

MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

**Senate Committee on Health & Human Services:
Invited Testimony on Senate Bill 672**

Andy Keller, PhD | March 17, 2021

We Treat the Brain Differently Than the Body

7,632
SUBSTANCE
 RELATED DEATHS
 in Texas in 2018

THE CURRENT MENTAL HEALTH CARE SYSTEM

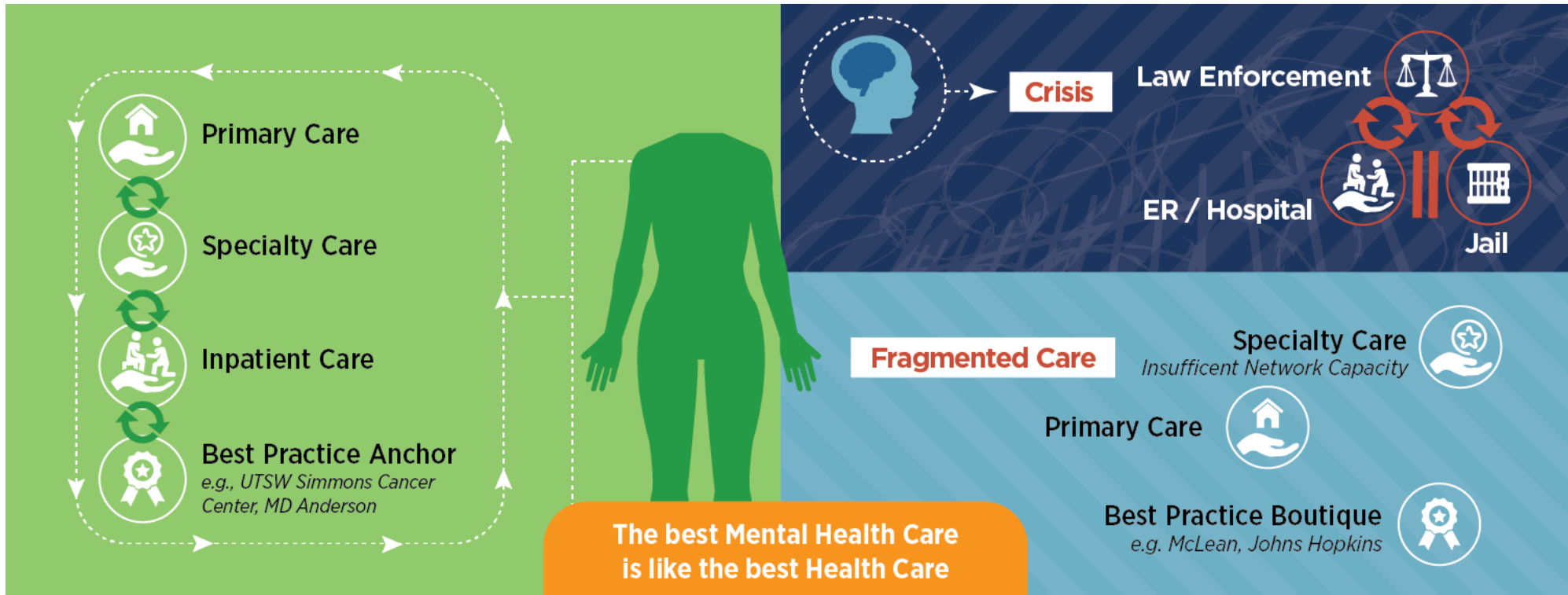
3,930
 DEATHS BY
SUICIDE
 in Texas in 2018

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

PHYSICAL



MENTAL



Unmet Behavioral Health Conditions Drive Costs

On average, treatment occurs 8-10 years post-onset.

Last year, we helped commission Milliman, Inc. to analyze 2018 claims data for 21 million commercially-insured lives:

- 50% of all patients with behavioral health conditions had less than \$68 of annual spending on behavioral health treatment.
- Overall, the most expensive **10% of patients** (2.1 million) drove **70% of total healthcare costs** for the entire study population.
 - 57% had physical health AND behavioral health conditions.
 - This subgroup drove 44% of total healthcare costs.
- Average annual costs for physical treatment were **2.8 - 6.2 times higher** (depending on the behavioral health condition) than such costs for individuals with no behavioral health conditions.

COVID-19 and Mental Health: Impacts

COVID-19 has dramatically increased mental health needs.

- The Centers for Disease Control and Prevention (CDC) now tracks mental health needs weekly. As of March 1, 2021:
 - Symptoms of anxiety disorder up 4-fold (33.4% vs 8.2%)
 - Symptoms of depression up 4-fold (27.7% vs 6.6%)
- The number of people seriously considering suicide doubled.
- Mid-March through October 2020, the proportion of mental health-related ED visits increased 24% among children aged 5–11 and 31% among adolescents aged 12–17.

Just as with COVID-19, early detection and treatment are key.

Doing More Primary Care Is Essential

THE IDEAL MENTAL HEALTH CARE SYSTEM

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

HEALTH CARE

MENTAL HEALTH CARE



Integrated Primary Care



Measurement Based Care ↔ Collaborative Care

SPECIALTY CARE

SPECIALTY CARE

Sufficient Network Capacity

Sufficient Networks

Outpatient

Outpatient

Rehabilitative Care

Rehabilitative Care

Inpatient Care

Inpatient Care

Best Practice Anchor

e.g., UTSW Simmons Cancer Center, MD Anderson

Best Practice Anchor

e.g., UTSW O'Donnell Brain Institute, New York Presbyterian Hospital

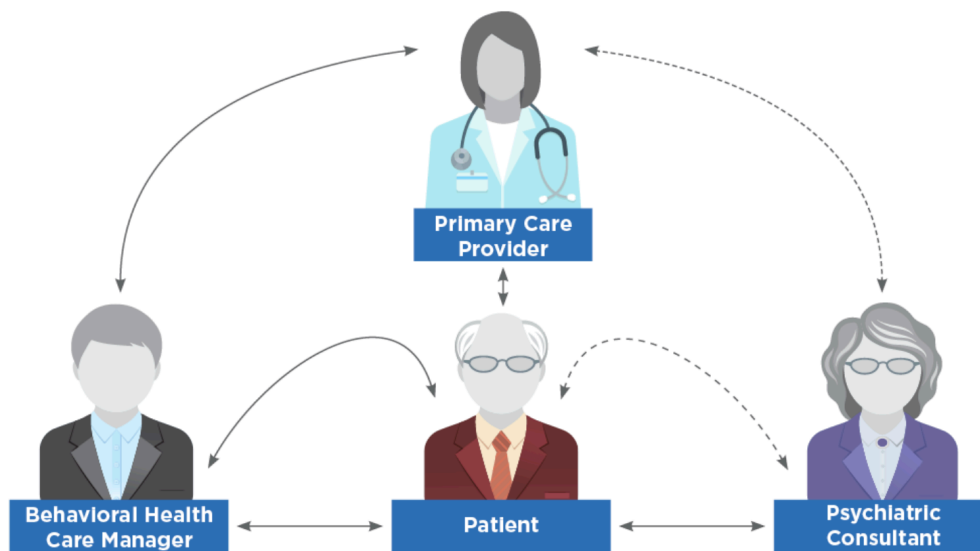


The best Mental Health Care is like the best Health Care

Implement Collaborative Care in Medicaid

Collaborative Care (CoCM) is a proven, team-based approach to detect and treat mental illness in primary care.

- Coverage: Medicare since 2017, commercial since 2019
- Cost saver: Up to 6 to 1 in total medical costs in Medicare and Medicaid settings; \$15 billion in Medicaid savings if as few as 20 percent of beneficiaries with depression receive it.
- Universal access to CoCM to treat major depression could *reduce suicide deaths by 725 to 1,100 per year in Texas.*
- *More than 15 other states* offer CoCM in their Medicaid programs, including Utah, North Carolina, and Kentucky.





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THE HACKETT CENTER
FOR MENTAL HEALTH



The truth is: mental illness affects more people than you may think, and we need to talk about it. It's Okay to say..." okaytosay.org
