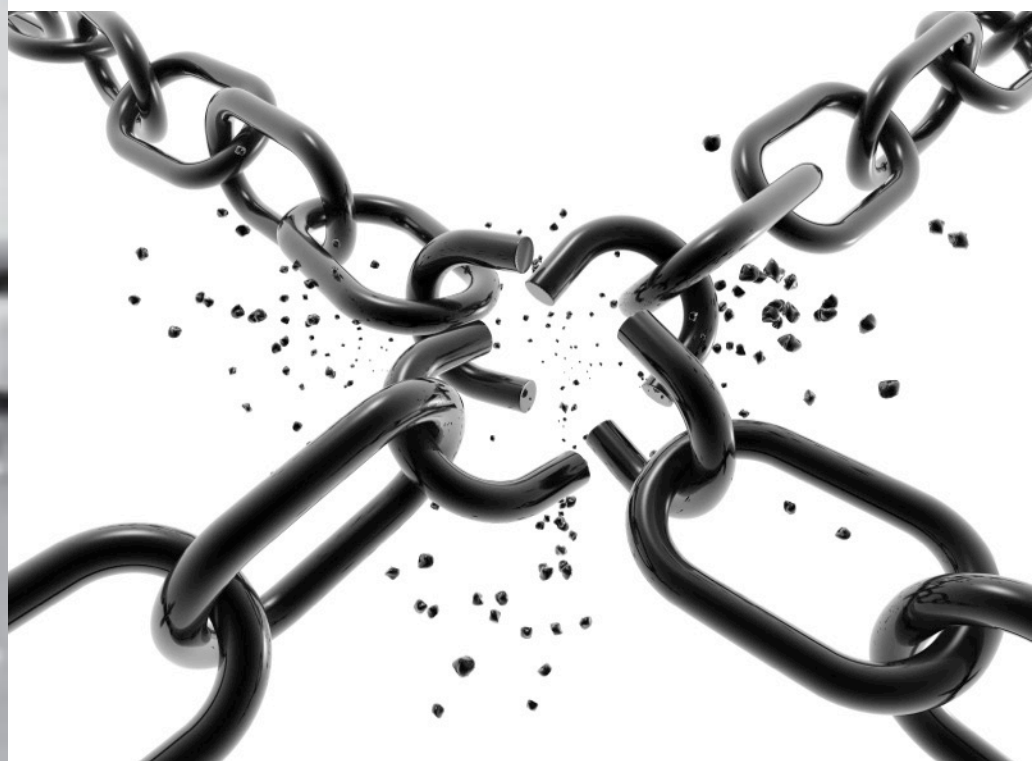
... that as a matter
of public policy...

... we wait until **Stage
4** to treat, and then
often only through
incarceration.





We're Losing Too Many of Our Children.



What's the Alternative? The 21st Century Asylum?

People with Serious Mental Illnesses



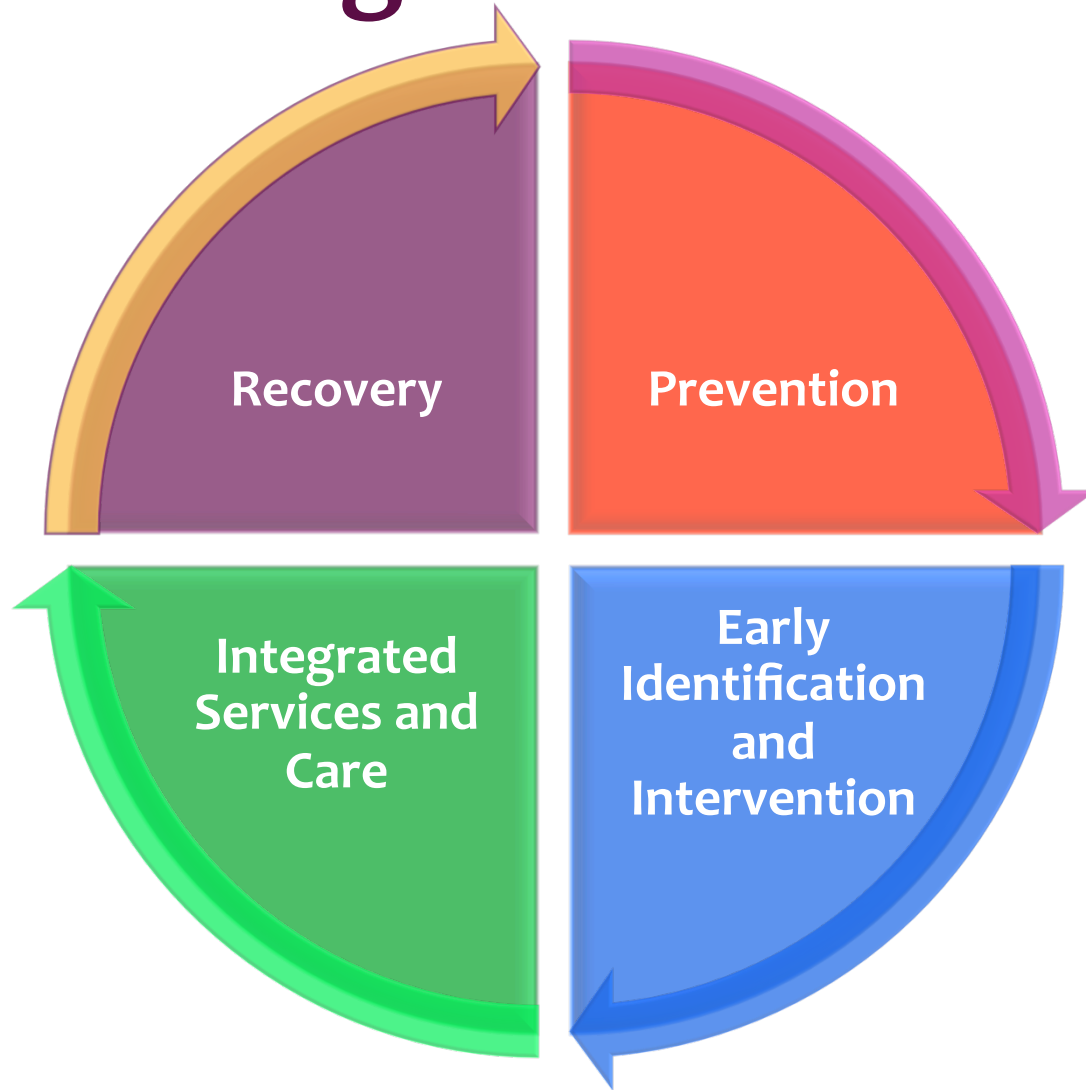
Source: Steadman et al, 2009



Advancing the National Dialogue

It's Time for a Change.

MHA: Working in Four Areas



Strategy #1: Make MH Screening Ubiquitous

- Screening in primary care perceived as helpful 93% of the time;
- PCPs 3 times more likely to recognize MI symptoms and follow up;
- Post-screening treatment changes were made 40% of the time;
- Positive benefits persist one year later.



Sources: Christensen, et al, 2005; Pignone et al, 2002; O'Connor et al, 2009; Duffy et al, 2009.

MHA Online Screening Tools

Depression (PHQ-9)

Anxiety (GAD-7)

Bipolar

PTSD (PC-PTSD)

Youth Screen (PSC-YR)

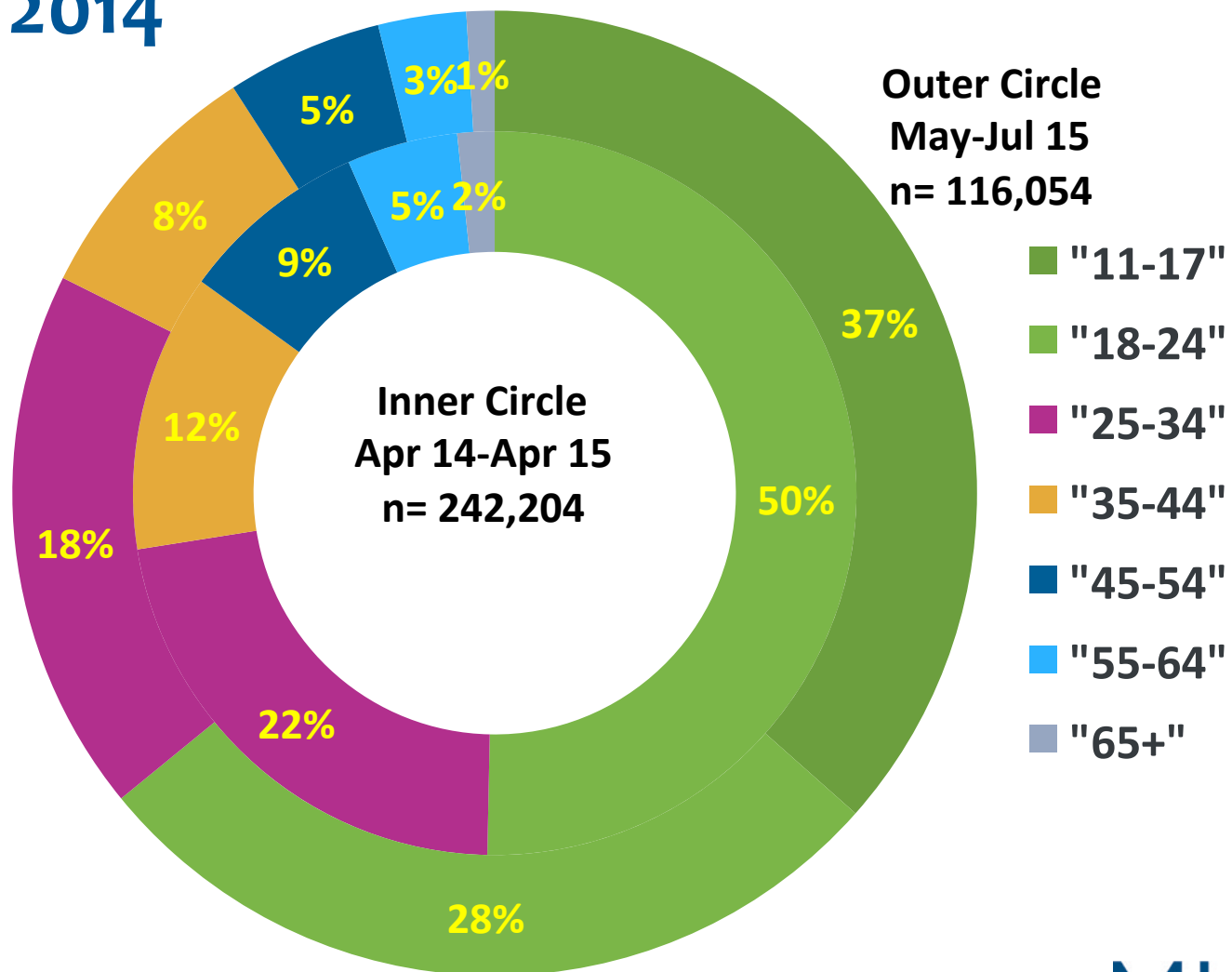
Parent Screen (PSC)

Alcohol and Substance Use Screen (CAGE-AID)

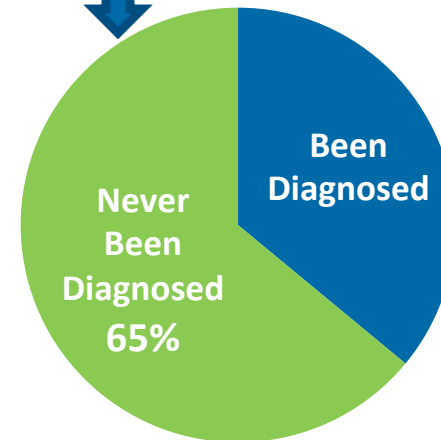
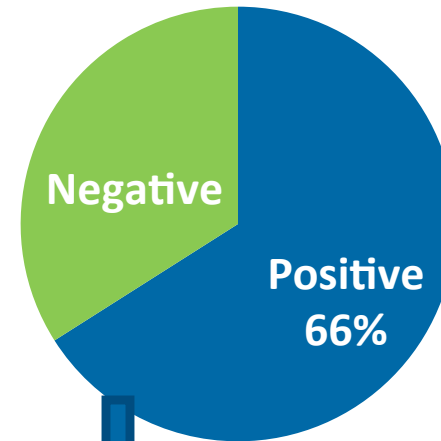
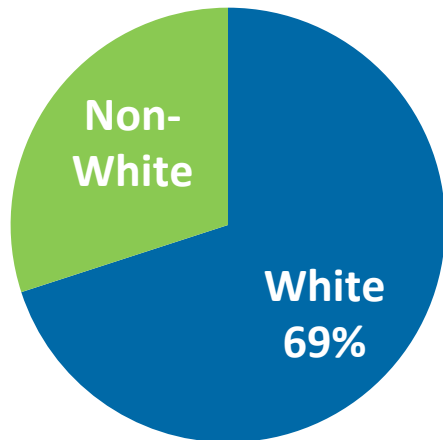
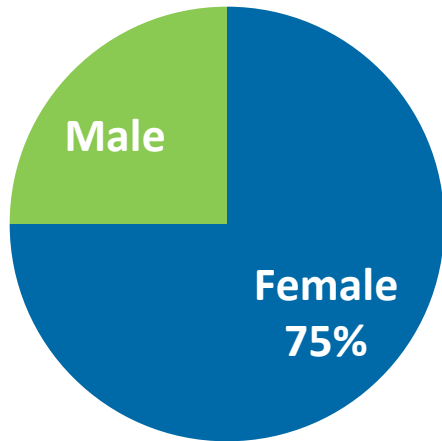
Psychosis Screen (Ultra-High Risk) (PQ-B)

Work Health Survey

MHA Screening Accessed by 800,000 Since April, 2014

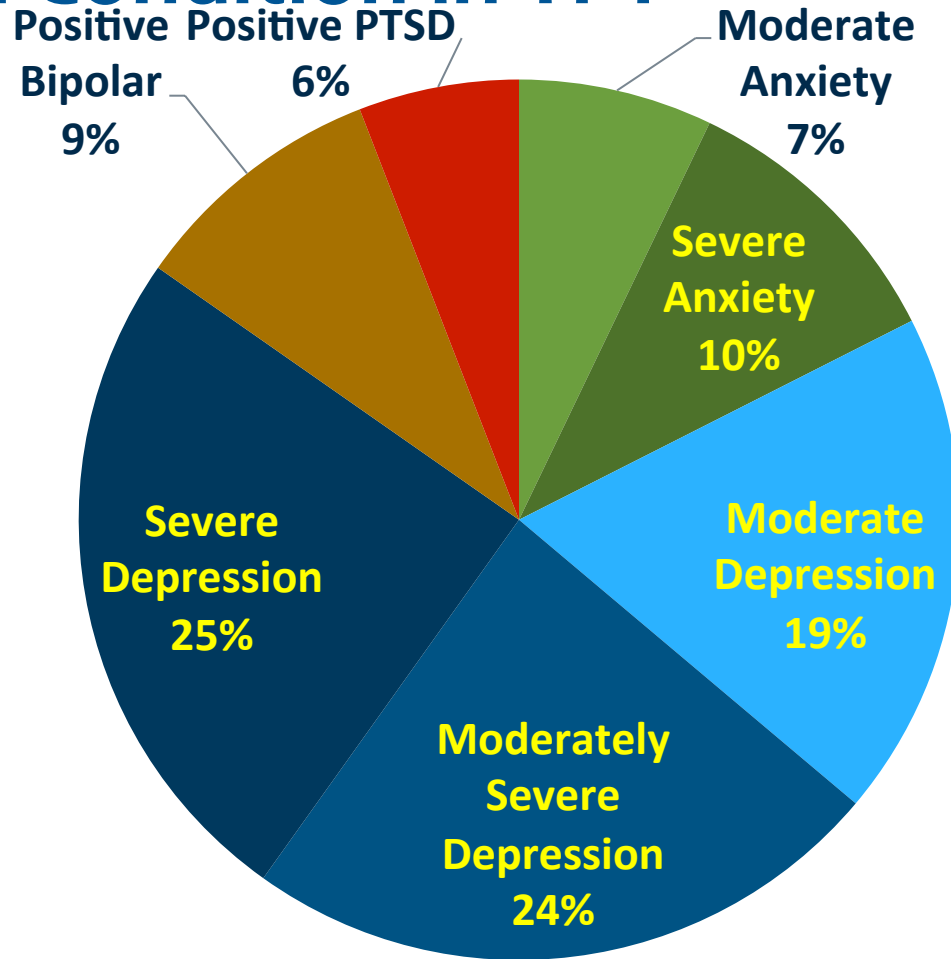


Screening Summary Breakdown



Source: www.mhascreening.org

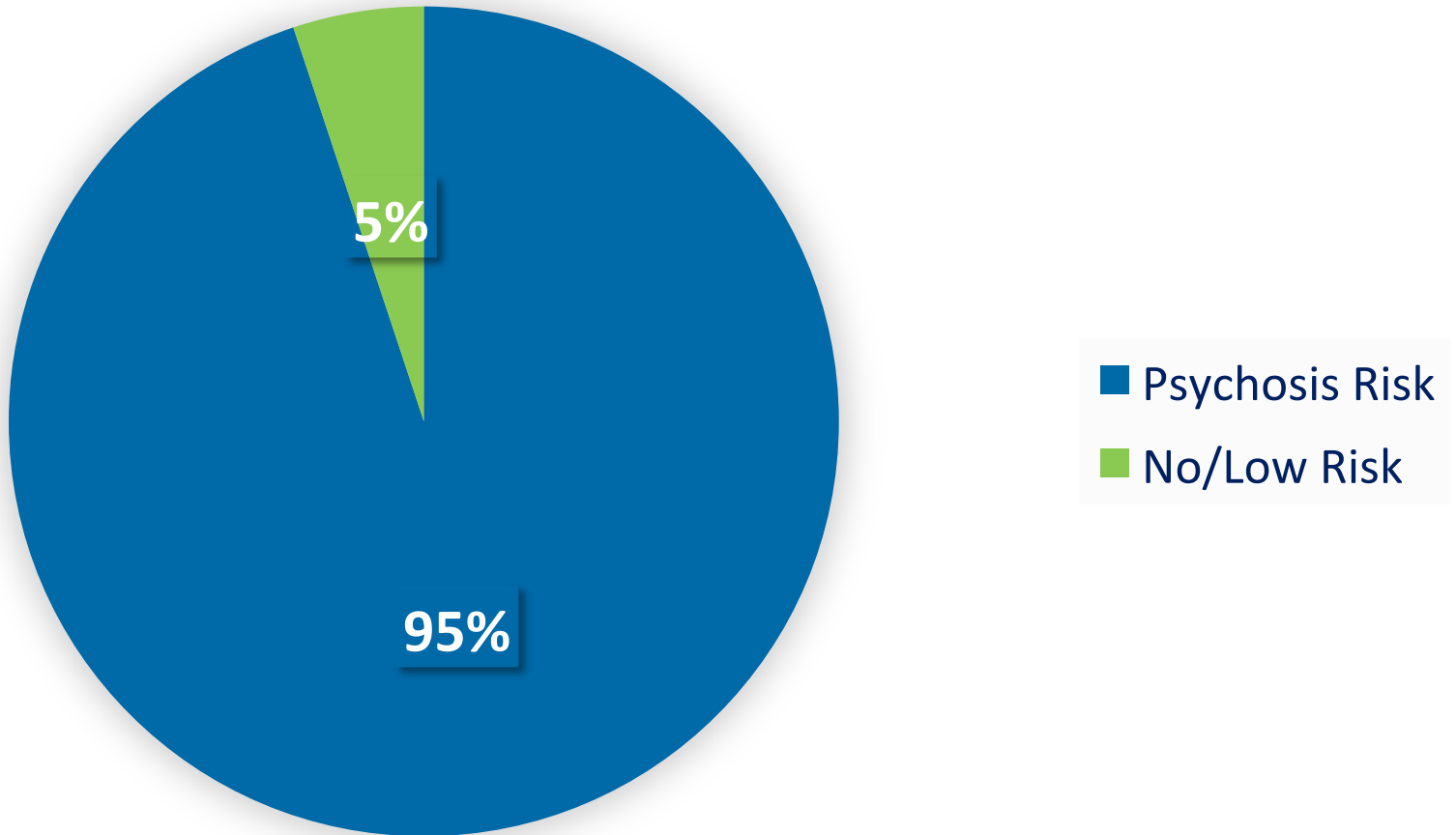
Of Those Who Are Positive, Percent Positive* for Each Condition in Yr 1



N=173,418

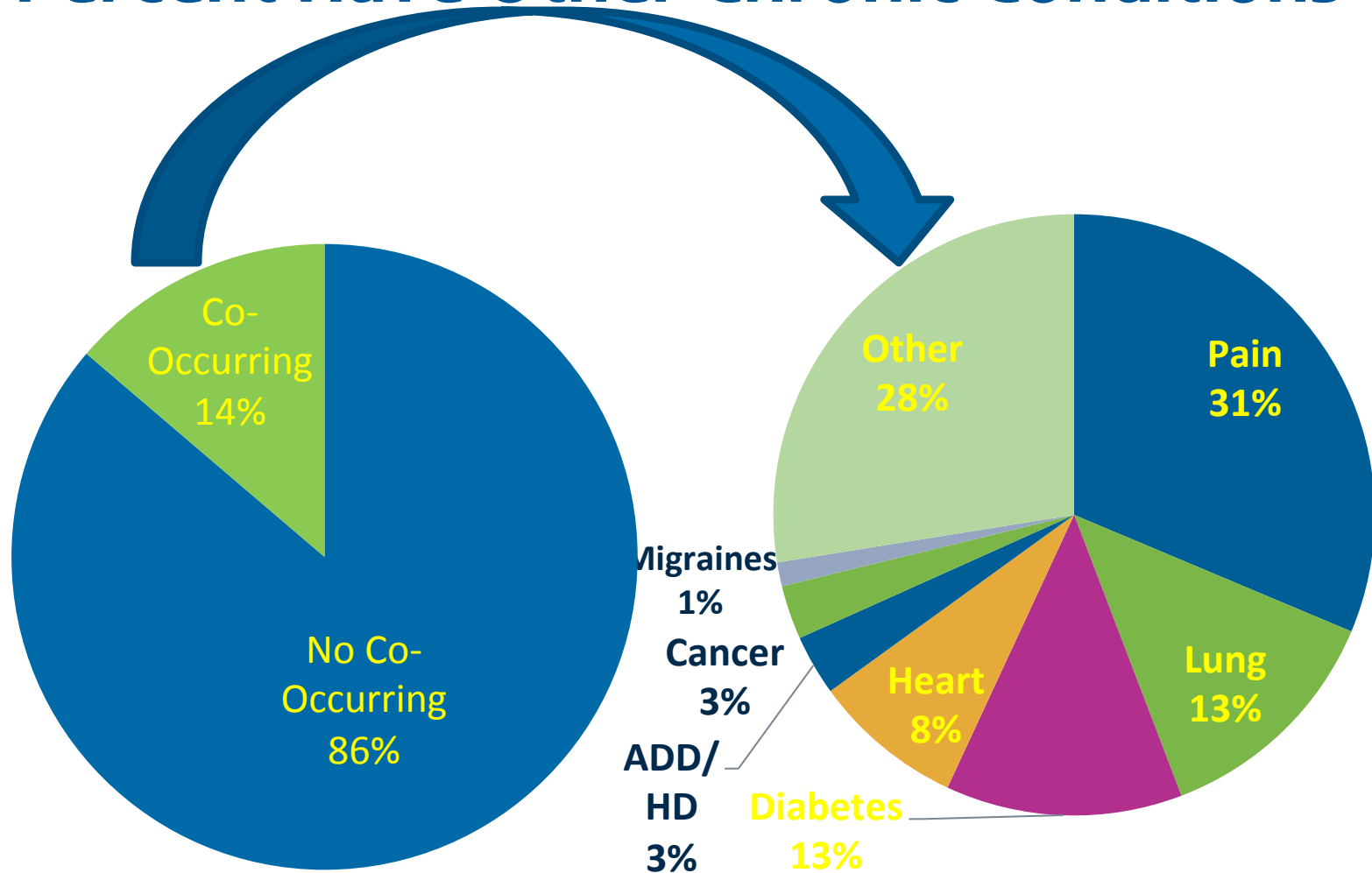
* "Moderate" to "Severe" = "Positive"

Almost All of Those Taking Psychosis Screening in Yr 2 Are At Risk



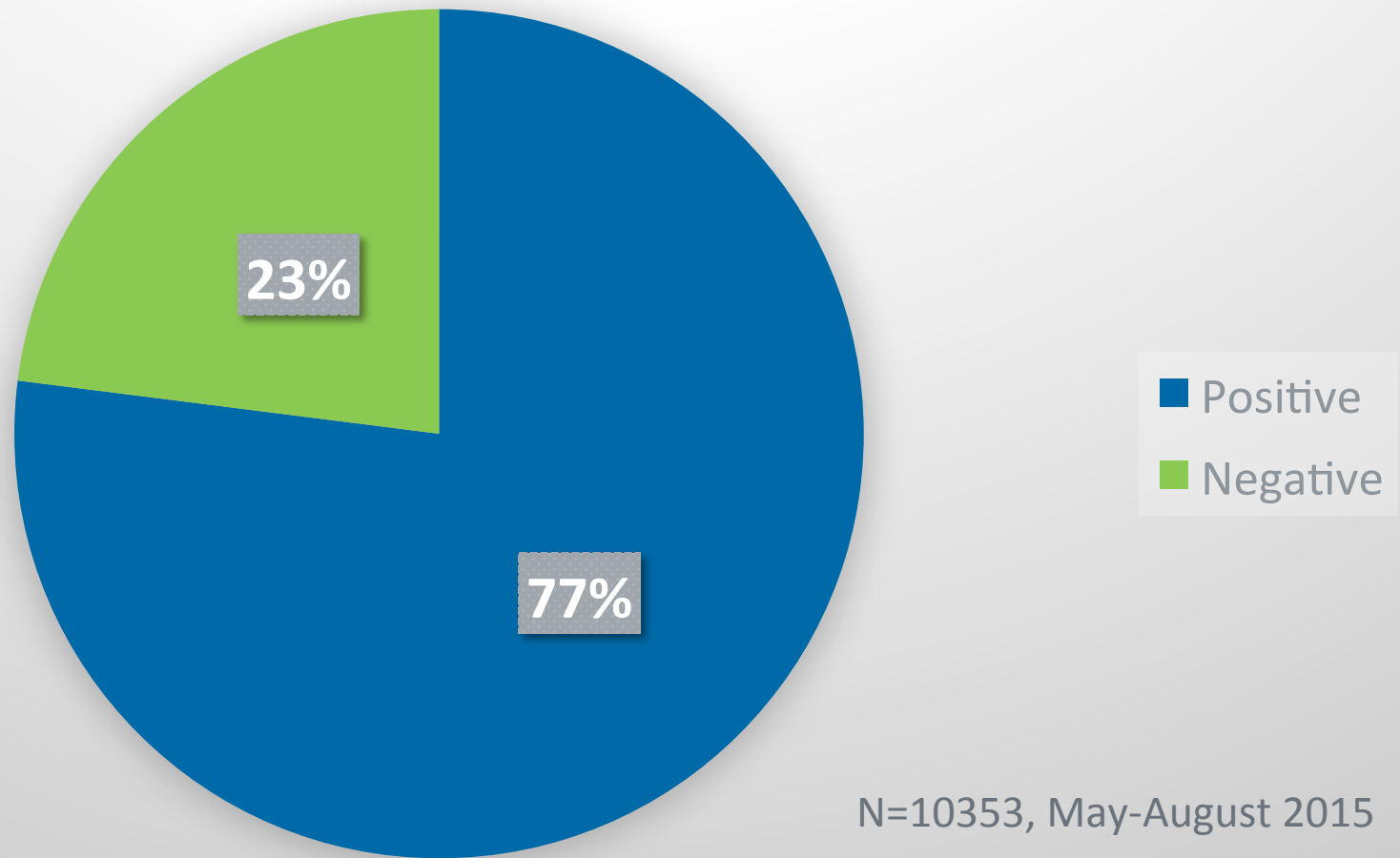
N=2517, May-August, 2015

14 Percent Have Other Chronic Conditions



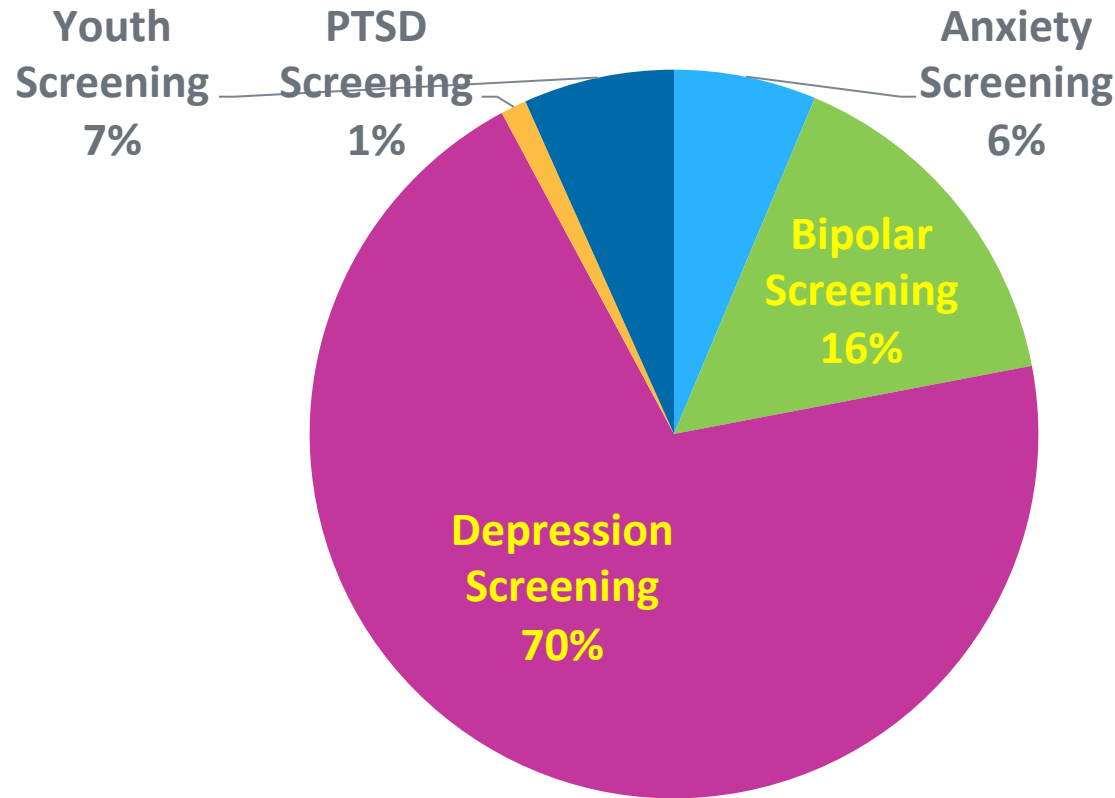
Source: MHA Screening, May-August, 2015

People Reporting Chronic Pain Who are Positive for a Mental Illness



N=10353, May-August 2015

Children and Mental Illness: Early Warning Signs



80.4% of youth taking youth screen were positive/ at risk. Results of other screens not validated for youth.

N=36,346 (May-July 2015). PTSD, SUD, and Parent Screens were <1% combined.

Implement the Free Care Rule

As of December, 2014, schools can now bill Medicaid for ubiquitous screening offered free to all students, for those students who are Medicaid-eligible.

<http://www.medicaid.gov/federal-policy-guidance/downloads/smd-medicaid-payment-for-services-provided-without-charge-free-care.pdf>

“As a result, Federal Financial Participation (FFP) is available for Medicaid payments for care provided through providers that do not charge individuals for the service, as long as all other Medicaid requirements are met.”

Strategy 2: Care Integration

- 80% of people with mental illnesses have a primary care provider.
- 70% of MH prescriptions are written by PCPs.
- Must address provider shortage.
- Reimbursement strategies – will strategic rate increases lead to more providers?
- Reform 42 CFR Pt.2 – you can't treat a whole person with half a record.
- Don't use police and sheriffs as EMTs, courts and jails as health care centers, or lawyers and judges as clinical care teams.

Strategy 3: Recovery as the Goal

- Even when cure is not possible, recovery is (e.g. heart disease).
- Identify realistic goals with the individual.
- Don't wait for a crisis to act.
- Offer meaningful educational, employment, and housing supports.
- Provide family supports, wrap-around services, and social supports.

Strategy 4: Use Peers

30 States permit peer reimbursement, but few use it extensively.

MHA initiative: nationally certified peers working in integrated health care settings as part of a clinical team.

Evidence-based: Cochrane Review, 2013 – found peers as effectively in promoting recovery as other clinical services.

What's the Alternative?

Hospitalization?

Mood disorders ranking by age group as principle inpatient diagnosis:

Age 1-17

#1

Age 18-44

#3

Note: 4 of top 5 related to delivery

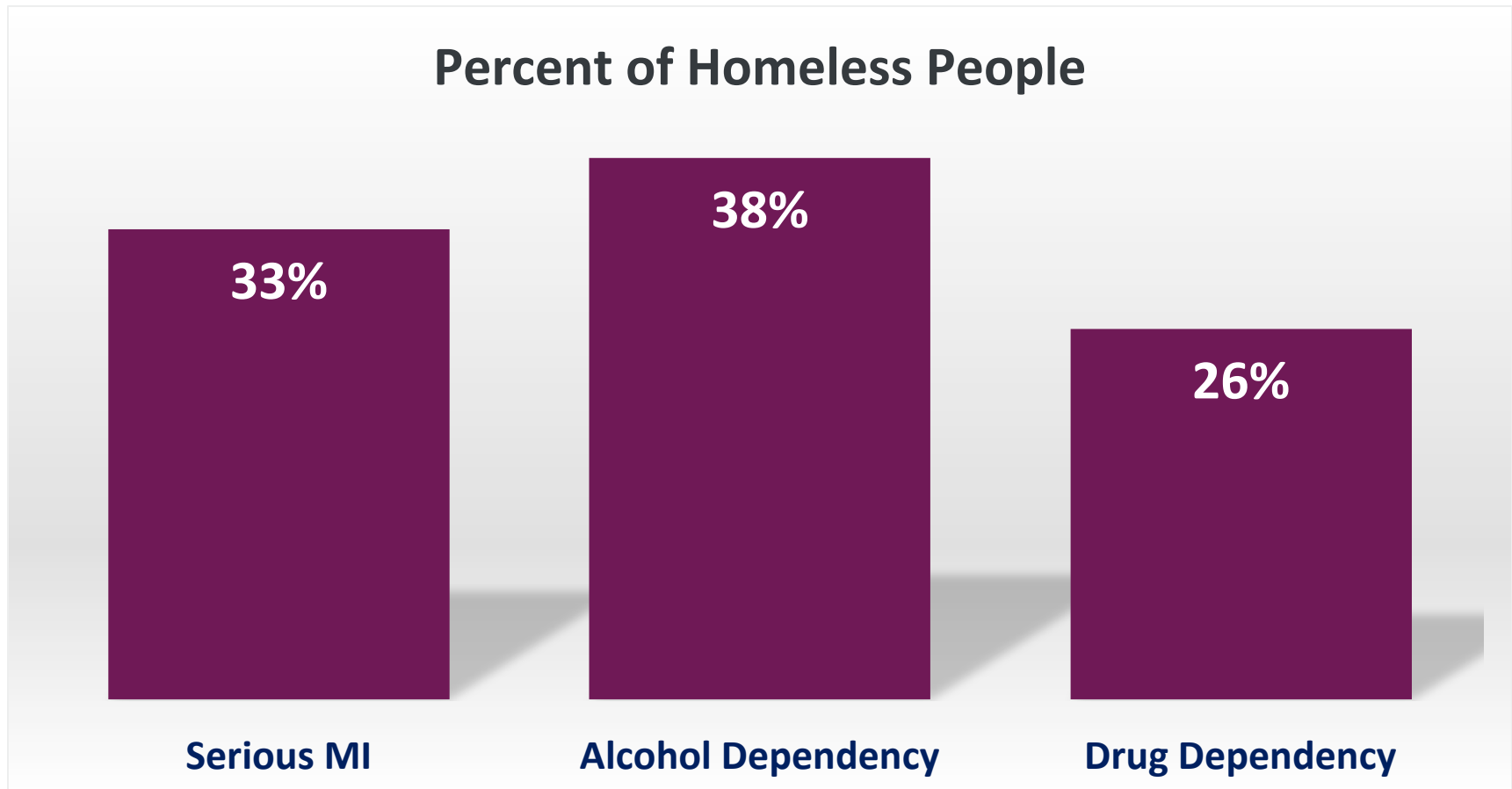
Age 45-64

#5

Note: top four related to aging

Source: "Most Frequent Conditions in US Hospitals, 2010," AHRQ, January 2013

What's the Alternative? Homelessness?





**MHA's Call to Action:
Intervention #B4Stage4.**

B4Stage4 Is MHA's Overarching Message Frame

Approximately 1 in 5 U.S. adults has a mental health disorder.



#B4Stage4

Get informed.

Get screened.

Get help.



B4Stage4



MENTAL HEALTH MONTH 2015

Be Part of the
B4Stage4 Action

Join the Conversation

Text, Talk, Act on May 27th

3 STEPS to Text, Talk, Act

1 TEXT



Gather 3-4 people and text "START" to 89800
Standard rates may apply.

2 TALK



Talk with your group using the text-enabled questions.

3 ACT



Be part of the change!

For more information go to: www.creatingcommunitysolutions.org/texttalkact

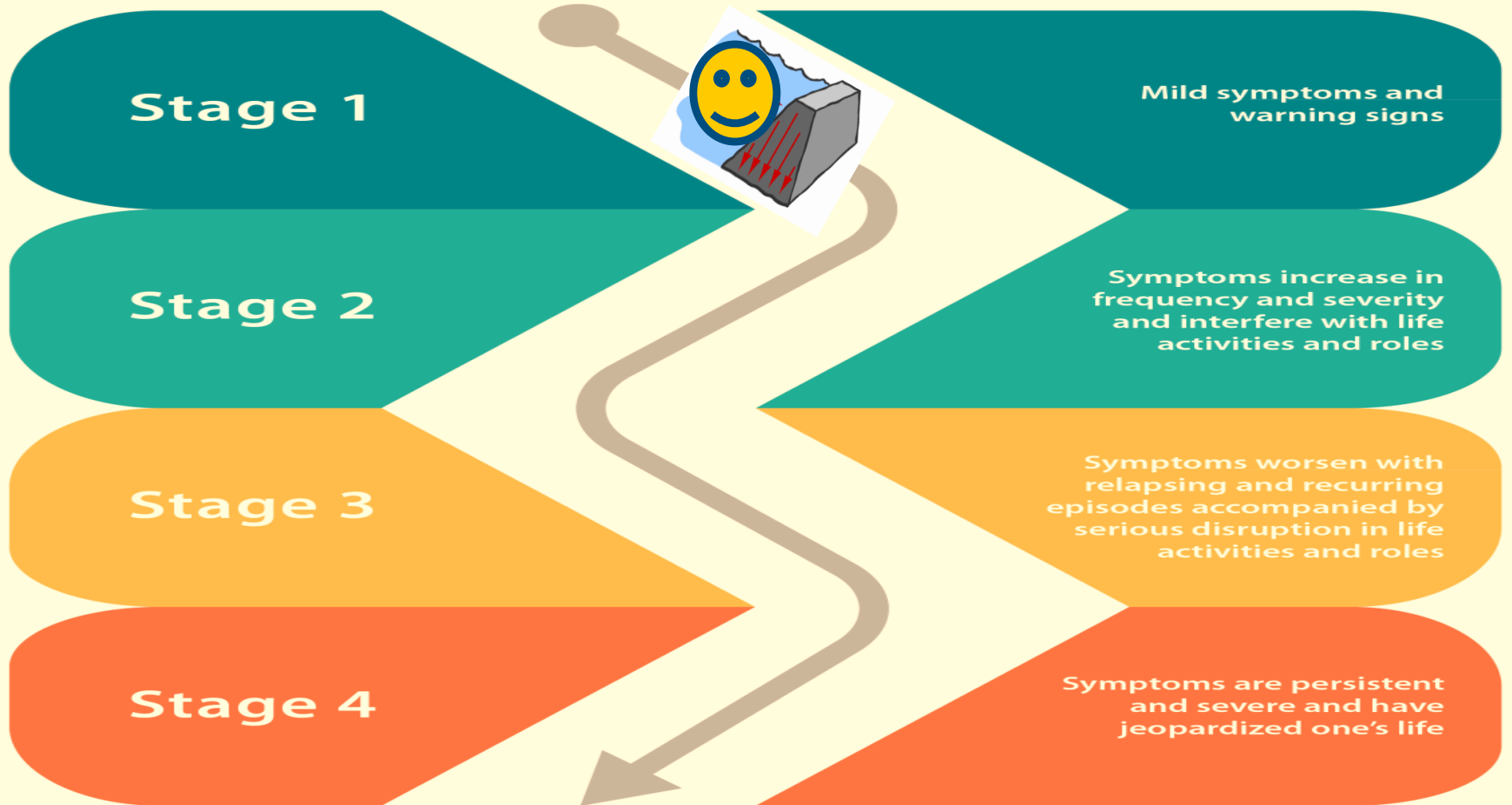
www.mentalhealthamerica.net/may

facebook.com/MentalHealthAmerica
@mentalhealtham
#B4Stage4 #MHMonth2015 #TextTalkAct



Why Intervene B4 Stage 4?

Stages of Mental Health Conditions





Paul Gionfriddo
Still a handsome guy!

THANK YOU!

