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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1

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		Current Unmet Need for SUD	
Received Care	Unmet Need	Received Care	Unmet Need
62%, 1,089,200	38%, 666,200	20%, 128,200	80%, 510,200

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2

Behavioral Health Needs in Michigan

▲ Unmet need for behavioral health services exists across the entire State of Michigan
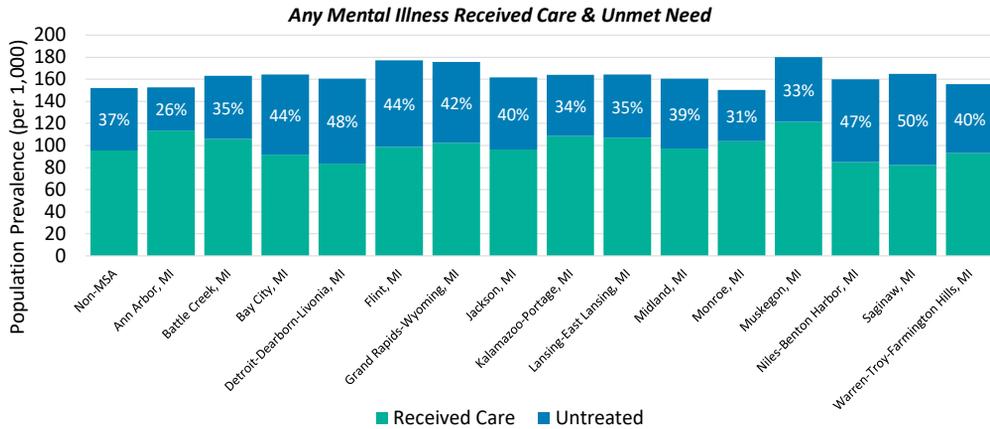
Any Mental Illness Received Care & Unmet Need

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3

BH Provider Shortages are Common in Michigan

Psychologists and Psychiatrists
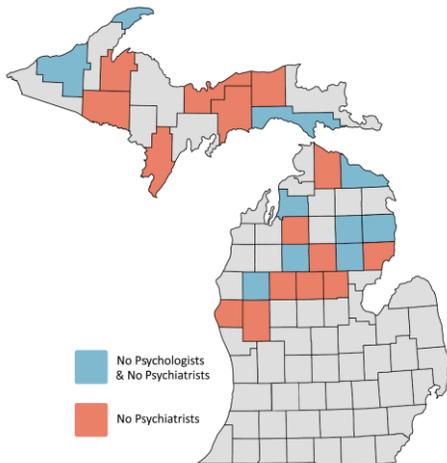
All Behavioral Health Providers
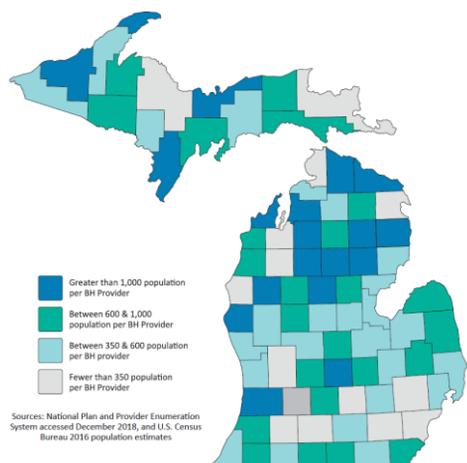
Sources: National Plan and Provider Enumeration
System accessed December 2018, and U.S. Census
Bureau 2016 population estimates

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4

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**

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

Full Reports and Findings

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

- Report authors and contacts:
  - Corwin (Corey) Rhyan, Senior Analyst, Center for Value in Health Care
    - Corwin.Rhyan@altarum.org
  - Ani Turner, Co-Director, Sustainable Health Spending Strategies
    - Ani.Turner@altarum.org