

MSU Legislative Leadership  
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- ▶ Frontline Prescription for Meeting Unlimited  
Need with Limited Resources

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# Frontline Prescription for Meeting Unlimited Need with Limited Resources

## *Disclaimer*

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# Estimates and Unmet Needs of Persons With Serious Mental Illnesses and Serious Emotional Disturbances

- ▶ About 1 in 25 adults has a Serious Mental Illness (SMI) in a given year.
- ▶ 4.2% of the adult population, age 18 and over, are living with a Serious Mental Illness (SMI) in 2016.
- ▶ Nearly one in four adults with SMI lived below the poverty line in 2016.
- ▶ The suicide rate for individuals with mood disorders such as depression or bipolar disorder is 25 times higher than among the general population.
- ▶ One in ten youths in SAMHSA's Children's Mental Health Initiative had attempted suicide prior to receiving services.
- ▶ Approximately 2 million persons with SMI are admitted annually to U.S. jails.

# Estimates and Unmet Needs of Persons With Serious Mental Illnesses and Serious Emotional Disturbances



Only one in three people with mental illness in jails or prisons is currently receiving treatment.



Adults with SMI are at particularly high risk of death by suicide.



7% to 12% of youth under age 18 have a Serious Emotional Disturbance (SED).



Adults with SMI often have multiple chronic conditions and general health issues.



Mental illnesses lead to high medical costs.



Adults with mental illness receive a disproportionate share of opioid prescriptions.



SMI is common among people experiencing homelessness.

# Estimates and Unmet Needs of Persons With Serious Mental Illnesses and Serious Emotional Disturbances

Relatively few adults with SMI receive effective treatments.

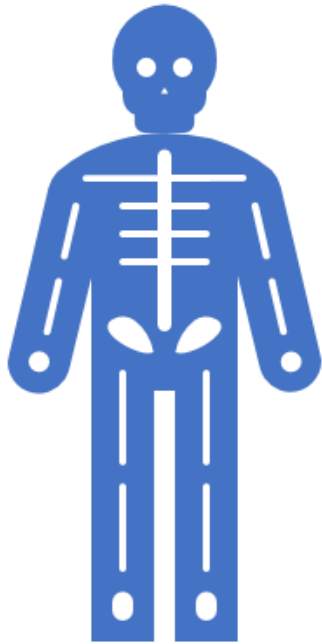
Effective treatment models exist, but are not widely available.

Most counties in the United States face shortages of mental health professionals.

Most states report insufficient psychiatric crisis response capacity as well as insufficient numbers of inpatient psychiatric hospital beds.

# Is the Mental Health System Broken?





## Mental Health Commissions “The Mental Health System is Broken”

- ▶ In 2003, the President’s New Freedom Commission on Mental Health concluded that America’s mental health service delivery system was in shambles. The Commission’s final report stated that “far too many Americans with mental illnesses, the mental health services and supports they need, remain fragmented, disconnected and often inadequate, frustrating the opportunity for recovery.”
- ▶ A number of the recommendations of the President’s New Freedom Commission on Mental Health were not implemented or have been partially realized.
- ▶ Since then, quality of life has not fundamentally changed for adults with serious mental illnesses (SMI) and children and youth with serious emotional disturbances (SED) and their families in the United States.

▶ Governor Jennifer Granholm established the Michigan Mental Health Commission and at its opening session said that the mental health system in Michigan is “broken.” The Commission prepared a Final report to Governor Granholm on October 15, 2004 and put forward recommendations to address common themes that emerged through public hearing that included the following:

- ▶ Status of the current system;
- ▶ Service improvements and unmet need;
- ▶ Children services;
- ▶ Interface with the criminal justice system; and
- ▶ Funding, Medicaid, and insurance coverage.

The result: Very few, if any, of the recommendations were addressed and implemented.

# Mental Health Commissions “The Mental Health System is Broken”



# Mental Health Commissions

## “The Mental Health System is Broken”

- ▶ In December 2013, Governor Rick Snyder issued an Executive Order that established a Mental Health and Wellness Commission. The charge of this Commission was to address any gaps in the delivery of mental health services and propose new service models to strengthen the entire delivery spectrum of mental health services throughout the state of Michigan. Five workgroups were created and the topics were:
  - ▶ Education, employment, and veterans;
  - ▶ Housing and independent living;
  - ▶ Physical and mental health integration;
  - ▶ Public safety and recipient rights; and
  - ▶ Data collection and stigma reduction.

# Mental Health Commissions

## “The Mental Health System is Broken”

- ▶ What is most interesting about this Commission is its upfront focus on *Value for Investment and Impact*. The report put forward the following statement: “many of the recommendations of this report require financial or other resource supports from various entities. When making any resource investment, it is important to not only consider the short-term cost but also the long-term impacts including the effectiveness of the programs and the services provided.
- ▶ Although more effort was put forward to implement some of the Commission’s recommendations, as compared to Governor Granholm’s Commission, it seems clear that considerable effort is made to point out the problems in Michigan’s Mental Health system, followed up with very little financial investment on the part of the state to implement both of the Commissions’ recommendations.



# Mental Health Commissions “The Mental Health System is Broken”

It is also interesting that all of the various commissions speak about the need to transform the public mental health system, but never put forward the complexities involved to achieve that goal.



**Transformation**

**What does  
this really  
mean?**

# Transformation

**Transition from the  
Medical Institutional Model  
to Home and Community-  
Based Services to  
Recovery-Oriented  
Systems of Care?**

# Transformation

Although there is a strong physical and biological influence on the occurrence of mental illnesses such as genes, infections, physical trauma, nutrition, hormones, and toxins, the understanding of etiology is still insufficient.

# Transformation

*...Few lesions or physiologic abnormalities define the mental disorders, and for the most part their causes remain unknown. Mental disorders, instead, are defined by signs, symptoms, and functional impairments....integrative neuroscience and molecular genetics present some of the most exciting basic research opportunities in medical science...Responding to calls of managed mental and behavioral health care systems for evidence-based interventions will have a much needed and discernable impact on practice.*

# Transformation

Special effort is required to address pronounced gaps in the mental health knowledge base. Key among these is the urgent need for evidence which supports strategies for mental health promotion and illness prevention. Additionally, research that explores approaches for reducing risk factors and strengthening protective factors for the prevention of mental illness should be encouraged.

Department of Health and Human Services, *Mental Health: A Report of the - Surgeon General, 1999*), 52.



# Transformation

- ❑ The second point of view for transformation focuses mainly on the recovery-oriented system of care model, which is a non-scientifically recognized emerging practice that has gained considerable prominence nationwide.
- ❑ This point of view is primarily strengths-based and is not treatment focused. That is, it does not rely heavily on a person's presenting problems and symptoms, but assumes that the person has the capability to take charge of her or his life with specialized supports and services delivered directly from peers who themselves have experienced real life challenges of mental illnesses.
- ❑ It embraces the idea that the person who is receiving services always plays an important role in determining the course of treatment and supports.

# Transformation

- ▶ The work of recovery is to build a permanent social network of natural supports to assist the person in assuming responsibility for her or his overall wellness and recovery (not cure) from mental illness.
- ▶ Recovery in this context is a community inclusion and integration concept, with its primary focus directed on preparing and supporting persons to lead the kind of life he or she chooses in communities of his or her choice.

# Transformation

**What do we mean when  
we think and talk about  
transforming Michigan's  
Public Community  
Mental Health System?**

# Transformation

What is the main focus and purpose of the county-sponsored Community Mental Health Services Programs (CMHSPs) in Michigan?

- ▶ The obvious focus and purpose of CMHSPs in Michigan is to provide specialty supports and services to people with serious mental illnesses, youth and children with serious emotional disturbances, people with co-occurring substance use disorders, and people with intellectual and developmental disabilities, in accordance with the Michigan Mental Health Code.

# Transformation

What is the main focus and purpose of the county-sponsored Community Mental Health Services Programs (CMHSPs) in Michigan?

- ▶ The other focus and purpose is to carry out Section 330.116 of the Michigan Mental Health Code, which gives power to the Michigan Department of Health and Human Services to achieve the objective to shift primary responsibility for the direct delivery of public mental health services from the state to a community mental health services program whenever the community mental health services program has demonstrated a willingness and capacity to provide an adequate and appropriate system of mental health services for the citizens of that service area.

# Transformation

What is the main focus and purpose of the county-sponsored Community Mental Health Services Programs (CMHSPs) in Michigan?

- ▶ **CMHSPs are not simply providers of mental health services, they are also managers of public policy articulated in statutes, rules, decisions, directives, guidelines, statements, practice models, etc. But, more importantly, they are charged with implementing (and balancing) significant, sensitive and sometimes conflicting elements of public policy.**

## Transformation

What is the main focus and purpose of the county-sponsored Community Mental Health Services Programs (CMHSPs) in Michigan?

- ⑩ CMHSPs should be regarded as champions of freedom and justice.
  - ⑩ The most significant public policy development of the past 40 years has been the effort to eliminate unjustified and unnecessary segregation, isolation and confinement of disabled individuals.
  - ⑩ The affirmative obligation on publicly-funded programs to promote community integration and inclusion of disabled individuals has been accentuated over the last several years by the Supreme Court's Olmstead decision.

# Transformation

What is the main focus and purpose of the county-sponsored Community Mental Health Services Programs (CMHSPs) in Michigan?

- ❖ **CMHSPs in Michigan are charged with protecting basic rights, promoting effective freedom, facilitating inclusion and independence, applying person-centered planning, preserving health and safety, responding to diversity, ensuring stakeholder participation, engaging in collaborative efforts and pursuing community benefit activities.**



# Transformation

- ❖ The problem here is to not abandon or pursue improvements and transformations of the public community mental health system, but to give a clearer understanding of what is actually being proposed to be transformed, as well critique and identify any weaknesses in transformation efforts.
- ❖ Over the last 30 years or more, public officials and legislators have concentrated too heavily on transforming the institutions rather than recognizing and focusing mainly on the capabilities of people to recover from mental illnesses and for people with intellectual and developmental disabilities to live self-determined lives.
- ❖ Our collective thinking and beliefs about the person's capabilities to recover and right to achieve community inclusion and integration are what needs to be transformed; not the institutions. Once we discover that our fundamental relation to the person in recovery is the focal point, our need and desire to appropriate energy and resources towards identifying and perfecting institutions will diminish and transformation will begin its course.

# Frontline Prescription for Meeting Unlimited Need with Limited Resources

John Rawls formulated the most commonly used and accepted principles of justice that include the following:

Each person has the same inalienable claim to a fully adequate scheme of equal basic liberties, which scheme is compatible with the same scheme of liberties for all; and

Social and economic inequalities are to satisfy two conditions: first, they are to be attached to offices and positions open to all under conditions of fair equality of opportunity; and second, they are to be to the greatest benefit of the least-advantaged members of society.

John Rawls, *Justice as Fairness: A Restatement*, (2001), The Belknap Press of Harvard University Press, Cambridge Massachusetts, pp. 42-43.

# Frontline Prescription for Meeting Unlimited Need with Limited Resources

*The Theory of Justice as Fairness*, is exclusively concerned with establishing and perfecting “just institutions,” which require people’s behavior to comply with the demands of the proper functioning of those institutions. The principles of justice, according to Rawls, determine the basic social institutions that should govern any given society.

- ▶ The weakness of this approach to justice, according to Amartya Sen in his, *The Idea of Justice (2009)*, is the crucial inadequacies of the empowering concentration on institutions where people's behavior is assumed to be always compliant, rather than taking a more practical approach of justice that recognizes the lives that people are able to lead. Amartya Sen, *The Idea of Justice (2009)*, The Belknap Press of Harvard University Press, Cambridge Massachusetts, pp. 410-412.

## Frontline Prescription for Meeting Unlimited Need with Limited Resources

# Frontline Prescription for Meeting Unlimited Need with Limited Resources

- ▶ People that are served by the public community mental health system are flesh and blood human beings.
- ▶ They have hopes, dreams and desires for living healthy, happy and productive lives in their communities, despite their disabilities.
- ▶ The frontline prescription for meeting unlimited need with limited resources is to fully understand that the public mental health system is charged with much more than the delivery of specialty supports and services.

# Frontline Prescription for Meeting Unlimited Need with Limited Resources

- ▶ The most fundamental question here is whether there is a political will to continue supporting people with mental disabilities in communities and have an honest and open conversation of what the State of Michigan can afford.
- ▶ Once we come to terms with this, we will have a much clearer understanding of how to address the frontline prescription for meeting unlimited need with limited resources.
- ▶ We will also have a much better understanding of what it really means when policy-makers repeat claims that the mental health system is broken and hold them accountable for addressing and fixing problems.

# Frontline Prescription for Meeting Unlimited Need with Limited Resources

I will repeat here that our collective thinking and beliefs about the person's capabilities to recover and right to achieve community inclusion and integration are what needs to be transformed; not the institutions. Once we discover that our fundamental relation to the person in recovery is the focal point, our need and desire to appropriate energy and resources towards identifying and perfecting institutions will diminish and transformation will begin its course.

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## Questions

