

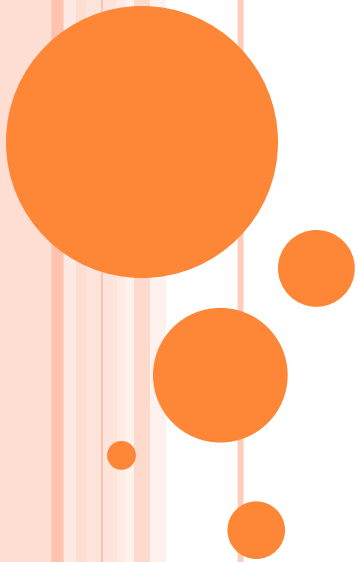


# ACCESSING MENTAL HEALTHCARE

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# POINTS TO CONSIDER

- Financial
- Access and Availability
- Educational Services and Systems
- Attitudes Towards Mental Health



# BACKGROUND

Nationally, 42.5 million adults aged 18 or older experienced a mental illness in the past year (18.2 percent). SAMHSA NSDUH Report, (2014)



# BACKGROUND

- Less than 4 in 10 adults with a mental illness in the year of 2010 received mental health treatment nationally in the past 12 months. SAMHSA NSDUH Report, (2014)
- Service use was higher for adults with serious mental illness (SMI), 60.2 percent, however, 4.4. millions adults with SMI did not receive mental health services. SAMHSA NSDUH Report, (2014)

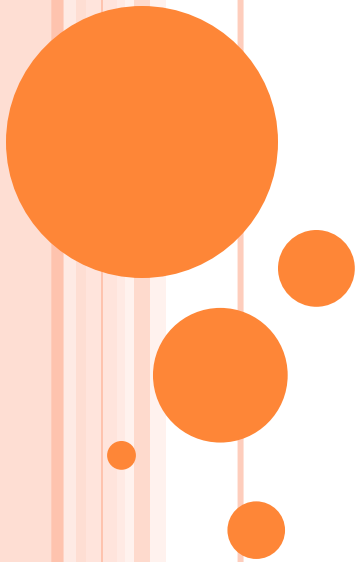


# BACKGROUND

- In 2012, 62.9 percent of adults with SMI (6.0 million) received mental health treatment nationally in the measured year.
- Within the same year, in the District of Columbia, an estimate of 35,000 adults with any mental illness (AMI) were treated and/or provided counseling services. SAMHSA, (2013)



# FINANCIAL



# FINANCIAL

- Budget cuts have significantly hindered persons from receiving mental health care.
- States cut \$1.8 billion from mental health budgets during the recession. Kliff, Sarah (2012)
- DC reduced budgets approximately 19 percent between 2009-2011. Kliff, Sarah (2012)



# FINANCIAL

- 45 percent of untreated diagnosed individuals with a mental illness cite cost as a barrier. Kliff, Sarah (2012)
- Mental health care is expensive where many Americans pay "out of pocket" for talk therapy.





# FINANCIAL

- Out-of-pocket outpatient mental health costs range from \$100-\$5,000 for various services.
- 70 percent of children in need of mental health care do not receive services because of costs of ongoing therapy and outpatient treatments.
- A quarter of the 15.7 million Americans who receive mental health care listed themselves as the main payer for services.



# INVESTED TIME IN TREATMENT

Based upon the treatment modality, therapy services tend to be relatively short-term.

## **Cognitive Behavior Therapy**

12-16 sessions (60-90 min/per week)

## **Exposure Therapy**

7-15 sessions (90 minutes)

## **Interpersonal Therapy**

12 sessions (weekly)

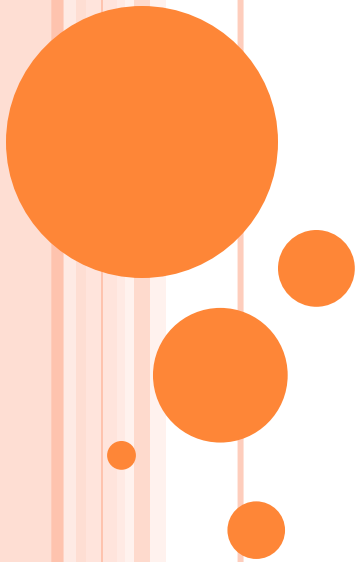
## **Couples Therapy**

12-20 sessions (weekly)

NAMI, (2007)



# **ACCESS AND AVAILABILITY**



# ACCESS AND AVAILABILITY

- Access to mental health professionals is worse than for other types of doctors.
- 89.3 million Americans live in federally-designated Mental Health Professional Shortage Areas, compared to 55.3 million Americans living in similarly-designated primary care shortage areas and 44.6 million in dental health shortage areas. (Kliff, Sarah 2012)



# ACCESS AND AVAILABILITY

- More than 20 percent of children and adolescents have mental health problems.
- Approximately 13 percent of 6.5 million public school students receive special education services. Weir, Kirsten (2012)



# ACCESS AND AVAILABILITY

- Access community mental health agencies
- Matriculation in residential/inpatient treatment facilities
- Found eligible for 504 educational plans
- No treatment



# ACCESS AND AVAILABILITY

- Within schools, school psychologists are in short supply.
- The National Association of School Psychologist (NASP) recommends that districts employ one school psychologist to every 500-700 students. Weir, Kirsten (2012)
- "In many states, that ratio is more in the neighborhood of one to 2,000, though in some states it goes as high as one to 3,500" Dr. Phillip Lazarus. Weir, Kirsten (2012)





# **EDUCATIONAL SERVICES AND SYSTEMS**



# EDUCATIONAL SERVICES AND SYSTEMS

- There are two laws for K-12 grade students in public school that may offer supports and services:
  - The Individuals with Disabilities Education Act (IDEA)

and

- Section 504 of the Rehabilitation Act of 1973.



# EDUCATIONAL SERVICES AND SYSTEMS

- IDEA law requires a student to meet two prongs of the law in order to be serviced through special education.
- The student must have one of the 13 disabilities listed in IDEA  
and
- As a result of the disability, the child needs special education services to make progress and benefit from the general education program.
- Students must participate in an evaluation process to become eligible for Special Education Services.



# EDUCATIONAL SERVICES AND SYSTEMS

- The following disabilities recognized by IDEA include the following:
  - Autism
  - Deaf-Blindness
  - Deafness
  - Emotional Disturbance
  - Hearing Impairment
  - Intellectual Disability
  - Multiple Disabilities
  - Orthopedic impairment
  - Other Health Impairment
  - Specific Learning Disability
  - Speech or Language Impairment
  - Traumatic Brain Injury
  - Visual Impairment (including blindness).

\*\* If a state chooses to include developmental delay in its definition of an eligible “child with a disability,” it must define precisely what the term means and ensure that its definition is consistent with IDEA’s definition.  
“Developmental Delays” \*\*



# EDUCATIONAL SERVICES AND SYSTEMS

- Section 504 covers qualified students with disabilities in an effort to provide accommodations within the academic environment to promote success.
  
- Qualified students must be determined to:
  1. Have a physical or mental impairment that substantially limits one or more major life activities  
or
  2. Have a record of such an impairment  
or
  3. Be regarded as having such an impairment
  
- Students must participate in an evaluation process to become eligible for Section 504 services.



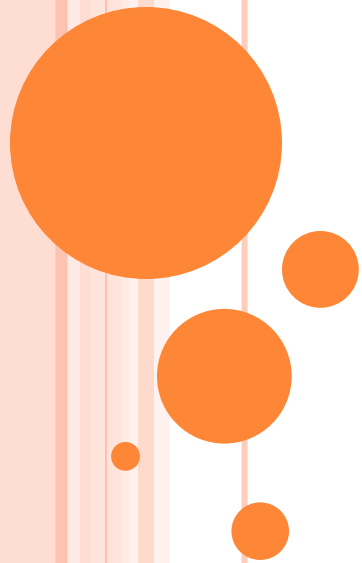
# EDUCATIONAL SERVICES AND SYSTEMS

- Schools that receive federal funding are obligated to service students under Section 504; however, no federal funds are provided to directly support offering Section 504 services.

NCLD Public Policy Team



# **ATTITUDES TOWARDS MENTAL HEALTH**



# ATTITUDES TOWARDS MENTAL HEALTH

- Individuals remain hesitant to initiate mental health care services.
- 66 percent of new patients to mental health believed the problem(s) they experienced would get better on its own.
- 71 percent wanted to solve the problem on their own.



# ATTITUDES TOWARDS MENTAL HEALTH

- Lack of understanding and education regarding mental illnesses, symptoms, presentation, prognoses, therapy and assessment fosters an environment that lacks value on creating and maintaining emotional fitness.





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