

# Report to House Select Committee on Mental Health

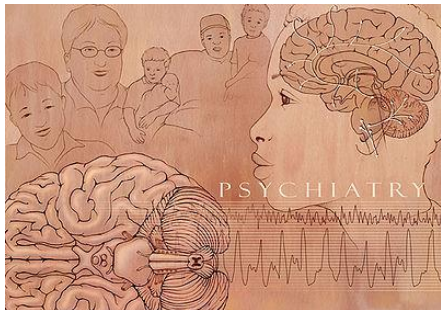
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April 27, 2016



# Topics Covered

- Mental Health Overview
- Mental Health in Texas
- Current Solutions
- Best Practices
  
- Questions



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# What is Mental Health?

- “A mental illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Each person will have different experiences, even people with the same diagnosis.”

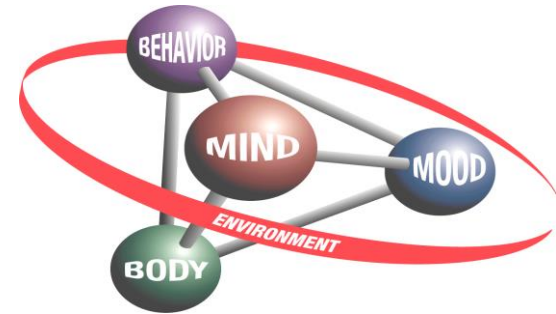
- National Alliance on Mental Illness (NAMI)

# What is Mental Health?

- ADHD (Attention Deficit Hyperactivity Disorder)
- Anxiety Disorders
- Autism
- Bipolar Disorder
- BPD (Borderline Personality Disorder)
- Depression
- Dissociative Disorders
- Eating Disorders
- OCD (Obsessive-compulsive Disorder)
- PTSD (Posttraumatic Stress Disorder)
- Schizoaffective Disorder
- Schizophrenia
- Substance abuse

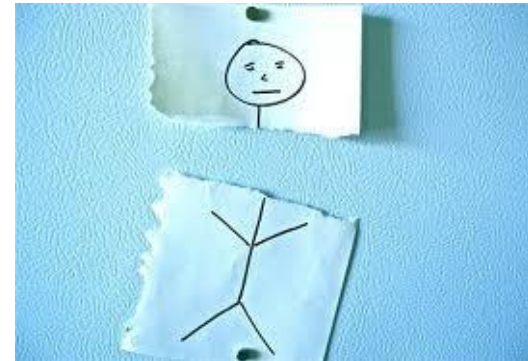
# National Primary Care Psychiatry

- 80% of antidepressants prescribed by Primary Care Providers (PCPs)
- Depression goes undetected in 50% of depressed individuals
- Only 20-40% of people cared for by PCP's have substantial improvement in 6 months
- Over half of PCP's report difficulty finding behavioral health referral
- Only ½ people referred to mental health professional follow-through with referral



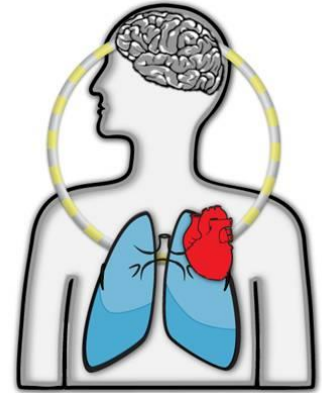
# Impact of Mental Disorders

- Untreated mental health paired with chronic disease results in higher morbidity rates
- Patients with anxiety go to the ER or physician offices 3-4x more
- Treatments of mental illness are effective 60-80% of the time



# Costs of Untreated Mental Disorders

- Disability
- Loss of productivity
- Unemployment
- Reduced life expectancy



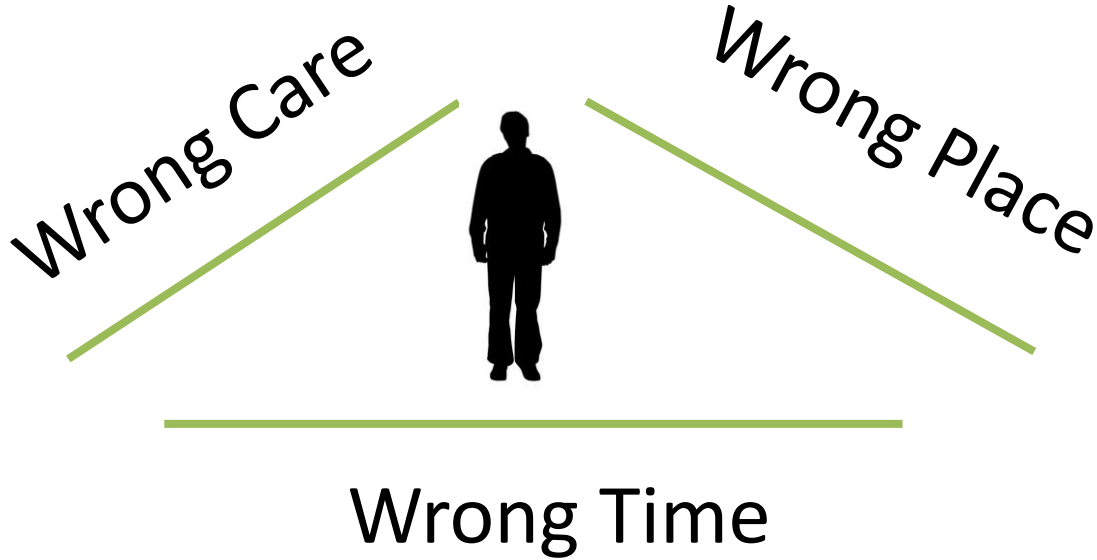


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# Perspectives from the Field



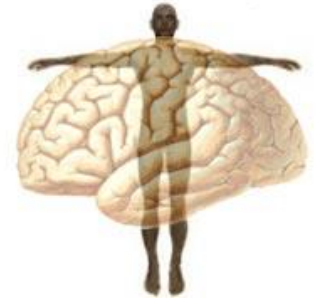
# Psychiatry Workforce

- Shortage of providers
- Aging workforce
- Ability to train our own
- Care through multidisciplinary team

# Costs of Services

Average cost per day of community-based care is \$12 compared to \$986 for Emergency Room visit

(Texas Conference of Urban Counties 2011)



# Austin 2010 (Pre-1115 Waiver)

- Inpatient psychiatric beds were full
- Admitted patients couldn't be seen at a lower level of care
- Psychiatric assessment didn't come until after admission

# Continued Issues in Austin

- Access to psychiatric care
- Provider shortages
- Variability across Texas counties for involuntarily mental health care
- Hand-offs and coordination between providers, social service agencies and criminal justice system

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# 1115 Medicaid Waiver in Austin

- Psychiatric Emergency Department
- Telemedicine
- School Based Care
- Increased supply of psychiatrists
  - 90% have stayed in Central Texas over the last 10 years





# Integrated Behavioral Health

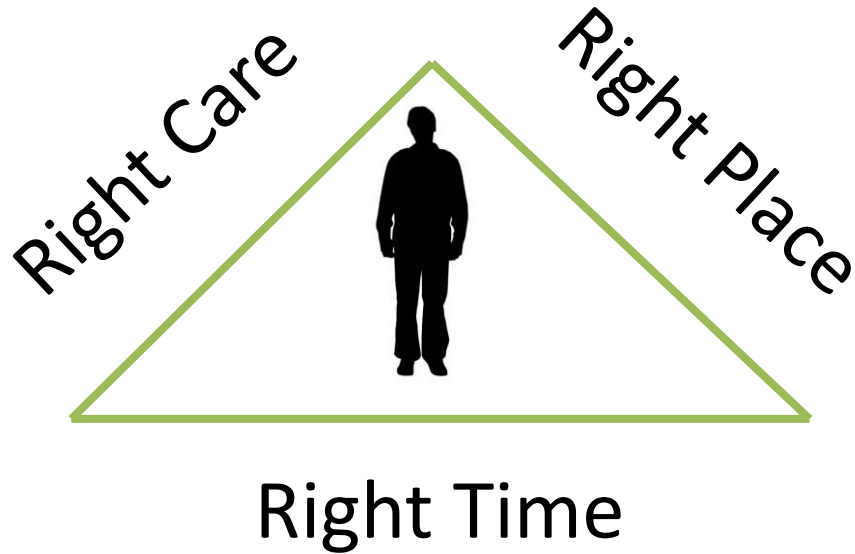
- To achieve true quality (and equality), integrate primary care with mental health and substance abuse services – Institute of Medicine Report, 2005
- Colorado Access Study
  - Non-profit Medicaid health plan
  - Annual medical cost savings of \$2,040/patient/year
    - Considering ED utilization, inpatient admissions and length of stay, and office visits

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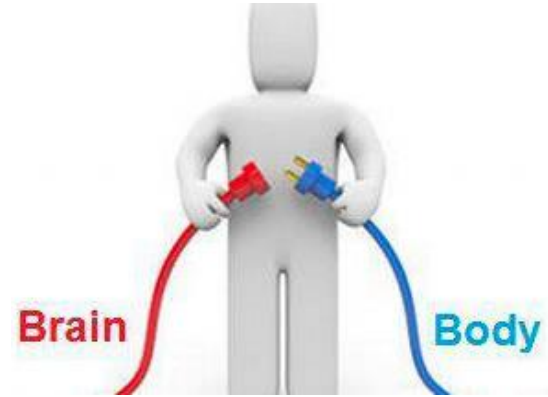


# Best Practices for Mental Health



# Best Practices for Mental Health

- Prevention Projects
- Respite Care
- Residential Treatment Centers
- Residential Care Centers
- Outpatient Commitment Laws
- Mental Health Funding



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Data sources available upon request.