



Washington State *From Vision to Reality*

Mental Health Division
Karl Brimmer

MENTAL HEALTH TASK FORCE
November 16, 2004

1



MHD Hallmarks

- Access, “Recovery”, and quality in the State’s Public Mental Health System frame the hallmark of our vision
- A vision of a life in the community for everyone, a job, a home and a meaningful relationship with family and friends

2



Agenda

- **Challenges**
 - Worldwide
 - National
 - Washington State
- **Opportunities**
- **System Transformation**
- **Call to Action**

3



Challenges

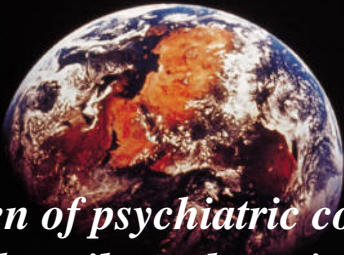
- A public mental health system that has gotten comfortable with outdated traditional methods when addressing the needs of the people not only in the State of Washington but nationally and worldwide as well.

**THAT IS OUR CHALLENGE AND OUR
OPPORTUNITY TODAY**

4

Mental Illness: A Worldwide Crisis

In 1996, the World Health Organization released its *Global Burden of Disease* study which concluded:



“The burden of psychiatric conditions has been heavily underestimated.”

5

Mental Illness: A National Crisis



6

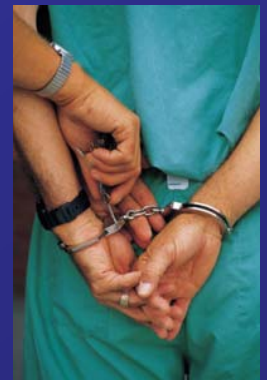
Co-Occurring Substance Abuse and Mental Illness

- Co-occurring substance abuse and mental disorders are both a common and highly complex phenomena affecting children, youth, & adults
- Many people with co-occurring disorders receive inadequate or no care at all
 - 42.7% of individuals with a 12-month addictive disorder had at least one 12-month mental disorder
 - 61% of individuals with bi-polar disorder also had a substance abuse disorder (more than five times as likely as the general population)

7

Criminal Justice System and Mental Illness

- Mentally ill offenders are over represented in our criminal justice system
- 93,000 people with mental illnesses in State or federal prisons
- 44,000 in county jails
- 320,000 under some form of correctional supervision in the community



8

Foster Care

➤ Foster care systems increasingly shoulder the burden of children and families with significant behavioral health needs

- Planning process in place with Children's Administration, Mental Health, & JRA but yet to be implemented and resourced.

9

President's Commission Goals

- Americans understand that mental health is essential to overall health.
- Mental Health care is consumer and family driven.
- Disparities in mental health services are eliminated.
- Early mental health screening, assessment, and referral to services are common practices.
- Excellent mental health care is delivered and research is accelerated; and
- Technology is used to access mental health care and information.

10

"It Takes A Village"



- A change called for in the President's new "Freedom Commission on Mental Health"
- Fundamental changes will be required to move our system
- Transformation cannot be carried out by one sole actor
- Requires all of our involvement

11

Mental Illness: A Washington Crisis



12

System Challenges Described

as...

- Broken, fragmented and in disarray
- Where people have to go miles away from their community to be hospitalized
- Where children and their families spend hours in the emergency room waiting for a bed
- Where a person can spend many years locked up in a State Institution
- Where the safety net is the prison system

13

System Challenges-cont

- Impact of the new rules from CMS
- The ITA Crisis
- Lack of residential capacity
- Lack of consistency across RSNs
- Long wait list for forensic beds

14

System Challenges—cont.

- The Non-Medicaid Funding crisis
- Under-investment in mental health community services
- A growing shortage of community hospital beds
- Insufficient capacity to meet our current and future needs
- Over-reliance on costly state hospital beds

15

Challenges We Face Today


- Adult consumers are increasing their demands for services that assist them in “Recovery”

CONFLICT !!!

- CMS is pushing us to a more “medical model” of care



16



Nothing short of a complete transformation will give the people of the State of Washington a truly effective mental health system

17

Opportunities

- Support implementation of more evidence based practices
- Create and support a Statewide Information System that incorporates an electronic medical record to improve mental health care and information.
- Support and help establish clear standards where recovery is the goal of treatment
- Continue to support and affirm the commitment of the MHD to continue to serve people in their communities whenever possible
- Build and strengthen community residential capacity to stop reliance on state hospital beds
- Ensure bridge funding that assures development of community resources.

18

Opportunities—cont.

- Community Based Care Plan
 - 178 state hospital beds closed with patients moving to community settings through Expanded Community Services (ECS).
 - Resources shifted to the regions from the hospital for these investments in new and expanded community services across the state (Total dollars shifted to RSN were \$17 Million)
 - The CBC Plan aims to continue momentum of transitioning state hospital resources to the community
 - Less reliance on costly and more restrictive care
 - Funding has been requested to continue to implement the plan to increase community resources with the goal of decreasing dependence on expensive state hospital care

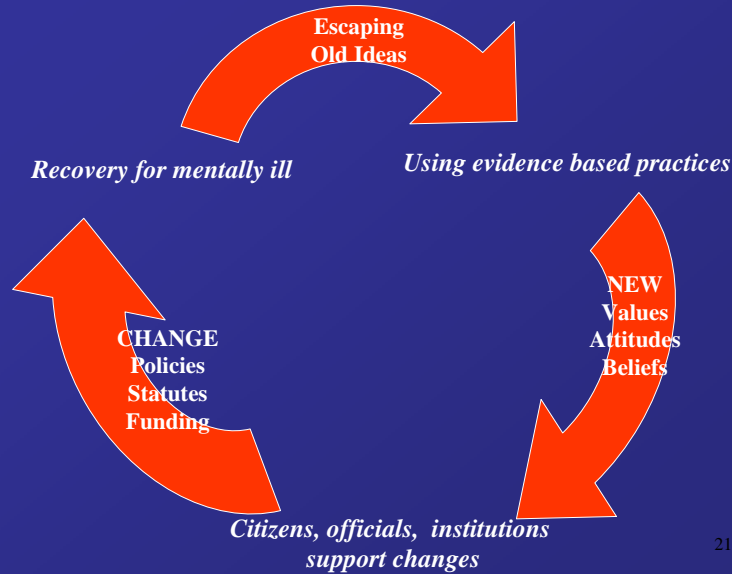
19

Opportunities—cont.

- Forensic Unit
 - Funding requests for additional Forensic Ward at WSH and additional staff at ESH and WSH for off site forensic evaluations
 - Could then meet concerns about increasing demands on State Hospitals for Forensic Inpatient Psychiatric Hospital Services
 - Will allow state to keep up with court ordered evaluations, felony competency restorations, and eliminate waiting lists for inpatient admissions and off-site evaluations
 - Funding requests to implement plan to increase community resources
 - Goal is to decrease dependence on state psychiatric hospital care

20

System Transformation



21

Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- Allocate sufficient Funds for the restructuring of the current MH system

22

Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- Provide a Systematic review of all mental health regulations, adopt changes in current statutes that support a plan for recovery for the consumers of Washington State.

23

Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- State should encourage regionalization/consolidation; provide incentives

24



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- **Adopt Legislation for mentally ill who are incarcerated to receive pre-discharge planning and qualifications for Medicaid benefits**

25



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- **Support housing options for the mentally ill (CTED, other programs)**

26



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- **Provide resources and leadership necessary to see that evidence-based practices are implemented**

27



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- **Pass legislation requiring private insurers to provide parity coverage for mental health**

28



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- Reduce the recycling of individuals throughout the system through legislatively-promoted integrated systems of care.

29



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- Provide sufficient funds to support less dependence on hospitalization per the recommends of PCG reports of 2002-2004

30



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- Support funding to develop a statewide information system that incorporates an electronic medical record to improve mental health care and information.

31



Transforming the System

WHAT WILL IT TAKE TO TRANSFORM OUR SYSTEM?

A MAJOR shift in the status quo of how we operate:

- Treating people in their home communities to maximize recovery

32



Call to Action

- We need to transform mental health care for the residents of the state of Washington -where a future holds the promise of life in the community, a job, a home and a meaningful relationship with family and friends
- We need the Legislature to recognize that transformation is needed and work together with the MHD and stakeholders to accomplish this in a timely manner.