



# Mental Health in Health Reform: Integrating Care, and Other Opportunities

Alliance for Health Reform Briefing

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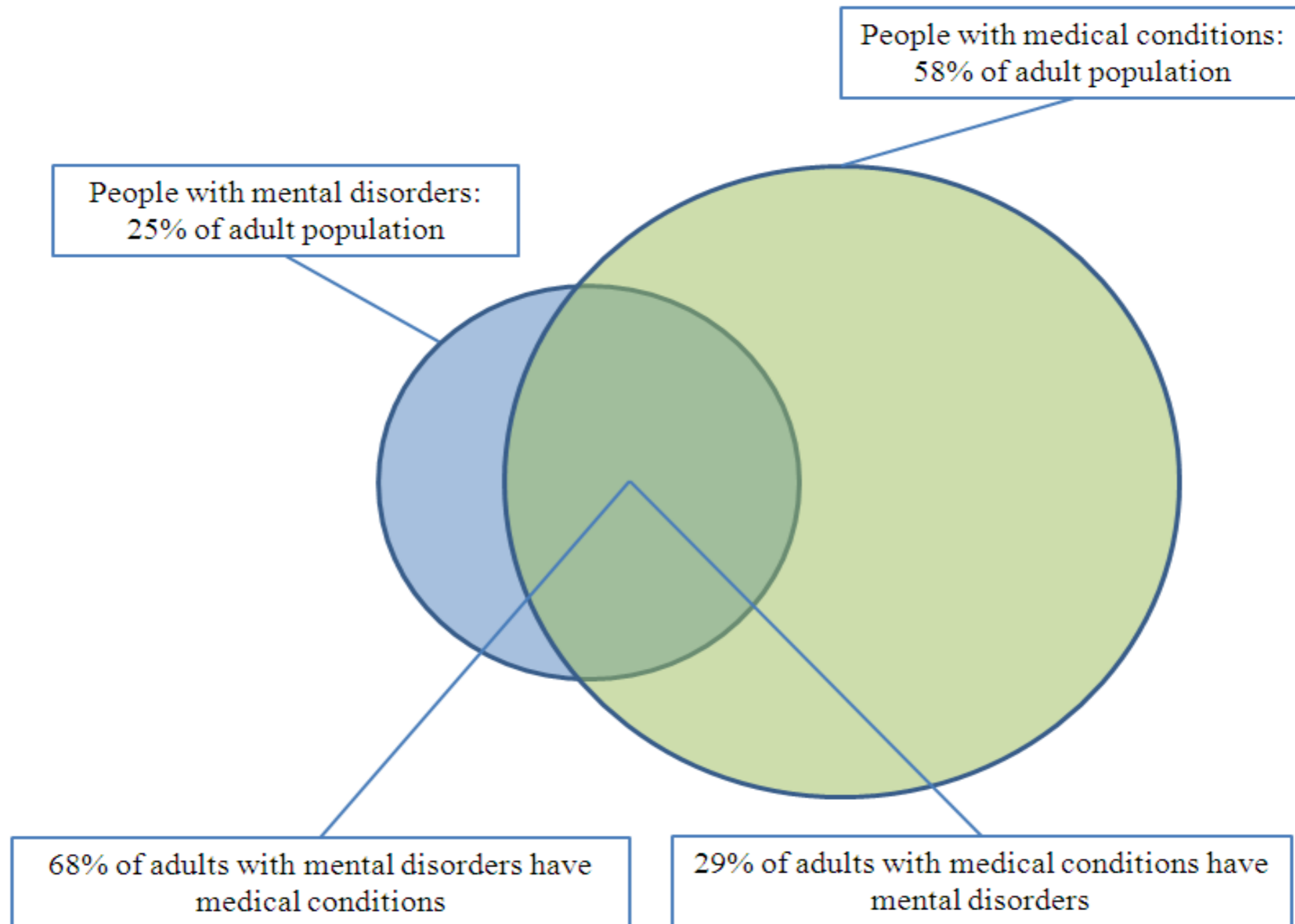
## Mental Health in History. Fast

- Jacksonian America: A Mental Health System is Born
  - Homelessness. Incarceration. Dorothea Dix and Franklin Pierce
  - By 1955: 550,000 institutionalized, “The Shame of the States”
- 1960’s-1970’s: Overdue Change is Unleashed
  - Fixing Mental Health Care: JFK’s Community Mental Health Centers Act
  - Transforming Health and Social Insurance: Medicare, Medicaid, SSI, SSDI, HMO’s, first State Parity Laws
- Life Came At Us, Fast:
  - ACA, Dominici-Wellstone: People Have Insurance. It Covers Your Brain
  - Mental Health Care: Still Messy, Still Essential, ***but in the mainstream***

## Mental Health: So Where Are We?

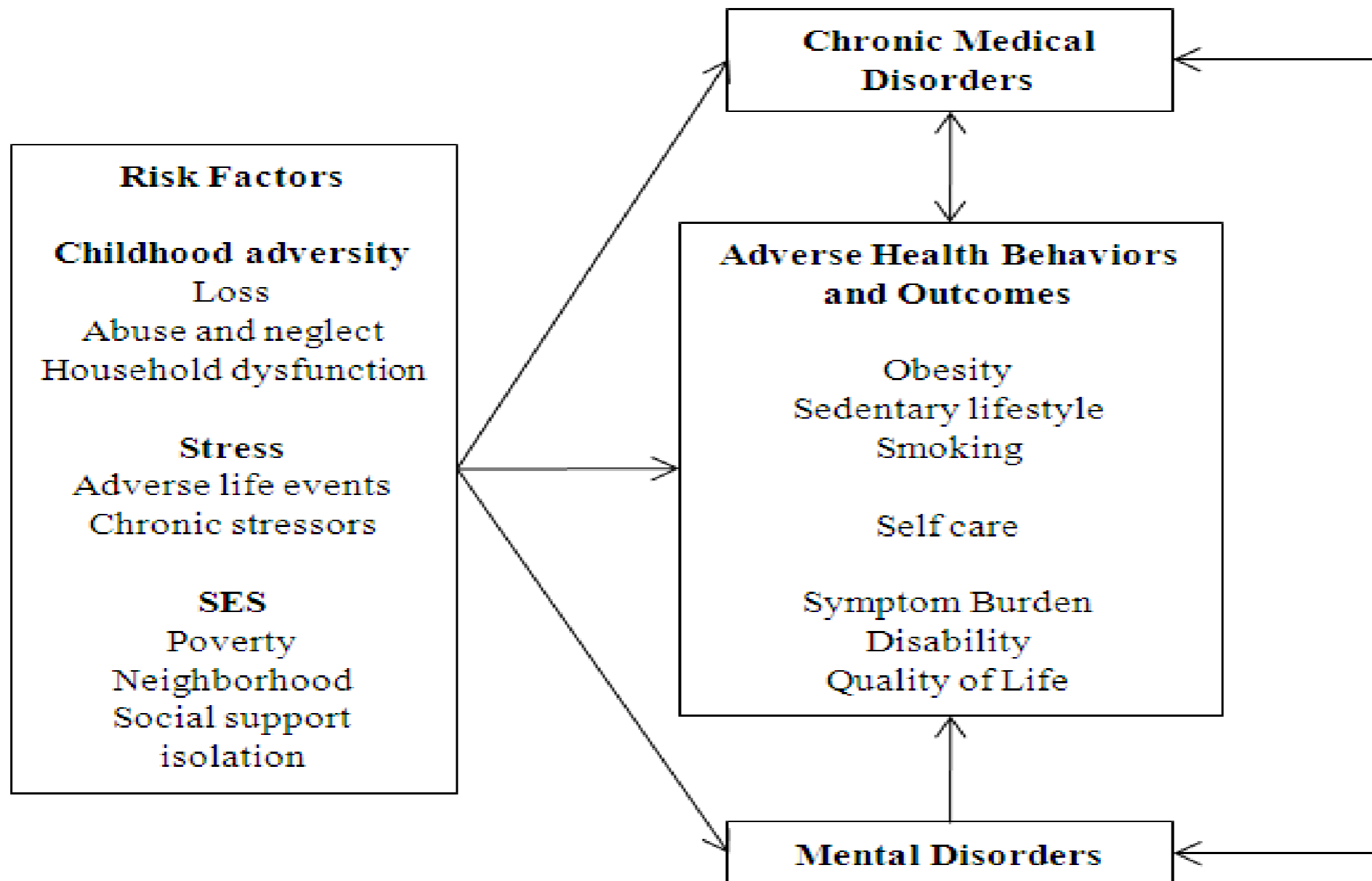
- NOT where our parents were: a separate mental health system that served as safety net, and treated only problems “from the neck up”...
  - Most everyone has or is getting insurance
  - It all includes mental health coverage
  - Access is not so very good
- What are the challenges now?
  - Integrate care everywhere. Disintegration is killing us. And driving up costs
  - Sustain the mental health safety net. It needs attention.

# Why Integration: Physical and Behavioral Needs Overlap



# Why Integration?

## Poor Brain Health Costs You, Your Plan and Society



Adapted from Katon (2003) and borrowed from Felitti and Anda

# Integrated Care: Where and How?

- Everywhere:
  - In mental health and addictions care
    - Prevalence of heart disease, premature death
    - Reluctance to go to another clinic
    - Medicaid's Health Homes
  - In Primary Care



## 66% of PCPs Report Poor Access to Specialty Mental Health Care for Their Patients

ningham PJ, *Health Affairs*  
28(3)490-501

*"We couldn't get a psychiatrist, but perhaps you'd like to talk about your skin. Dr. Perry here is a dermatologist."*

# Integrated Care: Where and How?

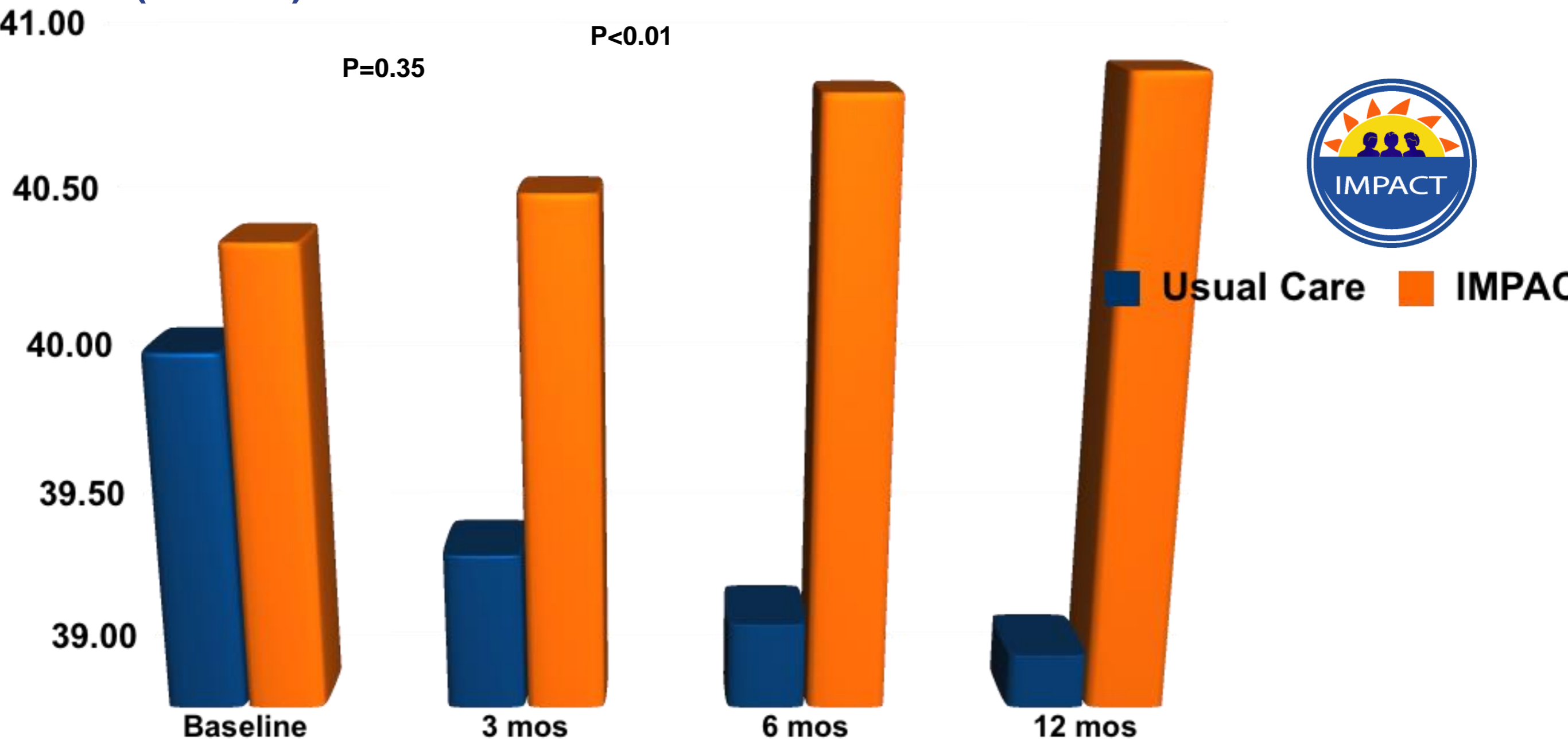
- Everywhere:
  - In mental health and addictions care
  - In Primary Care
    - Without integration, PCP's don't have the time, tools, or (in many cases) expertise...
    - Depression accurately diagnosed <50%, adequately treated <50%
    - 38,000 suicides (the last time we checked...); half saw a PCP in the 30 days before they died
  - The well-tested solution: Collaborative Care
    - BH professional "on the floor"
    - Measurement based care, consulting psychiatrist
    - Better care with better outcomes at lower cost



# Better Physical Function

Callahan et al., *JAGS* 2005; 53:367-373

## SF-12 Physical Function Component Summary Score (PCS-12)



## Health Care Cost Savings in Depressed Medical Patients with Integrated Care: 4-year Costs in \$US

Cost Category:	Control Group	Integrated Care in PC	Usual Care	Savings
IMPACT program cost		+522	0	+522
Outpatient mental health costs	661	558	767	-210
Pharmacy costs	7,284	6,942	7,636	-694
Other outpatient costs	14,306	14,160	14,456	-296
Inpatient medical costs	8,452	7,179	9,757	-2578
Inpatient MH/SA costs	114	61	169	-108
Total health care cost/patient	31,082	29,422	32,785	<b>-\$3363</b>

Unutzer et al. Am J Managed Care 2008.

# Challenges...and Solutions

- To Integration:
  - It's *Slow Change*: Patients do better, but it takes work
  - Carved-out behavioral benefits create obstacles to integration
  - You just don't understand
- To preserve a mental health safety net
  - For mental health leadership: who ya gonna call?
- To make integration real:
  - Patients prefer it
  - It works better, costs no more
  - It's trending, if slowly
  - *Payment reform that prioritizes integration, not deinstitutionalization*
- To preserve a mental health safety net
  - Excellence in Mental Health Act
  - *We could* learn from history

## Resources For Integrating Care

- SAMHSA-HRSA Center for Integrated Health Solutions  
– [www.integration.samhsa.gov/](http://www.integration.samhsa.gov/)
- AHRQ's Academy for Integrating Behavioral Health and Primary Care  
– [www.integrationacademy.ahrq.gov/](http://www.integrationacademy.ahrq.gov/)
- Colorado's Advancing Care Together Initiative
  - [www.advancingcaretogether.org](http://www.advancingcaretogether.org)
- University of Washington AIMS Center (Advancing Integrated Mental Health Solutions):
  - <http://uwaims.org/>



Thank You

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