

TASK FORCE ON MENTAL HEALTH AND SUBSTANCE ABUSE



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EPIDEMIOLOGY

- 26% of American adults have a diagnosable mental health or substance abuse disorder in any given year
- 20% of American children under 18 have mental, behavioral, or developmental disorders

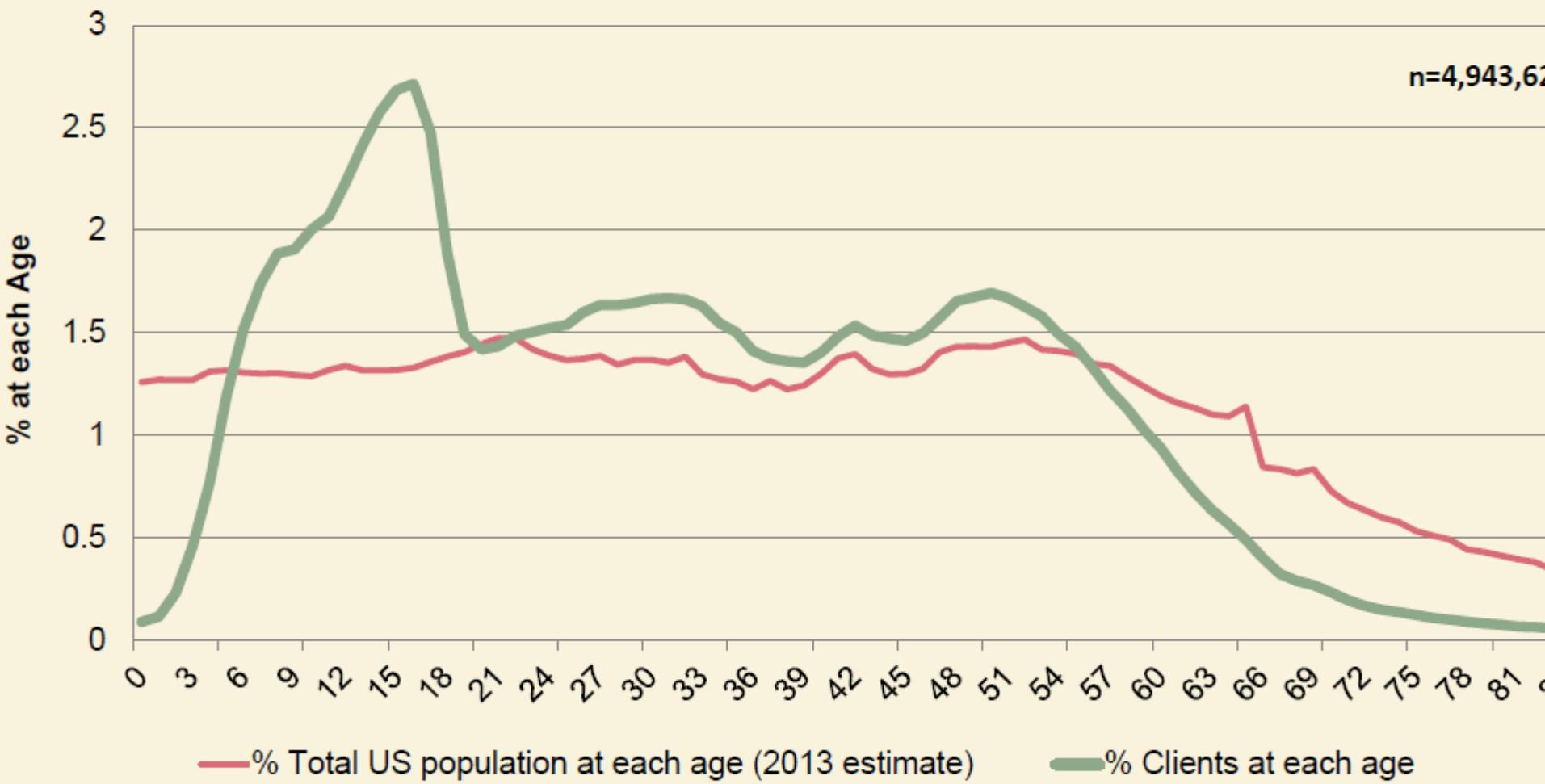


AGE OF ONSET

- Mental disorders have an earlier age of onset than do most chronic physical conditions (Kessler et al., 2007)
- Early onset mental health disorders significantly predict many physical disorders



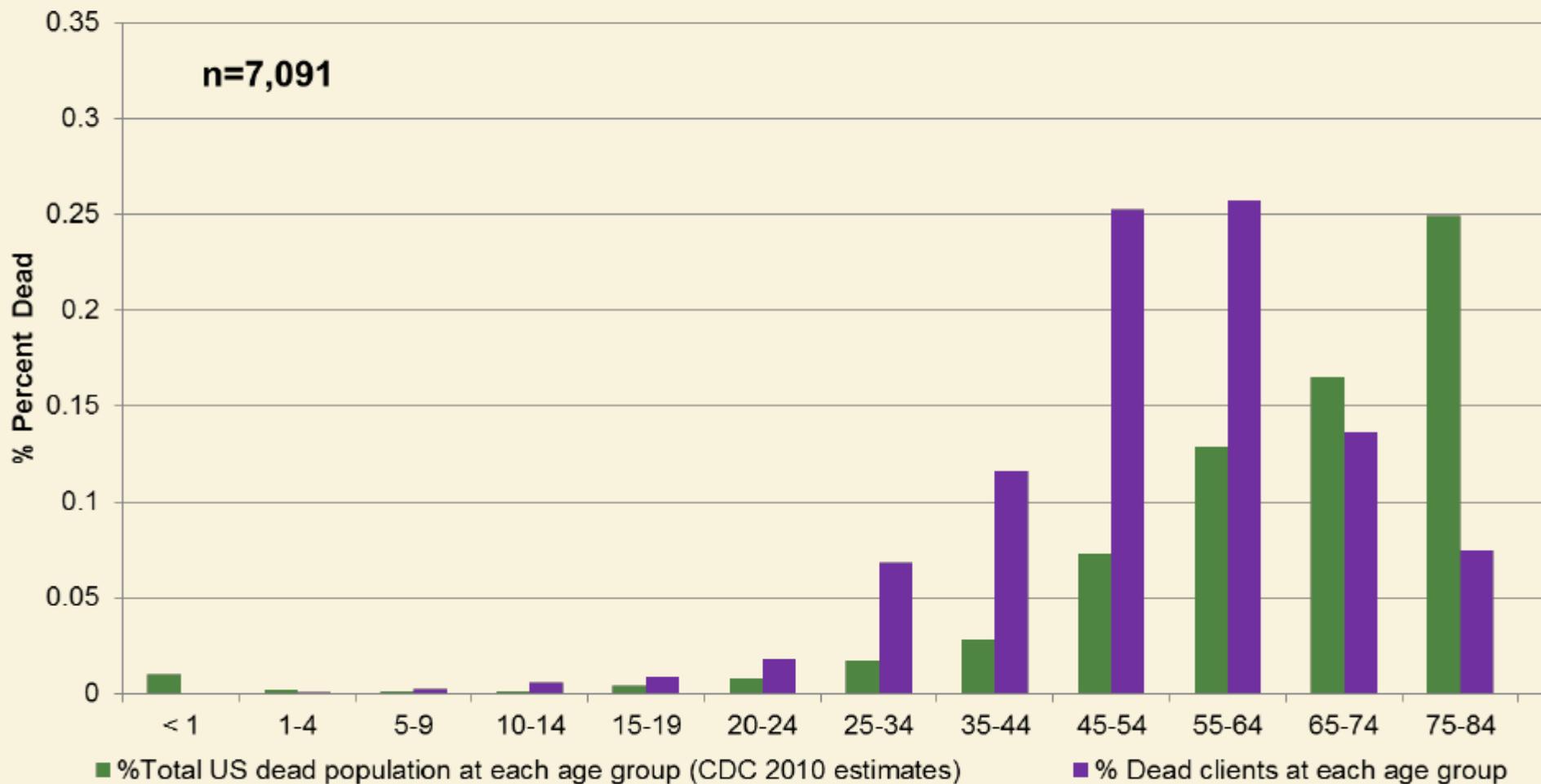
Age Distribution of Mental Health Clients and US Population



HIDDEN COSTS

- Mental disorders are the leading cause of disability in the US for those age 15-44
- Americans with a serious mental illness die an average of 25 years earlier than other Americans

Deaths: Mental Health Client and General Population: 2013

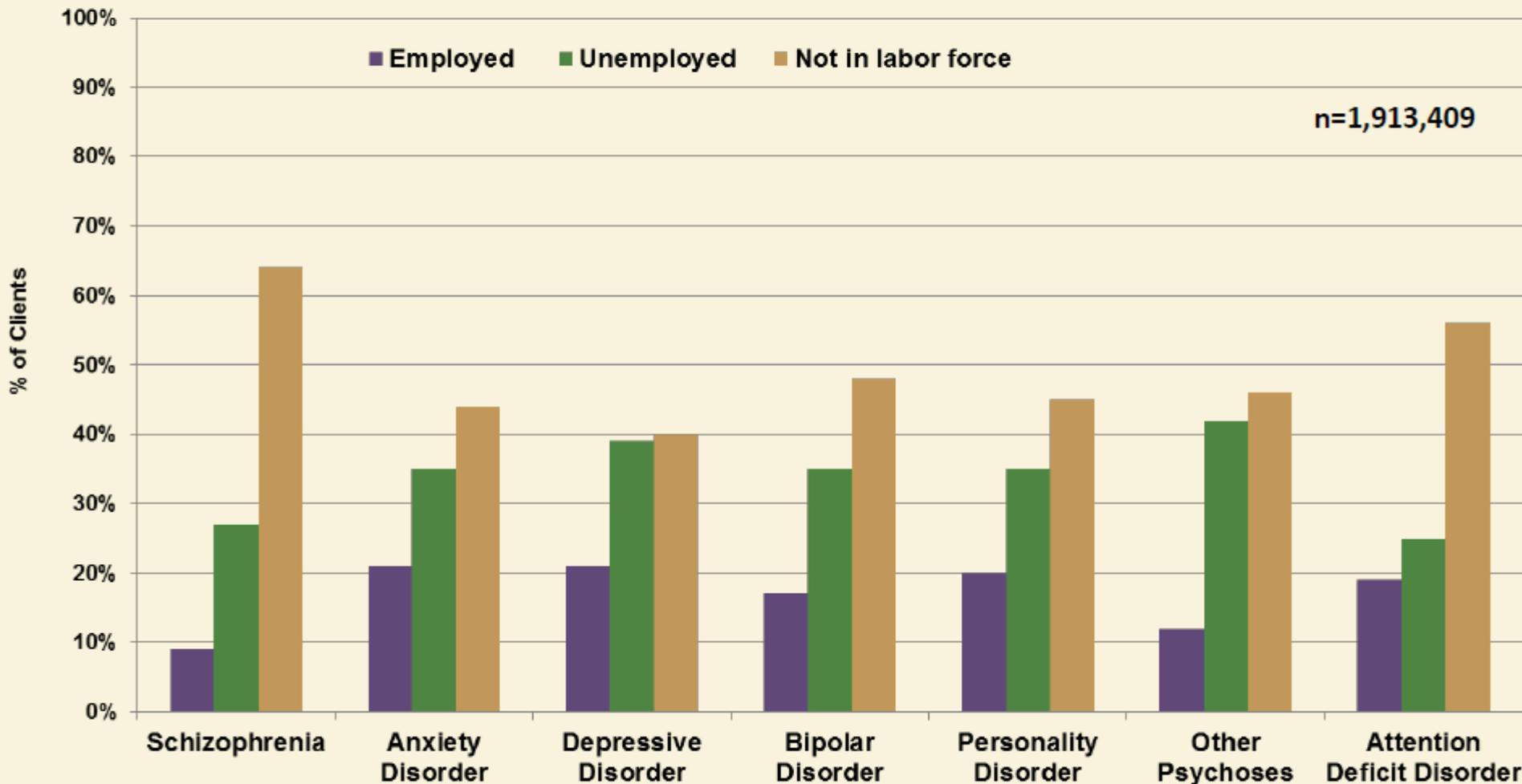


EMPLOYMENT AND EARNINGS

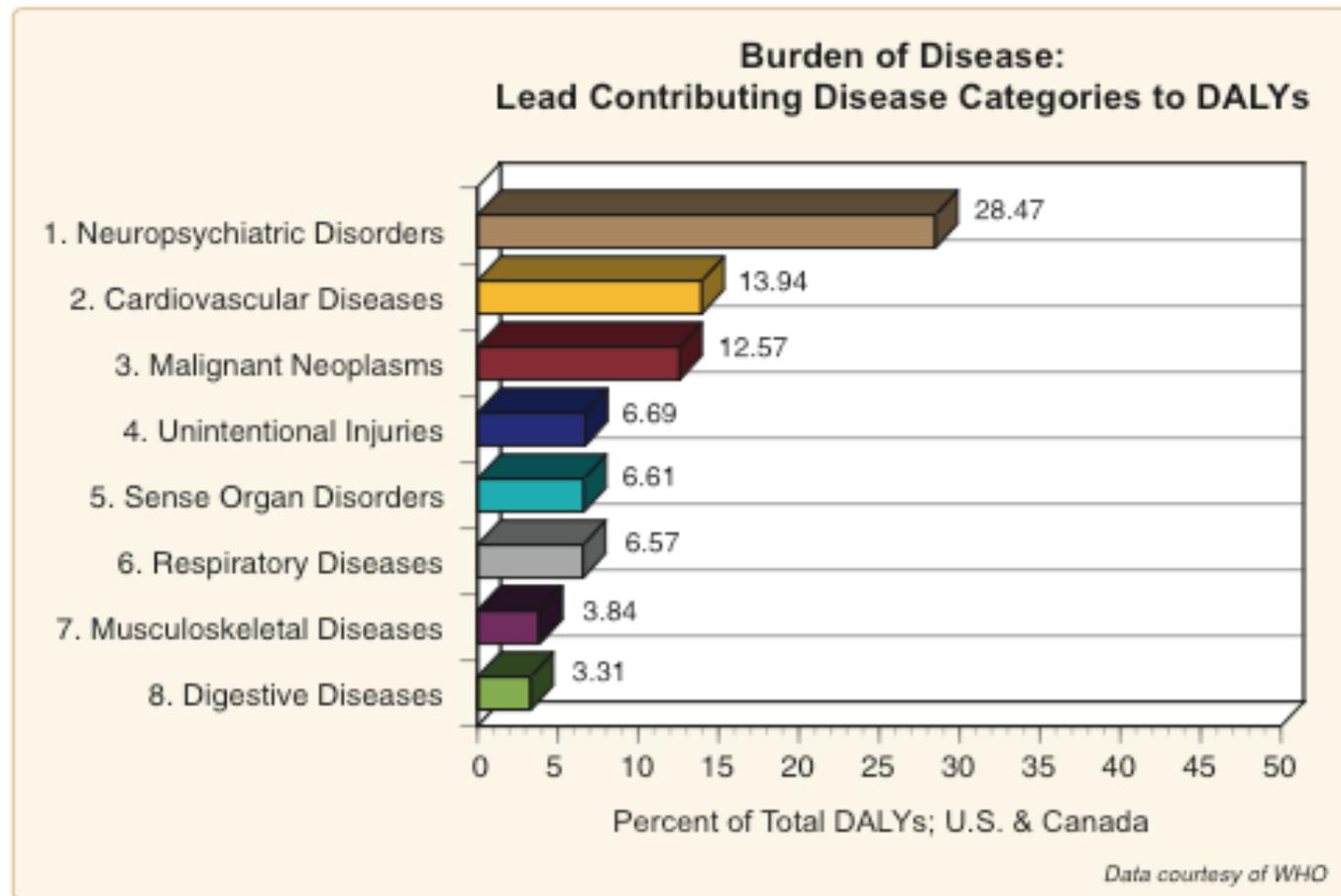
- Estimate 32% loss of earnings from mental illness:
- High costs to employers:
 - High rates of sporadic absenteeism
 - Low levels of on-the-job performance
 - MDD: 6.4% of workers, average of 5 weeks of lost productivity= \$36 billion



Employment Status of Adult Clients at the Start of 2013, by Diagnosis



HIDDEN COSTS



PREVALENCE RATES IN NORTH CAROLINA

- Adults
- 16.8% of the adult population in NC has been estimated to have a mental illness
 - 1.4M with serious psychological distress
 - 548,000 people with substance dependence/abuse
- 4.7% are estimated to have a severe mental illness
- Adolescents (age 12-17)
- Illicit drug use in the past month has declined slightly from 9.8% to 8.7% over 2009-2013, which is slightly lower than the US average
- Episodes of major depression increased substantially from 6.4% to 9.6%



DISTRESS AND SERVICE USE IN SOUTHERN STATES VARIES BY INSURANCE STATUS

Measure	Private insurance	Public insurance	Uninsured
Non-specific distress (13+ on K6)	2.8%	11.8%	7.1%
Probable depression (PHQ2)	5.9%	19.2%	12.5%
Poor perceived mental health	0.6%	5.4%	1.5%
Annual office visits	3.4	4.4	1.1

Source: MEPS 2013



PREVALENCE IN NC VARIES BY INSURANCE STATUS

Measure	Among those with insurance	Among those without insurance
Number of poor mental health days in last 30	3.3	5.2
% with 5 or more poor mental health days	18.7%	27.2%
Number of alcohol binge days	0.9	1.74
% with any binge days	26.6%	35.6%
% with 5 or more binge days	4.9%	10.4%
Detected depression	18.7%	20.8%

Source: BRFSS 2014 data



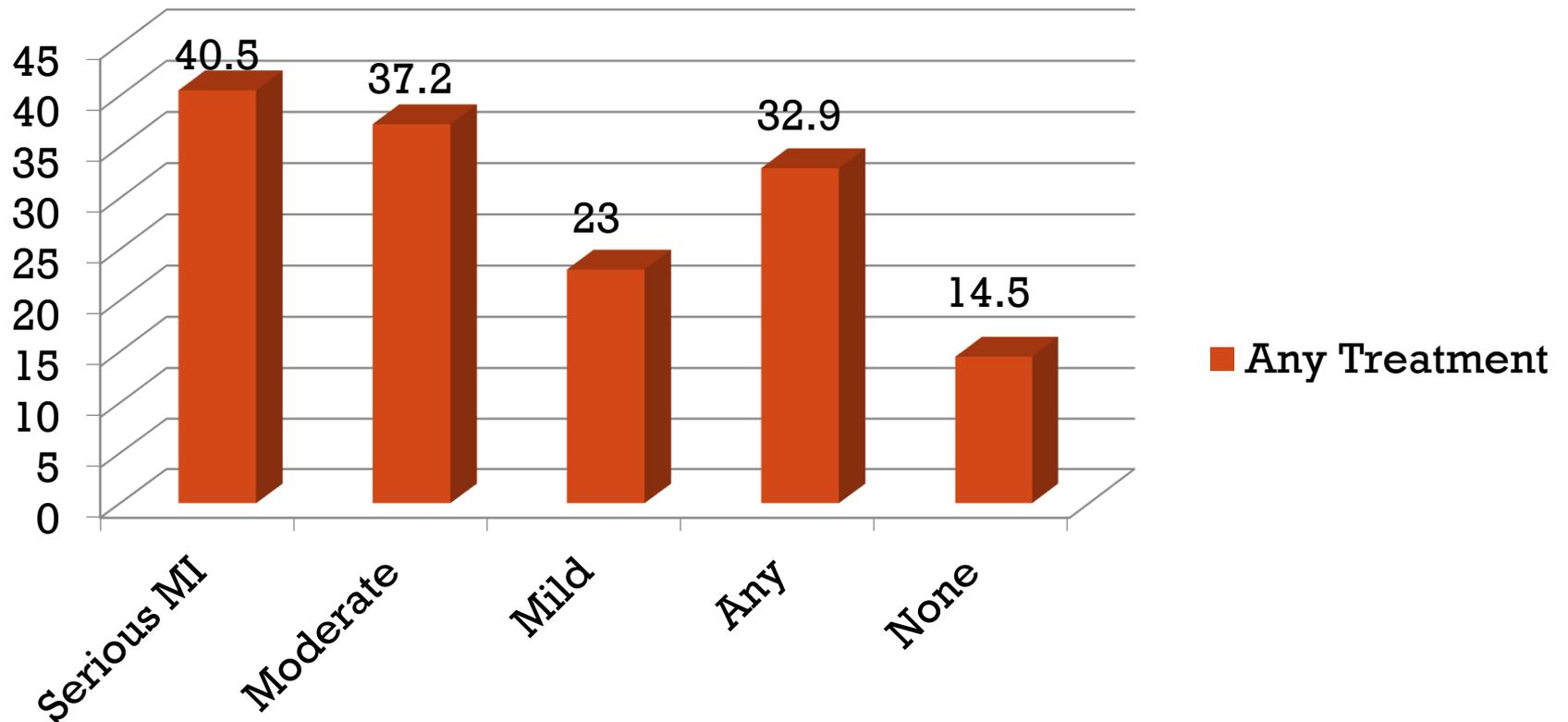
TREATMENTS WORK

- Treatment success rates are high:
 - 60% for schizophrenia
 - 66% for depression
 - 80% bipolar



TREATMENT RATES

Any Treatment



TREATMENTS IN NORTH CAROLINA

- Treatment rates among adults with mental illness is 46.4% (2013)
- Treatment rate among population age 12 and over with alcohol dependence or abuse is 6.9%
- Treatment rate among population age 12 and over with illicit drug use is 8.8%



TREATMENT RATES THROUGH MCO/LMES

- Medicaid
- 70,360 people received mental health services
 - 4.9% of the NC Medicaid population
- 7845 people received substance abuse services
 - 0.5% of the NC Medicaid population
- Uninsured (LMEs)
- 15,949 people received mental health services
 - 1.1% of the NC uninsured population
- 6584 people received substance abuse services
 - 0.4% of the NC Medicaid population



CORRELATES OF MHSA TREATMENT

Age >24	+
Female	+
Non-Hispanic White	+
Married	-
Education	0
Income	0
Urban/rural	0

Source: NCS-R

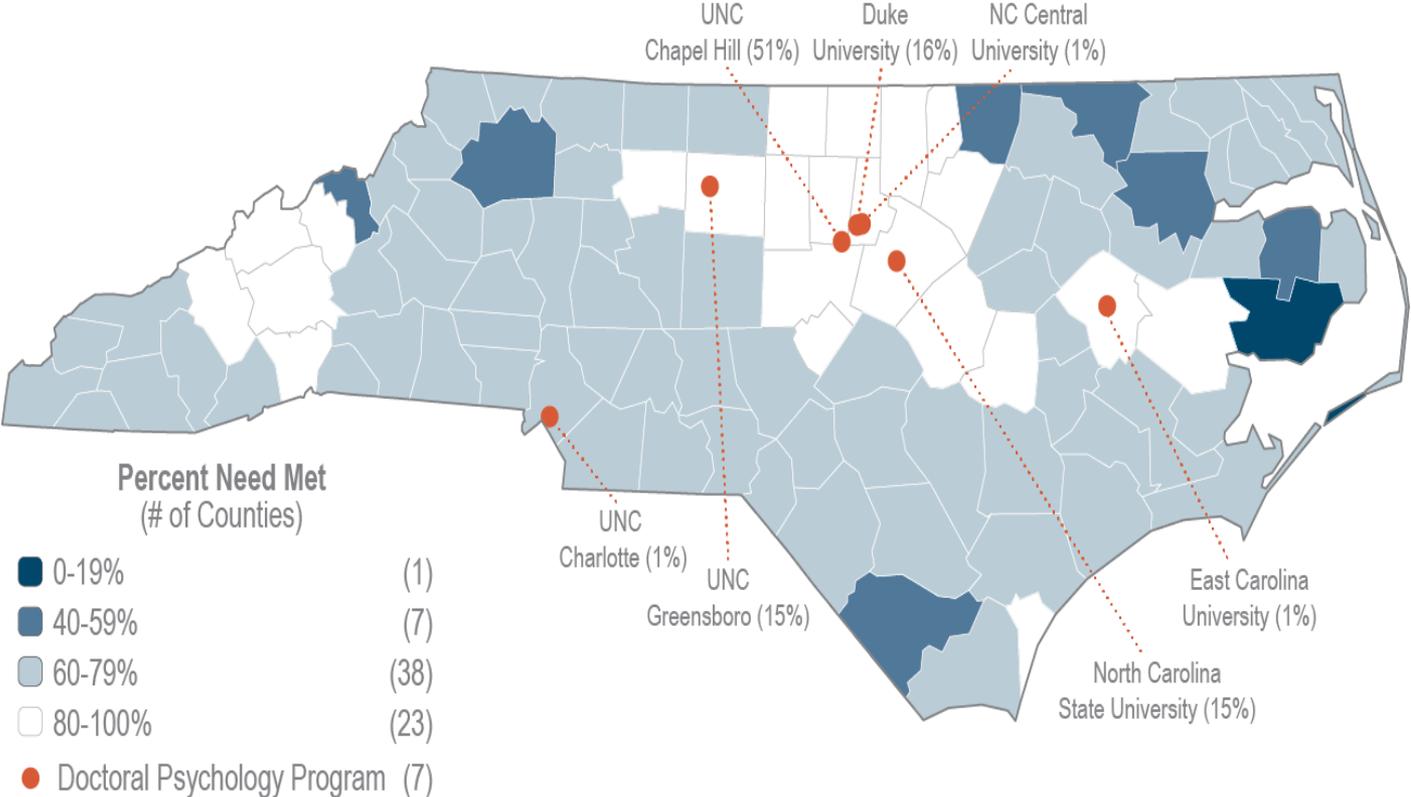


OUTPATIENT TREATMENTS

- Most MHSA problems are discovered and treated in primary care
- Primary care providers don't do a great job of diagnosing behavioral health disorders (MOS found 50% for depression)
- Integrated care
- Behavioral health provider shortages in many areas



MENTAL HEALTH SHORTAGE AREAS IN NC



MH/SA SPENDING NATIONALLY

- \$172 billion in 2009 = 7.4% of total national health expenditures, up slightly from 2005
 - \$147 billion for mental health
 - \$24 billion for substance abuse



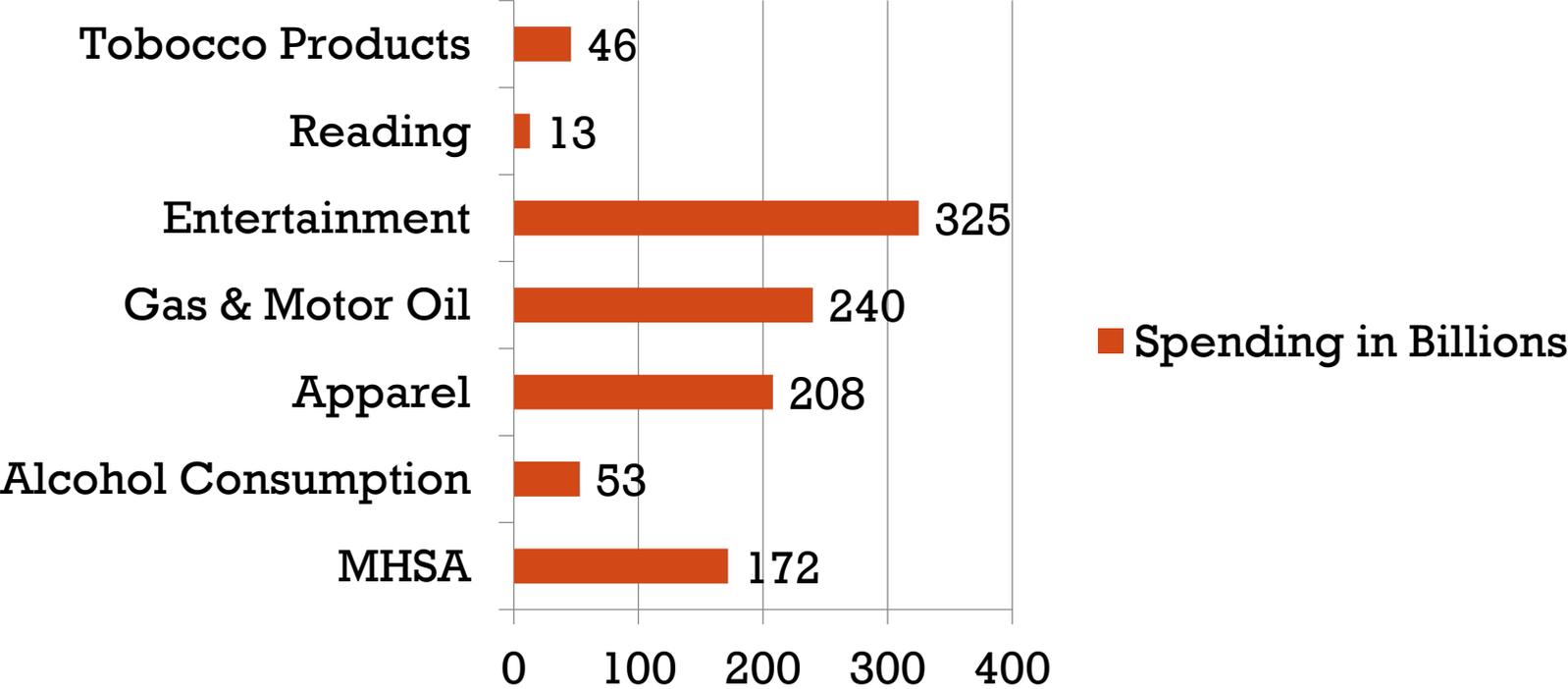
MENTAL HEALTH TREATMENT SPENDING NATIONALLY BY SOURCE

- \$147 billion in 2009
 - 11% client out of pocket
 - 29% private sources
 - 13% Medicare (from 8% in 2005)
 - 27% Medicaid
 - 20% other government spending (from 23% in 2005)



MHSA TREATMENT SPENDING IN PERSPECTIVE: 2009

Spending in Billions



ANNUAL GROWTH IN NATIONAL SPENDING

	1998–2004	2004–07	2007–09
Mental Health Treatment	8.2%	6.4%	4.9%
Substance Use Treatment	6.1%	4.6%	0.9%
All Health	7.8%	6.4%	4.5%
GDP Price Index	2.6%	2.3%	2.4%

Source: Levit et al., 2013



LARGEST COMPONENTS OF MHSA SPENDING

- Prescription medications 28%
- Hospital care 26%
- 72% of MHSA treatment is to specialists
 - specialty units of general hospitals
 - specialty hospitals
 - psychiatrists & other professionals
 - specialty mental health and substance abuse centers.



SPENDING ON PSYCHOTROPIC MEDICATIONS

- Psychotropic medications are the 4th largest therapeutic class by total expenditure
 - \$24.1 billion
 - Second highest class in terms of \$/prescription: \$112/RX (highest is GI agents at \$113/Rx)
 - 12.4% of adult population with expenditures on psychotropic medications



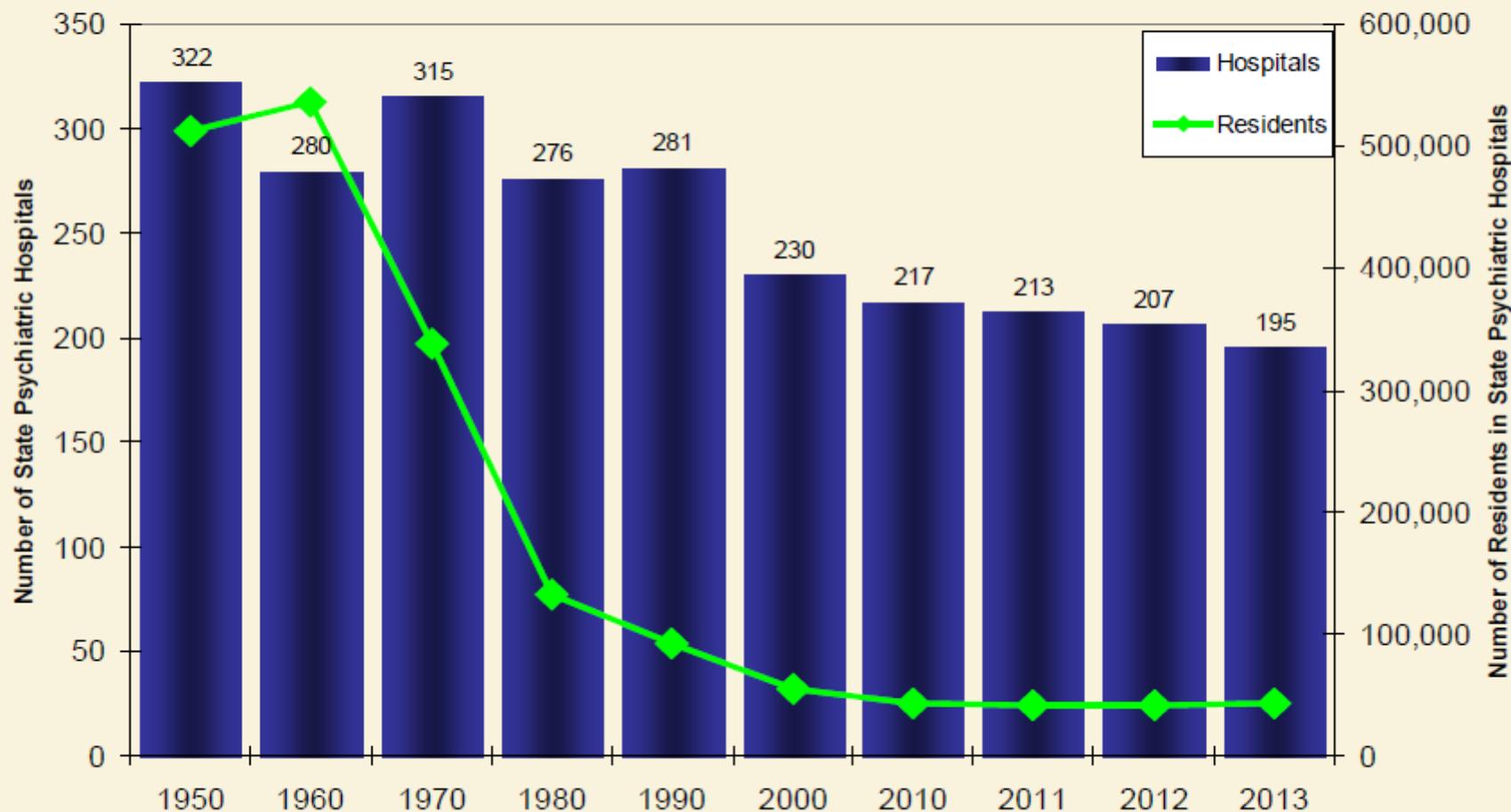
NORTH CAROLINA MCO ESTIMATES SFY15

Category of Service	Claims (in dollars)		Beneficiaries served		Averaged Cost /Participant Claims		% of Medicaid enrollees served	
	MH	SA	MH	SA	MH	SA	MH	SA
ACT	\$55,134,504	\$334,875	5,561	90	\$9,914	\$3,721	0.4%	0.0%
BH Long-Term Residential	\$85,009,188	\$385,598	4,183	25	\$20,323	\$15,424	0.3%	0.0%
Community Support	\$7,664,725	\$2,358,857	3,357	265	\$2,283	\$8,901	0.2%	0.0%
Crisis Services	\$9,332,676	\$2,996,786	10,067	2,640	\$927	\$1,135	0.7%	0.2%
Intensive in-home services	\$131,949,012	\$659,043	10,966	114	\$12,033	\$5,781	0.8%	0.0%
Inpatient	\$99,058,938	\$4,362,792	16,127	1,892	\$6,142	\$2,306	1.1%	0.1%
MST	\$14,645,887	\$78,815	1,412	15	\$10,372	\$5,254	0.1%	0.0%
Outpatient	\$129,096,751	\$50,798,387	194,691	28,236	\$663	\$1,799	13.5%	2.0%
Partial Hosp/Day Tx	\$28,309,217	\$1,169,260	2,666	108	\$10,619	\$10,826	0.2%	0.0%
PRTF	\$70,186,000	\$40,567	1,449	1	\$48,438	\$40,567	0.1%	0.0%
Psych Rehab	\$32,984,798	\$38,615	5,144	36	\$6,412	\$1,073	0.4%	0.0%

EXTRA SLIDES

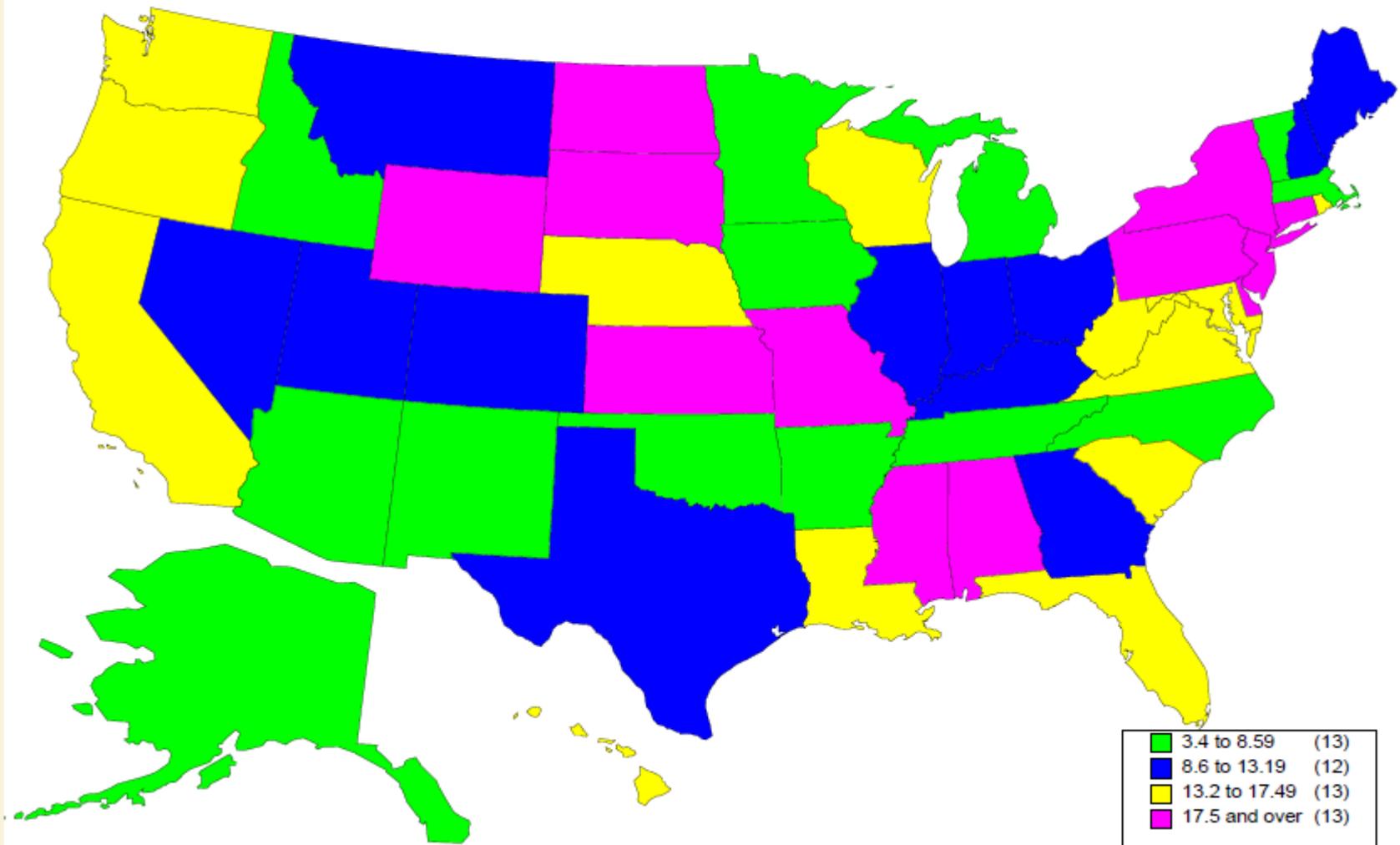


Number of State Psychiatric Hospitals and Resident Patients at End of Year: 1950 to 2013



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 2013 State MH Agency Profiles System

State Psychiatric Hospital Residents per 100,000 State Population: URS 2013



ACA AND MENTAL ILLNESS

- Garfield and colleagues (2011) simulated the effect of the ACA on persons with mental illness
- They estimated that 3.7 million people with serious mental illness who are currently without coverage for at least part of the year will gain coverage
 - 27.6 million non-MI are estimated to do so



PPACA AND MENTAL ILLNESS

Among those with probable mental illness:

Insurance type	Prior to ACA	Post-ACA estimate (2019)
Medicare	11.2%	11.2%
Medicaid	12.8%	24.5%
Private	39.2%	49.3%
Uninsured – part year	16.0%	6.5%
Uninsured – full year	20.7%	8.5%

