

Developing a Public Health/Health Care Agenda for Mental Health

One State's Experience

Maine DHHS

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SAMHSA/CMHS National Grantee Conference

May 2008 Washington DC

VISION

- Maine State Health Plan: Maine is the healthiest state in the nation
- Maine DHHS: that all Mainers lead healthy, safe and productive lives
- Federal CDC: promote health, prevent disease and improve quality of life

What is Health?

A Complex Interplay

- Physical Health
- Mental Health
- Social
- Spiritual
- Economic
- Environmental

Assuring the Public's Health

Surveillance

Assurance

Surveillance

Surveillance

- Many ways to collect the data
- Many ways to analyze the data
- Many ways to disseminate the data

ANALYSIS MAY NEVER BE COMPLETE

ONE SIZE REPORTING ONLY USEFUL
TO ONE SIZE STAKEHOLDER

Maine BRFSS data 2000-2005

16,903 respondents

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Frequent Mental Distress (FMD): 14 days or more: 10.7%

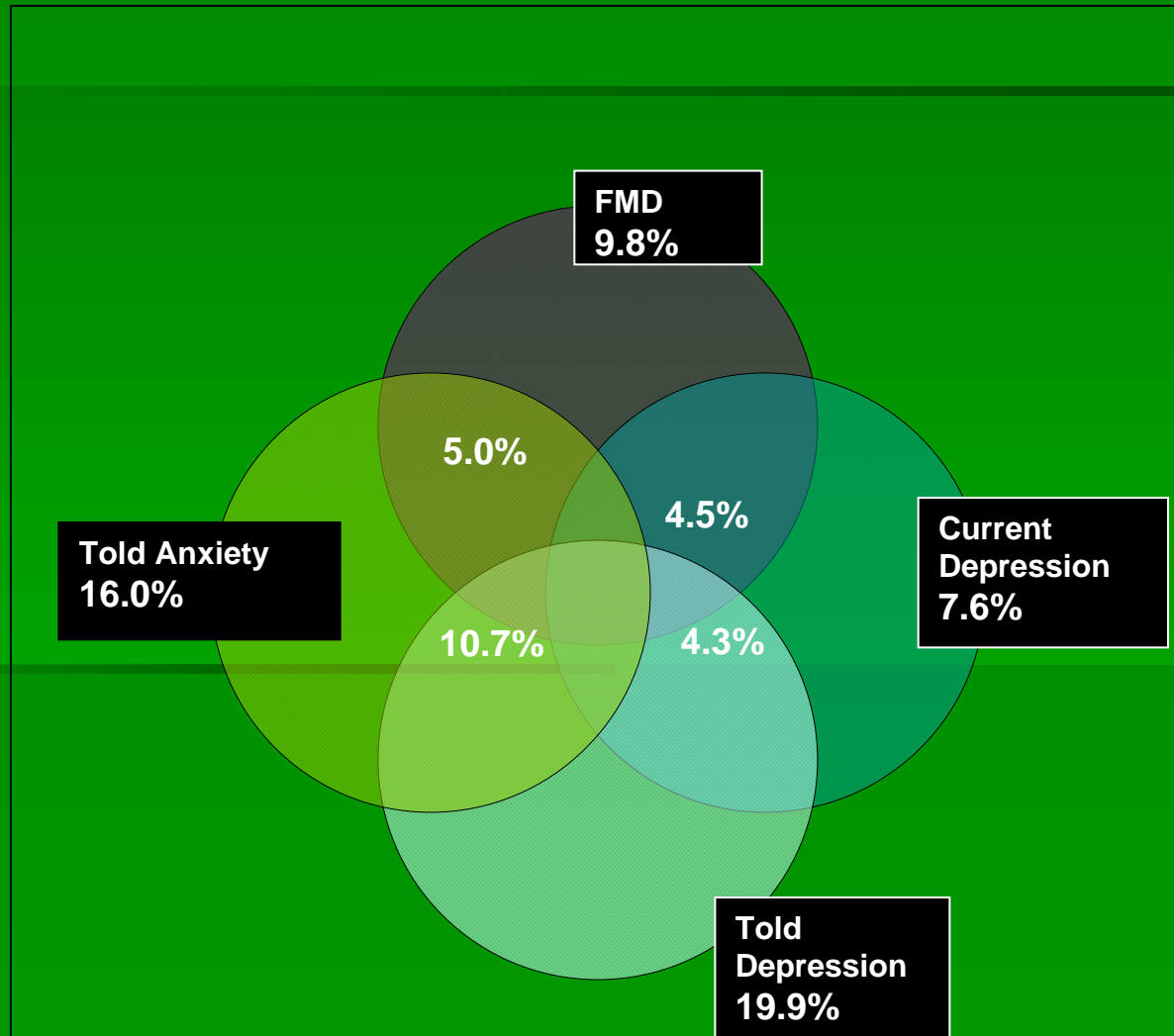
2006 New Mental Health Questions

Specific to Depression and Anxiety Disorder

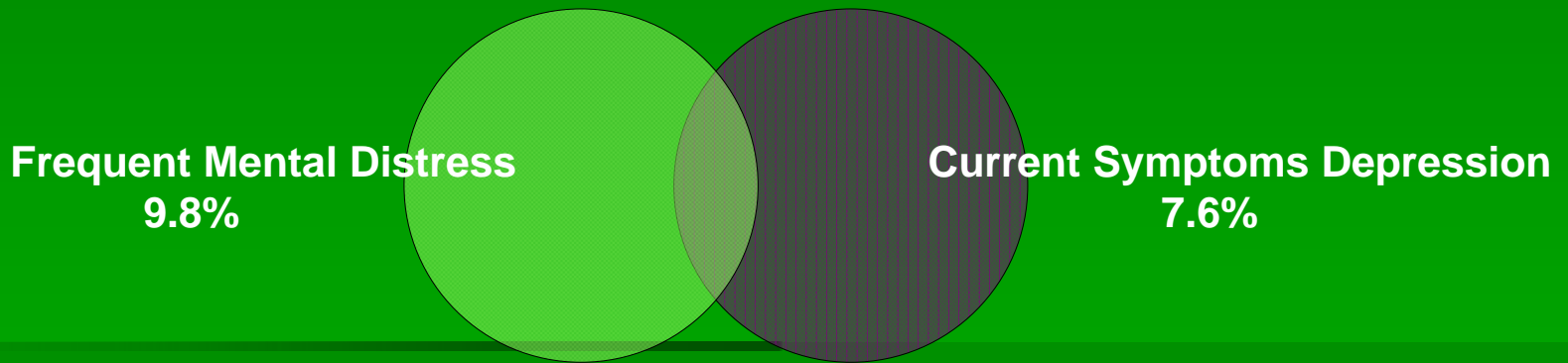
2006 Depression and Anxiety Module:

- PHQ-8 Current Symptoms
- Ever told Depression (Past History, Depression)
- Ever told Anxiety (Past History, Anxiety)

Different Definitions



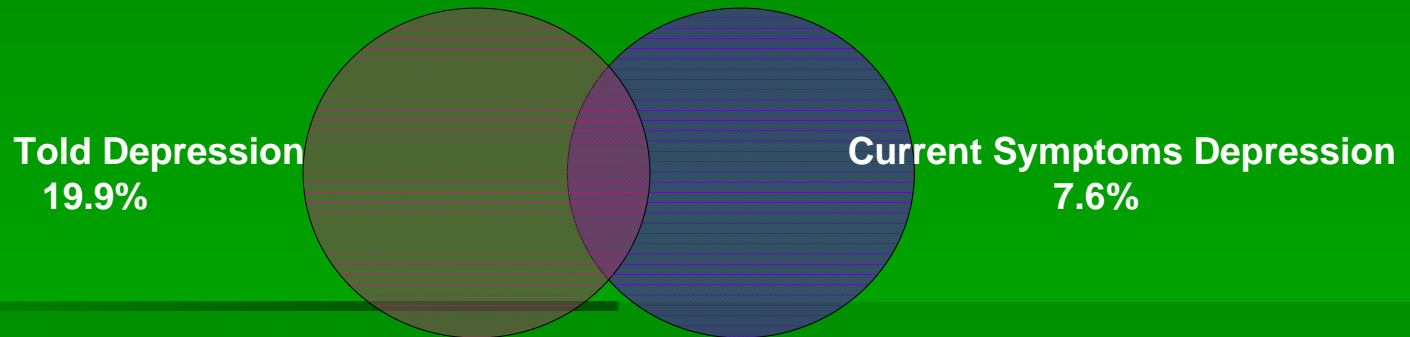
Maine BRFSS Combined Current Symptoms



Combined: 12.7%

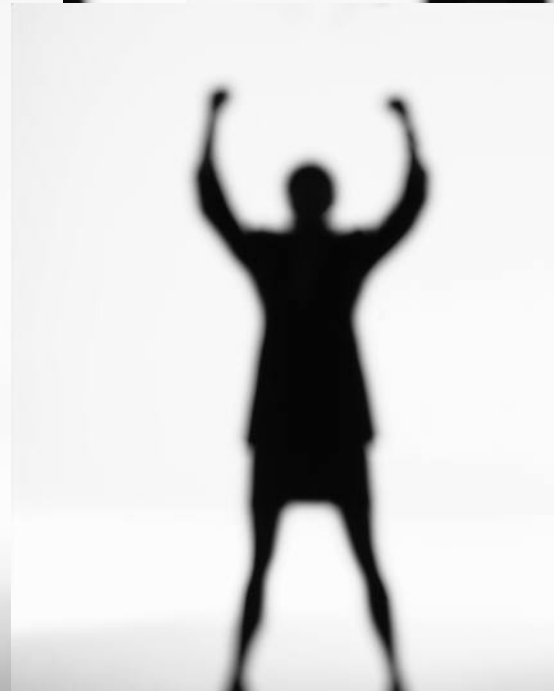
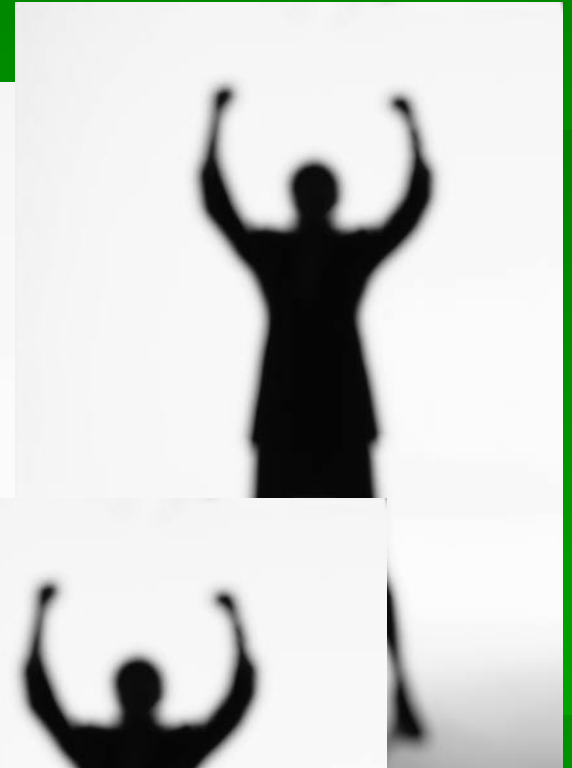
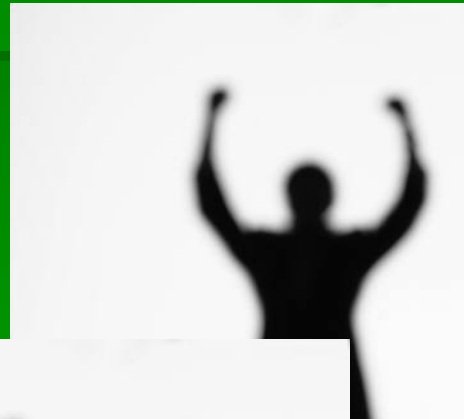
Maine BRFSS Combined Depression

Combined Depression 22.8%



Depression is for many people a chronic condition
Persons with past history are at higher risk for re-occurrence

One in five...



Under-diagnosed Under-Treated

- **Effective treatments are available**
- **One Third never diagnosed, not in treatment**

Maine BRFSS: Depression and Quality of Life

	Not Depressed	Combined Depression
Dissatisfied	27.5%	72.5%**
Suicide Risk	17.9%	82.1%**

Chi Square<0.0001

Combine with Other Data

Medicaid costs for persons with depression and chronic disease

National data on depression and absenteeism and presentee-ism at work

Integrated BRFSS Data Analysis

Mental Illness and Health Risk

	% Smoking	% Obesity	% Heavy Drinking
No Current Symptoms	18.2%	21.0%	5.1%
Combined Current Symptoms	39.3%**	36.4%**	9.3%**
No Depression	17.5%	20.2%	5.6%
Combined Depression	32.4%**	33.5%**	6.5%

**Chi Square, p<.005

Mental Illness and Chronic Health Conditions

	CVD	Diabetes	Asthma
No Current Symptoms	7.5%	6.8%	8.8%
Combined Current Symptoms	10.5%*	7.5%	15.3%**
No Depression	7.6%	22.2%	8.4%
Combined Depression	8.4%	30.5%**	15.1%**

Chi Square *p<.05 **p<.005

Adjusted Odds Ratio

Controlling for Age, Gender, Income, Education

	Combined Depression	Combined Current Symptoms
CVD	1.6** (1.2-2.2)	2.3** (1.5-3.3)
Diabetes	2.0** (1.4-2.8)	1.5* (1.01-2.33)
Asthma	1.7** (1.3-2.3)	1.46** (1.01-2.03)

Mental Ill Health among specific populations in Maine

BRFSS data on FMD and
Depression

Depression (past, current) and DISTRICTS

▪ York	17.7%
▪ Cumberland	23.8%
▪ SagLinWalKnox	23.9%
▪ AndOxfFra	19.0%
▪ KenSom	25.5%
▪ PisPen	27.0%
▪ Aroostook	20.3%
▪ HanWas	25.7%

Women of Child Bearing Age:

- Current Symptoms of Moderate to Severe Depression – 11.9%
- Past History of Depression – 28.9%
- **Past History of Depression or Current Symptoms – 32.7%**
- Frequent Mental Distress – 16.5%
- Past History of Anxiety Disorder – 24.9%

Adults 18-44 with at least one child under 18 in the household

- **Adult has current symptoms or history of Depression: Female- 30.2%; Male-17.9%**
- Adult has current significant Depression: Female –9.6%; Male-8.2%
- Adult has Frequent Mental Distress: Female–16.1%; Male-8.4%
- Adult has History of Anxiety Disorder: Female–23.8%; Male-10.1%

OTHER POPULATIONS

Gay/Lesbian; ethnic minorities; veterans;
elders; uninsured; Medicaid; rural/urban,
Disabled

NEED FOR MULTI-YEAR COLLECTION
OF SAME MODULES

OTHER INTEGRATED ANALYSES

Federal CDC: Falls; disability; care giving, family planning, oral health; HIV/AIDS, other chronic diseases

State added modules: self care for chronic disease, firearm safety, environmental health, food security (Alaska), trauma exposure (CA), access to care (CA)

NEED FOR MULTI-YEAR COLLECTION OF SAME MODULES

Bringing Health into Mental Health Care

Add BRFSS questions to data
mental health systems already
collect

BRFSS Questions added to Mental Health Consumer Satisfaction Survey

- Height and Weight (translated into Body Mass Index)
- Have you ever been told by a doctor or health professional that you have.....(coronary artery disease, heart attack, diabetes, high blood pressure, high cholesterol)
- Do you smoke
- How many days during the last month was your physical health not good?

Health Risk

Maine BRFSS and MH Consumer Satisfaction Survey

	MH Consumer Survey	BRFSS Maine Rate
Smoking	48.6%	20.1%
Overweight		
Obese	76%	61%

Chronic Health Conditions

Maine BRFSS and Consumer Survey

	Coronary Artery Disease	Diabetes
BRFSS Maine Overall	5.7%	7.8%
BRFSS Maine Age 18-64	2.8%	5.8%
Mental Health Consumer Survey	9.9%	24.5%

Physical Ill Health

14 or more days poor physical health

Mental Health Consumer: 21.5%

All Mainers (BRFSS): 11.6%

Satisfaction Results

Consumers with and without Physical Ill Health

	0 Physically Unhealthy Days	14 or more Physically Unhealthy days
Don't have support	34%	66%
Don't belong in community	29%	71%
Don't deal well with daily problems	28%	72%
Not able to control life	29%	71%
Not better school/work	35%	65%
Housing not better	35%	65%
Symptoms bother me as much	27%	73%

Tools for Dissemination

- Not one report but many
- Combined with other data
- Tailored to many stakeholders
- Tailored to the self interest of the audience
- Lead to a plan for what you want the stakeholder to do with the data
- Stick to little steps that can be accomplished within the stakeholder's current projects and mission

Maine Initiatives

Obtain Leadership Support

- **State Health Plan**
 - Depression as focus: 4 C's and a D
 - Inclusion of integrated care in medical home
 - Ongoing support for mh modules in BRFSS
 - Development of a public health/mental health strategic plan
- **Commissioner's Policy on Integrated Care**
 - Support for role of Integrator

Maine DHHS Initiatives

Lateral Integration with State Agencies

- Medicaid Workgroup
 - Depression Screening in High Risk Managed Care Project
 - Support reimbursement for integration of mental health in primary care
- Mental Health/Public Health Workgroup
 - Align surveillance
 - Introduce depression screening into existing programs (WIC, First Time Visiting Moms, tobacco control, healthy weight)
 - Develop a mh/ph strategic plan
 - Healthy People 2020
 - Inclusion of BRFSS MH data in district profiles

Maine Initiatives

Links to Health Care Reform

- Maine Health Access Foundation
- Maine Health Management Coalition
- Quality Counts
- Maine Quality Forum
- Professional Societies
- Advocacy Groups

Champions

- Start with one
- Engage other champions
- Integrator function institutionalized organizationally at macro and micro levels

Acknowledgements

The leadership of the Maine Department of Health and Human Services: Brenda Harvey, DHHS Commissioner; Dora Mills, Director of DHHS Maine CDC, Ron Welch, Director of DHHS Office of Adult Mental Health, Tony Marple, Director, Office of MaineCare Services and Jay Yoe, Director of DHHS Office of Quality Improvement

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