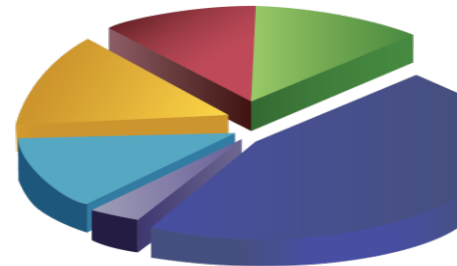


# United States/State Mental Health Agencies & Systems:

Tim Knettler, MBA, CAE, Executive Director/CEO  
Ted Lutterman, Senior Dir., Government Research



# Mental Illness and Substance Use Disorders in America

PAST YEAR, 2018 NSDUH, 18+

Among those with a substance use disorder:

- 3 IN 8 (38.3% or 7.4M)** struggled with illicit drugs
- 3 IN 4 (74.5% or 14.4M)** struggled with alcohol use
- 1 IN 8 (12.9% or 2.5M)** struggled with illicit drugs and alcohol

Among those with a mental illness:  
**1 IN 4 (23.9% or 11.4M)** had a serious mental illness

**7.8%**  
**(19.3 MILLION)**  
People aged 18  
or older had a  
substance use  
disorder (SUD)

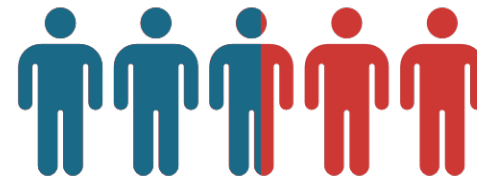
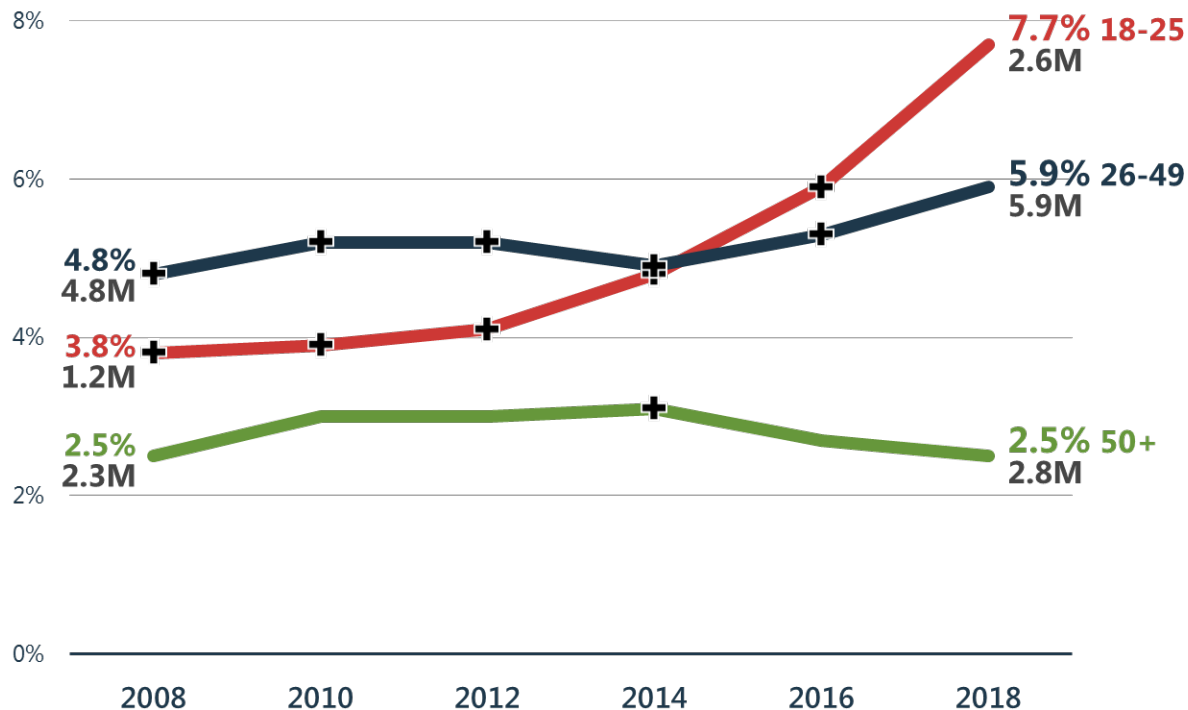
**3.7%**  
**(9.2 MILLION)**  
People 18+ had  
**BOTH** an SUD and  
a mental illness

**19.1%**  
**(47.6 MILLION)**  
People aged 18  
or older had a  
mental illness

In 2018, **57.8M** Americans had a  
mental and/or substance use

# Serious Mental Illness (SMI) Rising among Young Adults (18-25 y.o.) and Adults (26-49 y.o.)

PAST YEAR, 2008-2018 NSDUH, 18+



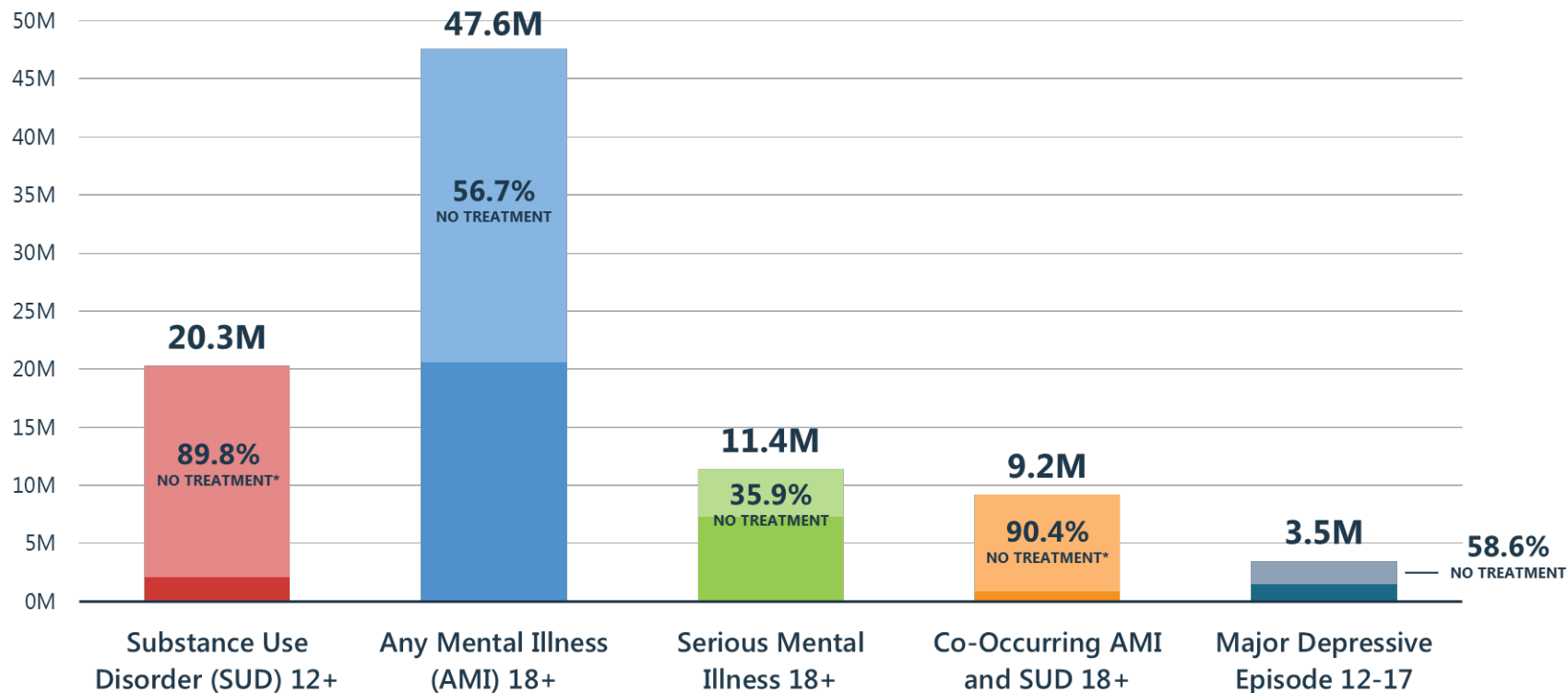
**53.8%**  
**1.4 MILLION YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2018**  
**46.2% got NO treatment**

**63.7%**  
**3.8M adults (26-49 y.o.) with SMI received treatment;**  
**36.3% got NO treatment**

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

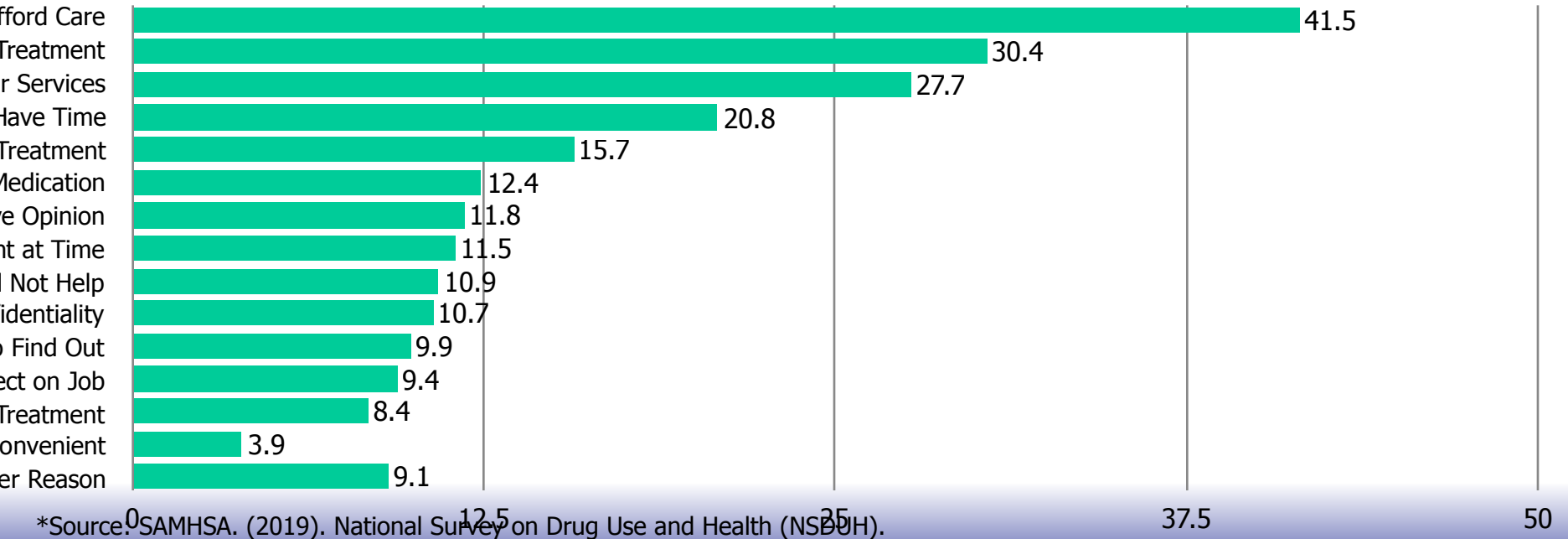
# Despite Consequences and Disease Burden, Treatment Gaps Remain Vast

PAST YEAR, 2018 NSDUH, 12+



\* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

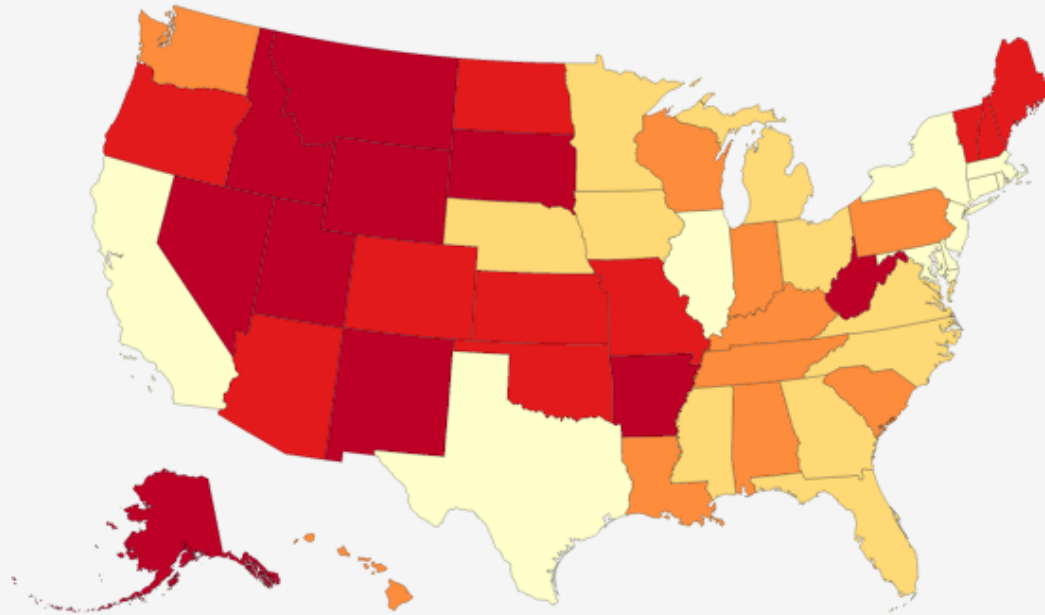
## Reasons for Not Receiving Mental Health Services in the Past Year (Adults, Aged 18+ with an Unmet Need for Mental Health Care, 2018)\*



\*Source: SAMHSA. (2019). National Survey on Drug Use and Health (NSDUH).

Percent Among Adults Who Did Not Receive Treatment

# Suicide Mortality By State, 2017



## Age-Adjusted Death Rates<sup>1</sup>

United States

2017: 14.0

2016: 13.5

2015: 13.3

2014: 13.0

2005: 10.9

8.1 — 13.4

13.4 — 15

15 — 16.9

18.2 — 20.3

20.3 — 28.9

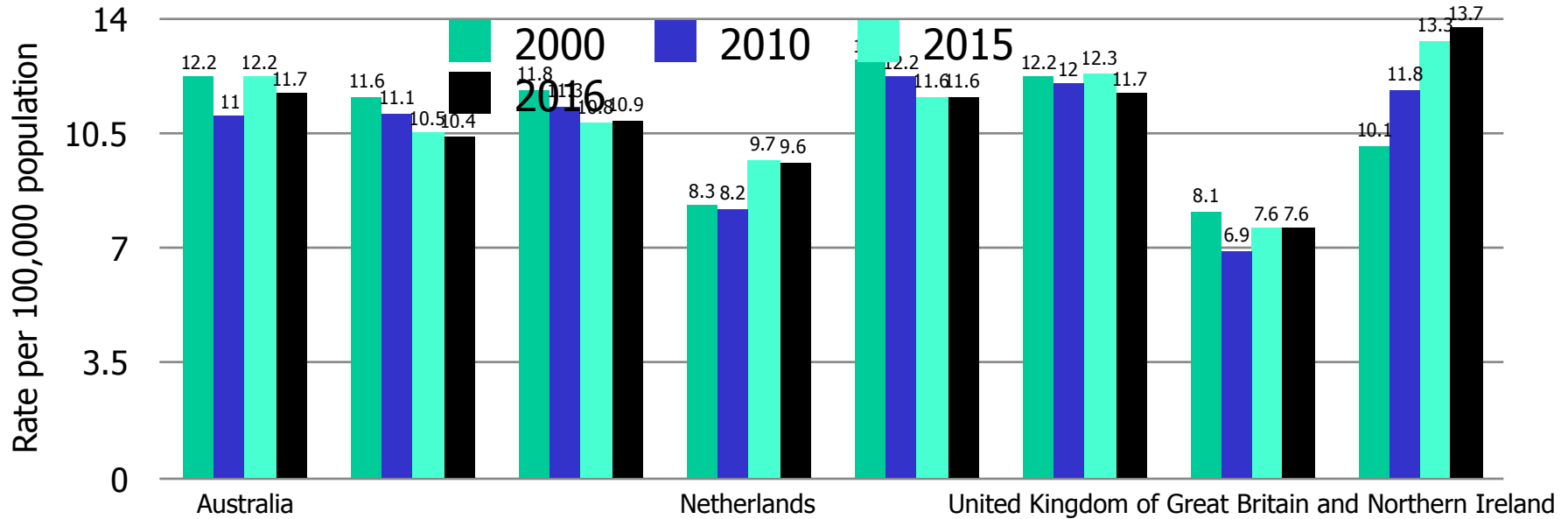
### Filters

Year

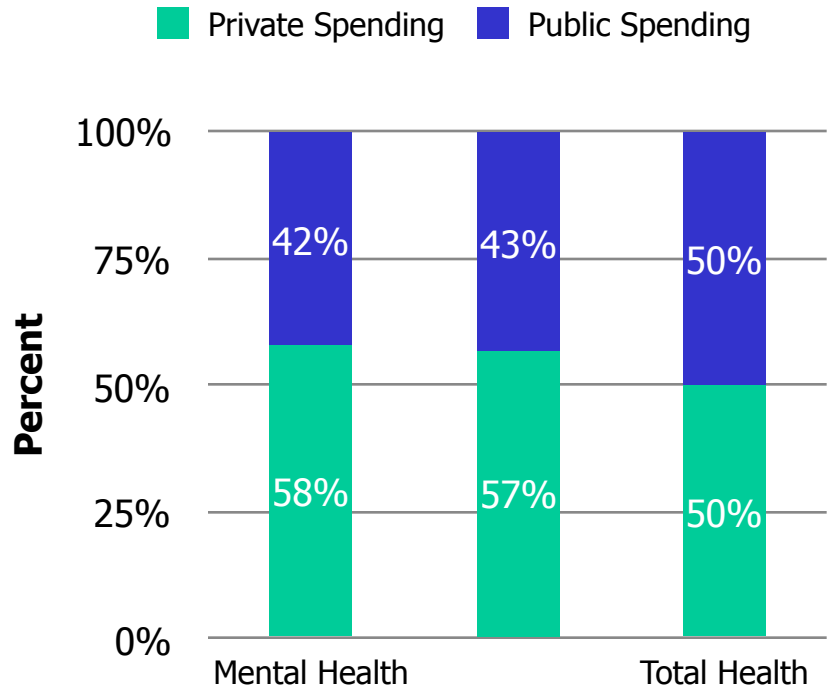
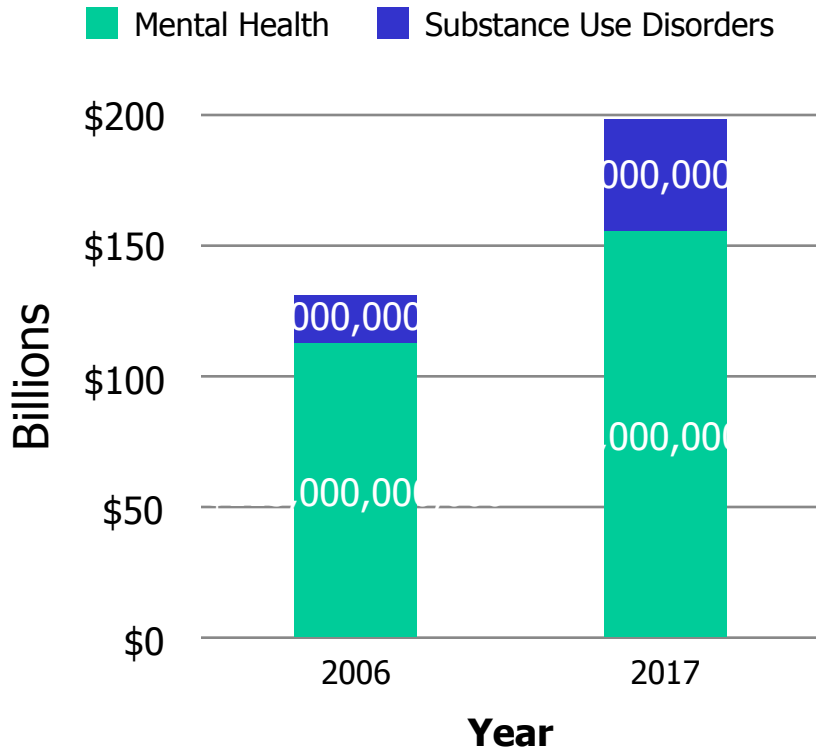
Source: US Centers for Disease Control: <https://www.cdc.gov/nchs/pressroom/sosmap/suicide-mortality/suicide.htm>



# Suicide rate estimates, age-standardized estimates by country, per 100,000 population, 2010 to 2016



# U.S. Mental Health and Substance Abuse Spending: 2006-2015



Source: SAMHSA: Behavioral Health Spending & Use Accounts 2006—2015, (2019)



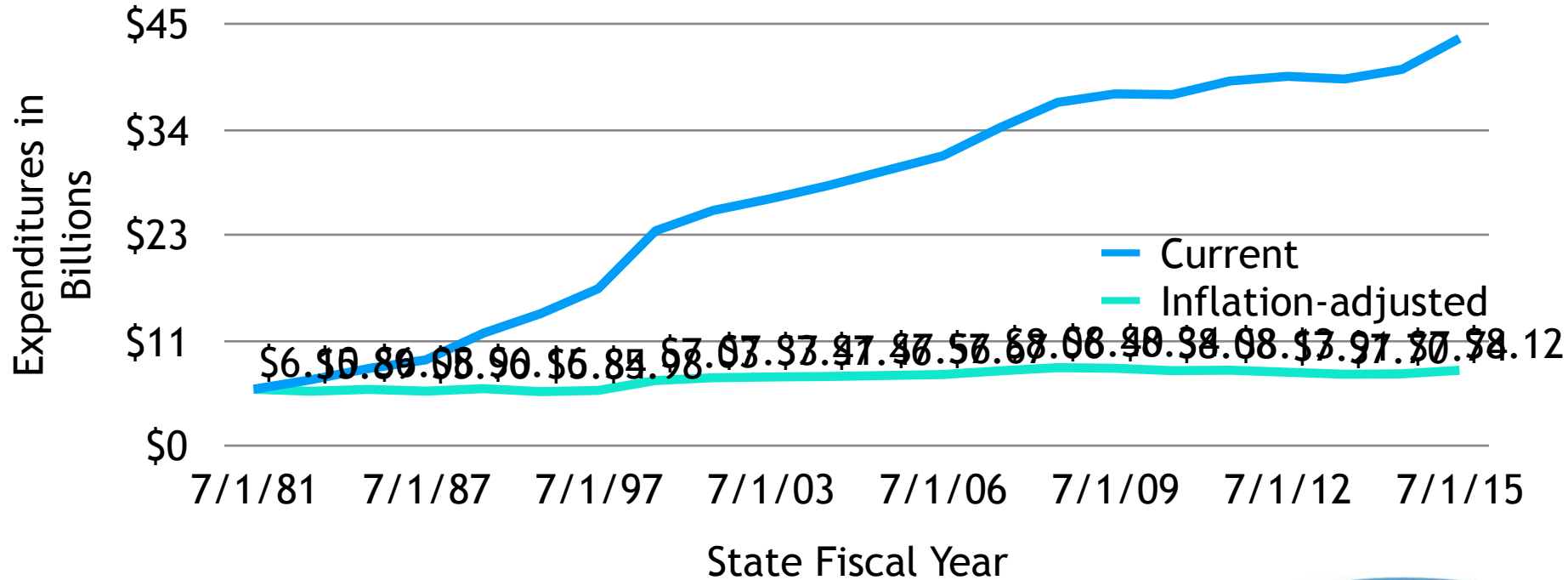
# State Mental Health Agencies

In the U.S., State governments have had the lead responsibility for organizing, funding, and delivering mental health services to Adults with Serious Mental Illness (SMI) and Children with Serious Emotional Disturbances (SED)

- The first state psychiatric hospital opened in Virginia in 1773. Every state operates psychiatric inpatient beds and funds or operates a community mental health system
- Every state organizes its public mental health system differently.

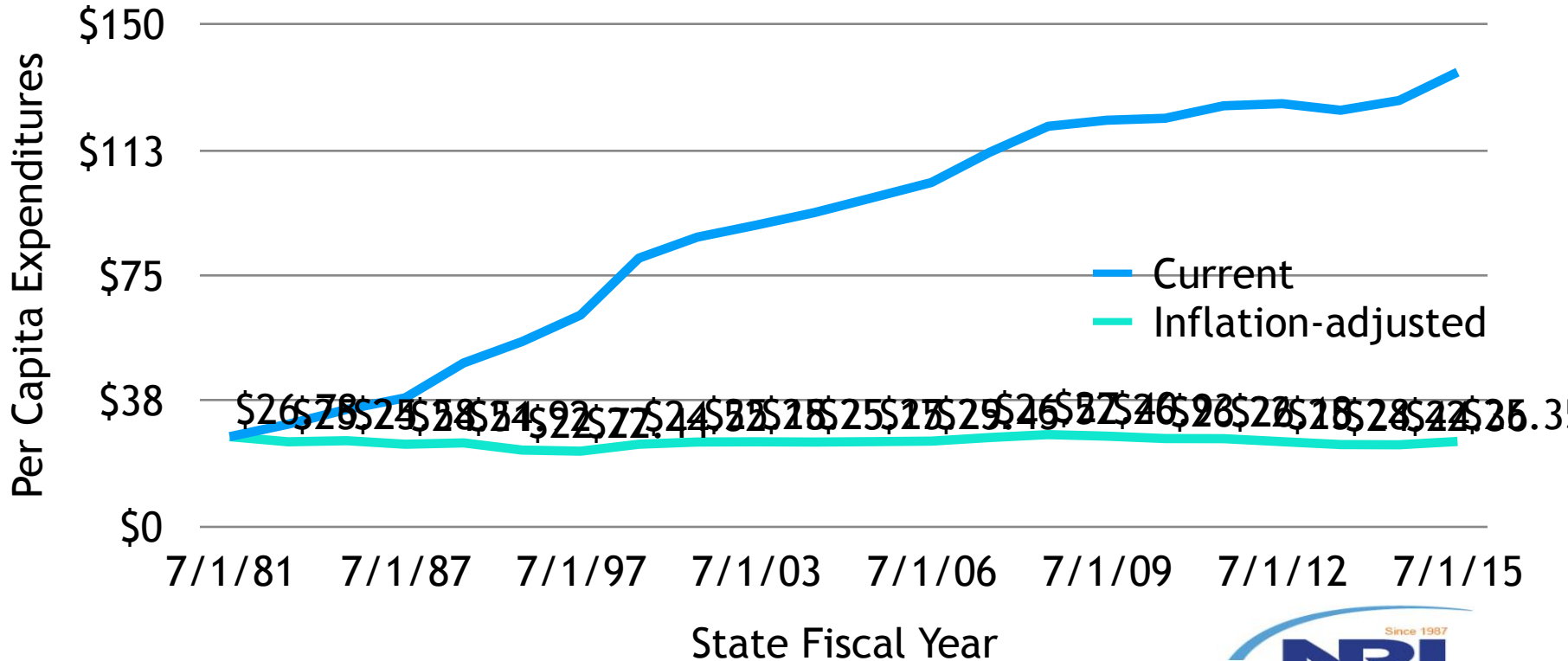
- In Fiscal Year 2015, SMHAs controlled the expenditures of over \$43 billion to provide mental health services to 7 million unique clients
  - Expenditures were \$135.80 per US resident
  - 2% of US population received an SMHA supported MH Service
  - 75% of spending was for community-based services
  - 22% of spending was in state psychiatric hospitals

## Trends in SMHA-Controlled Mental health Spending (Current and Inflation Adjusted), FY 1981 to FY 2015

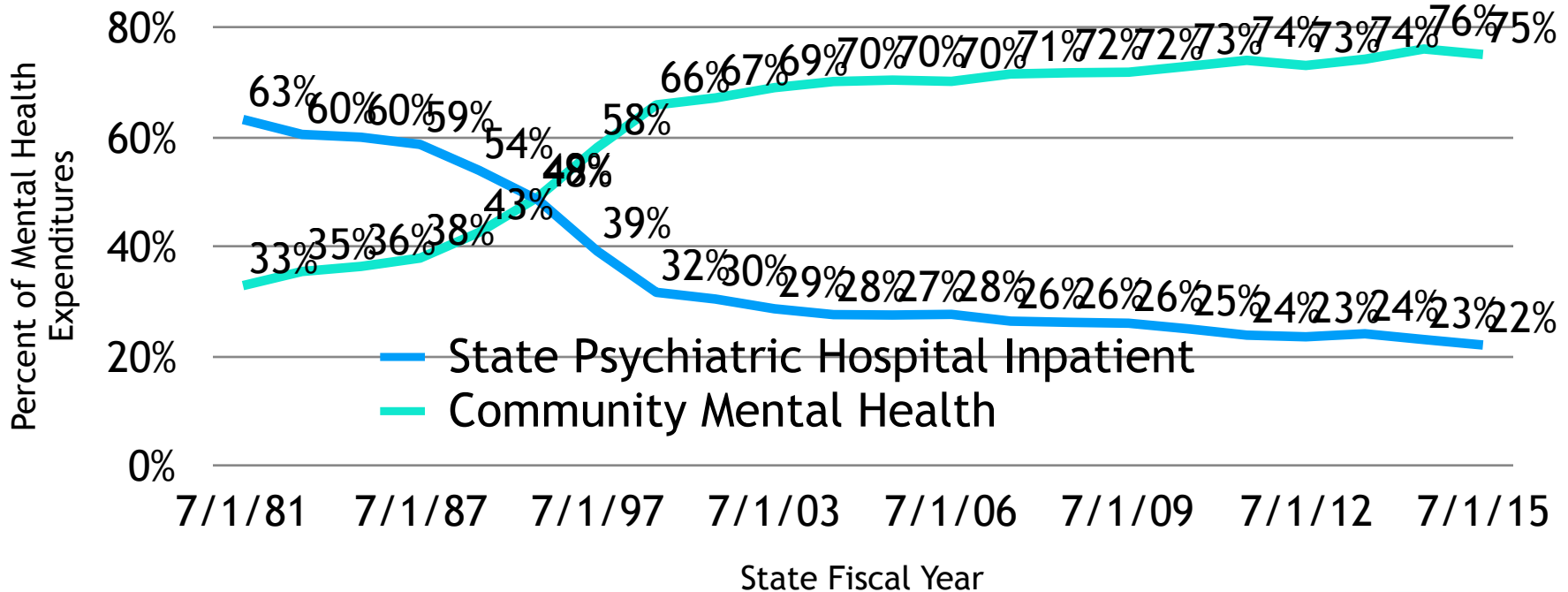


Source: NRI—State Mental Health Agency Revenues and Expenditures Study, 2015

# Per Capita SMHA Expenditures for Mental Health: FY 1981 to 2015, in Current and Constant "1981" Inflation Adjusted Dollars



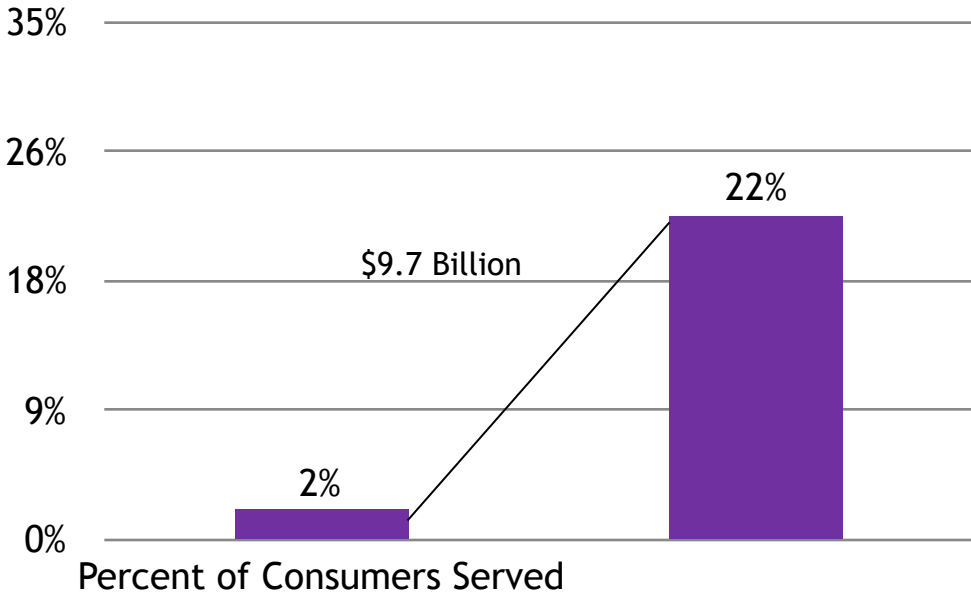
# State Mental Health Agency Controlled Expenditures for State Psychiatric Hospital Inpatient and Community-Based Services as a Percent of Total Expenditures: FY'81 to FY'15



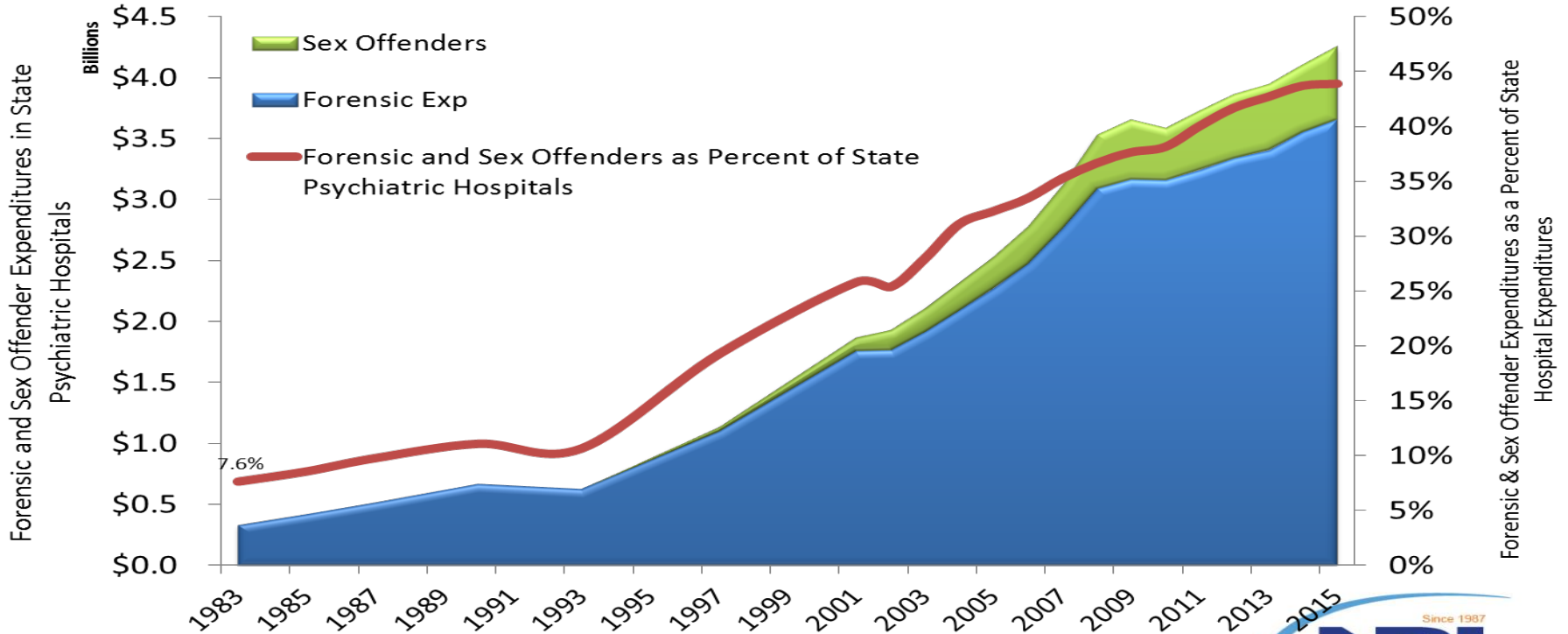
Source: NRI—State Mental Health Agency Revenues and Expenditures Study, 2015



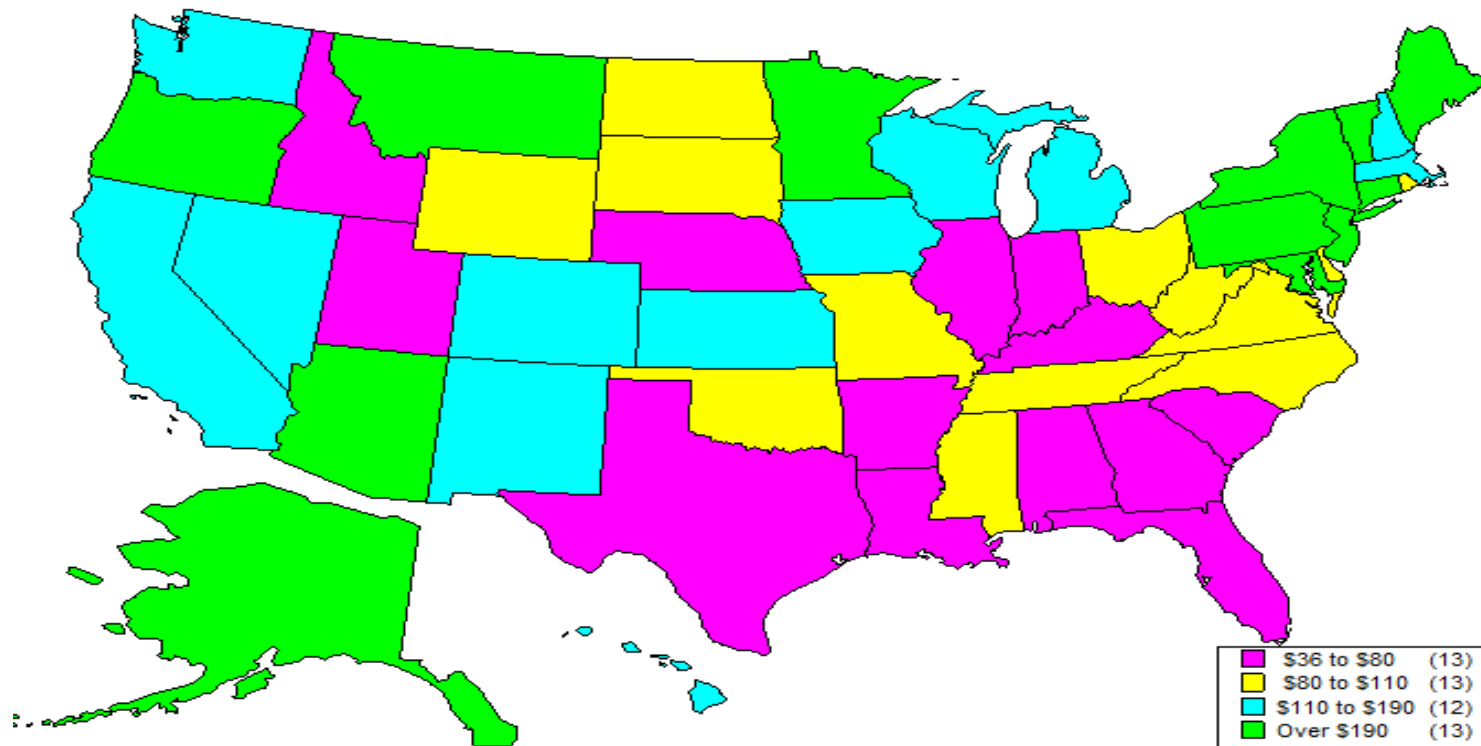
# Patients in State Psychiatric Hospitals As a Share of SMHA Systems: FY 2015



# State Psychiatric Hospital Expenditures for Forensic and Sex Offender Services and Percent of State Hospital Expenditures for Forensic and Sex Offender Services, FY 1983 To FY 2015



# Total FY'2015 SMHA-Controlled Per Capita Mental Health Expenditures

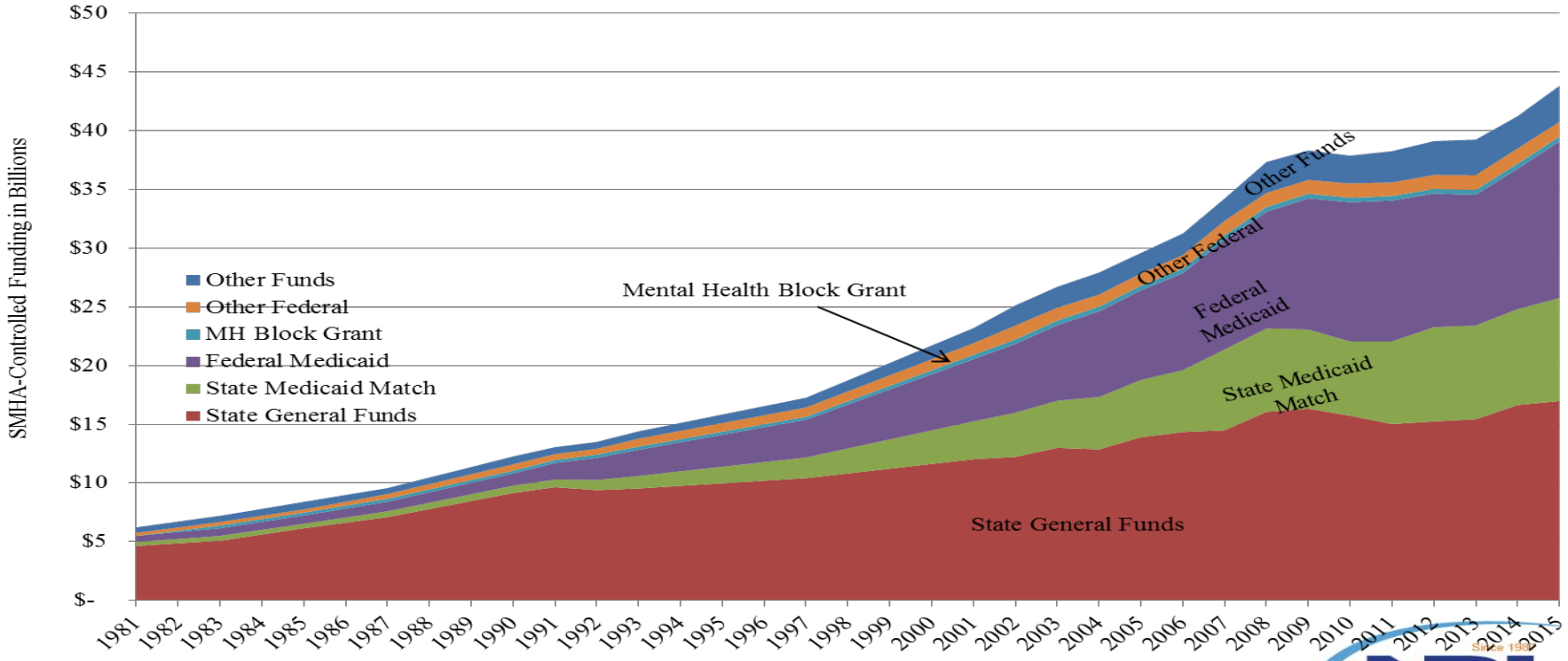


\$36 to \$80	(13)
\$80 to \$110	(13)
\$110 to \$190	(12)
Over \$190	(13)

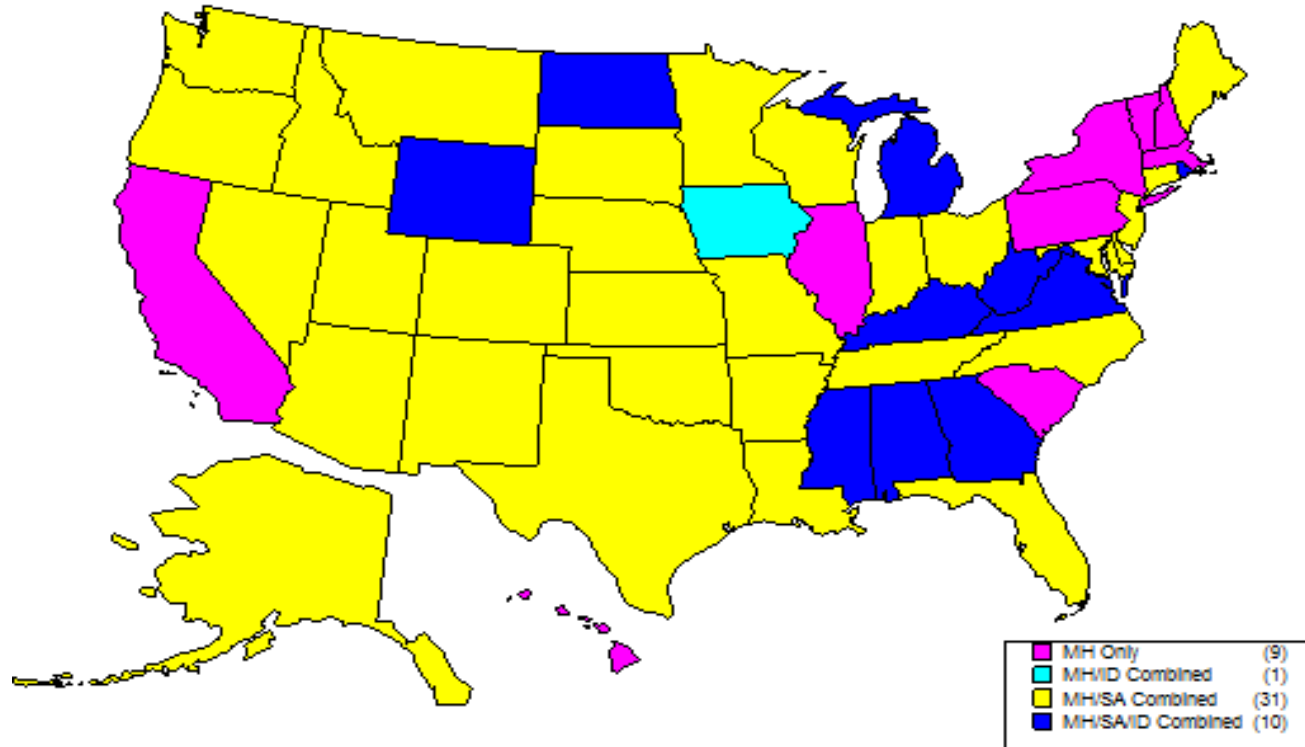
1987



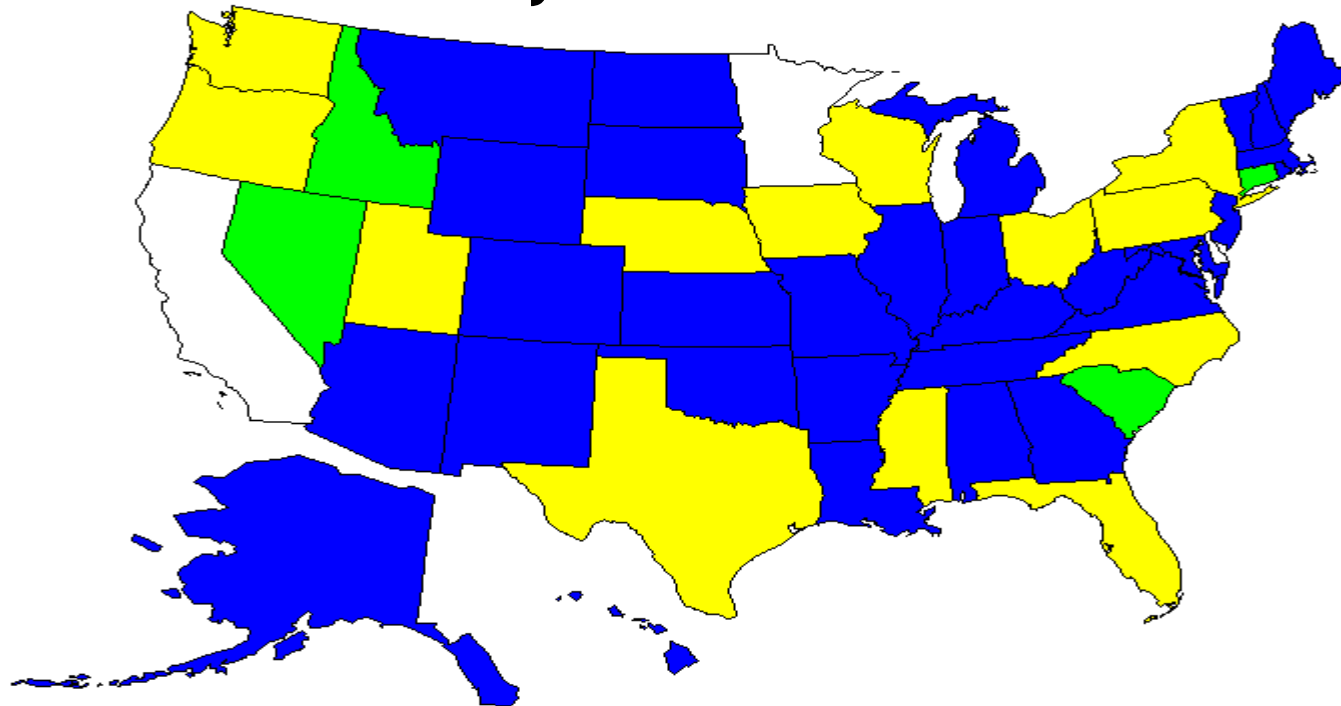
# Funding Sources for SMHA Services: FY1981 to FY2015



# Organization of State Mental Health, Substance Abuse, and Intellectual Disability Service Responsibilities: 2015

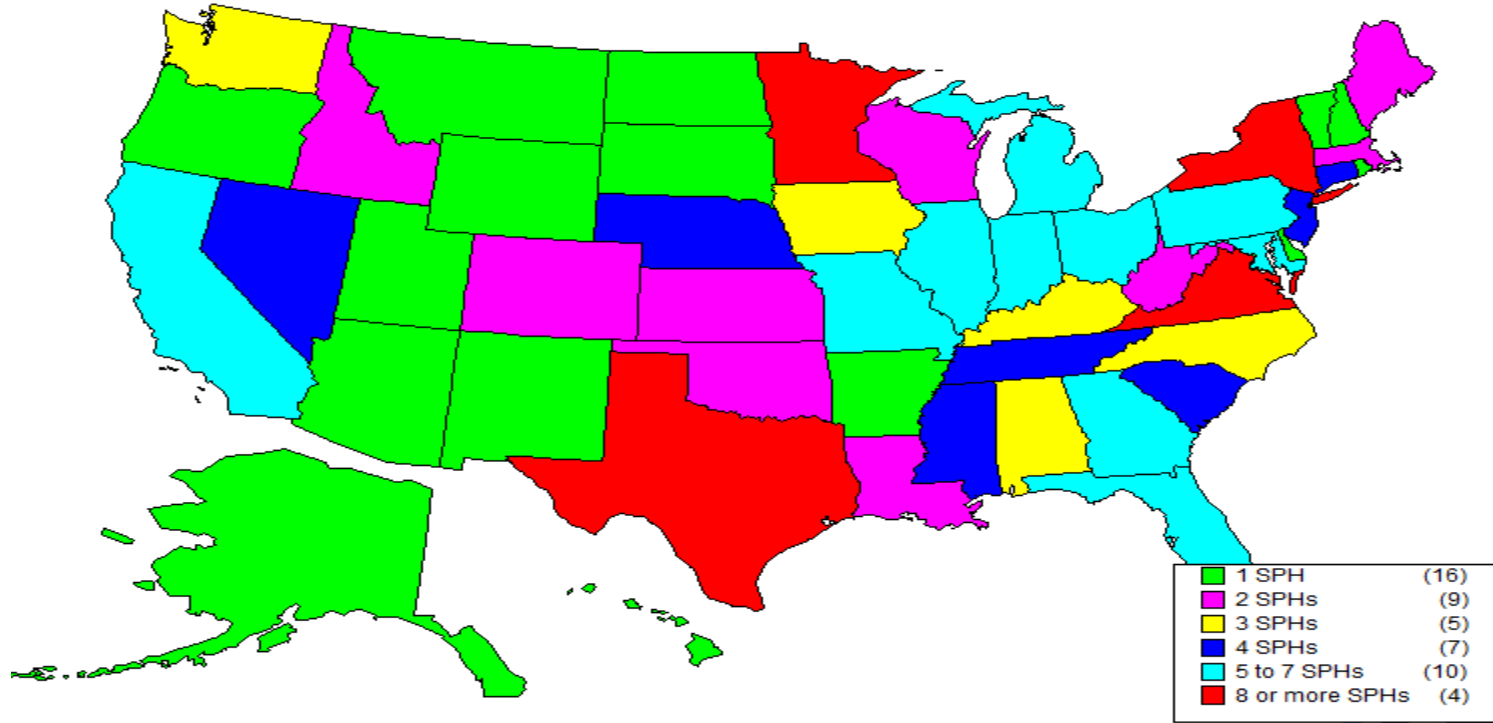


# Primary Mechanism Used by SMHAs to Administer Community Mental Health Services: 2015

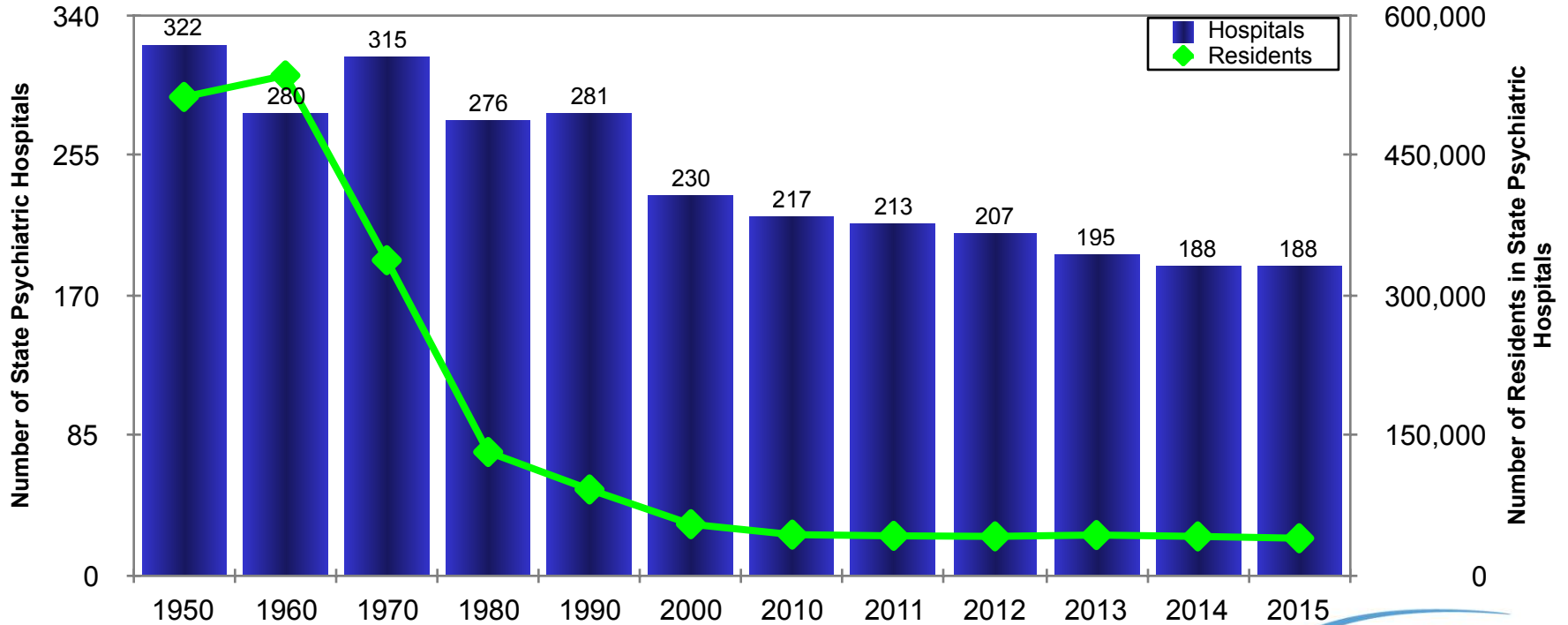


	No Response	(3)
	SMHA directly operates community-based programs	(4)
	SMHA funds county or city authorities	(13)
	SMHA funds, but does not operate community providers	(33)

# Number of State Psychiatric Hospitals, 2015

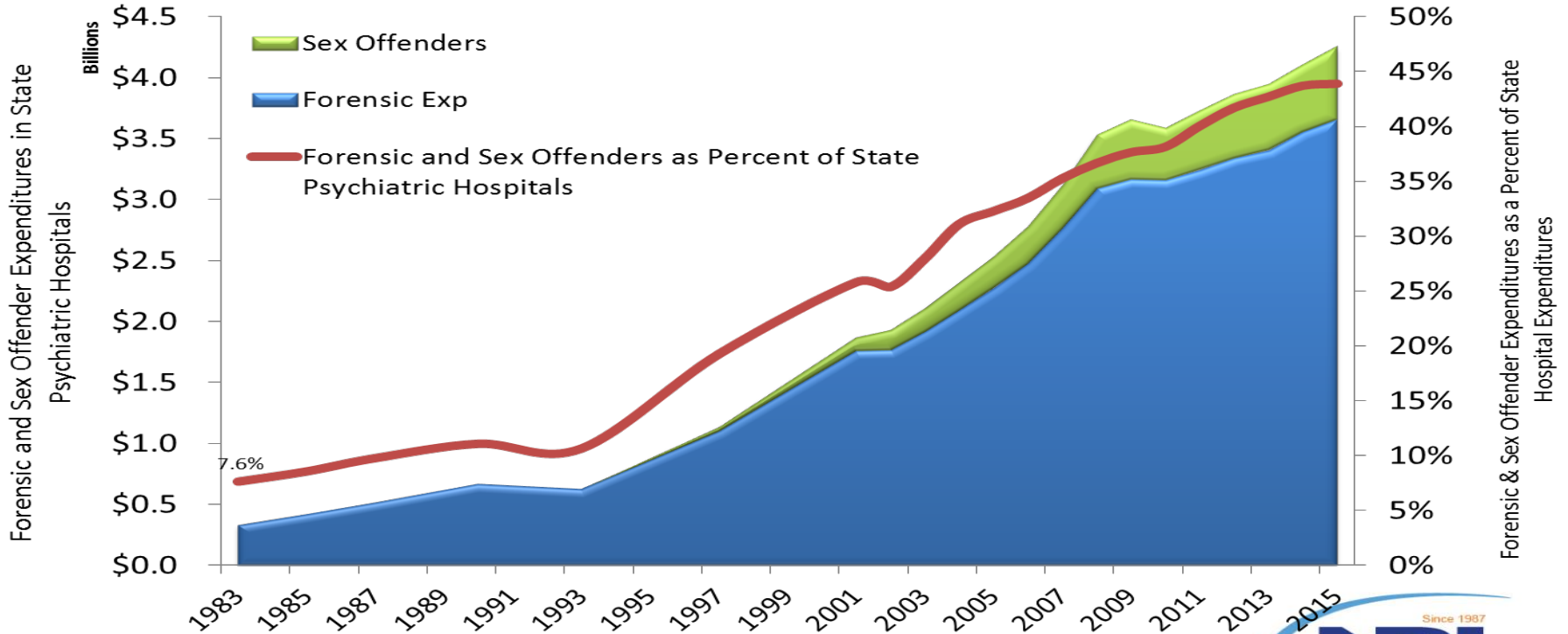


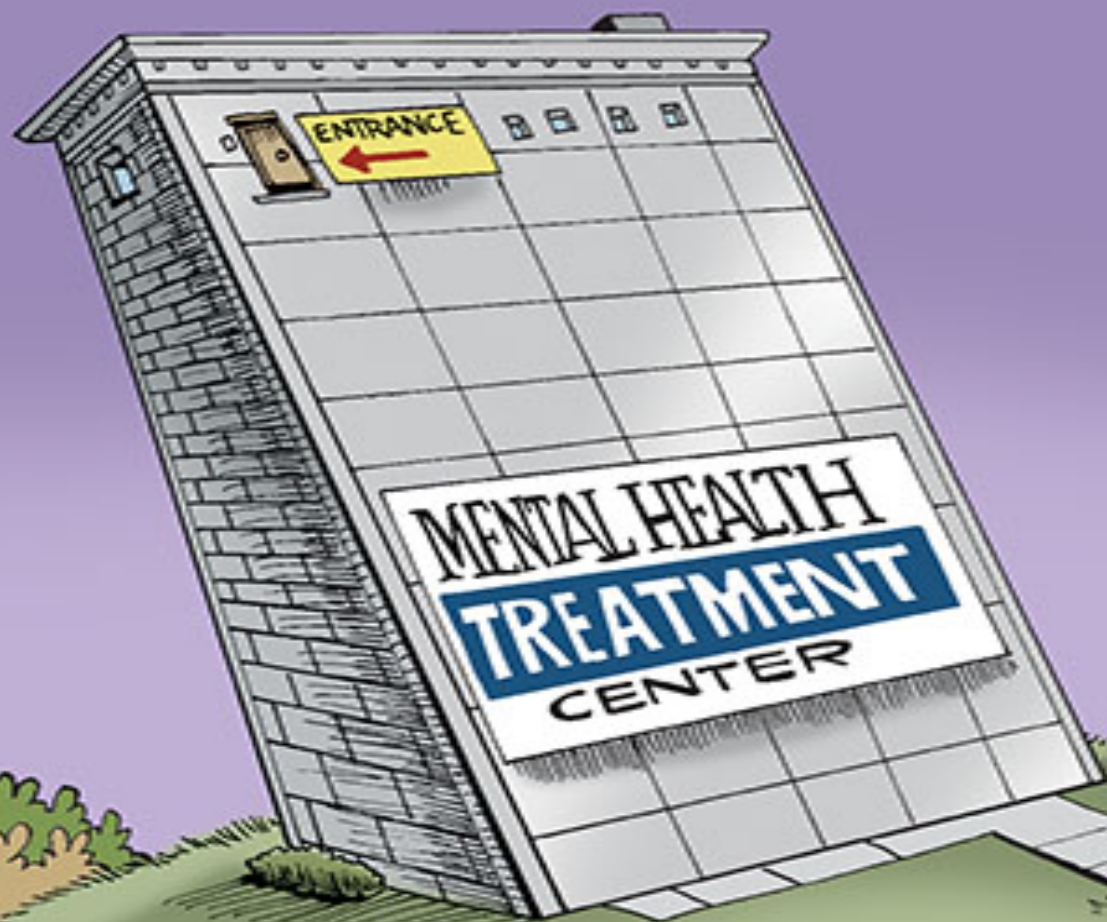
# Number of State Psychiatric Hospitals & Resident Patients at End of Year: 1950 - 2015



Sources: CMHS Additions and Resident Patients at End of Year, State and County Mental Hospitals, by Age and Diagnosis, by State, United States, 2002, and 2015 State MH Agency Profiles System

# State Psychiatric Hospital Expenditures for Forensic and Sex Offender Services and Percent of State Hospital Expenditures for Forensic and Sex Offender Services, FY 1983 To FY 2015





MENTAL HEALTH  
TREATMENT  
CENTER

ENTRANCE

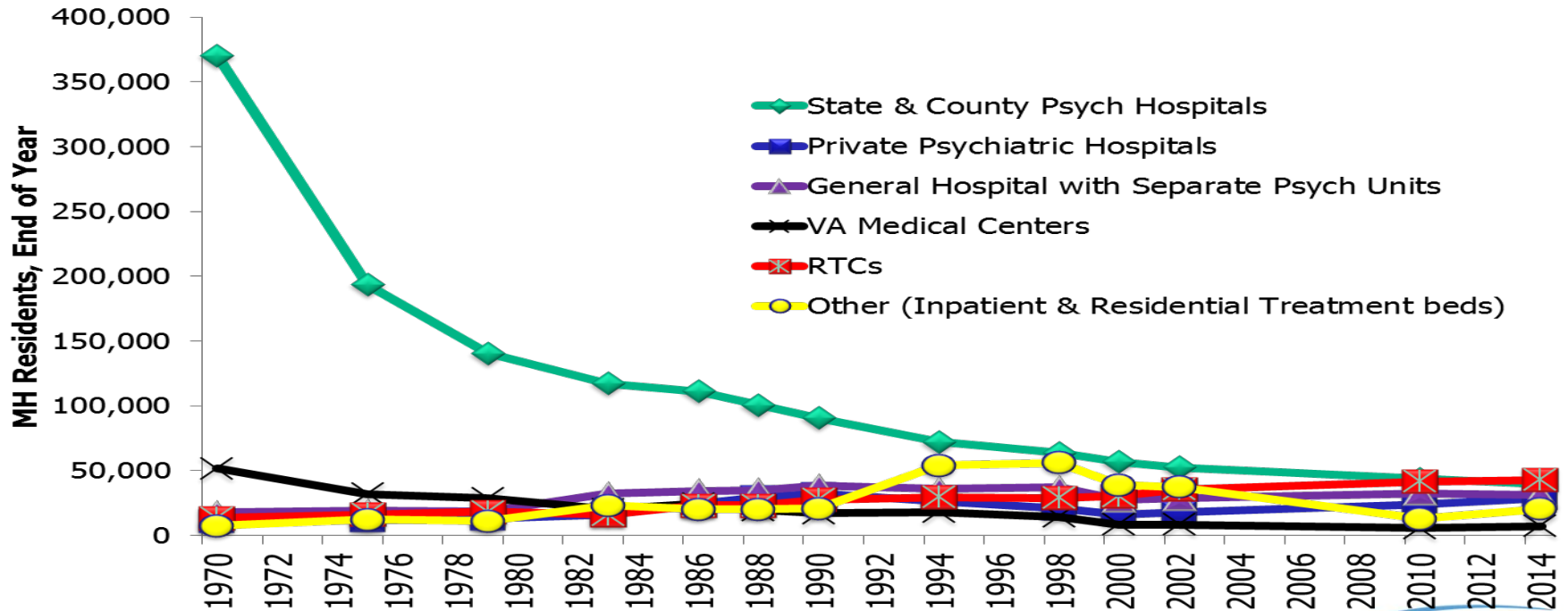
# Number and Rate per 100,000 Psychiatric Inpatients and Other 24-Hour Residential Treatment Patients On April 30, 2014

Year/Setting	Patients in Inpatients Beds (last Day of Year)	Inpatients Per 100,000 Population	Patients in Other 24-Hours Residential Treatment Beds	Other 24 Hour Residents Per 100,000 Population	Total Inpatient & Other 24 Hour Patients	Total Rate per 100,000 Population
State & County Psych Hospitals	37,209	11.7	2,698	0.8	39,907	12.6
Private Psychiatric Hospitals	24,804	7.8	3,657	1.0	28,461	9.0
General Hospital with Separate Psych Units	30,864	9.7	589	0.2	31,453	9.9
VA Medical Centers	3,124	1.0	3,886	1.2	7,010	2.2
RTCs	1,851	0.6	41,079	12.9	42,930	13.5
Other MH Providers	3,499	1.1	16,940	5.3	20,439	6.4
<b>Total</b>	<b>101,351</b>	<b>31.9</b>	<b>68,849</b>	<b>21.7</b>	<b>170,200</b>	<b>53.6</b>

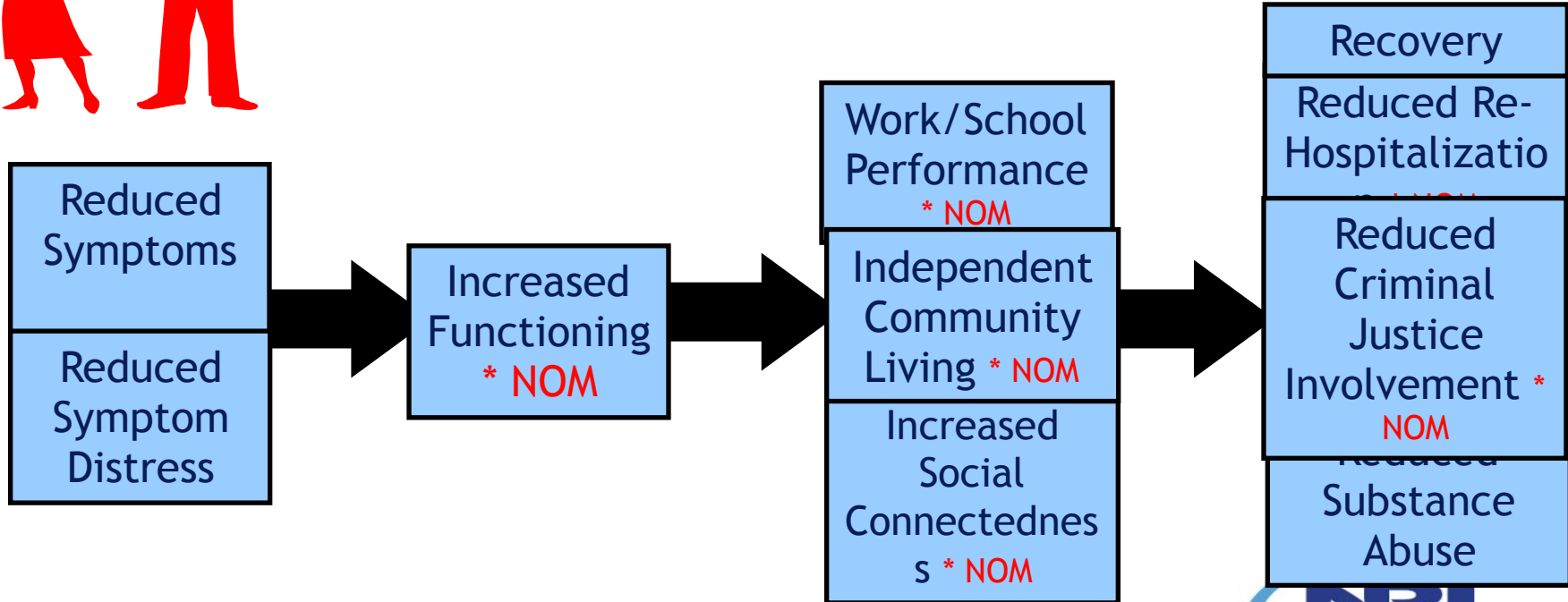
Source: SAMHSA N-MHSS, 2014, Tables 2.3 and 2.5



# Inpatient and Other 24-Hour Treatment Residents at End of Year, 1970 to 2014, by Major Psychiatric Setting



# Outcomes of Mental Health Services



# Number of Clients that Received SMHA Mental Health Services: 2018

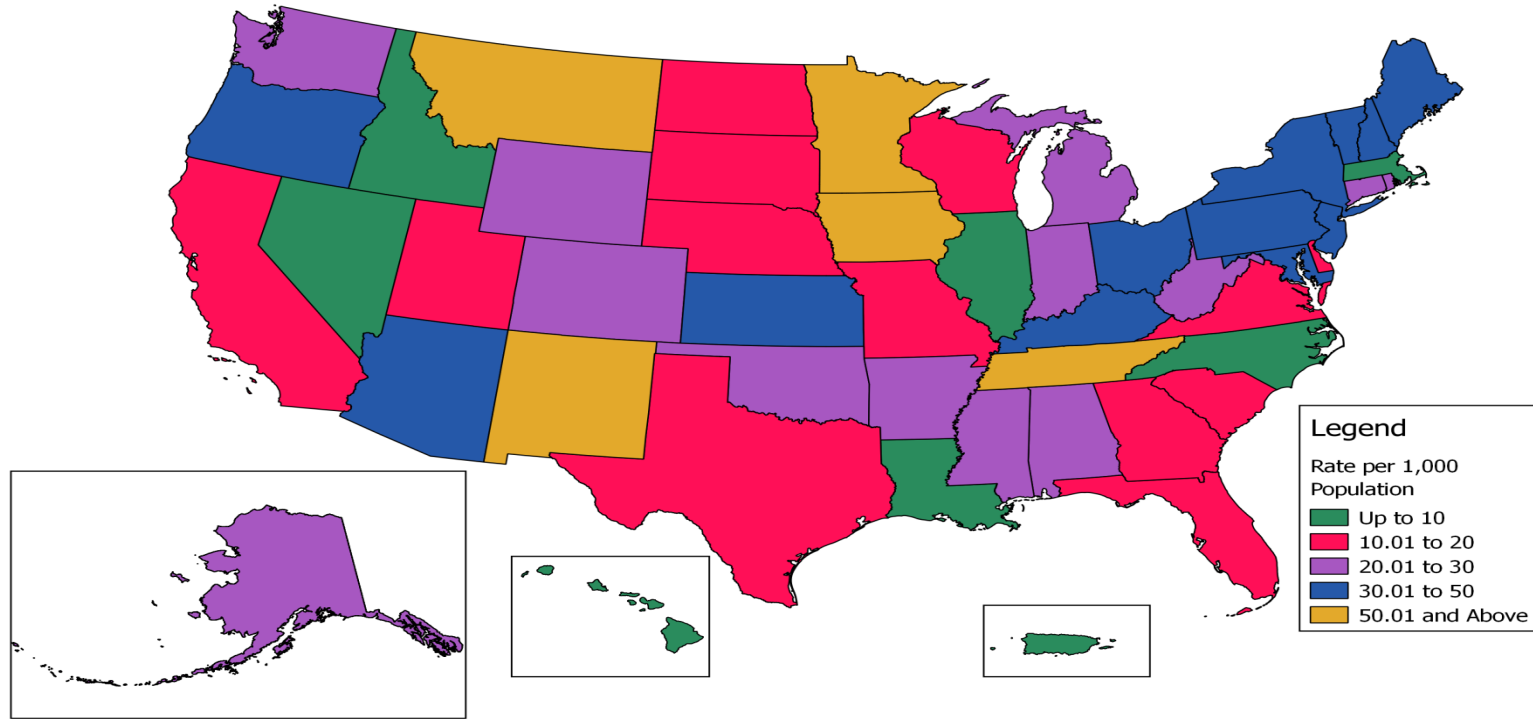
- 58 states and territories reported data in 2018
- 7,808,416 clients (or 23.7 per 1,000) received services, including:
  - 5,669,155 adults (or 22.5 per 1,000)
  - 2,129,471 children (or 28.9 per 1,000)
    - 9,790 clients were missing age data
- 2.4% of the U.S. population received services from state mental health agencies
  - Ranging from 0.1% to 7.2% of state population

Note: Rate per 1,000 = number of clients served divided by the Census Bureau 2017 Resident state and U.S. population estimate times 1,000

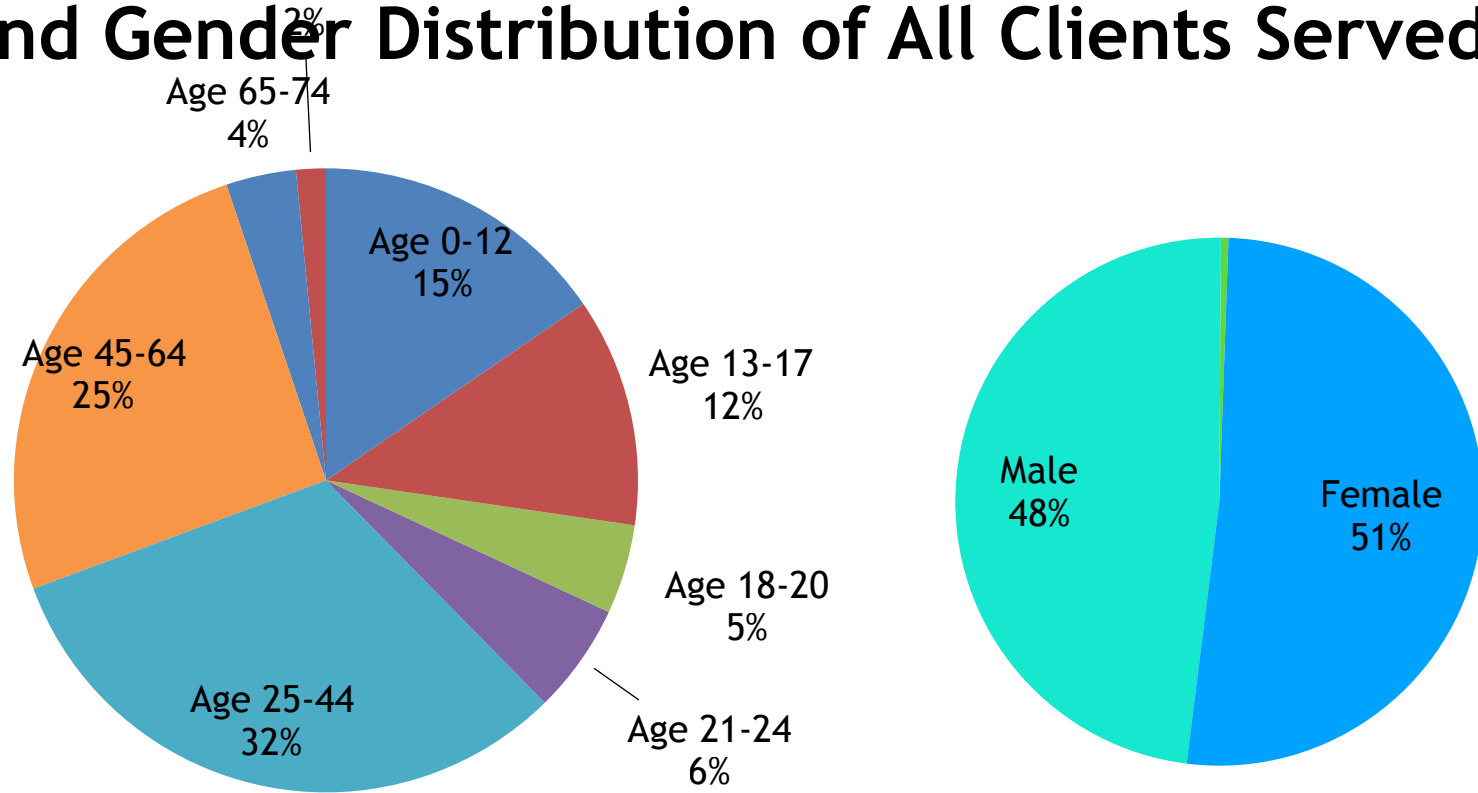
## Percent of Clients Served, by Service Setting: 2018 URS data

- ❖ 97% of clients received community-based mental health services
  - ❖ 22.9 per 1,000 population
- ❖ 1.7% of clients received services in state psychiatric hospitals
  - ❖ Range from less than 1% of clients (in 11 states) to 12% in (2 states) of total clients served
- ❖ 5.7% of clients received services in other psychiatric inpatient settings (39 states reporting on OPI)

# Clients that Received SMHA Services per 1,000 State Population: 2018



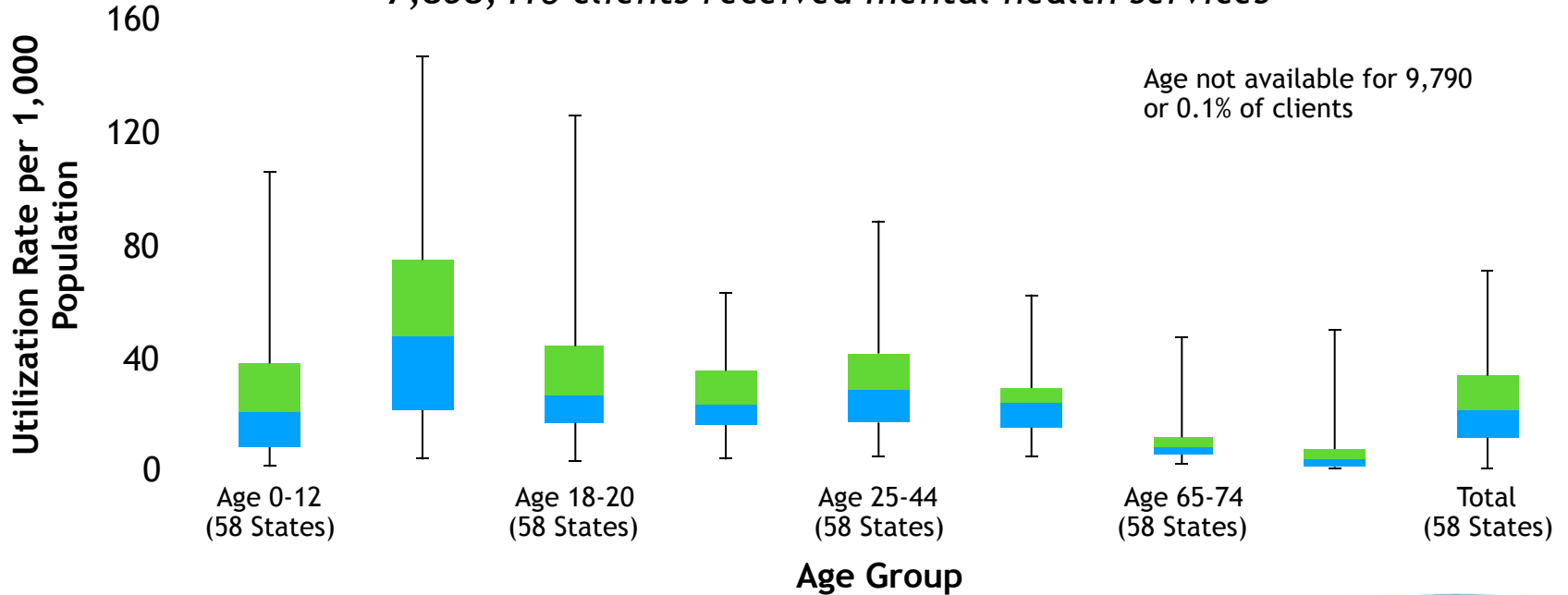
# Age and Gender Distribution of All Clients Served: 2018



# Variation in Utilization Rate (per 1,000) of All Clients Served, by Age Group: 2018

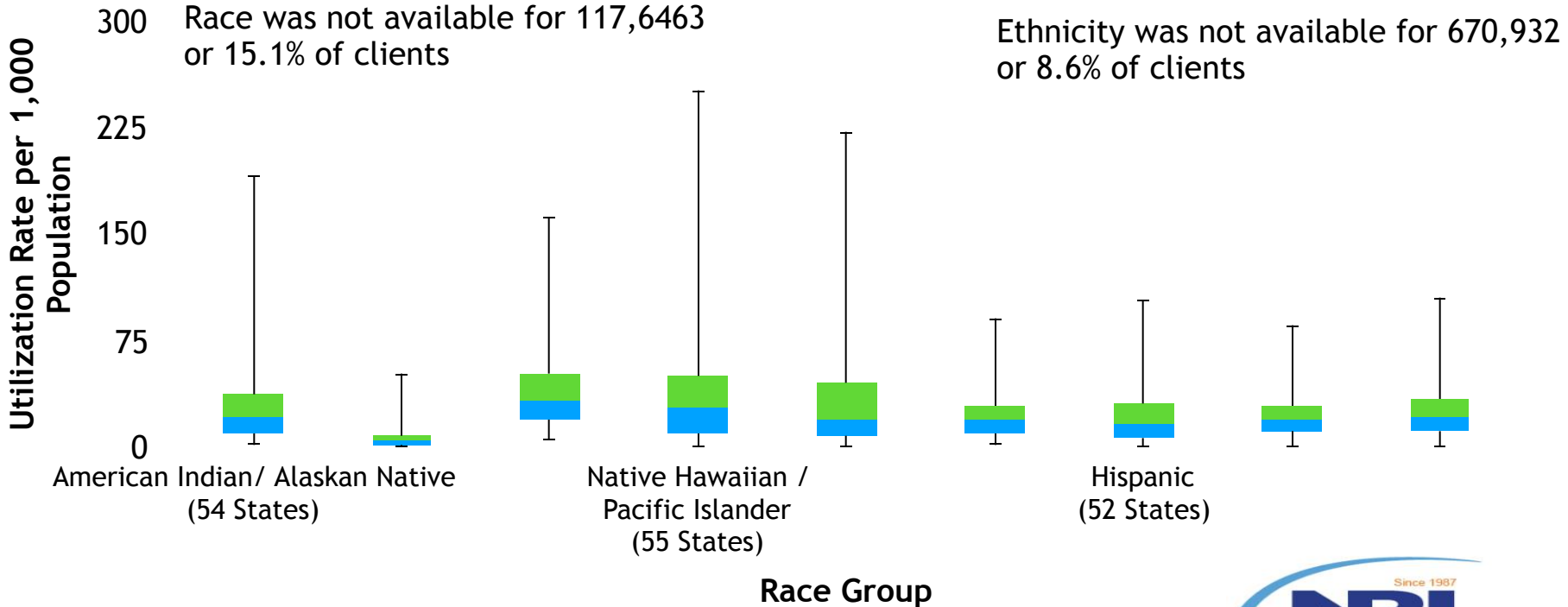
7,808,416 clients received mental health services

Age not available for 9,790 or 0.1% of clients



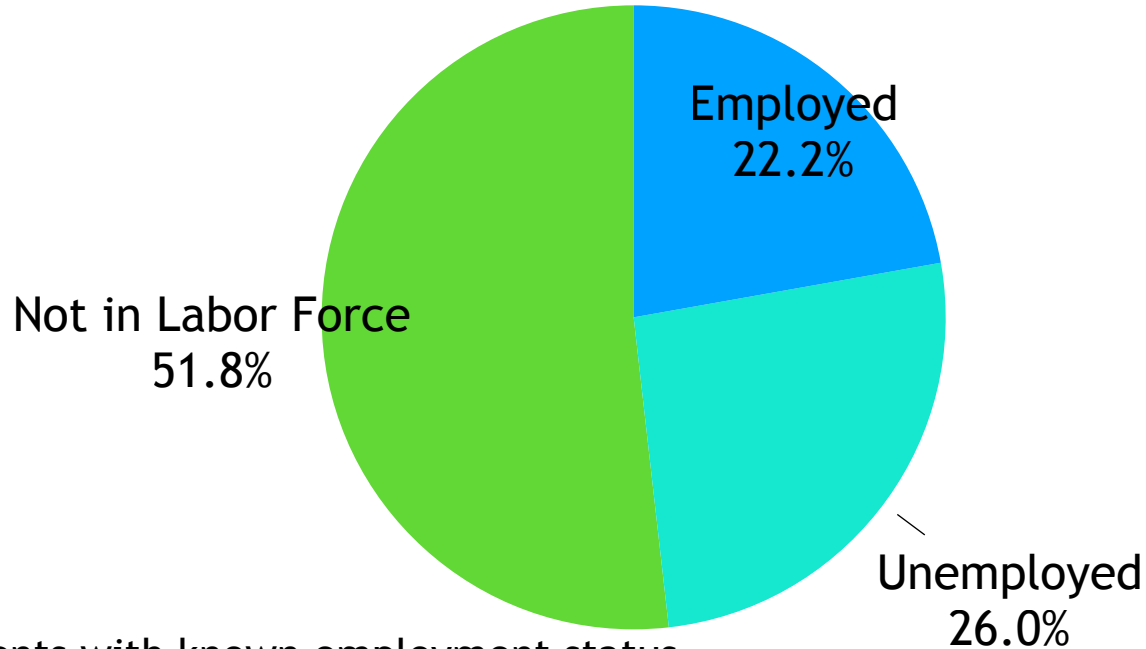
# Variation in Utilization Rate (per 1,000) of All Clients Served, by Race: 2018

7,808,416 clients received mental health services



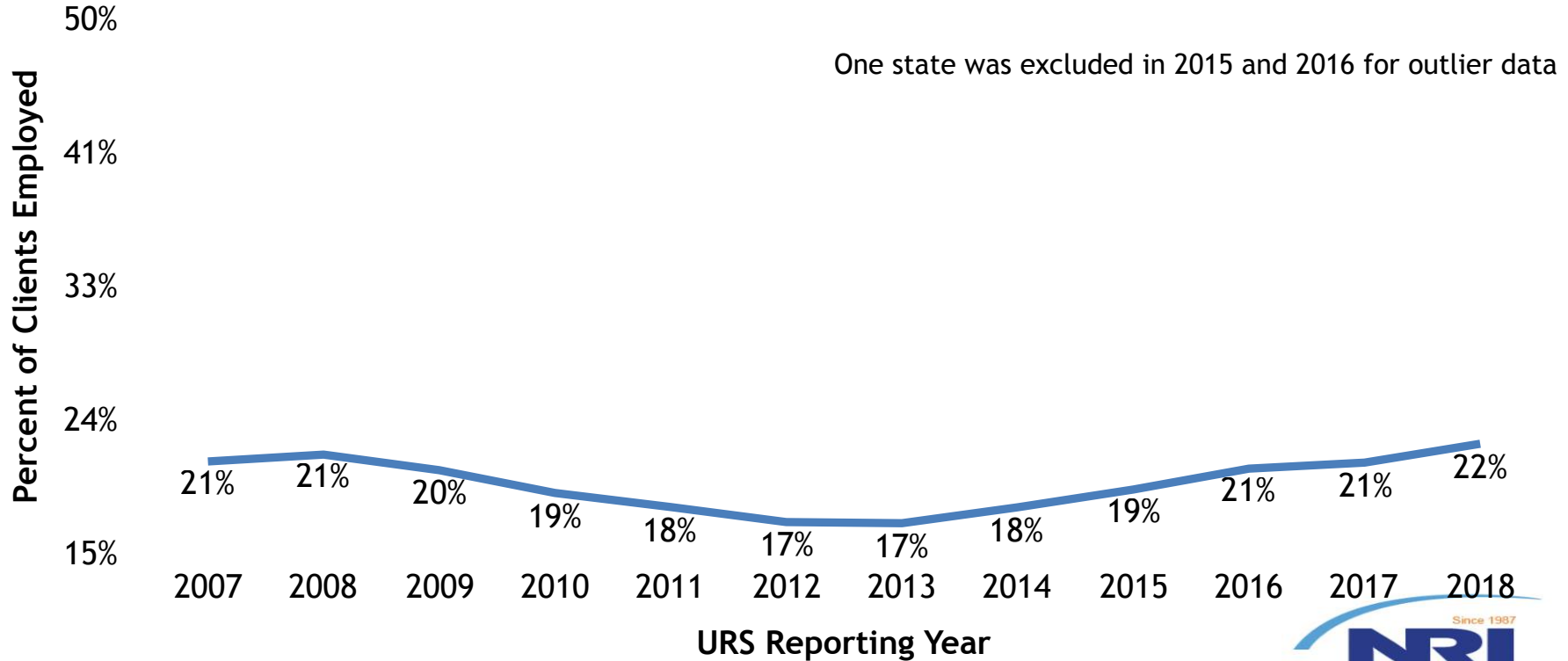


# Employment Status of Adult (Age 18 & Older) SMHA Clients: 2018



3,417,412 clients with known employment status  
(employment status not available for 1,686,754 clients (33%))

# Percent of Adult (Age 18 & Older) SMHA Clients Employed: 2007 to 2018



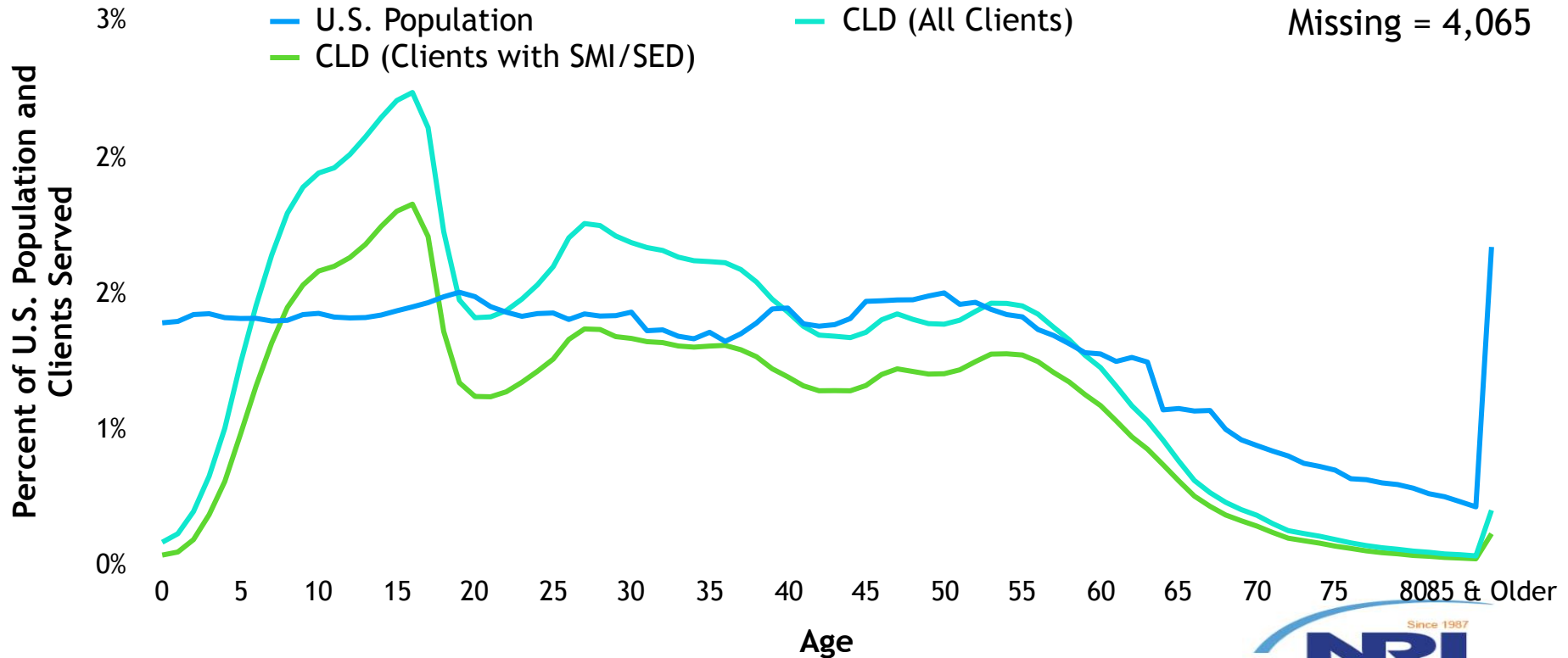
# State Mental Health Client Level Data

Starting in 2011, SMHAs began submission of de-identified client level data on all clients reported in their URS data system (reporting as part of MH Block Grant requirement—Data Due by December 1 each year):

- Client Level Data is de-identified client level information that contains additional about diagnoses, outcomes, and permits cross-tab analysis of client characteristics
- Reported by states as a companion to their URS reporting.
  - Not all states report.
    - 2018 data from 44 States, plus DC, Northern Marian Islands, Palau, and Puerto Rico.

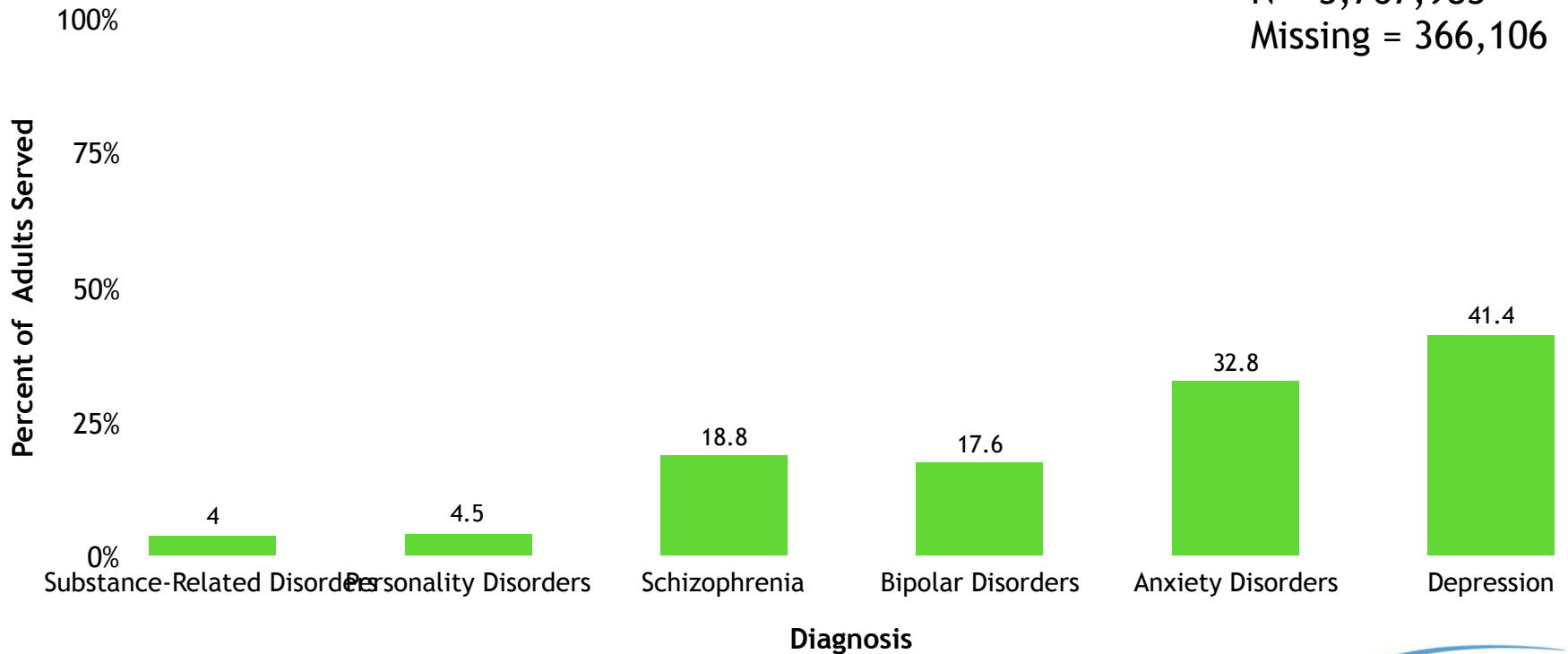
# Percent of Mental Health Clients Served, by Age and SMI/SED Status: 2018

N = 6,209,726  
Missing = 4,065



# Percent of Adults (Age 18 Years and Older) Served, by Diagnosis: 2018

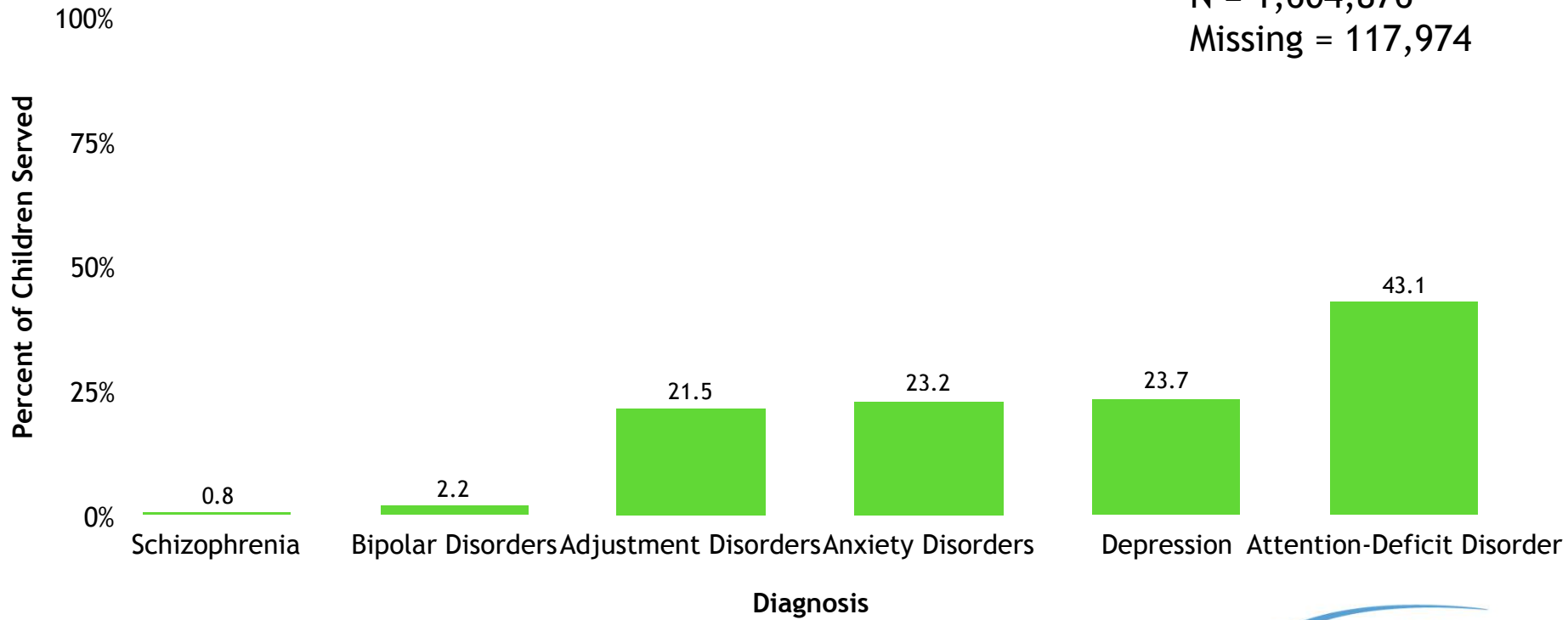
N = 3,767,983  
Missing = 366,106



Note: Clients may have more than one diagnosis.

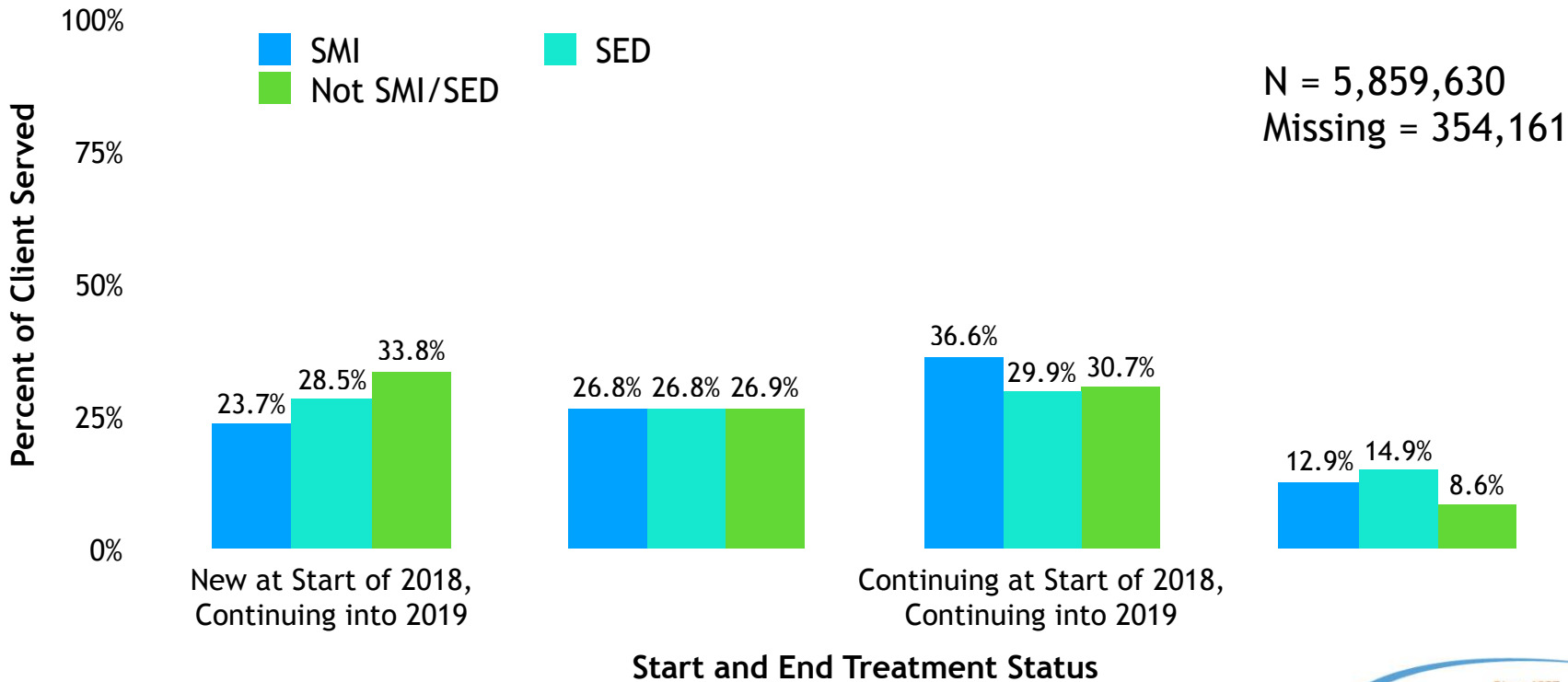
# Percent of Children (Age 0 to 17 Years) Served, by Diagnosis: 2018

N = 1,604,876  
Missing = 117,974

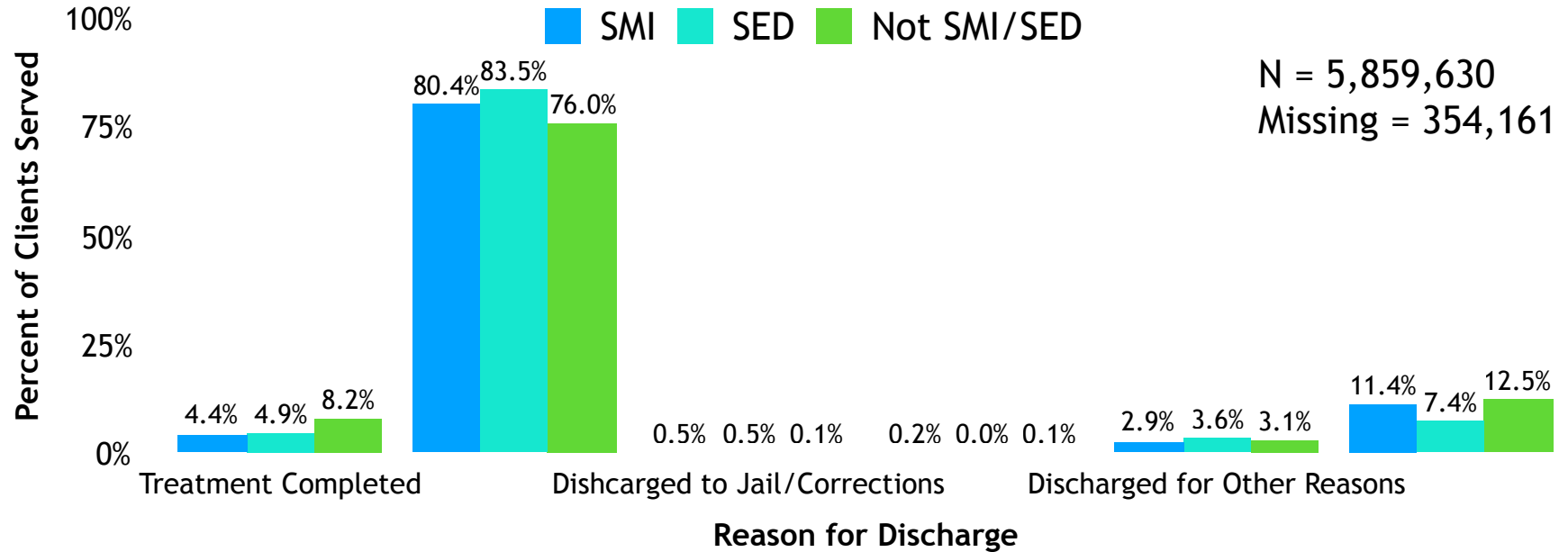


Note: Clients may have more than one diagnosis.

# Percent of Mental Health Clients Served, by Treatment Status at the Start and End of 2018 and SMI/SED Status



## Percent of Mental Health Clients Discharged at the End of 2018, by Reason for Discharge and SMI/ SED Status





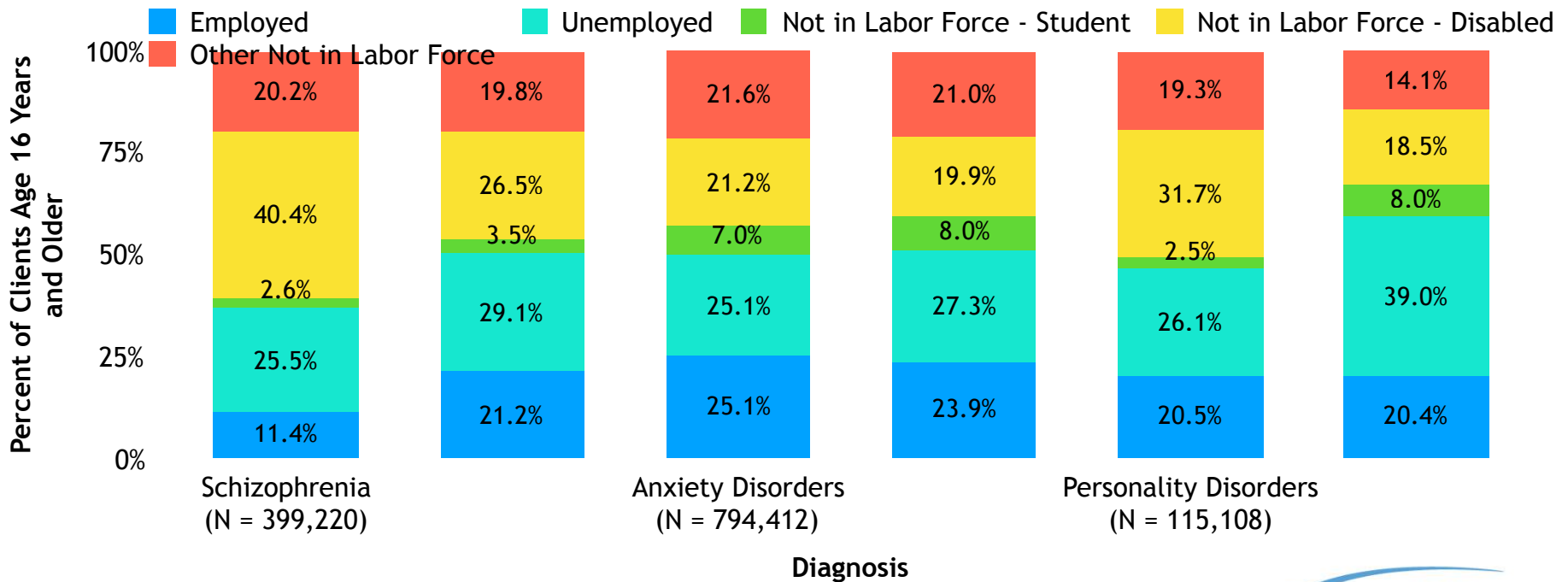


# Employment: Profiles of Adult Clients

# Percent of Clients Age 16 Years and Older, by Employment Status at Discharge or End of Reporting Year and Diagnosis: 2018

N = 2,412,664

Missing = 2,198,158

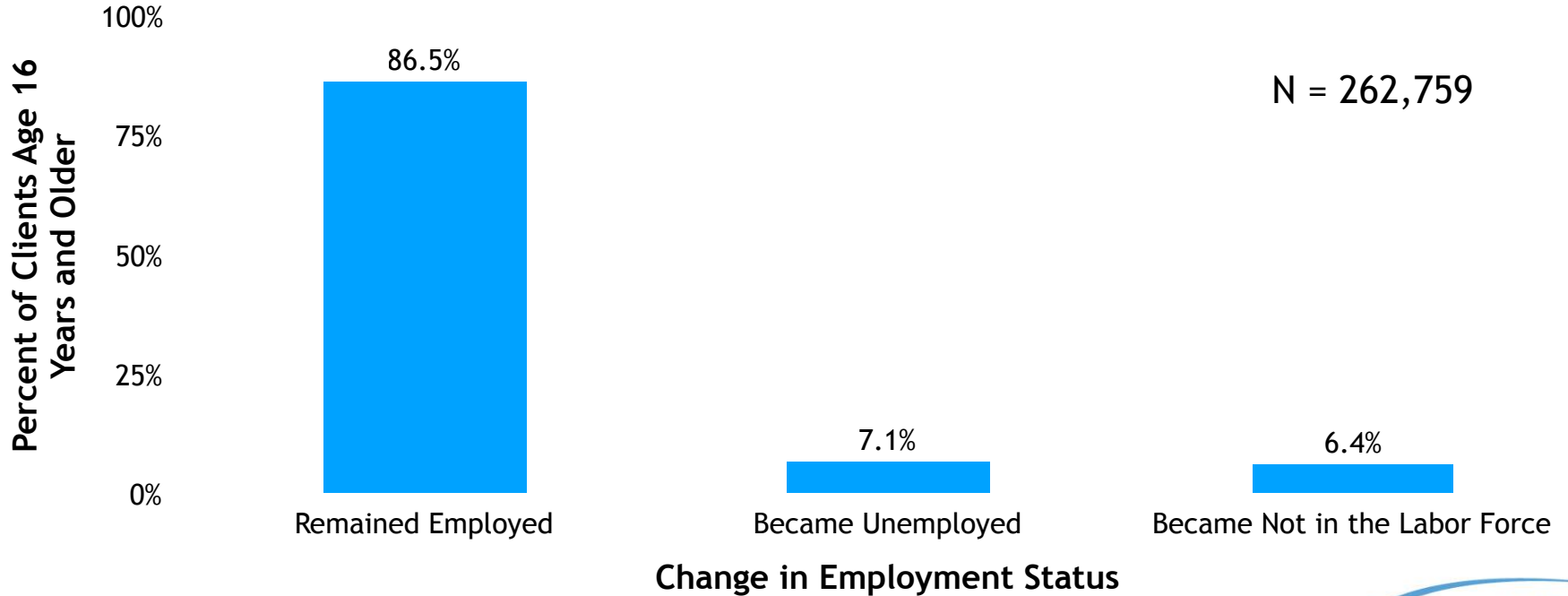


Note: Clients may have more than one diagnosis.

# Employment Status Data Inclusion Process for Change Measure Analysis: 2018

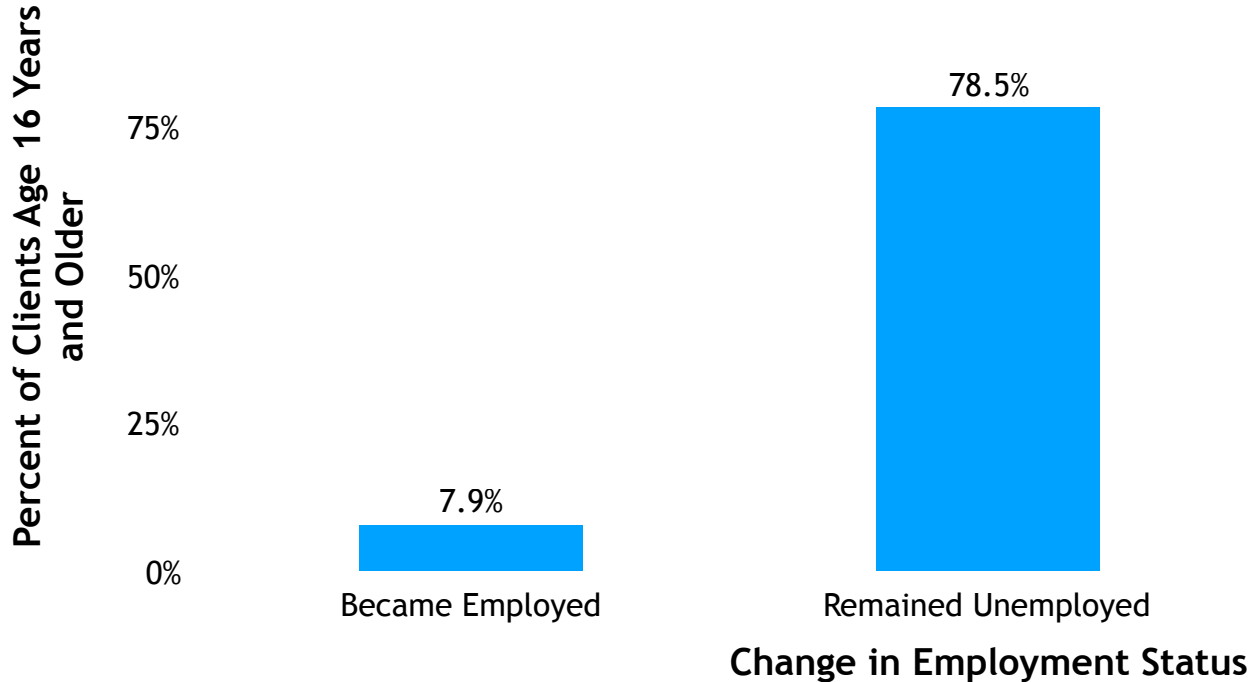
- Total number of clients with known employment status at Start of Reporting Year: N = 2,498,935
- Total number of clients with known employment status at the end of the year: N = 2,412,664
  - Total number of clients with known employment status at the end of the year: N = 2,319,997
    - Include only clients whose employment status is updated from their start status: N = 1,257,470
      - Include only clients who received services on more than one day: N = 1,226,067
        - Include only clients that were not discharged due to death: N = 1,222,000

Percent of Clients Age 16 Years and Older, by Change in Employment Status from Admission or Start of Reporting Year to Discharge or End of Reporting Year for Clients that were Employed at Admission or Start of Reporting Year: 2018



**Percent of Clients Age 16 Years and Older, by Change in Employment Status from Admission or Start of Reporting Year to Discharge or End of Year for Clients that were Unemployed at Admission or Start of Reporting Year: 2018**

N = 313,347



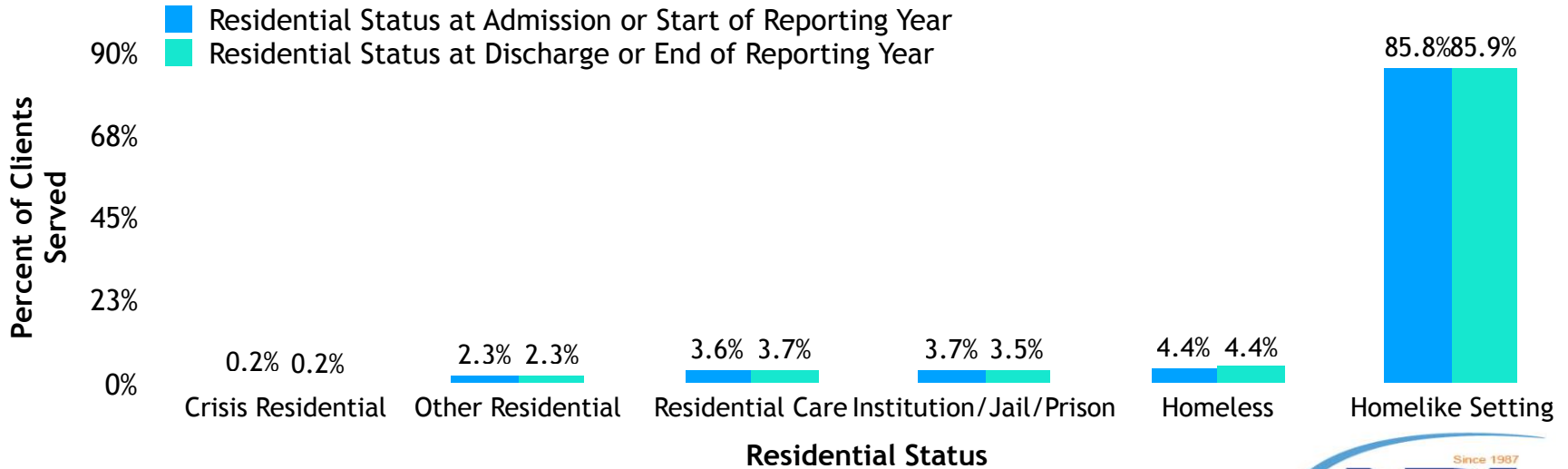


# Living Situation/Homelessness

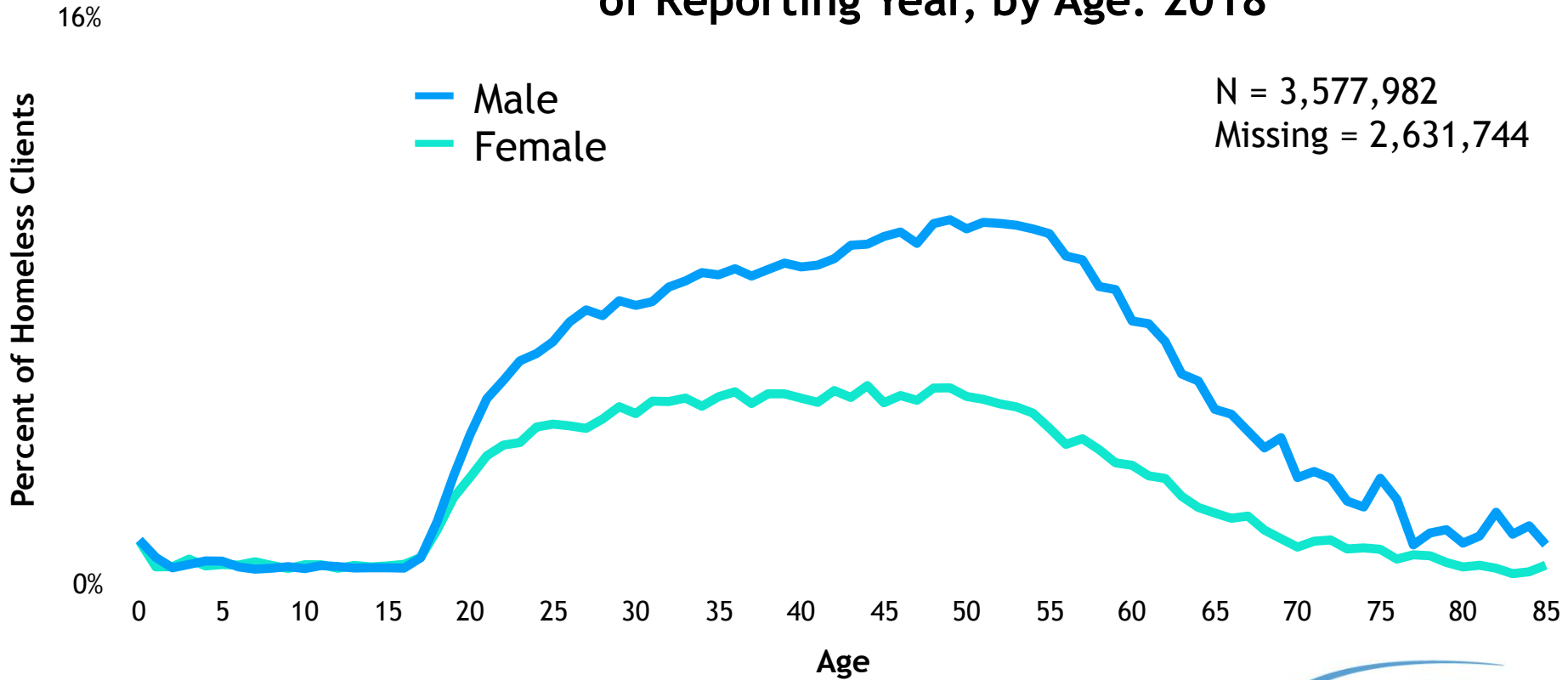
# Percent of Clients Served, by Residential Status at Admission or Start of Reporting Year and at Discharge or End of Reporting Year: 2018

Residential Status Prior to Admission or Start of Year  
 N = 3,670,027  
 Missing = 2,543,764

Residential Status Prior to Discharge or End of Year  
 N = 3,581,374  
 Missing = 2,632,417

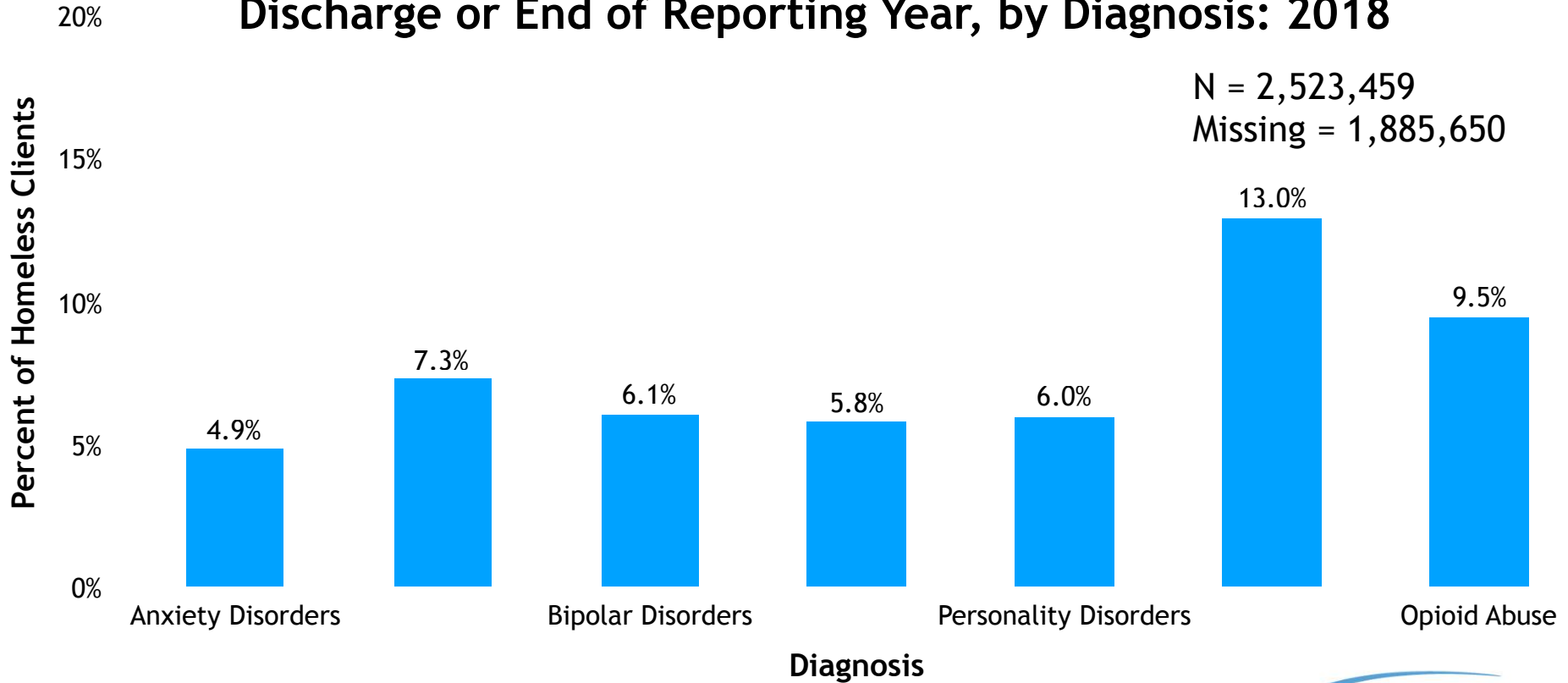


# Percent of Homeless Clients at Discharge or End of Reporting Year, by Age: 2018



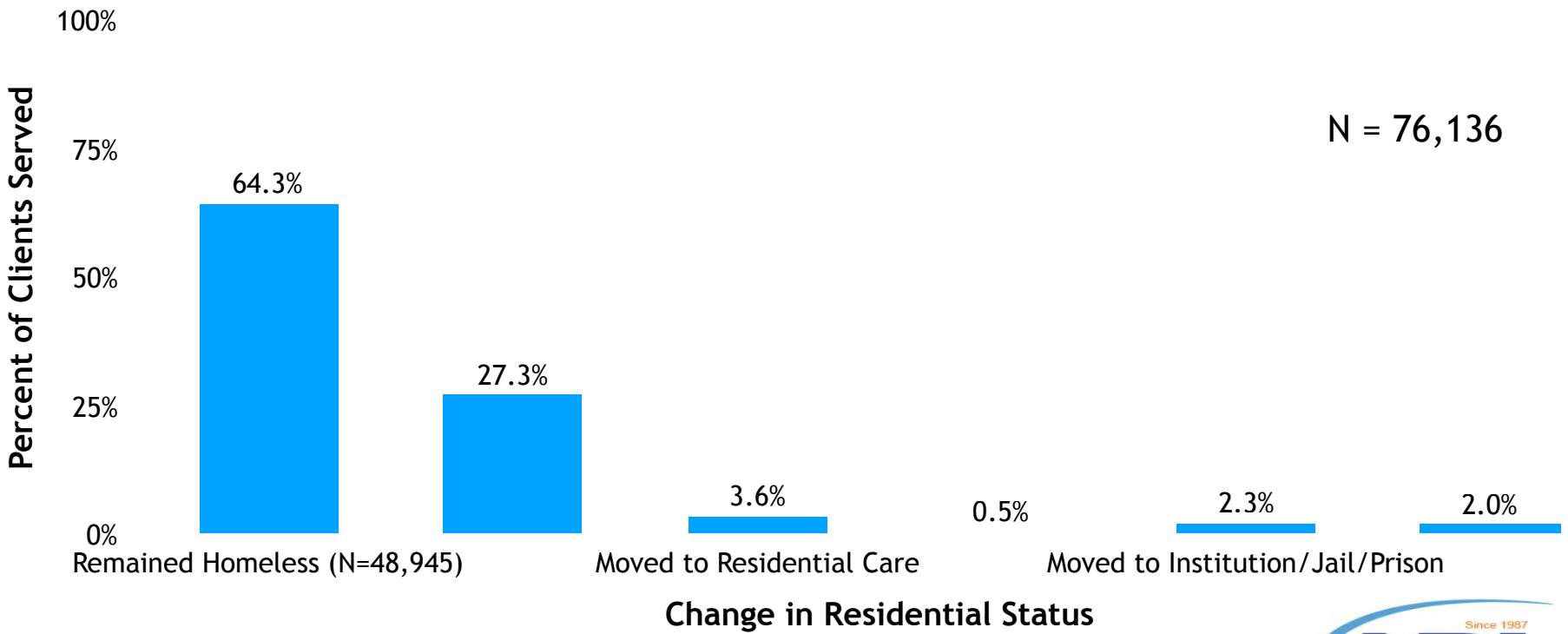


# Percent of Homeless Clients Aged 18 Years and Older at Discharge or End of Reporting Year, by Diagnosis: 2018



Note: Clients may have more than one diagnosis.

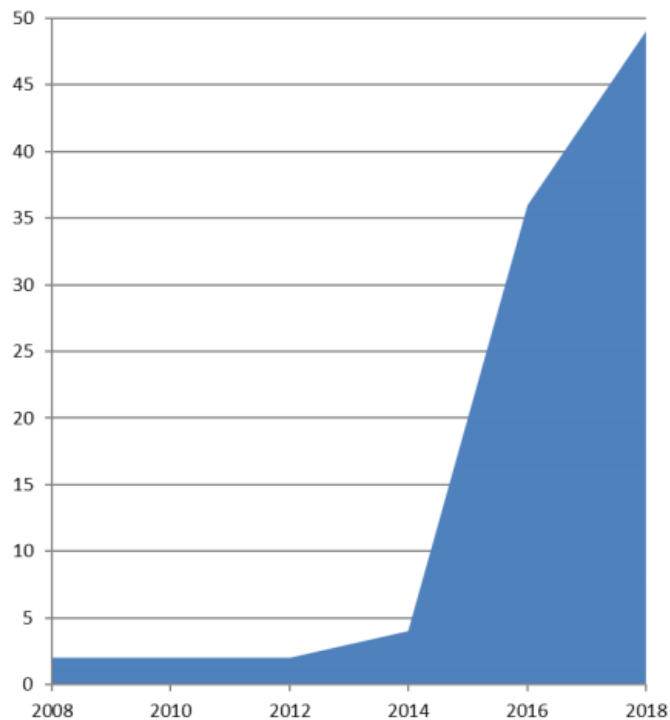
# Percent of Clients Served, by Change in Residential Status from Admission or Start of Reporting Year to Discharge or End of Reporting Year for Clients that were Homeless at Admission or Start of Reporting Year: 2018



# First Episode Psychosis Programs

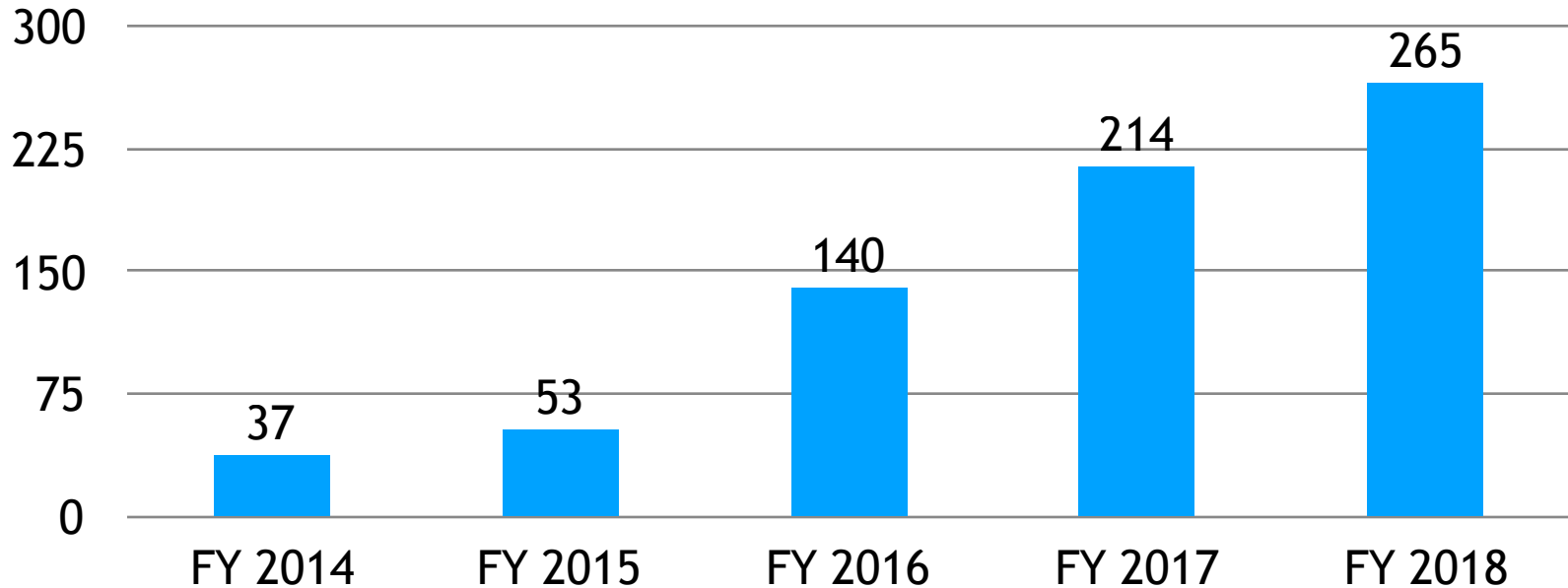
- Based on International research and a series of NIMH supported studies in the U.S. (Recovery After Initial Schizophrenia Episode, RAISE), states have been supporting Coordinated Specialty Care (CSC) programs focusing on clients with first episodes of psychosis (FEP)
- In FY 2014 Congress added \$30 million to the Mental Health Block Grant to States (a 5% set-aside) and in 2016 doubled that to 10% of the Mental Health Block Grant
- State Governments have contributed additional state general funds (state tax funds) to further expand First Episode Psychosis services

# Cumulative Number of States with Early Psychosis Intervention Plans



Source: SAMHSA, 2019

# Number of Evidence-Based Coordinated Specialty Care Programs Implemented Nationally



# SAMHSA Sponsored Evaluation of CSC Programs Funded by the Mental Health Block Grant

- A multi-year evaluation of the outcomes and fidelity of CSC programs funded by State Mental Health Agencies using the MHBG set-aside is just being completed

**Exhibit 1. Changes in Standardized Outcomes**

Measure	Baseline (Mean, Std. dev.)	Most recent interview (Mean, Std. dev.)	Pr > t
Colorado Symptom Index (CSI)	22.5 (13.1)	14.0 (11.6)	<.0001***
Lehman's Quality of Life Score	4.1 (1.5)	5.0 (1.3)	<.0001***
Social Scale	5.0 (1.8)	6.1 (1.7)	<.0001***
Role Scale	4.5 (2.3)	6.0 (2.2)	<.0001***

Sample sizes range from 385 to 467.

**Exhibit 2. Percent of Clients Experiencing Changes in Work and School**

		Most Recent Interview		
		Not working or in school (%)	Working and/or in school (%)	Total (%)
Baseline	Not working or in school	28.5	29.4	57.9
	Working and/or in school	6.3	35.8	42.1
	Total	34.8	65.2	100



**“What did you take away from the meeting?”**

# For Additional Information..

## Contact:

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