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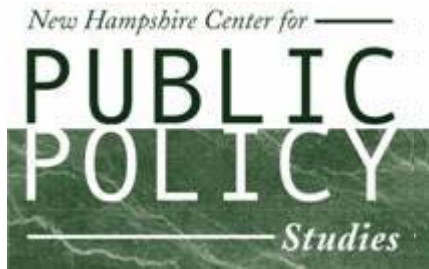
Cathy Arredondo

Mental Health in New Hampshire

Alexander Eastman Foundation
March 10, 2010

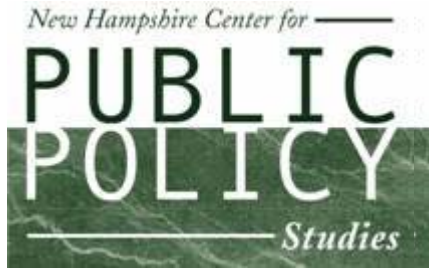
Ryan J. Tappin
Research Associate

*"...to raise new ideas and improve policy debates through quality
information and analysis on issues shaping New Hampshire's future."*



What are we talking about when talking about access?

- Where are people receiving services?
 - Private Practice
 - CMHC's
 - School-based services
 - Emergency Departments/Hospitals
 - Nursing Facilities/Long-Term Care



What are we talking about when talking about access?

- Who are they receiving services from?
 - Psychiatrists
 - Other physicians/NPs/PAs
 - Psychologists
 - Other MH providers
 - Social Workers
 - Clinical MH Counselors
 - Pastoral Psychotherapists
 - Family Therapists
 - School Psychologists/Guidance Counselors
 - Aides, case managers, child welfare workers...



What are we talking about
when talking about access?

- Got Coverage?
 - Privately Insured
 - Medicaid
 - Medicare
 - Underinsured
 - Uninsured

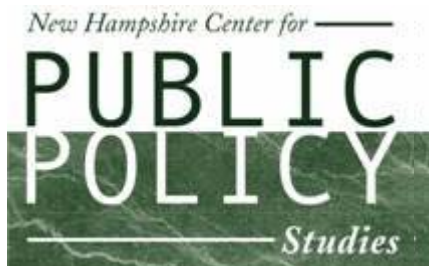


What we did

- Projected prevalence estimates for New Hampshire based on a review of the available national estimates.
- Described what, where, and how much services cost:
 - Medicaid (administrative claims data)
 - Private Insurance (CHIS administrative claims data)
- Reviewed the scope of the state's mental health workforce using data from licensing boards and national sources
- Survey of schools, districts, and CMHCs to expand our work to school-based mental health services
- A purely data driven perspective.

One in five children have a mental health disorder

Prevalence estimates of major mental health disorders of children in NH			
Disorder	Age bracket	Prevalence Estimate	Estimated number of children affected in NH
Any mental health disorder	5-19	20%	<u>55,756</u>
Serious emotional disturbance	9-17	5%	9,557
Any depressive disorder	9-17	10-15%	19,113 - 28,670
Any anxiety disorder	9-17	13%	24,847
Attention disorders	5-19	3-5%	8,363 – 13,939
Disruptive disorders	9-17	1-6%	1,911 - 11,468
Autism spectrum disorders	5-19	0.7%	952
Eating disorders (girls only)	12-25	3%	8,077
Substance use disorders	12-17	9%	17,202
Suicidal thoughts	14-18	14%	26,758
Any suicide attempt	14-18	7%	13,379



26% of adults in NH have a mental health disorder

Over 253,500 adults in New Hampshire have a mental health disorder

Lifetime Prevalence of Mental Illness by Age Group				
Disorder	18-29	30-44	45-59	60+
Any DSM-IV Disorder ¹	52%	55%	47%	26%
Any Anxiety Disorder	30%	35%	31%	15%
Panic Disorder	4%	6%	6%	2%
Agoraphobia w/o Panic Disorder	1%	2%	2%	1%
Specific Phobia	13%	14%	14%	8%
Social Phobia	14%	14%	12%	7%
General Anxiety Disorder	4%	7%	8%	4%
Post-Traumatic Stress Disorder (PTSD)	6%	8%	9%	3%
Obsessive Compulsive Disorder	2%	2%	1%	1%
Separation Anxiety Disorder	5%	5%	-	-
Any Mood Disorder	21%	25%	23%	12%
Major Depressive Disorder	15%	20%	19%	11%
Dysthymia	2%	3%	4%	1%
Bipolar I and II	6%	5%	4%	1%
Any Impulse Control Disorder	27%	23%	-	-
Oppositional Defiant Disorder	10%	8%	-	-
Conduct Disorder	11%	8%	-	-
ADD/ADHD	8%	8%	-	-
Intermittent Explosive Disorder	7%	6%	5%	2%
Any Substance Use Disorder	17%	18%	15%	6%
Alzheimer's Disease ²	-	-	-	13%
Multiple Disorders				
1 Disorder	52%	55%	47%	26%
2 Disorders	34%	34%	27%	12%
3 or More Disorders	22%	23%	16%	5%

The “service-use” prevalence of mental health disorders varies across payers, age, and gender

- Private Insurance
 - Children: 12%
 - Adults: 17%
- Medicaid
 - Children: 25%
 - Adults: 50%

The "service-use" prevalence of mental health disorders varies across payers, age, and gender

- Private Insurance

- Males

- Children: 13%
 - Adults: 13%

- Females

- Children: 10%
 - Adults: 21%

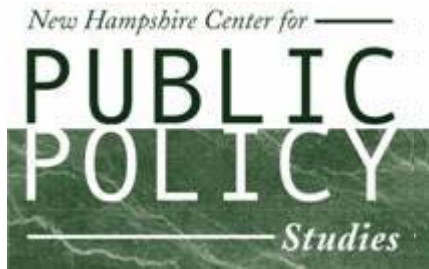
- Medicaid

- Males

- Children: 28%
 - Adults: 56%

- Females

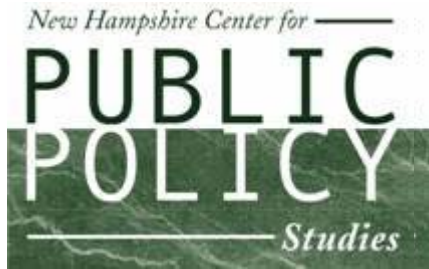
- Children: 21%
 - Adults: 48%



Where are children with Medicaid accessing services?

Total Expenditures for Mental Health Services for Medicaid Enrolled Children Up to age 19 by Provider Type

Provider Type	Total Expenditures	Service Count	Total Children	Average Cost per Child	Average Cost per Service	Average Number of Services per Child
Mental Health Clinic	\$25,191,173	148,927	6,544	\$3,850	\$169	23
Private Non-Medical Institution	\$21,548,382	13,270	1,251	\$17,225	\$1,624	11
School Health Services	\$13,525,760	253,390	4,680	\$2,890	\$53	54
Home and Community Based Care	\$4,951,315	20,587	638	\$7,761	\$241	32
Day Rehabilitation Center	\$4,382,659	19,460	1,402	\$3,126	\$225	14
DCYF Services	\$4,061,514	4,139	207	\$19,621	\$981	20
Psychologist	\$2,538,164	36,305	3,559	\$713	\$70	10
Mental Hospital	\$2,030,499	342	263	\$7,721	\$5,937	1
Home Health Agency	\$950,512	7,362	208	\$4,570	\$129	35
Physician – Group	\$617,480	13,132	4,712	\$131	\$47	3
Other	\$1,615,855	13,125	3,076	\$525	\$47	4
TOTAL	\$81,413,313	530,039	26,540	\$3,068	\$154	20



Where are adults with Medicaid accessing services?

Total Expenditures for Mental Health Services for Medicaid Enrolled adults age 19 and up by Provider Type (services for mental retardation is not included)

Provider Type	Total Expenditures	Service Count	Total Individuals	Average Cost per Adult	Average Cost per Service	Number of Services per Adult
Mental Health Clinic	\$56,919,439	504,986	10,551	\$5,395	\$113	48
Nursing Home – General	\$50,188,586	20,021	1,546	\$32,464	\$2,507	13
Nursing Home - County	\$26,390,323	8,592	878	\$30,057	\$3,071	10
Home and Community Based Care	\$14,751,524	258,807	2,961	\$4,982	\$57	87
Distinct Part. Unit - Rehabilitation	\$4,943,381	1,215	813	\$6,080	\$4,069	1
General Hospital	\$1,389,974	4,458	1,908	\$728	\$312	2
Psychologist	\$1,244,827	20,653	2,013	\$618	\$60	10
Other	\$6,355,553	113,216	9,986	\$636	\$56	11
TOTAL	\$162,183,607	931,948	30,656	\$5,290	\$174	30



Where are children with private coverage accessing services?

Total Expenditures for Mental Health Services for Privately Insured Children
Up to age 19 by Provider Facility

Provider Facility	Total Expenditures	Cost-Sharing	Percent Cost-Sharing	Service Count
OFFICE	\$7,596,129	\$1,587,944	21%	124,286
INPATIENT HOSPITAL	\$2,089,067	\$108,735	5%	2,698
OUTPATIENT HOSPITAL	\$986,175	\$141,638	14%	13,614
PSYCH RES TREATMENT CENTER	\$946,209	\$156,631	17%	14,945
HOME	\$611,772	\$105,743	17%	7,861
COMMUNITY MENTAL HEALTH CENTER	\$409,542	\$90,267	22%	7,289
EMERGENCY DEPARTMENT	\$240,116	\$50,835	21%	2,542
OTHER	\$1,915,807	\$137,461	7%	11,608
TOTAL	\$14,794,818	\$2,379,255	16%	184,843



Where are adults with private coverage accessing services?

Total Expenditures for Mental Health Services for Privately Insured Adults age 19 and up by Provider Facility

Provider Facility	Total Expenditures	Cost-Sharing	Percent Cost-Sharing	Service Count
OFFICE	\$22,816,340	\$4,985,743	22%	392,594
INPATIENT HOSPITAL	\$7,656,251	\$510,347	7%	21,012
OUTPATIENT HOSPITAL	\$4,098,116	\$561,113	14%	58,090
PSYCH RESIDENTIAL TREATMENT CENTER	\$1,232,143	\$216,381	18%	20,378
EMERGENCY DEPARTMENT	\$873,127	\$143,146	16%	10,162
COMMUNITY MENTAL HEALTH CENTER	\$632,435	\$156,345	25%	12,233
OTHER	\$5,891,806	\$581,823	10%	40,979
TOTAL	\$43,200,218	\$7,154,898	17%	555,448

MH services have greater cost sharing than other healthcare services

	Out of Pocket Expenditures - Mental Health Services		
	Total Payments	OOP costs	OOP as % of total payment
Adults (19 and older)	\$43,200,218	\$7,154,898	16.6%
Children (18 or under)	\$14,794,818	\$2,379,255	16.1%
Overall	\$57,995,036	\$9,534,153	16.4%

	Out of Pocket Expenditures - Medical Services (non-mental health related)		
	Total Payments	OOP costs	OOP as % of total payment
Adults (19 and older)	\$1,471,542,710	\$123,389,112	8.4%
Children (18 or under)	\$215,378,542	\$22,830,854	10.6%
Overall	\$1,686,921,252	\$146,219,967	8.7%

Where do the uninsured receive services? Hospitals...

Total Hospital Visits for Mental Health Services in 2004 by Payer

Payer	All Ages			Children up to age 19		
	Total Visits	Total Charges	Percent of Total Charges	Total Visits	Total Charges	Percent of Total Charges
Medicaid	5,482	\$25,299,443	15%	1,621	\$8,190,908	45%
Medicare	7,669	\$64,730,146	39%	16	\$64,706	0%
Other	1,039	\$9,033,393	5%	133	\$535,065	3%
Private	12,269	\$46,145,915	28%	3,142	\$8,949,167	49%
Self Pay	7,357	\$19,836,802	12%	439	\$665,784	4%
Total	33,816	\$165,045,699	100%	5,351	\$18,405,630	100%



...and Community Mental Health Centers

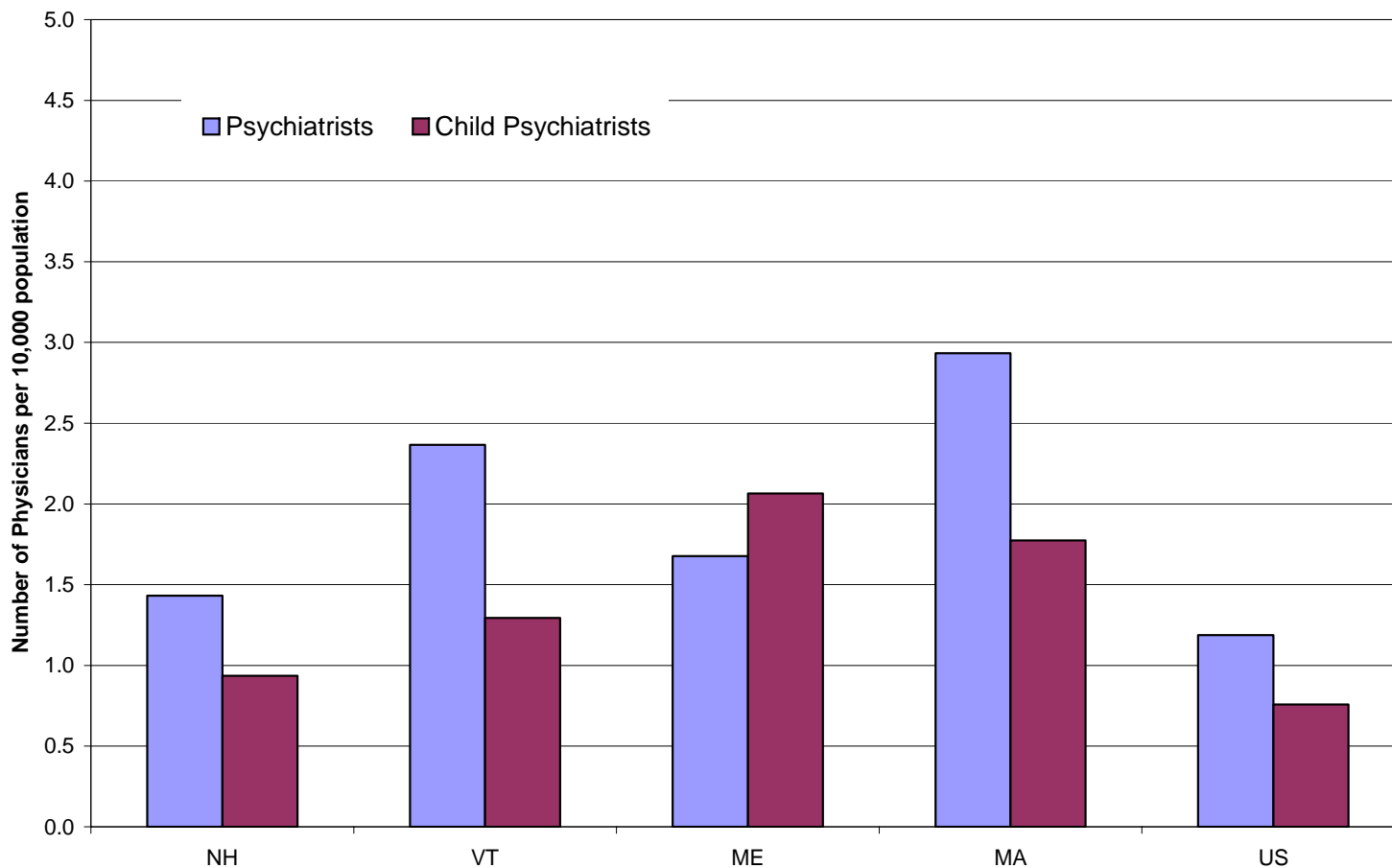
Uncompensated Care Provided by the 10 Community Mental Health Centers of New Hampshire

CMHC	Total Amount of Uncompensated Care, FY 2007
Center for Life Management	\$285,645
Community Council of Nashua	\$730,270
Community Partners	\$412,417
Genesis Behavioral Health	\$361,346
Mental Health Center of Greater Manchester	\$976,502
Monadnock Family Services	\$407,591
Northern Human Services	\$200,000
Riverbend Community Mental Health	\$784,705
Seacoast Mental Health Center	\$370,178
West Central Services	\$289,210
Total	\$4,817,864

Source: NH Community Mental Health Centers

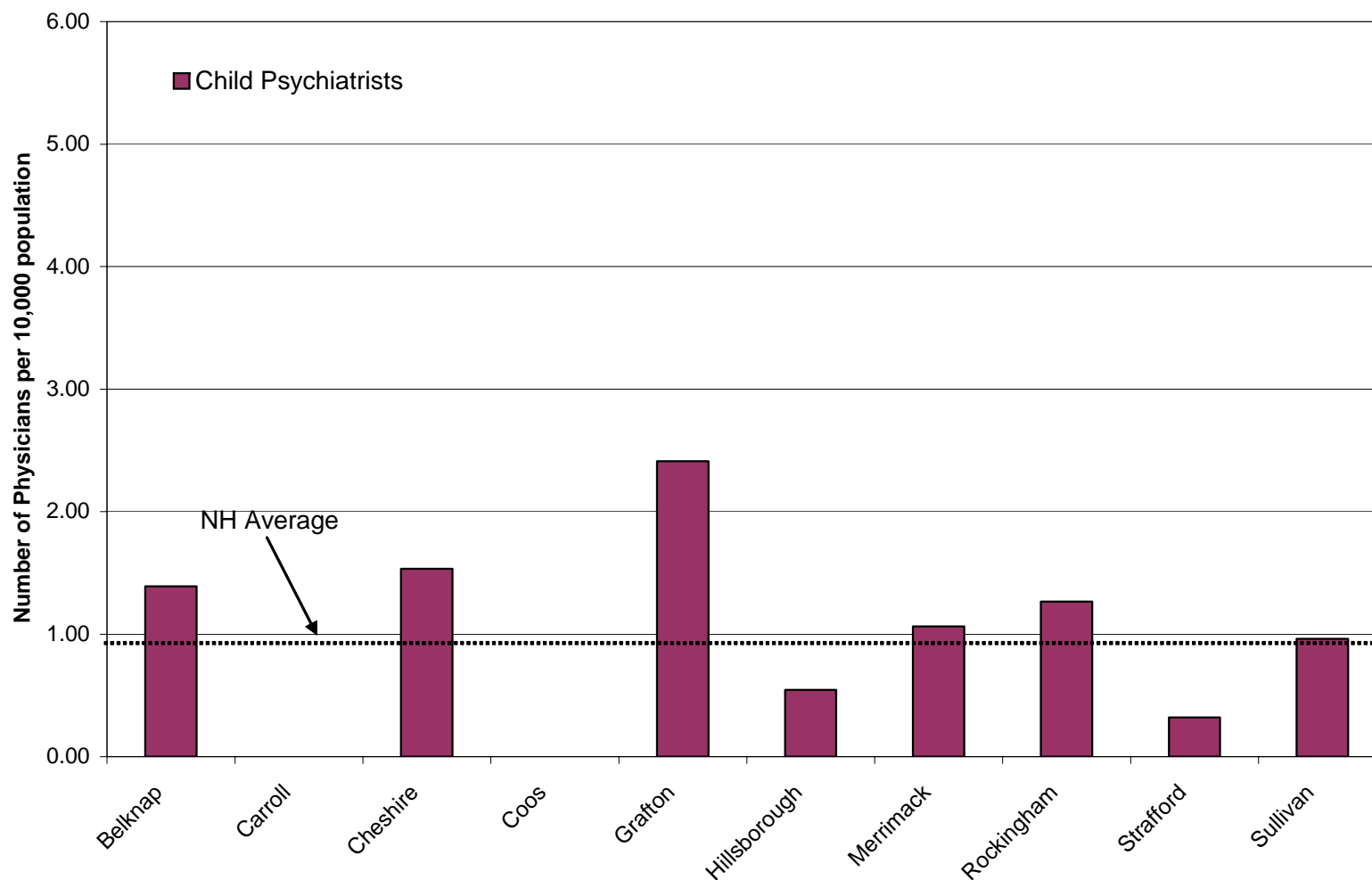
New Hampshire Capacity Limited: Psychiatrists

Per Capita Rate of Psychiatrists for
NH, surrounding States, and the US



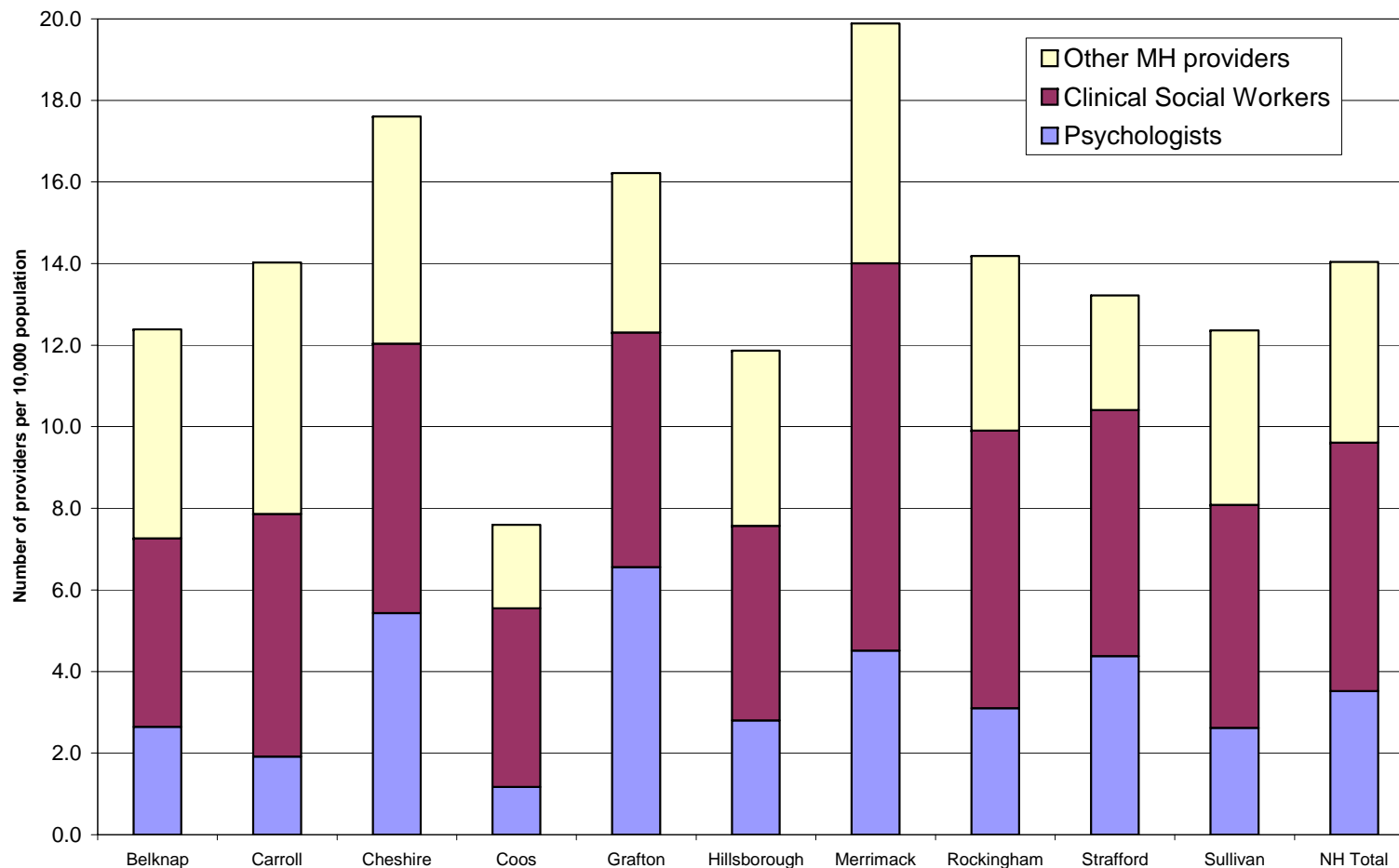
Significant Geographic Variation: Child Psychiatrists

Per Capita Rate of Psychiatrists by NH County



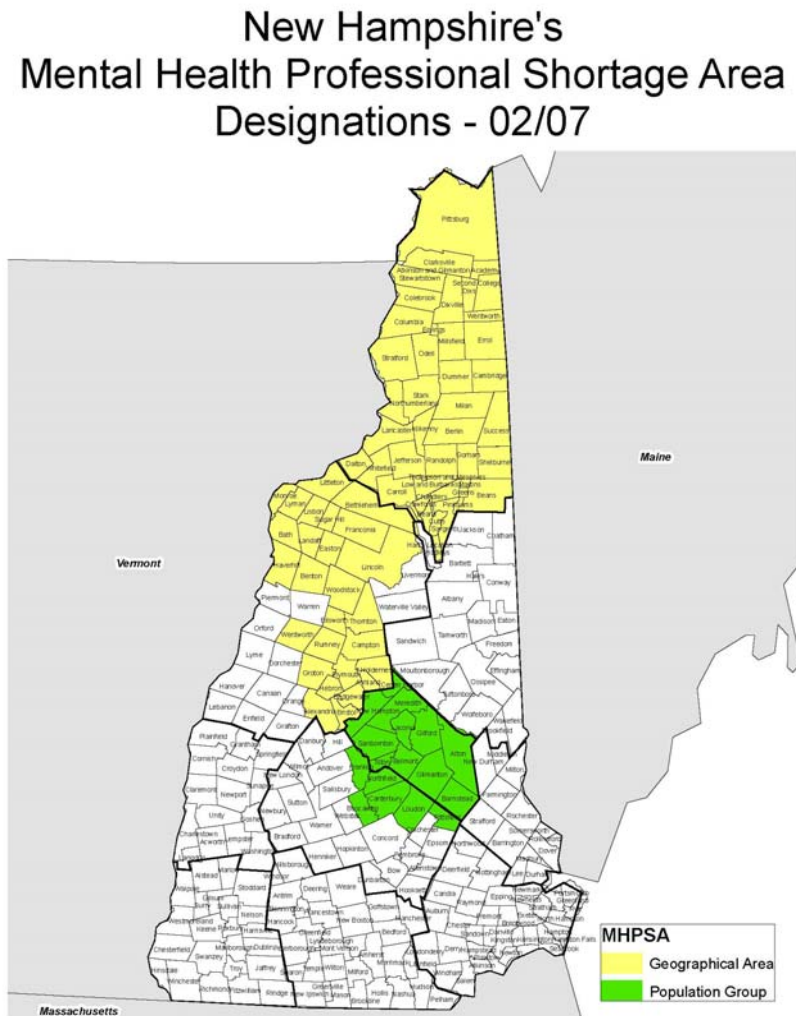
What is the Mental Health Workforce?

Per Capita Rate of Non-Prescribing Mental Health Providers by County



Where Do We Know There are Problems?

- Anecdotal evidence suggests serious professional shortages.
- Federal government recognizes much of the North Country as a mental health professional shortage area.

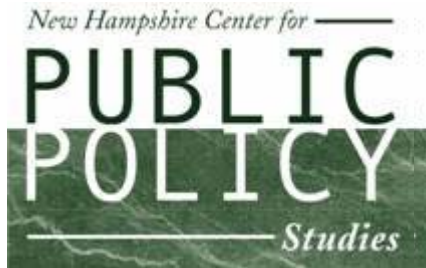




Schools provided \$13.5 million in Medicaid funded MH services in 2005

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Psychologist	\$2,538,164	36,305	3,559	\$713	\$70	10



95% of schools reported offering some service; 86% reported services were for all students, not just special education

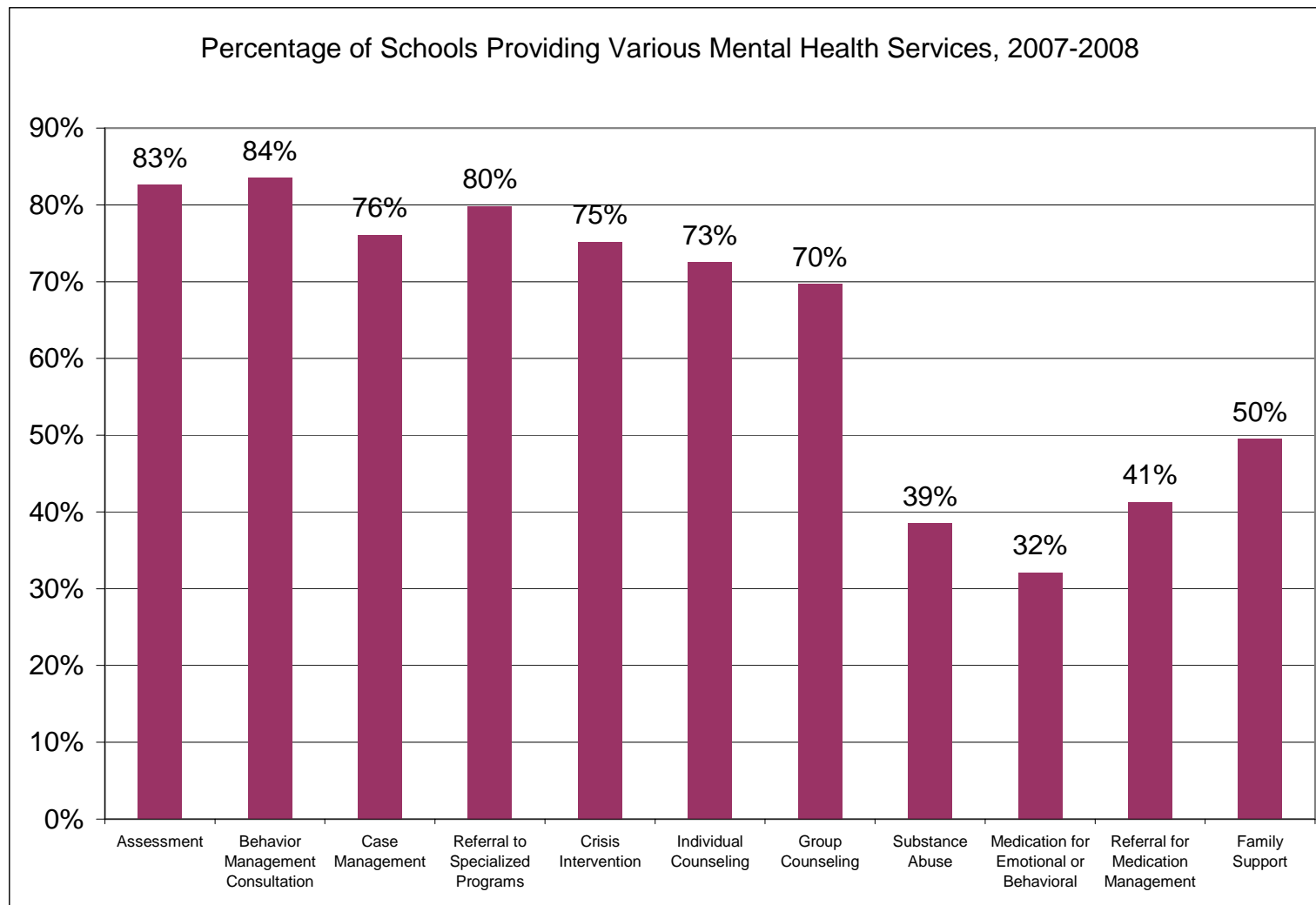
Total Expenditures for Mental Health Services for Medicaid Enrolled Children Up to age 19 for the Top 20 School Districts

School District	Total Expenditures	Percent of All School Service Expenditures	Service Count	Percent of All Services Provided
MANCHESTER SCHOOL DISTRICT	\$904,534	7%	18,897	7%
NASHUA SCHOOL DISTRICT	\$852,734	6%	22,967	9%
MERRIMACK SCHOOL DISTRICT	\$661,437	5%	9,922	4%
CONVAL SCHOOL DISTRICT	\$377,535	3%	4,391	2%
MONADNOCK REGIONAL SCHOOL	\$352,681	3%	6,316	2%
TIMBERLANE REGIONAL SCHOOL DISTRICT	\$319,151	2%	6,097	2%
JAFFREY/RINDGE SCHOOLS	\$311,111	2%	95	0%
HAVERHILL COOPERATIVE	\$299,162	2%	2,651	1%
FALL MOUNTAIN REGIONAL SCHOOL	\$290,006	2%	5,373	2%
ROCHESTER SCHOOL DISTRICT	\$286,190	2%	3,234	1%
CONCORD SCHOOL DISTRICT	\$258,594	2%	1,278	1%
DERRY COOPERATIVE	\$255,921	2%	339	0%
THE EXETER REGION COOPERATIVE	\$245,518	2%	2,870	1%
LACONIA SCHOOL DISTRICT	\$236,603	2%	4,312	2%
PORTSMOUTH SCHOOL DISTRICT	\$234,351	2%	4,957	2%
CLAREMONT SCHOOL DISTRICT	\$229,291	2%	4,337	2%
DOVER SCHOOL DISTRICT	\$224,376	2%	7,266	3%
LONDONDERRY SCHOOL DISTRICT	\$200,426	1%	8,006	3%
SALEM SCHOOL DISTRICT	\$184,833	1%	4,066	2%
CONWAY SCHOOL DISTRICT	\$181,819	1%	2,973	1%

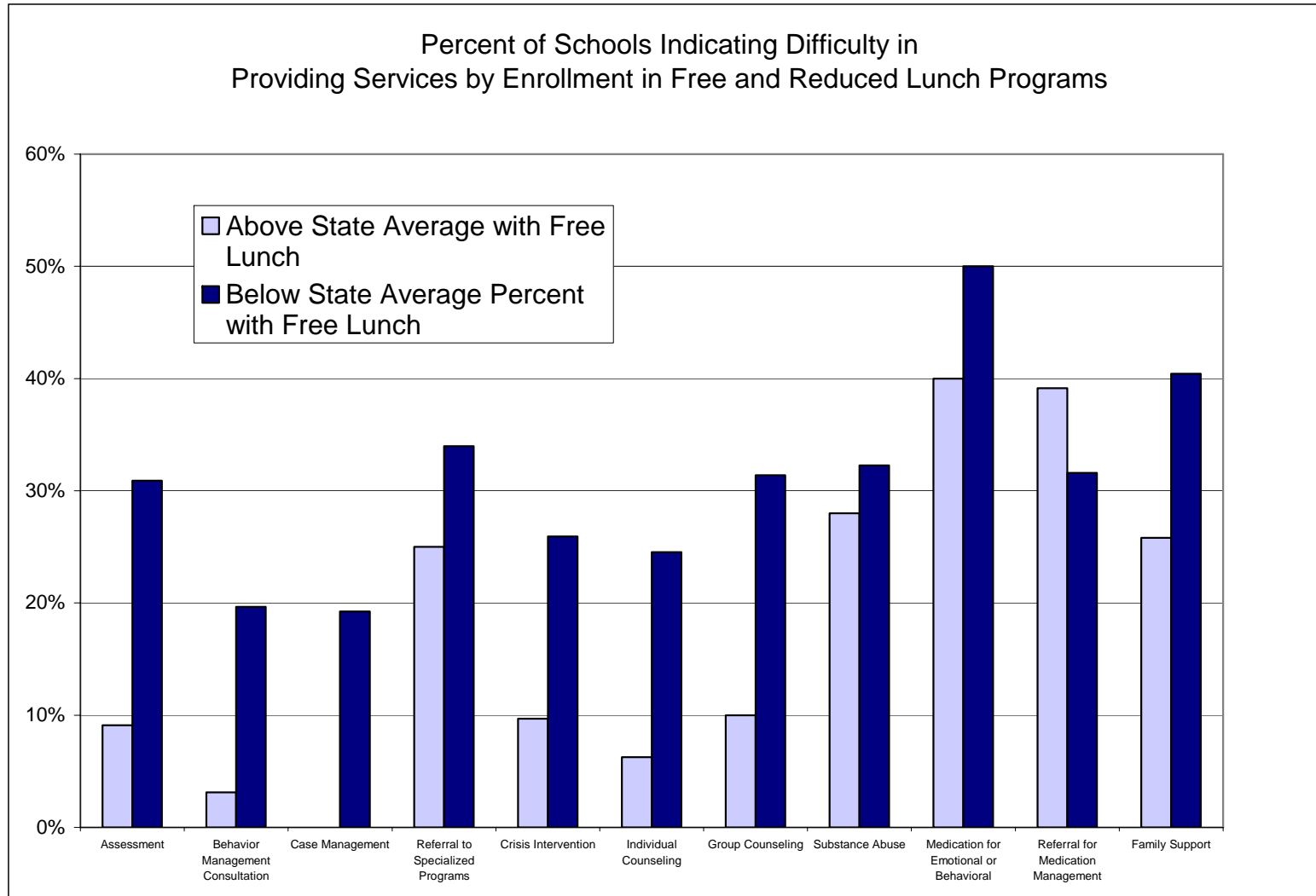
Funding of school-based services...a surprise?

- Most reported funding sources were Local Funds (84%), Medicaid (80%), and IDEA (76%)
- 70% of districts reported funding increased or stayed the same over the past year

What services are school MH programs providing?

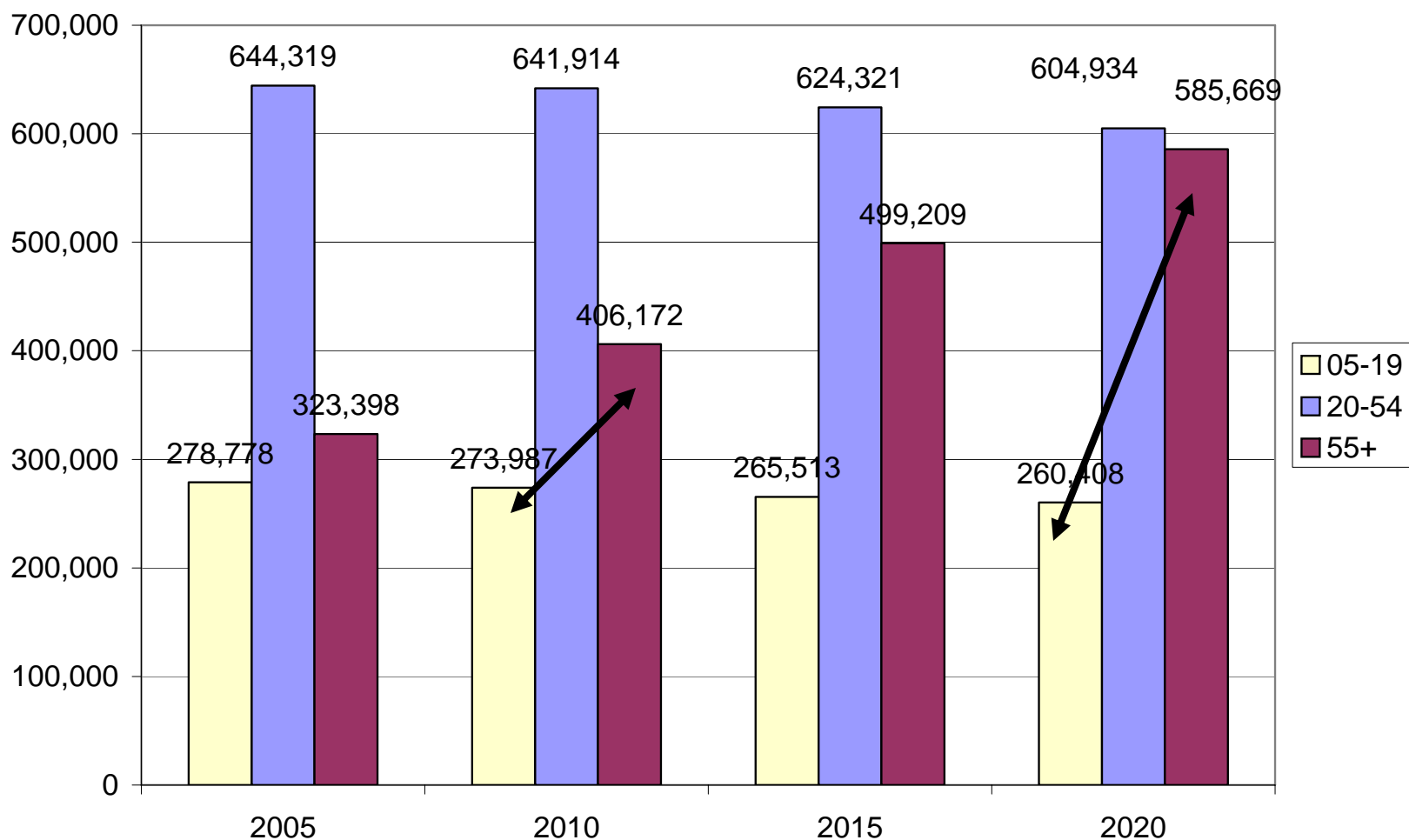


Schools with higher poverty levels find less difficulty in providing services

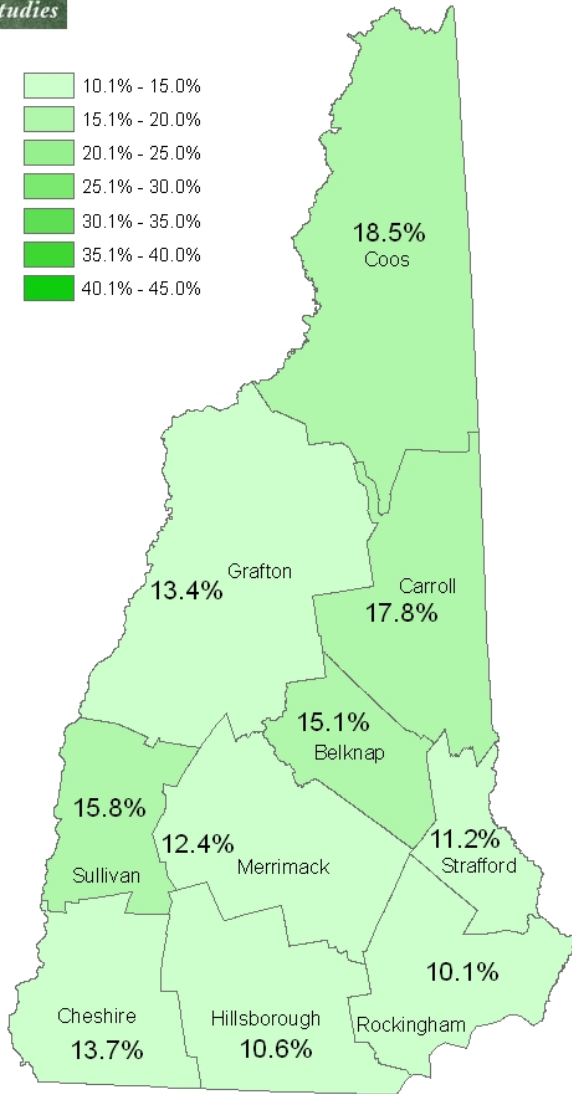
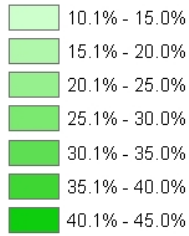


Population change will have a large impact on MH service delivery

New Hampshire Population Projections

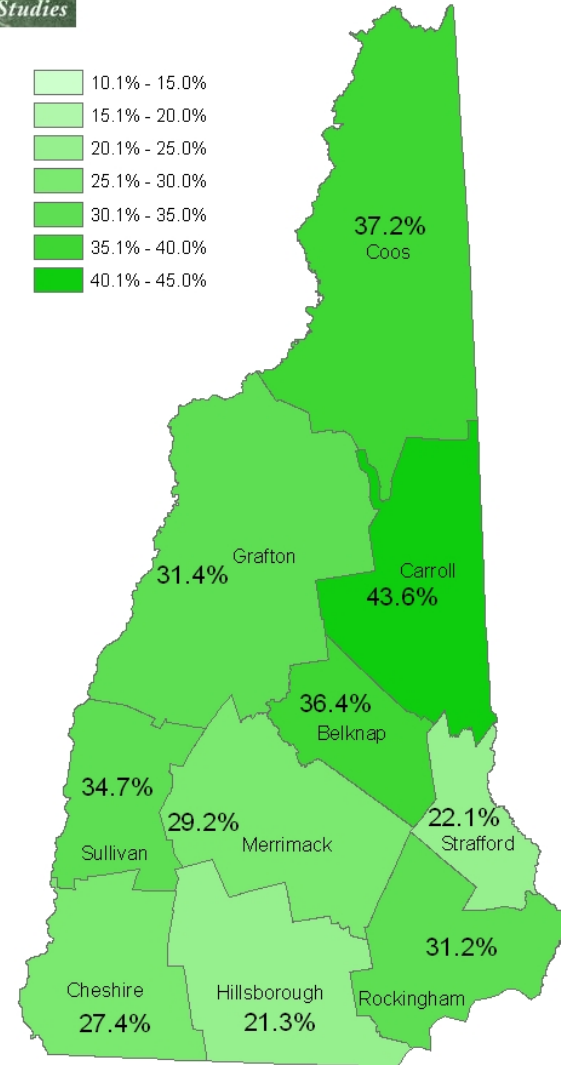
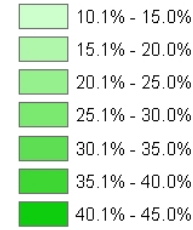


Percent of Population Age 65 and Old By County, 2000



Source: NH Office of Energy and Planning

Percent of Population Age 65 and Older By County, 2030



Source: NH Office of Energy and Planning

Take-Aways

- Questions about how services are provided in the public and private systems, especially for special populations
- What are the implications for the Derry area? Where are there opportunities for synergy between private and public systems to improve service delivery?
- Aging – how will changing demographic changes impact resources?
- Planning for workforce changes and workforce development
- Did I mention aging?



THANK YOU!

All of our research on mental
health in New Hampshire is
available at

www.nhpolicy.org

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