Rethinking Mental Health: Meeting the moment

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What would you do?
We have codified the separation of mind and body through policy.
Our ongoing challenge of getting people access to mental health care.

![Diagram showing access to mental health care](image_url)

- **17.1 million (30%)** Did not receive treatment
- **39.7 million (70%)** Received treatment

*Source: Substance Abuse and Mental Health Services Administration, National Survey on Drug Use and Health, 2017.*
Nationally, drug and alcohol-induced deaths have increased between 2010-2020, with deaths by suicide remaining steady over time.

Source: CDC WONDER Online Database, 2010-2020
Mental health and substance use disorders are the leading causes of disease burden in the US

<table>
<thead>
<tr>
<th>Disease</th>
<th>DALYs Rate per 100,000 population, both sexes, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health and substance use disorders</td>
<td>3,355</td>
</tr>
<tr>
<td>Cancer and Tumors</td>
<td>3,131</td>
</tr>
<tr>
<td>Circulatory</td>
<td>3,085</td>
</tr>
<tr>
<td>Injuries</td>
<td>2,419</td>
</tr>
<tr>
<td>Musculoskeletal disorders</td>
<td>2,357</td>
</tr>
<tr>
<td>Endocrine (diabetes, kidney)</td>
<td>1,827</td>
</tr>
<tr>
<td>Nervous System</td>
<td>1,463</td>
</tr>
<tr>
<td>Chronic respiratory</td>
<td>1,050</td>
</tr>
<tr>
<td>Skin diseases</td>
<td>642</td>
</tr>
<tr>
<td>Sense organ diseases</td>
<td>624</td>
</tr>
</tbody>
</table>


A third of persons with ‘major’ depression receive no mental health care

Percent of adults with major depression who received mental health treatment, by gender and age, 2016

Once we realize that something is not working, it is unethical to proceed as if it is.
Nearly half of adults said that worry or stress from Covid-19 has negatively impacted their mental health.

Source: Kaiser Family Foundation Health Tracking Poll (conducted April 15-20, 2020)
Covid-19 is having an adverse effect on health and well-being.

- Trouble falling asleep, staying asleep, or sleeping too much: 40%
- Poor appetite or overeating: 33%
- Frequent headaches or stomachaches: 18%
- Difficulty controlling temper: 15%
- Increasing alcohol or drug use: 13%
- Worsening chronic conditions like diabetes of high blood pressure: 9%

Have experienced any of the above: 56%

Source: Kaiser Family Foundation Health Tracking Poll (conducted April 15-20, 2020)
Five considerations
#1 Outline a vision
What’s your vision?
Assess/scan our current structures

Establish leadership team

Clearly communicate
#2 Reconsider the workforce
Fundamental workforce considerations

WHAT
does care look like

WHERE
is care being delivered

WHO
is providing health care

HOW
is care being provided
#3 Bring care to where people are
Primary care is the largest platform for health care delivery, offering an access point where people can have their mental health needs identified and treated.
Behavioral Health Integration Recommendations

- Establish core standards for health care integration
- Drive integration in value-based payment models
- Expand, train, and diversify the workforce
- Promote the use of technology to support care

https://bipartisanpolicy.org/report/behavioral-health-2021/
<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>969,000</td>
<td>Number of K-12 Students (2022 Projection)</td>
</tr>
<tr>
<td>65,000</td>
<td>Children with major depression</td>
</tr>
<tr>
<td>20,000</td>
<td>Children with major depression who do not receive treatment</td>
</tr>
<tr>
<td>1 : 1,578</td>
<td>Ratio of School Psychologists to Students (Recommended Ratio 1:500)</td>
</tr>
<tr>
<td>1 : 2,258</td>
<td>Ratio of School Social Workers to Students (Recommended Ratio 1:250)</td>
</tr>
<tr>
<td>1 : 324</td>
<td>Ratio of School Counselors to Students (Recommended Ratio 1:250)</td>
</tr>
</tbody>
</table>

#4 Leverage 988
What is 988 and who should use it?

Approved by Congress in fall 2020, 988 is the nation’s first three-digit crisis number dedicated to mental health and designed to help connect people with appropriate care.

Once 988 goes live by July 2022, if you or someone you know is having suicidal thoughts, experiencing delusions, or displaying concerning symptoms of mental illness, you should call 988 instead of 911.
Crisis Standard of Care

Call 988

Someone to talk to

Someone to respond

Somewhere to go
Early Intervention is a Crisis Response.

“Crisis begins earlier than our system has been set up to acknowledge and continues long after an emergency is resolved. A successful 988 implementation must incentivize intervention in early stages of crisis before a full-blown emergency and also incentivize continued support and stabilization afterward.”
Crisis Response Continuum of Care

Outreach & engagement of people at risk:
Many people in the early stages of crisis need referral to appropriate services and supports.

Crisis call center hubs:
Evidence suggests that most crises can be resolved by skilled telecommunications responders.

Mobile crisis teams:
Mobile crisis teams are able to resolve the majority of crises in the community.

Crisis stabilization options:
Those requiring a higher level of care should have multiple options, such as crisis stabilization or hospitalization, corresponding to their level of need.

Post-crisis, community-based support:
With appropriate care and support, most are able to remain stable in their communities post-crisis.

Crisis Hotline:
988

SEVEN CRITICAL PILLARS
- Early Identification and Prevention
- Emergency and Crisis Response
- Equity
- Integration
- Parity
- Standards
- Workforce
#5 Take care of your own
Rethinking our approach – takeaways

• Look beyond narrowly defined and diagnosed mental illness

• Meet people where they are

• Integrate mental health across sectors

• Prevention through actions which target structural and social determinants

• Democratize knowledge and skills to empower communities
Thank you!
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• https://mentalhealth411.substack.com/