

Michigan Behavioral Health Access Study



- ▲ Altarum Study, funded by the Michigan Health Endowment Fund
 - Completed in 2019
 - Data for the State of Michigan as of 2016
- ▲ Looked at Outpatient Services for:
 - Mild to Moderate Mental Illness
 - Serious Mental Illness
 - Substance Use Disorder

Study Goals

Assess Current Unmet Need for Care

Identify Major Barriers

Recommend Strategies to Improve Access

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Behavioral Health Needs in Michigan



- ▲ **1.8 Million** Michiganders experienced mental illness in the past year
 - 17.7% of the population
 - Rates are highest among adolescents, women, the uninsured and those with Medicaid
 - Most common conditions were Depression, Anxiety Disorders, and ADHD
- ▲ **640,000** Michiganders experienced a substance use disorder
 - 6.4% of the population
 - Rates are highest among men and younger adults
 - Most common conditions were Alcohol, Opioid, and Cannabis Use Disorders

Current Unmet Need for Mental Illness

Received Care

62%,
1,089,200

Unmet Need

38%,
666,200

Current Unmet Need for SUD

Received Care

20%,
128,200

Unmet Need

80%,
510,200

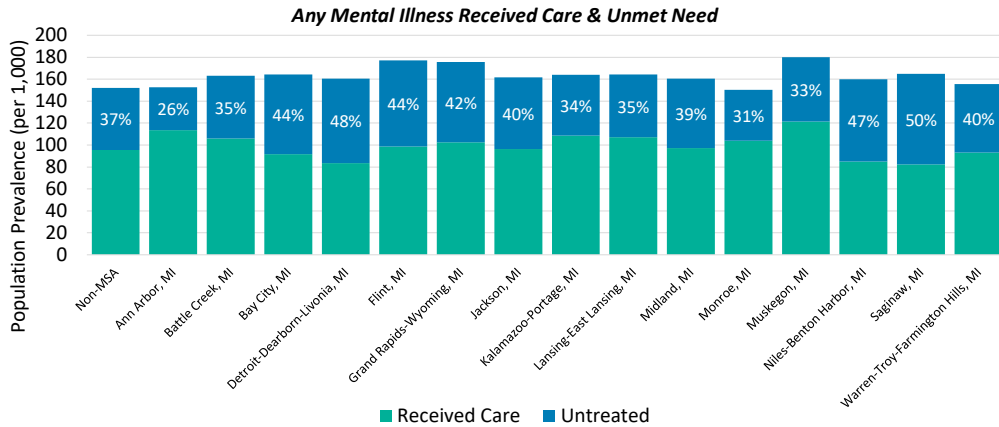
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Behavioral Health Needs in Michigan



▲ Unmet need for behavioral health services exists across the entire State of Michigan



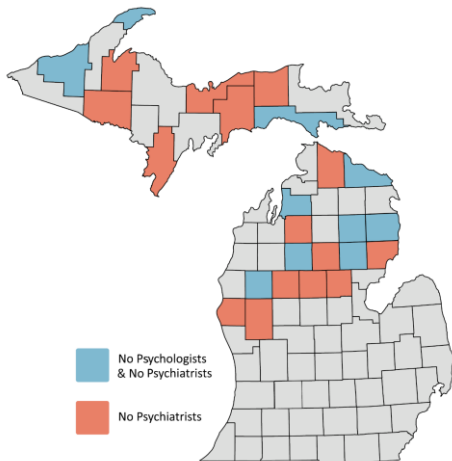
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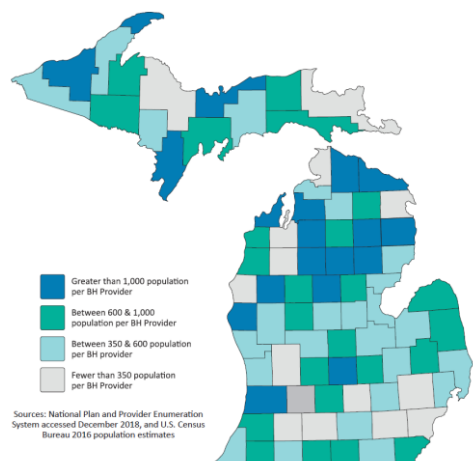
BH Provider Shortages are Common in Michigan



Psychologists and Psychiatrists



All Behavioral Health Providers



Sources: National Plan and Provider Enumeration System accessed December 2018, and U.S. Census Bureau 2016 population estimates

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Major Barriers to Access



▲ Major barriers in access to treatment include:

- Costs of Care
- Shortages of Providers
- Insurance Coverage
- Reluctance to Seek Care
- Transportation and Time

▲ These factors impact those with Private Insurance, Medicaid, Medicare and those who are uninsured

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Study Recommendations



Key Recommendations to Improve Access to Behavioral Health Care in Michigan

Increase the Effective Supply of Providers

- 1) Increase retention of behavioral health providers in Michigan
- 2) **Remove restrictions on scope of practice to fully leverage all members of the health care team**
- 3) Use telemedicine to extend the reach of the behavioral health workforce
- 4) Promote the use of trained lay providers

Address Affordability

- 1) Maintain and fully enforce current coverage; including Healthy Michigan, Essential Benefits, and Mental Health Parity
- 2) Encourage insurance plan design that lowers patient costs

Increase Willingness to Seek Treatment

- 1) Increase Public Awareness of local behavioral health resources
- 2) Improve access to non-emergency medical transportation (NEMT)
- 3) Support patient self-care and technology-assisted treatment

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- ▲ The complete Altarum reports are available at:
 - <https://altarum.org/publications/how-accessible-behavioral-health-care-michigan>

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