



Early Intervention Mental Health Services for Adolescents and Young Adults

**Rayburn House Office Building
July 23, 2013**

**Linda Rosenberg, President and CEO
National Council for Behavioral Health**



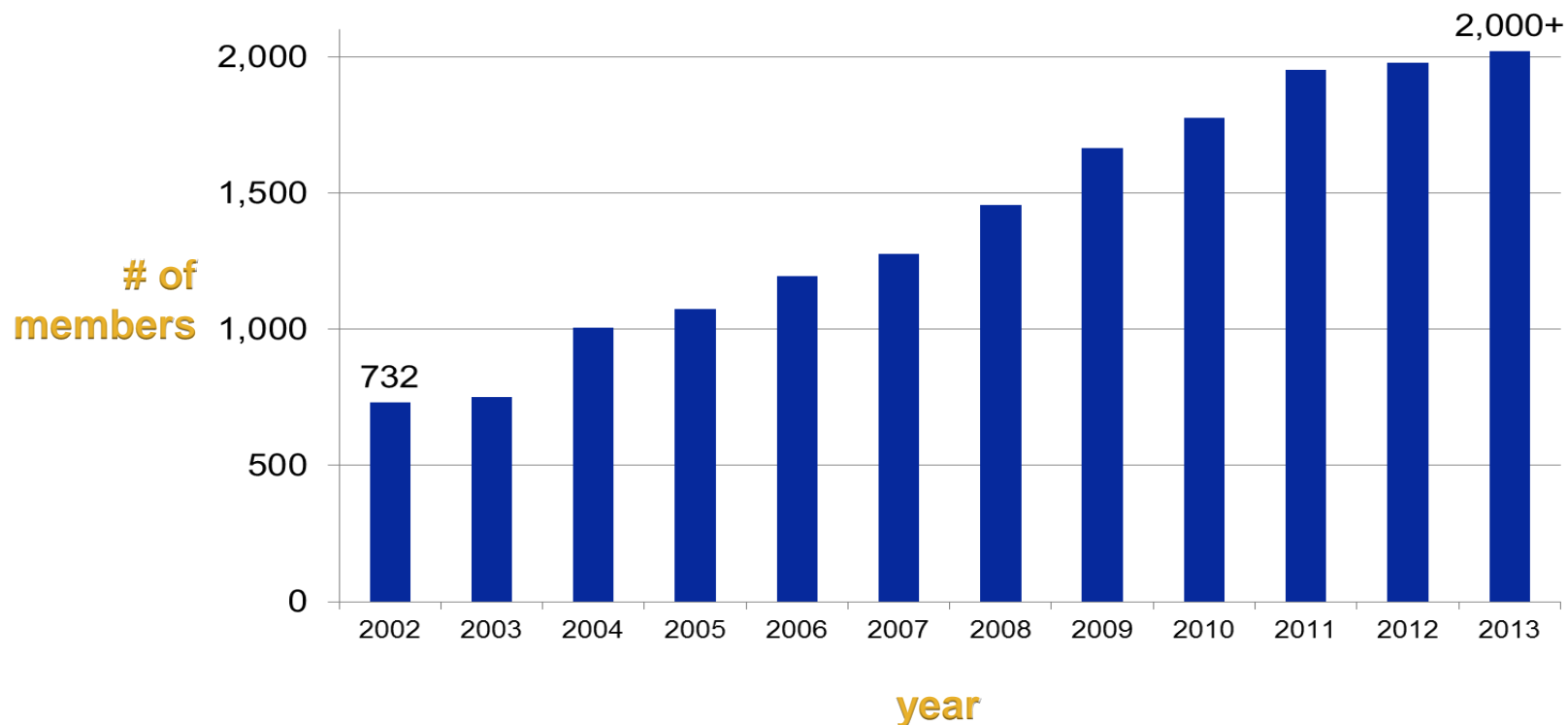
50th Anniversary of the 1963 Community Mental Health Act

- ***Wrote in 1963 - mental illness among our most significant health problems, due to critical size and tragic impact; deserving of whole new national approach***



National Council Membership

Policy and Practice



****Mental health & substance use organizations, hospitals, state and local governments, criminal and juvenile justice, housing, child welfare, health centers***

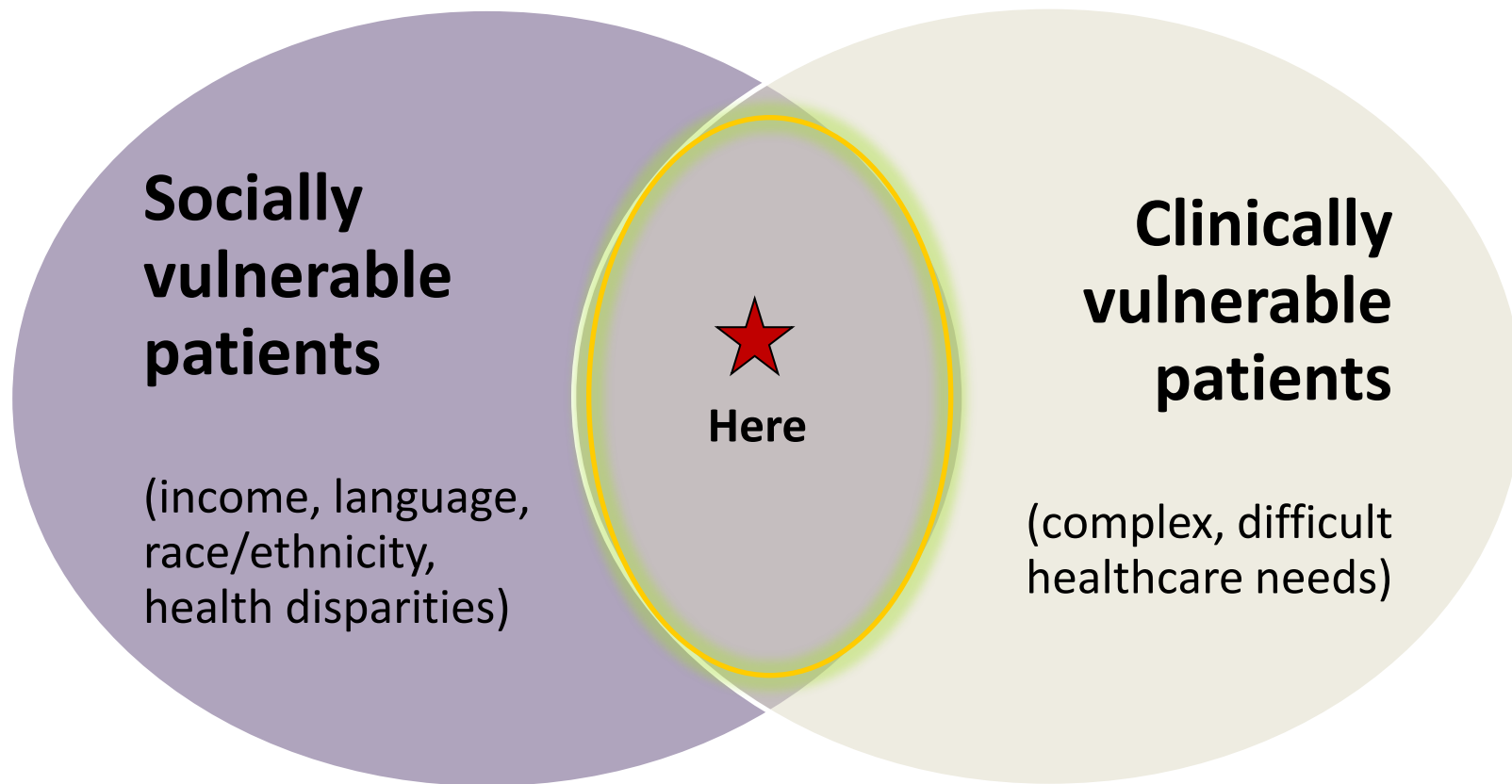


Community problem solvers

- mental health and addiction treatments including medications;
- case management; ACT; clubhouse; housing;
- jail diversion and re-entry; crisis services; peer and recovery supports;
- **and integration with primary care**

Specialty behavioral health niche: caring for complex, costly patients

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Health Affairs: VA Lewis, et al. "The Promise and Peril of Accountable Care for Vulnerable Populations: A Framework for Overcoming Obstacles." 2012.

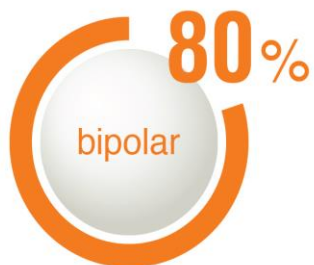
Services are Clinically Effective

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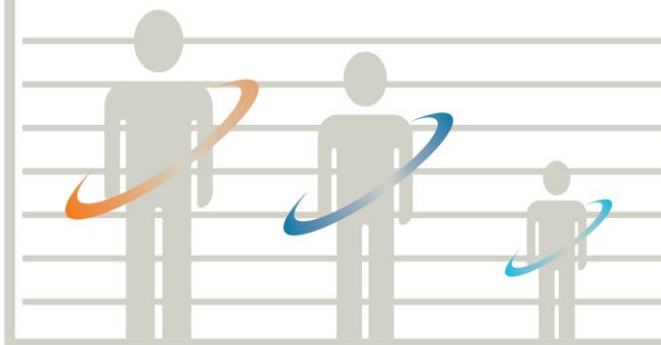
Up to **90%** of people being treated recover

Success Rates

Mental health treatments work



These success rates are comparable to those for physical health care.

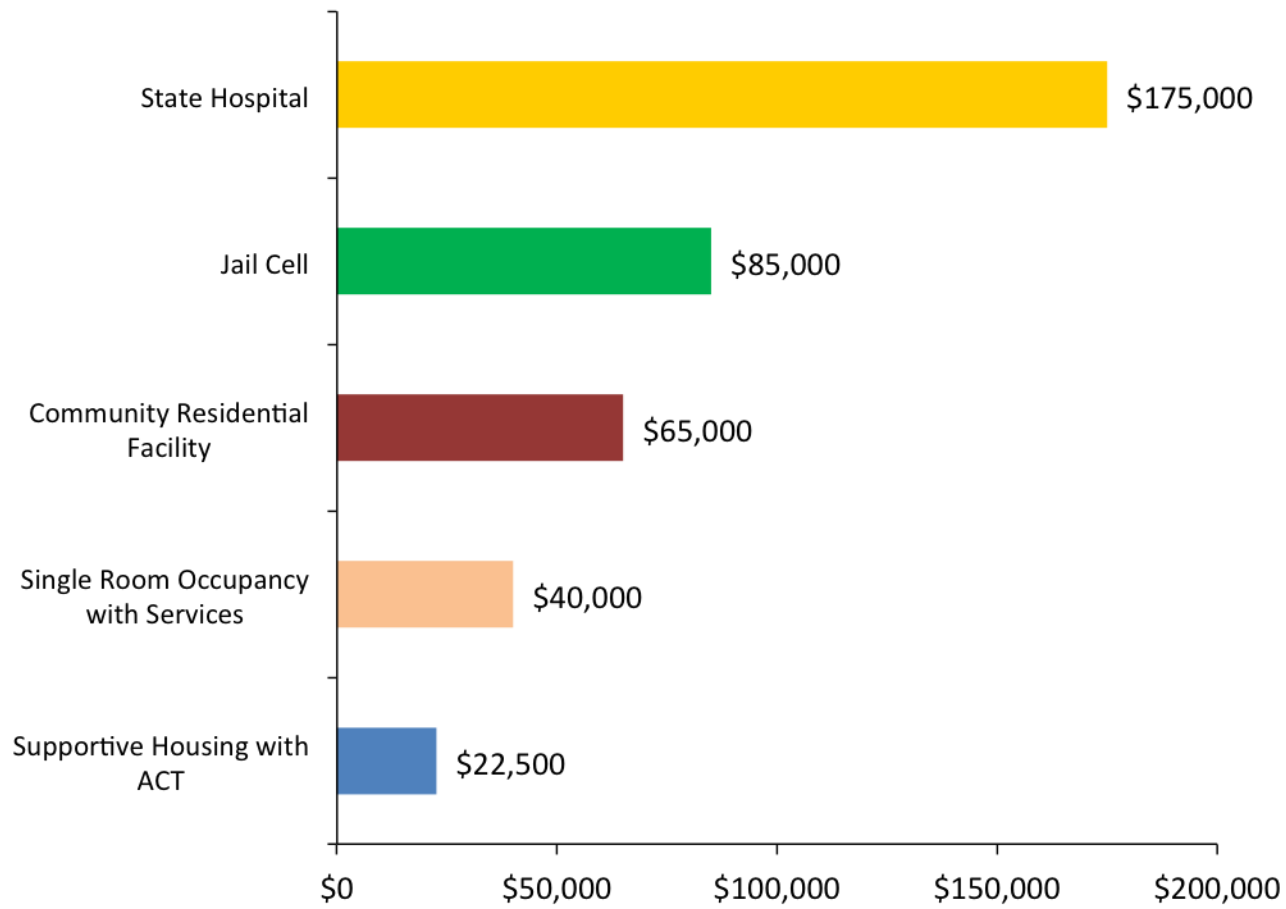


70-80% asthma and diabetes

60-70% cardiovascular disease

41-52% heart disease

Services are Cost Effective



Defined by Tragedies



**Sandy
Hook**



**Grand
Rapids**



Aurora



Tucson



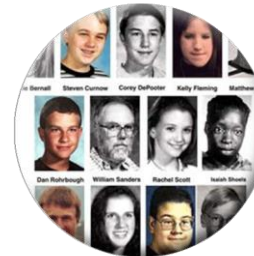
**Red
Lake**



**Fort
Hood**



**Virgini
a Tech**



Columbine

The Next New Frontier

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- 23 million people needing Substance Use treatment, 10 percent receiving care (28 m. need diabetes care, 84 percent get care)
- Since 1980 600,000 died of AIDS, 3.3 million SUD
- 68% of adults with mental illness have medical condition and 29% with medical condition have mental health disorder
- Most Americans don't know signs of suicide, addiction or mental illness, what to do about them or how to find help
- Most mental health treatment in primary care - primarily medication, poorly managed
- First episode psychosis – approximately 40,000 new cases of schizophrenia – delayed treatment/ life long disability

Some Pieces in Place...

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- Insurance Reform
- Coverage Expansion
- Parity
- Service Delivery Redesign and Payment Reform ... *getting healthcare dollars under new population based and integrated budget arrangements*
- *Medical/Health Homes and ACOs - inpatient limited and **chronic conditions** are care coordinated*



Schizophrenia and Chronicity?

- 75% of people with schizophrenia develop a disability
- Schizophrenia has spillover effects on employment, education, criminal justice involvement, physical health
- The duration of untreated first-episode psychosis is a risk factor for worse life-long outcomes
- **Identifying the illness and getting youth into treatment quickly to reduce long-term disability**





Family and social treatments for major mental illnesses in the public sector

- Research outside the USA
- National Demonstration of Early Detection, Intervention and Prevention of Psychosis in Adolescents and Young Adults (EDIPPP)
- Recovery After an Initial Schizophrenia Episode (RAISE) - NIMH research that seeks to change the trajectory and prognosis of schizophrenia through coordinated and aggressive treatment in the earliest stages of illness.

Member organizations in both EDIPPP and RAISE

Policy and Practice Goals

- Increase awareness of and recognition of early symptoms
- Ensure that all youth identified, no matter their source of insurance coverage, can access comprehensive treatment services
- Create community/regional treatment and service competence



Mental Health First Aid

- More than 100,000+ trained
- 3,000+ instructors
- NREPP designation
- *President's recommendations/budget*



*Partnership with Maryland
and Missouri*



Rep. Ron Barber, D-AZ



Rep. Lynn Jenkins, R-KS



Sen. Mark Begich, D-AK



Sen. Kelly Ayotte, R-NH

Expanded Service Capacity

- Capital for new services – human capital and HIT - and no federal safety net status to support improvement
- National standards
- National Reporting
- Federal definition/criteria for Community Behavioral Health Centers (CBHCs)



Sen. Roy Blunt,
R-MO



Sen. Debbie
Stabenow, D-MI



Rep. Doris
Matsui, D-CA



Rep. Leonard
Lance, R-NJ

New Policy Ideas

- Create a new, disease-based category of Medicaid eligibility under 42 USC1396a (section 1902(a) of SS Act
- Create a Medicaid wrap-around benefit for those who have private or other insurance coverage
- Extend the Medicaid benefit to whatever age the individual continues to need treatment (i.e. for the duration of the disease)
- Create a grant program for funds to be used to educate providers/practitioners about the new Medicaid option and the prodromal/early signs of schizophrenia



**People want to be
part of something larger
than themselves.**

- Howard Schultz

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NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH



Washington, DC

September 16 –17, 2013