Commonwealth of Massachusetts
Executive Office of Health and Human Services

Imagining the Future of Children's Behavioral Health

Marylou Sudders

May 6, 2015

- Between 13-20% of children living in the United States are affected by mental illness in a given year

- Almost half of all lifetime incidences of mental illness begin by age 14

- Suicide is now the second leading cause of death for youth between the ages of 10 to 24

- 50% of students age 14 or older with a mental disorder drop out of high school, the highest drop-out rate of any "disability" group

- The CDC estimates that the economic impact of mental health challenges among youth under age 24 is $247 billion annually

Accomplishments – To Celebrate

- Massachusetts leads the nation in developmental screenings, including behavioral health screenings for youth

- Mental Health America ranked Massachusetts 6th out of the 50 states and DC in a recent report
  - 98% of youth in Massachusetts with an emotional or behavioral developmental issue are consistently insured

- Massachusetts Child Psychiatry Access Project (MCPAP) has been replicated in 32 states and DC
  - Expanding its reach to support access to care for mother's experience post-partum depression through the MCPAP for Moms project

- Successful Passage of Chapter 321
  - Encouraged early identification of mental illness in children
  - Expanded insurance protections for families
  - Established the Knowledge Center and the Children's Behavioral Health Advisory Council

Remaining Work

- Massachusetts ranked 21st out of 50 states and DC with respect to youth who need but did not receive mental health services

- Timely access to care has been a long-standing issue

- Youth "boarding" in emergency departments rather than receiving the care and treatment they need is simply **<u>unacceptable</u>**

- True mental health and substance use parity remains elusive for too many young people and their families

Opioid Epidemic

Homelessness

Autism

Envisioning the Future – What might it look like?

- Integration of Medical and Behavioral Health
  - Prevention, Intervention, Treatment, Recovery
  - Patient centered medical homes
  - Parent support
  - Screening brief intervention and referral to treatment (SBIRT)
  - Care coordination
  - Evidence-based therapies
  - Real connections between schools and mental health services

- Availability of needed services **regardless of payer**

- Better alignment of funding across payers – No Wrong Door

- Funding spent on prevention and early identification and treatment of mental illness and substance abuse

- Investments in:
  - Early childhood mental health
  - Early identification of mental illness
  - Screening and treatment for moms with post-partum depression
  - Supporting parents with mental illness during pregnancy and the early years of their child's development
  - Substance abuse programs

- Public Health Strategy: Intervening upstream before mental health challenges become more difficult

- Suicide Prevention

Envisioning the Future – Workforce

- Highly skilled, well trained, and culturally, ethnically, and racially diverse workforce

- The Knowledge Center will play a key role in strengthening workforce

- Expanding our workforce to include young adult peer mentors and family partners to improve care access and engagement

- Transformation through the inclusion of young adults and families as care providers

- Ensure necessary skills and competencies are taught by partnering with our incredibly rich higher education system for delivery of service in today's modern health care environment

- Cross training across systems

- Reliance on health information technology including telehealth to make more effective use of our limited workforce

- For example:

  - MBHP permit payment for psychiatric/medication evaluation and medication management services delivered via video conferencing in Emergency Services Programs/Mobile Crisis Intervention (ESP/MCI) and outpatient provider settings

  - Electronic Medical Records with privacy protection

Break down the barriers:

- reimbursement issues

- outdated regulations

- privacy concerns

- lack of interoperability

- stigma related to mental health and substance use

- Better coordination and collaboration across systems

- Enhanced collaboration and education with schools

- Children with mental illness are "all" of our children regardless of what door they enter

- Actively engage our stakeholders and evaluate our policies

- We have Achieved a great deal:
  - Broader inclusion of families and young people at the policy, management, and service levels
  - Work of PPAL, MPOWER, pioneering family partners and young adult peer mentors have a seat at the table
  - Created a humane, collaborative, and family-centered system

- Evaluate the effectiveness of clinical care

- "Level the playing field" with physical health care

- The Knowledge Center's critical role in identifying evidence-based practices for statewide implementation will ensure that ALL can access the highest quality services – no matter where you live.