



The Massachusetts Health Policy Forum's Student Forum

April 6, 2018

Joan Mikula

Commissioner

Massachusetts Department of Mental Health



Important Facts:

Epidemic of Premature Death

In the US the average life expectancy has increased steadily to 77.9 years

The average life span for SPMI is 53 years

25-30 years shorter life span than the general public

Declining over the past 30 years

If substance use is factored in 10 years shorter

Disproportionate risk of death from preventable cardio metabolic risk factors, common chronic illnesses and cardiovascular disease

The average loss of life expectancy of all cancers combined is 15 years



Important Child/Adolescent Statistics:

- 21% of children and adolescents in the US meet diagnostic criteria for MH disorder with impaired functioning
- 50% of adults in US with MH disorders had symptoms by the age of 14
- Children with chronic medical conditions have more than 2x the likelihood of having a MH disorder
- We know that people recover from mental illness



DMH Statutory Mandate

DMH operates pursuant to Massachusetts state statute, Mass. Gen. L. ch. 19, ch 123 and DMH regulations CMR 104

DMH's statutory mandate: provide treatment and services to citizens with long-term or serious mental illness(es) and research into causes of mental illness

DMH

- Provides or arranges for DMH services for adults and children for whom services authorized,
- Establishes standards and policies to ensure effective and culturally competent care that promotes recovery and self-determination and protects human rights, and
- Supports mental health training and research



DMH Mission and Vision

MISSION

The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities. Recognizing that mental health is an essential part of healthcare, the Department establishes standards to ensure effective and culturally competent care to promote recovery. The Department sets policy, promotes self-determination, protects human rights and supports mental health training and research. This critical mission is accomplished by working in partnership with other state agencies, individuals, families, providers and communities.

VISION

Mental health care is an essential part of health care. The Massachusetts Department of Mental Health, as the State Mental Health Authority, promotes mental health through early intervention, treatment, education, policy and regulation so that all residents of the Commonwealth may live full and productive lives.



Community First

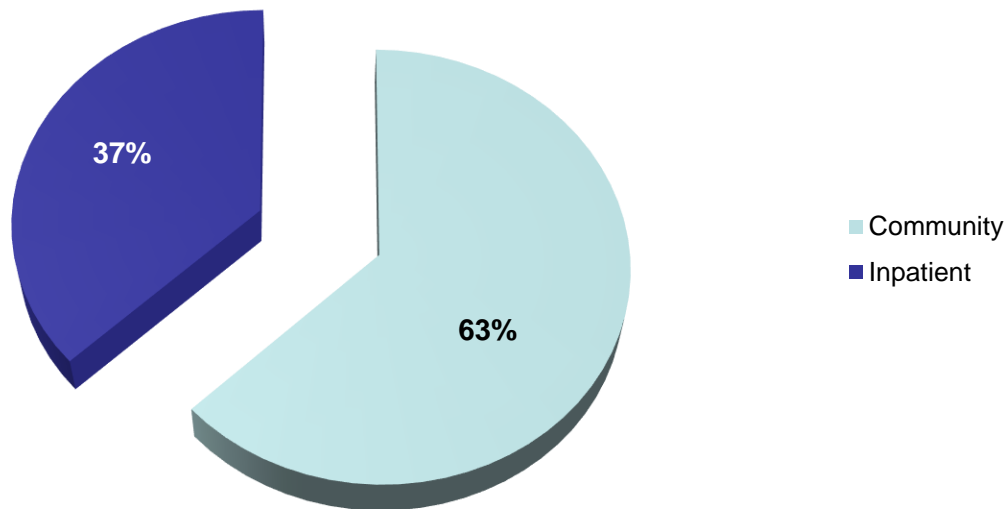
DMH is committed to its Community First vision and serving clients, staff and the community at large effectively and safely. Community First embraces the values of recovery, choice and self-determination and is guided by these principles:

- Empowering individuals with mental illness to live with dignity and independence in the community;
- Providing access to a full range of quality services and supports to meet their mental health needs;
- Enabling individuals to live, work and participate in their communities; and
- Implementing a consumer-centered, recovery-oriented system of mental health care.



DMH Allocation of Funds: Majority for Community-based Services

2016 DMH BUDGET ALLOCATIONS





DMH Services

Community-based Services include:

- Community Based Flexible Supports (CBFS)
- Program of Assertive Community Treatment (PACT)
- Clubhouses
- Case Management
- Recovery Learning Communities
- Forensic - Court Clinic, Jail Diversion and Re-entry Services
- Respite Services
- Homeless Support Services
- Child and Adolescent Residential Services
- Child and Adolescent Flexible Supports
- Child and Adolescent After School/Weekend Therapeutic Services



DMH Private Facility Licensure

Facility Licensure:

- DMH oversees the licensure of 2,734 beds in 67 private psychiatric facilities:
 - private acute psychiatric hospitals and behavioral health units in general hospitals
 - 5 intensive residential treatment programs for children and adolescents totaling 76 beds
- DMH ensures that licensed hospitals are in compliance with regulatory requirements based on bi-annual licensing survey



DMH Research Centers of Excellence

1. UMASS: Systems and Psychosocial Advances Research Center
 2. BIDMC: Commonwealth Research Center for clinical neuroscience and psychopharmacological research
 3. Children's Behavioral Health Knowledge Center
- DMH Guiding Priorities for Research:
 - Culturally competent research and evidence-based practices
 - Consumer Involvement in Research
 - Dissemination of Research Finding to Accelerate the adoption of evidence-based practices

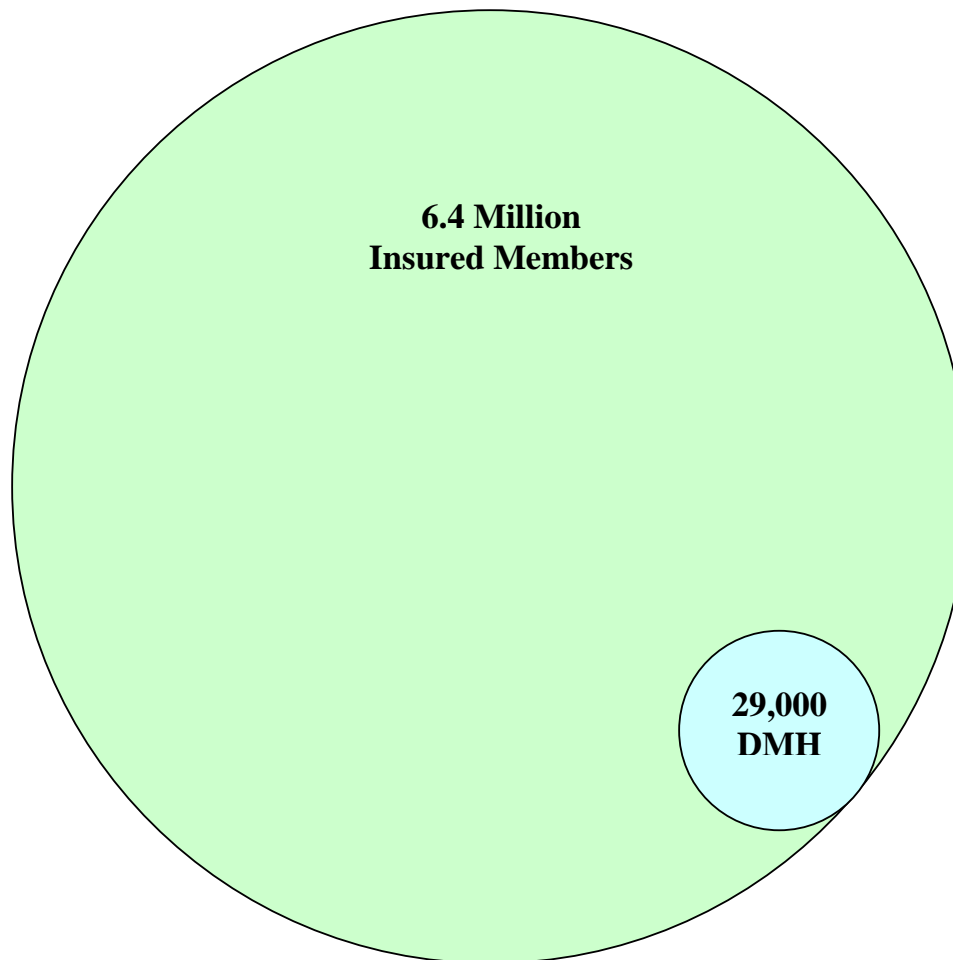


DMH Service Authorization

- DMH provides services for approximately 29,000 individuals
- Determining whether to authorize DMH services for an individual depends on an assessment of whether:
 - Individual meets the clinical criteria for DMH services;
 - Individual requires DMH services and has no other means for obtaining them;
 - DMH has available capacity.



Insured Members vs. Department of Mental Health Persons Served



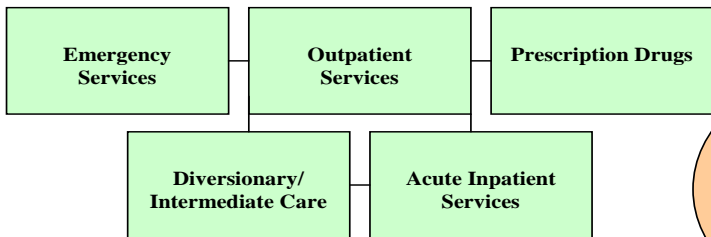


**Person
Driven
Care**

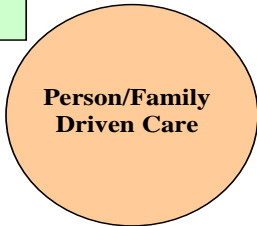
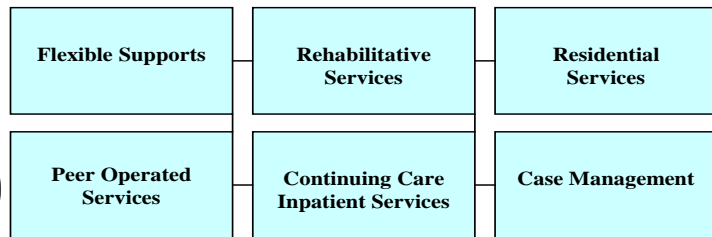
The Continuum of Mental Health Services

(Not a complete list)

Services covered by Public (e.g., MassHealth) and Private (e.g., Blue Cross Blue Shield) Health Payers
Approximately 6.4 million insured members



Services covered by the Department of Mental Health
Approximately 29,000 persons served



Criteria for Services
Any person with health insurance who meets clinical medical necessity criteria for covered mental health services.

Service Providers
Health payers contract with independent licensed mental health professionals (e.g., psychologists), community mental health clinics, acute residential facilities, and general acute and private free standing psychiatric hospitals. There are 2,704 licensed psychiatric inpatient beds across Massachusetts, serving approximately 74,000 psychiatric inpatient admissions per year.

Criteria for Services
Any adult with severe and persistent mental illness or child/adolescent with emotional disturbance who needs continuing care (longer term supports) that is not available from any other source. Individuals seeking Department of Mental Health services must apply and meet all clinical, functional impairment, and needs and means criteria.

Service Providers
The Department of Mental Health contracts most of its services with private community mental health care providers. Services are designed to meet the needs of the individual/family and offered in the least restrictive setting. Services the Department contracts for include: Community Based Flexible Supports, Programs of Assertive Community Treatment, Clubhouses, Child/Adolescent Residential Programs, Flexible Family Supports, Recovery Learning Communities, Homelessness Services, Forensic Services, and Respite Services. The Department operates statewide 671 adult and 30 child/adolescent continuing care inpatient beds. On average, 1,400 adults per year are admitted to DMH for inpatient services. Approximately half of those admissions are court referred. The Forensics Division provides services to approximately 8,000 - 9,000 individuals through forensic transition teams and court clinics.



**Person
Driven
Care**

The Continuum of Mental Health Services

(Not a complete list)

Services covered by Public (e.g., MassHealth) and Private (e.g., Blue Cross Blue Shield) Health Payers

Must Meet Medical Necessity Criteria



Services covered by the Department of Mental Health

Must Meet Continuing Care Criteria

Emergency Services

Provided by emergency services programs, at general acute hospitals & state operated in limited locations

- Crisis Intervention and Screening Services
- Crisis Stabilization Services

Diversionary/Intermediate

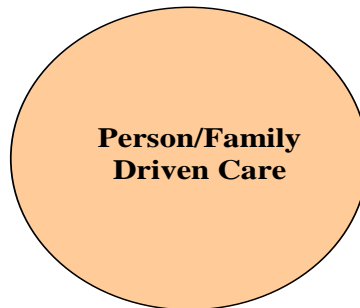
Provided by community programs and at general acute hospitals

- Psychiatric Day Treatment
- Partial Hospitalization
- Community Based Acute Treatment

Outpatient Services

Provided by independent licensed mental health clinicians, at mental health clinics & state operated in limited locations

- Individual, Family, Group Therapy
- Medication Management
- Assessments



Prescription Drugs

Provided by pharmacies

- Prescribed Medications

Acute Inpatient Services

Provided by general acute or free standing psychiatric hospitals & state operated in limited locations

- Inpatient treatment

Peer Operated Services

Provided by contracted community providers

- Respite Services
- Peer Support
- Recovery Learning Communities

Case Management

Provided by DMH

- Assessments
- Service Planning & Monitoring
- Coordination
- Referral

Continuing Care Inpatient Services

Provided by DMH

- Inpatient treatment focusing on rehabilitation & recovery/resiliency

Flexible Supports

Provided by contracted community providers

- Community Engagement
- Individualized youth and family services
- Tenancy Assistance
- Recovery Focused Activities

Rehabilitative Services

Provided by contracted community providers and DMH

- Assessments and Service Planning Development
- Skills Development
- Education & Employment
- Clinical Treatment

Residential Services

Provided by contracted community providers & state operated in limited locations

- Group Living
- Independent Living
- Supervision
- Medication Management



**Person
Driven
Care**

The Continuum of Mental Health Services

(Not a complete list)

Hospital Services covered by Public (e.g., MassHealth) and Private (e.g., Blue Cross Blue Shield) Health Payers

Who Provides

Health payers contract through emergency services programs and emergency room departments with general hospitals (e.g., Massachusetts General Hospital) to provide emergency/crisis services. In addition, health payers contract with general acute hospitals and private acute psychiatric hospitals (e.g., McLean Hospital) to provide acute inpatient care which provides short-term, intensive diagnostic, evaluation, treatment and stabilization services to individuals experiencing an acute psychiatric episode.

Admissions

Persons who meet health payers' medical necessity criteria and need acute hospital level of care are admitted to a general acute hospital or private acute psychiatric hospital. More than 74,000 individuals are admitted to acute inpatient psychiatric hospital settings each year. Only 10% of those admitted are DMH clients. A typical course of treatment lasts 10 to 14 days but may be as long as 30 days. Persons who do not meet acute hospital level of care may be referred to community crisis stabilization services which are also covered by health payers.

Licensed Acute Hospitals & Beds

There are more than 66 general hospital psychiatric units or private acute psychiatric hospitals with approximately 2,704 psychiatric beds licensed by DMH.



Hospital Services covered by the Department of Mental Health

Who Provides

DMH operates and contracts for continuing care inpatient services. Continuing inpatient psychiatric care provides ongoing treatment, stabilization and rehabilitation services to the relatively few individuals who require longer term hospitalization that are beyond the capacity of the acute inpatient system.

Admissions

Persons are either court referred or meet DMH continuing care hospital level of care criteria and generally transferred to DMH after the conclusion of an acute inpatient course of treatment in a general hospital psychiatric unit or private psychiatric hospital licensed by DMH. Persons are admitted to the first available bed in a DMH-operated inpatient unit or state hospital. On average, 1,400 adults per year are admitted to DMH for inpatient services. Approximately half of those are court referred. On average, treatment for non-court referred admissions lasts 180 days but may be much longer.

DMH Continuing Care Hospitals & Beds

There are statewide 671 adult and 30 child/adolescent continuing care inpatient beds located at two state operated psychiatric hospitals (Worcester, Taunton), psychiatric units at two DPH hospitals (Shattuck, Tewksbury), psychiatric inpatient beds at Fuller Mental Health Center, and 30 contracted beds at a private hospital in Springfield.

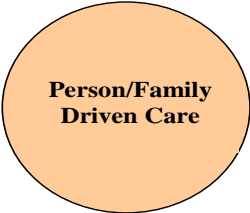
**Person/Family
Driven Care**



**Person
Driven
Care**

Services covered by the Department of Mental Health

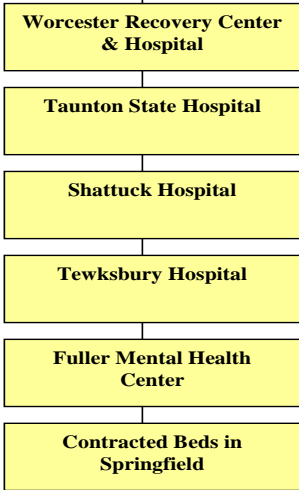
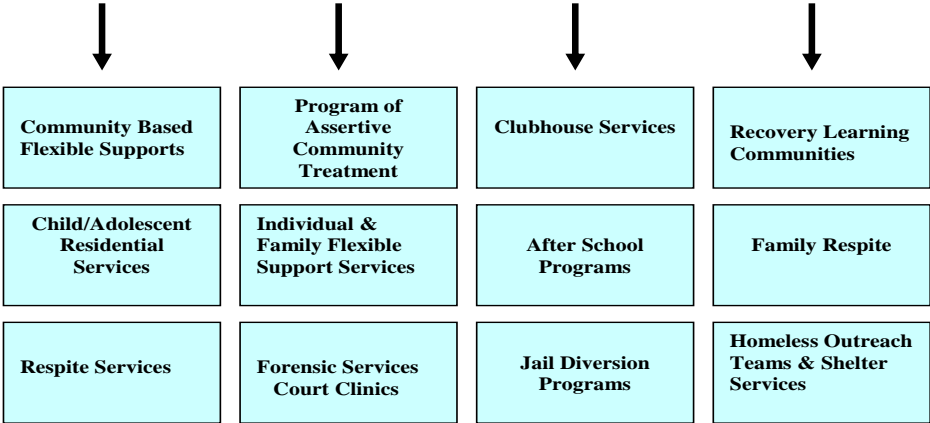
Apply for Community Services
& Meet all Clinical, Functional,
& Needs & Means Criteria



Referral by the Courts or Acute
General Hospital or Private
Psychiatric Hospital & Meet
Continuing Care Hospital Level
of Care Criteria

Continuing Care Community Services
29,000 Persons Served
Flexible Supports Rehabilitative Services Peer Operated
Case Management Residential Services

Continuing Care Inpatient Services
1,200 Adults Admitted Annually
Clinical Treatment Rehabilitative Services
Court Ordered Evaluations/Treatment

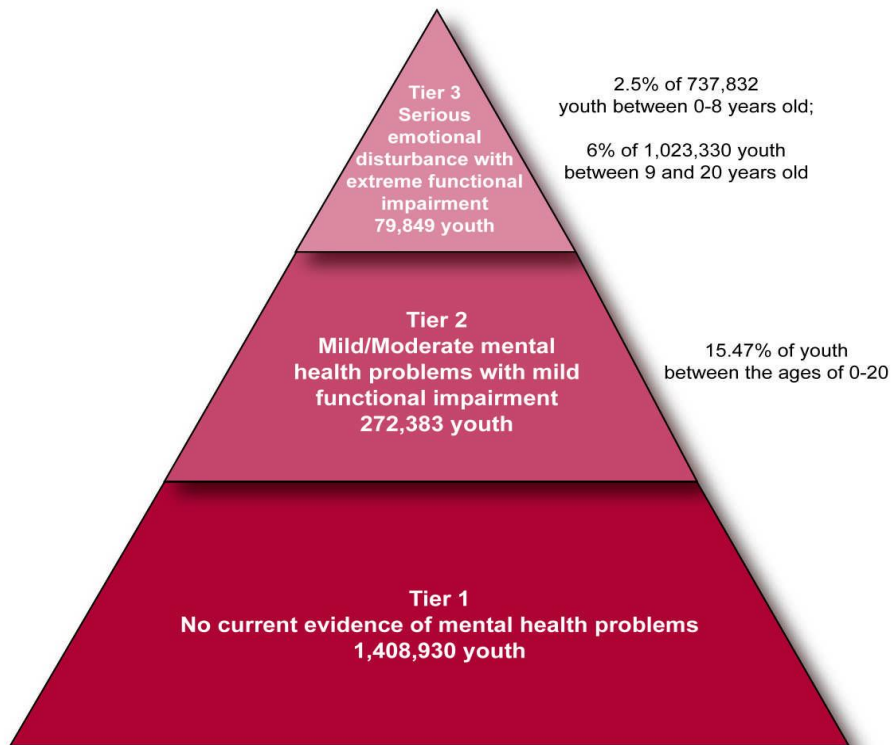




Who Needs Mental Health Services?

*Estimated Level of Need

Children, Youth & Young Adults (Ages 0-20)



An estimated 1,761,162 youth between the ages of 0 and 20 are living in Massachusetts (27.7% of the total population). Tiers 3 and 2 represent 20% of the youth in Massachusetts based on the Surgeon General's report of any diagnosable mental disorder during childhood and adolescence.

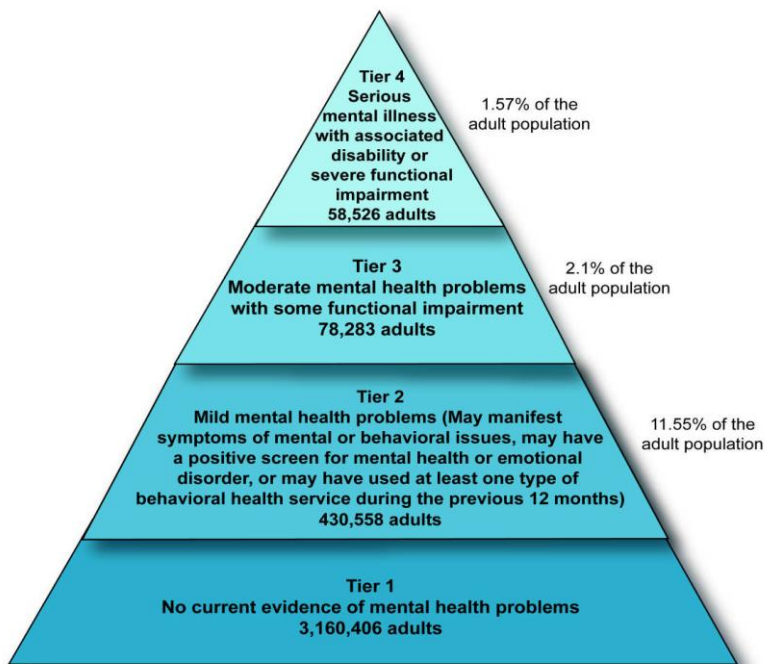
*Estimated Level of Need based on revised 2000 U.S. Census, prevalence data, and 2007 analysis of DMH and MassHealth eligibility and utilization data.



Who Needs Mental Health Services?

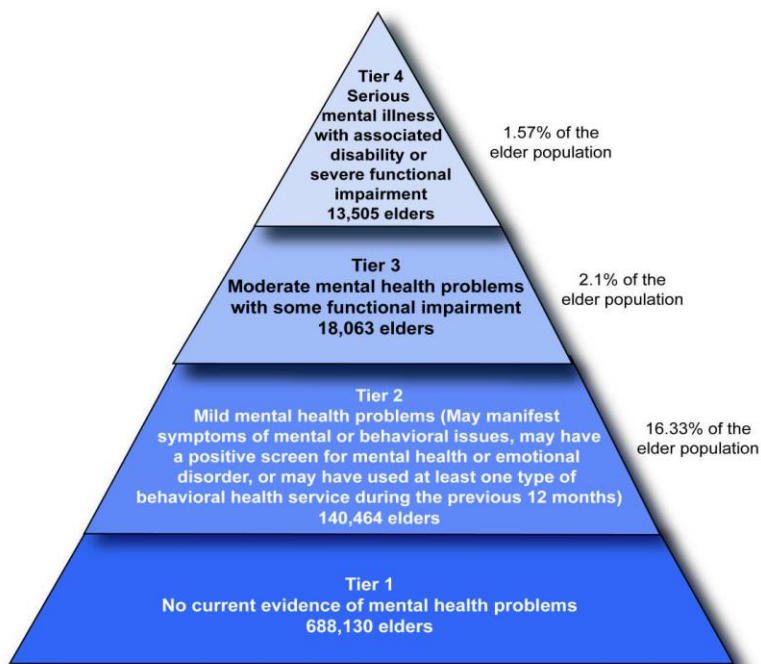
*Estimated Level of Need

Adults (Ages 21-64)



An estimated 3,727,773 individuals between the ages of 21 and 64 are living in Massachusetts (58.7% of the total population); 567,367 are potentially living with a mental illness (15.22% of individuals based on DMH prevalence estimates of adults with a diagnosable mental illness).

Elders (Ages 65 & Above)



An estimated 860,162 elders live in Massachusetts (13.5% of the total population); 172,032 are potentially living with mental illness (20% of elders based on the Surgeon General's estimates for individuals aged 55 and over who will experience mental disorders that are not part of normal aging).

*Estimated Level of Need based on revised 2000 U.S. Census, prevalence data, and 2007 analysis of DMH and MassHealth eligibility and utilization data.



DMH Services: *Brief Descriptions*

| SERVICES | DESCRIPTION |
|--|--|
| Inpatient/Continuing Care System | DMH-operated psychiatric inpatient facilities: two psychiatric hospitals; psychiatric units in two public health hospitals; five community mental health centers that promote treatment, rehabilitation, recovery. |
| Community Based Flexible Supports (CBFS) | The DMH community service system: Rehabilitation, support, and supervision with the goal of stable housing, participation in the community, self management, self determination, empowerment, wellness, improved physical health, and independent employment. |
| Respite Services | Respite Services provide temporary short-term, community-based clinical and rehabilitative services that enable a person to live in the community as fully and independently as possible. |
| Program of Assertive Community Treatment (PACT) | A multidisciplinary team approach providing acute and long term support, community based psychiatric treatment, assertive outreach, and rehabilitation services to persons served. |
| Clubhouses | Clubhouse Services provide skill development and employment services that help individuals to develop skills in social networking, independent living, budgeting, accessing transportation, self-care, maintaining educational goals, and securing and retaining employment. |
| Recovery Learning Communities (RLCs) | Consumer-operated networks of self help/peer support, information and referral, advocacy and training activities. |
| DMH Case Management | State-operated service that provides assessment of needs, service planning development and monitoring, service referral and care coordination, and family/caregiver support. |
| Homelessness Services | Comprehensive screening, engagement, stabilization, needs assessment, and referral services for adults living in shelters. |
| Child/Adolescent Services | Services include case management, individual and family flexible support, residential, day programs, respite care and intensive residential treatment. |
| Forensic Services | Provides court-based forensic mental health assessments and consultations for individuals facing criminal or delinquency charges and civil commitment proceedings; individual statutory and non-statutory evaluations; mental health liaisons to adult and juvenile justice court personnel. |