



# Role of Public Mental Health

# Behavioral Health

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- Division of Behavioral Health – Community Behavioral Health
  - Prevention – 25 accredited providers
  - Substance Use Disorder Treatment - 39 accredited providers
  - Mental Health Treatment – 11 accredited community mental health centers

# Substance Use Disorder

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- Substance Use Disorder Services
  - Outpatient
  - Day Treatment
  - Low Intensity Residential Treatment
  - Inpatient Treatment
  - Intensive Meth Treatment
  - Detox

# Prevention

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- Prevention Services
  - Promote behavioral health and prevent mental health disorders and substance use disorders
    - School and community-based primary prevention services
    - Early intervention services (e.g. schools, primary care)
    - Behavioral health training – raise awareness, skill development, referrals to treatment
    - Public awareness campaigns

# Mental Health

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- Mental Health Providers
  - Community Mental Health Centers
  - Medicaid State Plan Providers
    - Primary Care Physicians (nationally provide about half of all mental health care for common psychiatric disorders)
    - Psychiatry
    - Psychology
    - Other Mental Health (e.g. licensed counselors, social workers)
    - Inpatient Psychiatry



# Community Mental Health System

# Community Mental Health System

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- 11 Community Mental Health Centers
  - Provide comprehensive, community-based outpatient mental health services to low income individuals/families
  - Budget of approx. \$35 million
    - Federal Block Grant: \$1 million
    - Medicaid: \$10 million
    - State General Funds: \$24 million
  - Priority Populations
    - Children with serious emotional disturbance
    - Adults with serious mental illness

# Community Mental Health System

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- Federal Mental Health Block Grant
  - State Plan approved by Federal Government
    - 2018-2019 Goals
      - Evidence-Based Practices
      - Early intervention Services
      - Suicide Prevention
      - Workforce Development

# Community Mental Health System

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## Serious Emotional Disturbance (SED) Eligibility Criteria

- An individual with a serious emotional disturbance is an individual who:
  - Is under eighteen years of age
  - Exhibits behavior resulting in functional impairment which substantially interferes with, or limits the individual's role or functioning in the community, school, family, or peer group
  - Has a mental disorder diagnosed under the Diagnostic and Statistical Manual of Mental Disorders, fifth edition, 2013, or coding found in the International Classification of Diseases, 10<sup>th</sup> revision, Clinical Modification, 2015
  - Has demonstrated a need for one or more special care services, in addition to mental health
  - Has problems with a demonstrated or expected longevity of at least one year or has an impairment of short duration and high severity.

Intellectual disabilities, epilepsy, other developmental disabilities, alcohol or substance abuse, brief period of intoxication, or criminal or delinquent behavior do not, alone, constitute serious emotional disturbance.

# Community Mental Health System

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## Serious Mental Illness (SMI) Eligibility Criteria

- An individual with a serious mental illness is an individual who:
  - Adult client must meet one of the following:
    - Undergone psychiatric treatment more than once
    - Experienced an episode of psychiatric hospitalization and with an Axis I or II diagnosis
    - Been on psychotropic medication for at least one year
    - Has frequent crisis contact with CMHC (or another MH provider) for the last 6 months as a result of a mental illness
  - AND must meet three of the following:
    - Unemployed and has poor job skills or work history
    - Inappropriate social behavior
    - Unable to obtain public services without assistance
    - Requires public financial assistance for out-of-hospital maintenance/budgeting/requires a payee
    - Lacks social support systems
    - Unable to perform basic daily living skills without assistance

Intellectual disabilities, epilepsy, other developmental disabilities, alcohol or substance abuse, or brief periods of intoxication, or criminal behavior do not, alone, constitute serious mental illness.

# Community Mental Health System

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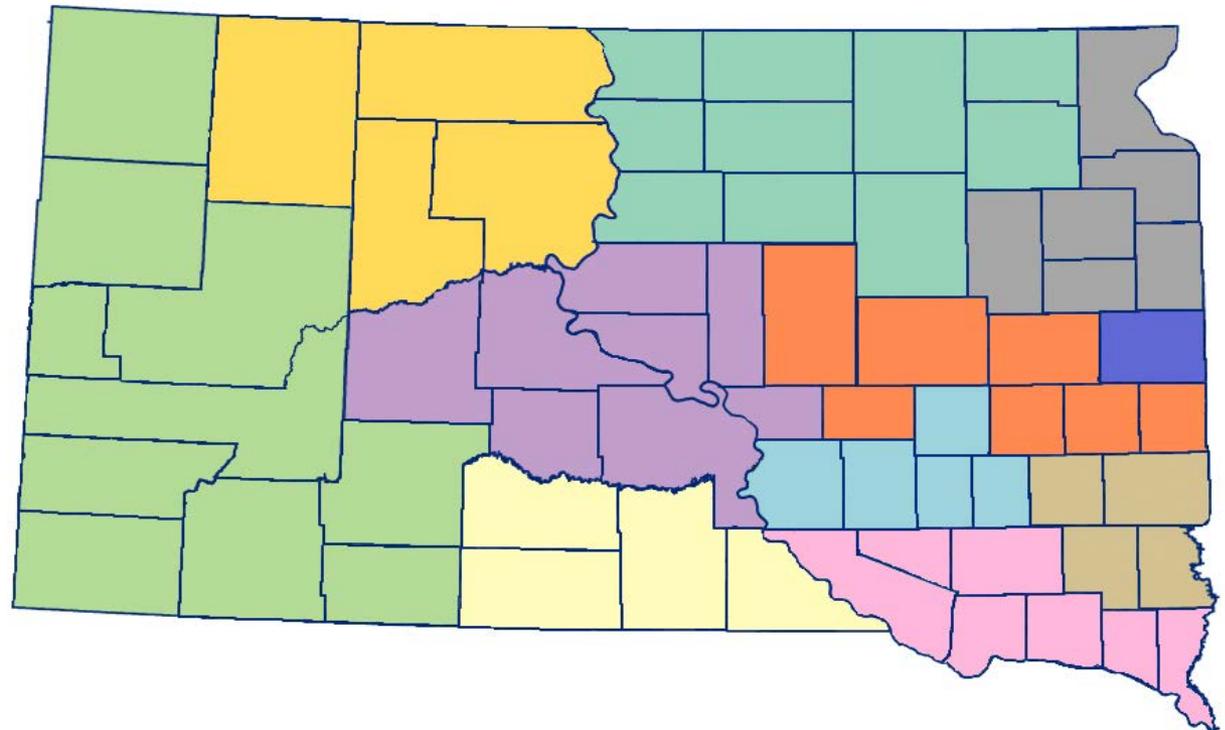
- Community Mental Health Centers
  - Designated in federal and state laws/rules
    - CMHC Act of 1963
    - SDCL 27A and ARSD 67:62
  - Must be accredited by Division of Behavioral Health
    - Core services requirements with designated catchment areas
      - Assessment services, emergency services, specialized outpatient services across the lifespan
    - General management requirements
      - Administration, record keeping, participation in state plan
    - Clinical process and personnel requirements
      - Assessment, treatment planning, discharge/transition planning
      - Staff requirements

# Community Mental Health System

## Statewide Accredited Providers

### Alphabetical by Community Mental Health Center

- Behavior Management Systems
- Capital Area Counseling Services
- Community Counseling Services
- Dakota Counseling Institute
- East Central Behavioral Health
- Human Service Agency
- Lewis & Clark Behavioral Health Services
- Northeastern Mental Health Center
- Southeastern Behavioral HealthCare
- Southern Plains Behavioral Health Services
- Three Rivers Mental Health Center



# Community Mental Health System

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- How to access services

## Step 1

- Contact a local community mental health center to schedule an appointment

## Step 2

- A clinician completes an assessment to determine diagnosis and treatment needs

## Step 3

- Based on the assessment, the clinician recommends mental health treatment services

# Community Mental Health System

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## Community Mental Health Center Services

- FY17 Clients Served
  - Outpatient Services: 4,589
  - Specialized Outpatient Services
    - Children, Youth, and Family (CYF) Services: 4,989
    - Comprehensive Assistance with Recovery and Empowerment (CARE): 7,000
    - Individualized Mobile Programs of Assertive Community Treatment (IMPACT)/6 programs: 301

# Community Mental Health System

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- Behavioral Health - Health Homes
  - Implemented in 2013 to provide enhanced health care services to individuals with high-cost chronic conditions or serious mental illnesses to increase health outcomes and reduce costs related to uncoordinated care
  - 9 Community Mental Health Centers
  - FY17 – 724 individuals (avg./month)
  - Core Services:
    - Comprehensive Care Management
    - Care Coordination
    - Health Promotion
    - Comprehensive Transitional Care After Hospitalizations
    - Patient and Family Support – referral to community support services

# Community Mental Health System

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## Impact of Community Mental Health Services (FY17)

- 94% of adult, youth, and parents/guardians of youth reported satisfaction with mental health services compared to 74% nationally
- 27% of adult clients reported employment compared to the national average of 24.5%

# Community Mental Health System

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## Impact of Community Mental Health Services (FY17)

- 66% reduction in the number of clients who reported at least one emergency room visit for a psychiatric or emotional problem
- 63% reduction in the number of clients who reported spending at least one night in a hospital as a result of psychiatric or emotional problem
- 62% reduction in the number of clients who reported spending at least one night in jail
- 56% reduction in the number of clients who reported one or more arrests in the past 30 days