Virginia Department of Behavioral Health & Developmental Services

Department of Behavioral Health & Developmental Services

and

National Association of State Mental Health Program Directors Research Institute

Presentations to the

Joint Subcommittee to Study Mental Health Services in the 21st Century

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Today's Presentations

- **President's New Freedom Commission Report Summary**
  – Dr. Debra Ferguson, Commissioner, DBHDS
- **Review of Common Mental Illnesses and Treatments**
  – Dr. Jack Barber, Medical Director, DBHDS
- **Virginia's State Mental Health System: National Comparisons and Trends in State Mental Health Systems**
  – Ted Lutterman, Senior Director of Government & Commercial Research, National Association of State Mental Health Planning Directors Research Institute (NRI)

President's New Freedom Commission Report

- **New Freedom Commission on Mental Health** announced April 2002
- **Charge:**
  - Study gaps
  - Make concrete recommendations for immediate improvements
  - Aimed at public and private providers; federal, state and local governments*
- **Identified three barriers:**
  - Stigma around mental illness
  - Unfair limitations and financial requirements placed on mental health benefits in private insurance
  - The fragmented mental health service delivery system

*The Final Report by the Commission is entitled *Achieving America's Promise: Transforming Mental Health Care in America* and is available at: http://govinfo.library.unt.edu/mentalhealthcommission/reports/FinalReport/downloads/FinalReport.pdf

Interim Commission Report

- **Current system is complex:**
  - Fragmentation and gaps in care for children,
  - Fragmentation and gaps in care for adults with serious mental illness,
  - High unemployment and disability for people with serious mental illness,
  - Lack of care for older adults with mental illnesses, and
  - Lack of national priority for mental health and suicide prevention

Recovery is the Expectation

Recovery refers to the process in which people are able to live, work learn and participate fully in their communities.

- Access to health care
- Gainful employment opportunities
- Adequate and affordable housing
- The assurance of not being unjustly incarcerated

A Transformed System

The Commission identified six goals as the foundation for transforming mental health care in America:

1	Americans understand that mental health is essential to overall health.
2	Mental health care is consumer & family driven.
3	Disparities in mental health services are eliminated.
4	Early mental health screening, assessment and referral services are common practice.
5	Excellent mental health care is delivered and research is accelerated.
6	Technology is used to access mental health care and information

Mental Health As Essential

- There is no health without mental health
  - Prevalence
  - Disability Impact
- Comorbidities
- Impact on life expectancy
- Behavioral health and primary health integration

Care is Consumer & Family-Driven

- Individualized treatment plans
  - Maximizes choice
  - Involves the family
  - Funding follows the person
  - Coordinates care

Mental Health Screening, Assessment & Referral

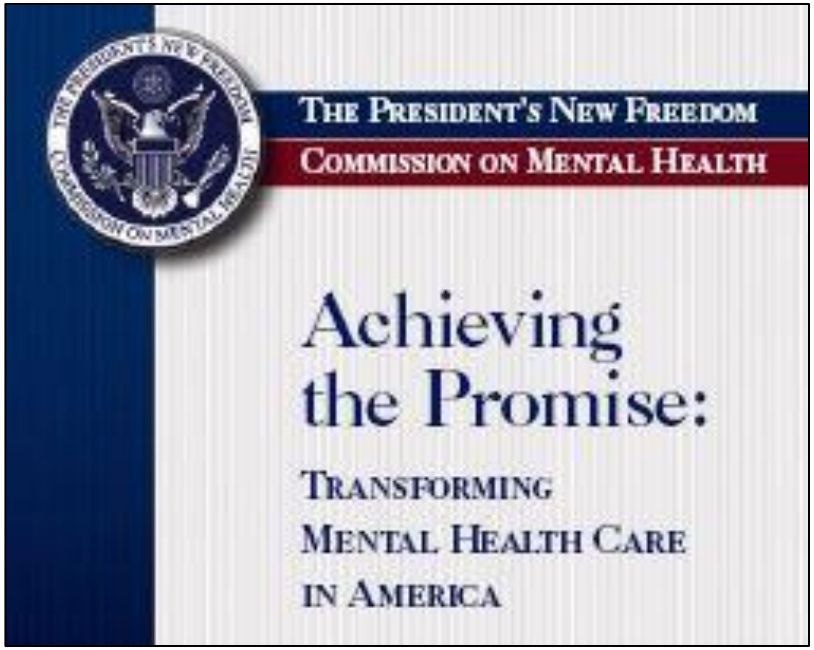
- Early detection
- Quality screening & assessment services
- Include co-occurring disorders
- Early intervention

Excellence Mental Health Care

- Evidence-based practices
- Emerging practices
- State-of-the-art medications
- Care is designed based on a knowledge of what works
- Implications for workforce development

Use of Technology

- Consumers can easily communicate with providers
- Care providers will have access to the most current research
- Electronic health records
- Telepsychiatry to facilitate access

What This Means for Virginia

- Commission Report can serve as a roadmap
- Grounded in best practices
- Oriented to recovery
- Promotes access and early intervention
- Emphasizes excellence in mental health