

GOVERNMENT OPERATIONS INTERIM COMMITTEE
FUNDING OF SERVICES THAT UNI PROVIDES THE
COMMUNITY & STATE OF UTAH



ROSS VAN VRANKEN

EXECUTIVE DIRECTOR, UNIVERSITY NEUROPSYCHIATRIC INSTITUTE

Need & Demand for Mental Health Care in Utah

Utah Crisis Line 1-800-273-TALK



DEMAND FOR MENTAL HEALTH CARE IN UTAH

At-A-Glance

The Demand for Mental Health Care in Utah: Key Statistics



Close to one in five adults experience poor mental health.

Suicide

is the leading cause of death for Utahns ages 10 to 24.

66

Utahns sustain a traumatic brain injury **every day**, which increases risk for mental health issues.

Veteran suicides

account for at least **13%** of all suicides in Utah.

Almost

40%

of Utah's depressed youth age 12-17 did not receive treatment for depression.

About

15%

of new mothers experience postpartum depression symptoms.



The percent increases to

21%

for low-income mothers.

Over half of Utah adults with mental illness did not receive mental health treatment or counseling.

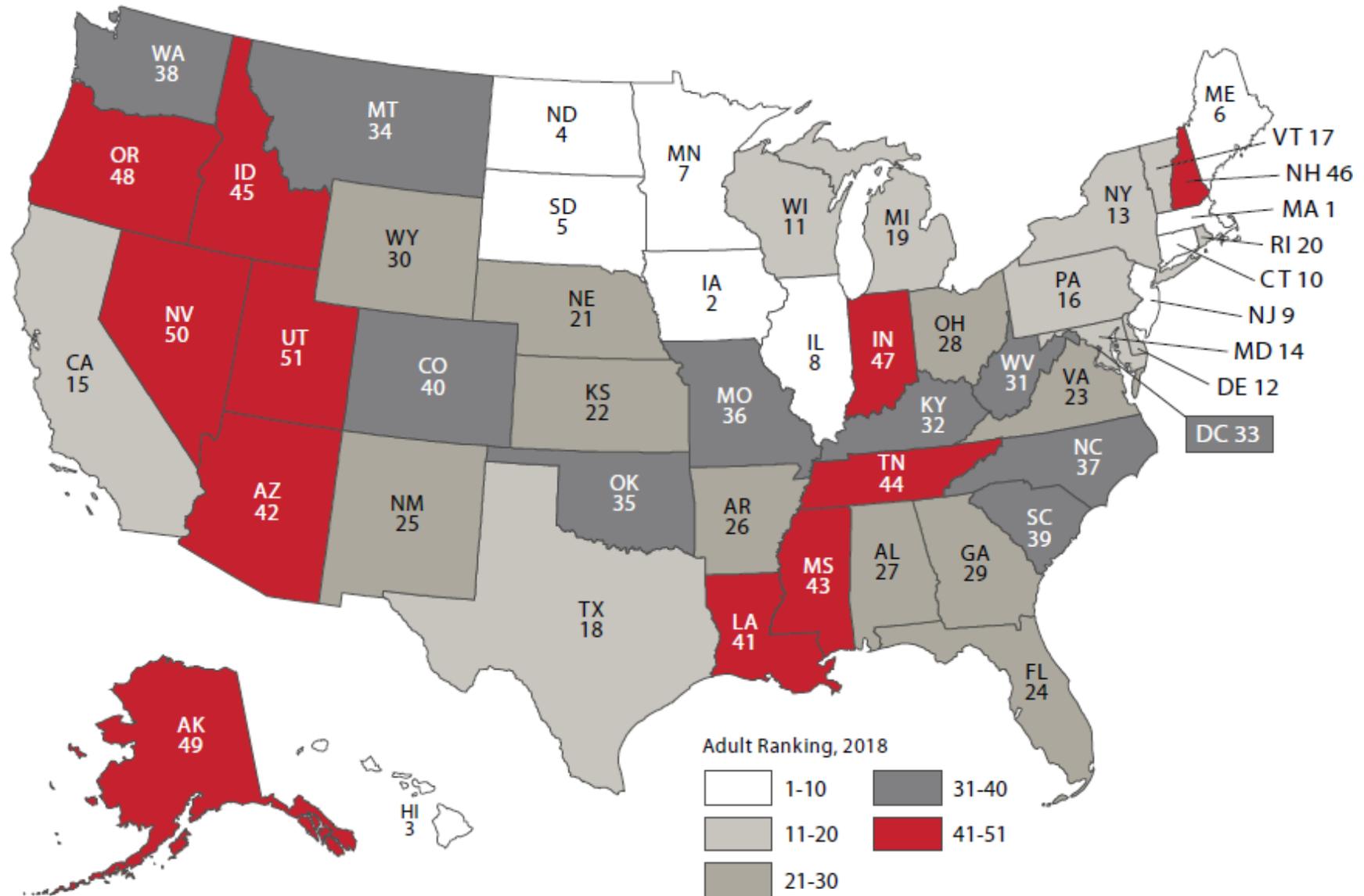


Over **100,000** adults in Utah experience Serious Mental Illness (SMI).

Summers L., Meppen D., Ball S., Utah's Mental Health System A collaborative endeavor of the Kem C. Gardner Policy Institute and the Utah Hospital Association 2019.

<https://gardner.utah.edu/wp-content/uploads/MentalHealthReportAug2019.pdf>. Accessed May 29, 2020.

Figure 3: State-by-State Mental Health Rankings for Adults, 2018



Note: Key measures used in this ranking include: "Adults with Any Mental Illness" (AMI); "Adults with Alcohol Dependence and Illicit Drugs Use" (e.g., marijuana, heroin, and cocaine); "Adults with Serious Thoughts of Suicide"; "Adults with AMI who Did Not Receive Treatment"; "Adults with AMI Reporting Unmet Need"; "Adults with AMI who are Uninsured"; and "Adults with Disability Who Could Not See a Doctor Due to Costs". For most indicators, the data represent statistics collected up to 2015.

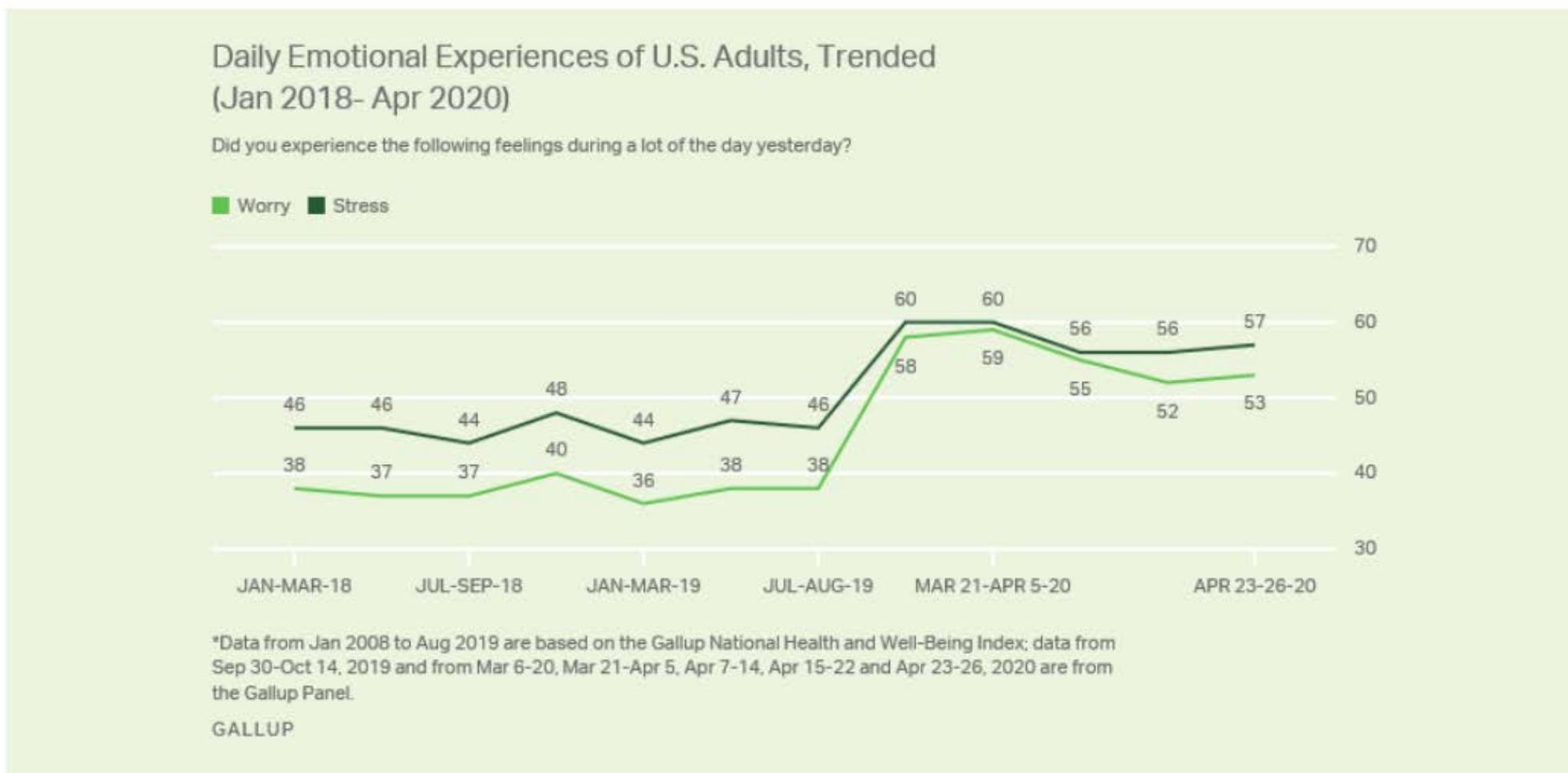
Source: Ranking the States. Mental Health America.

Summers L., Meppen D., Ball S., Utah's Mental Health System A collaborative endeavor of the Kem C. Gardner Policy Institute and the Utah Hospital Association 2019.

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APRIL GALLUP POLL WORRY AND STRESS FUEL RECORD DROP IN U.S. LIFE SATISFACTION

- The number of U.S. adults experiencing significant stress and worry on a daily basis has risen significantly, to 60%



<https://news.gallup.com/poll/310250/worry-stress-fuel-record-drop-life-satisfaction.aspx>

APRIL GALLUP POLL WORRY AND STRESS FUEL RECORD DROP IN U.S. LIFE SATISFACTION

- The Percentage of U.S. adults who reported they are “thriving” has dropped to 48%-the lowest level since the Great Recession in 2008.

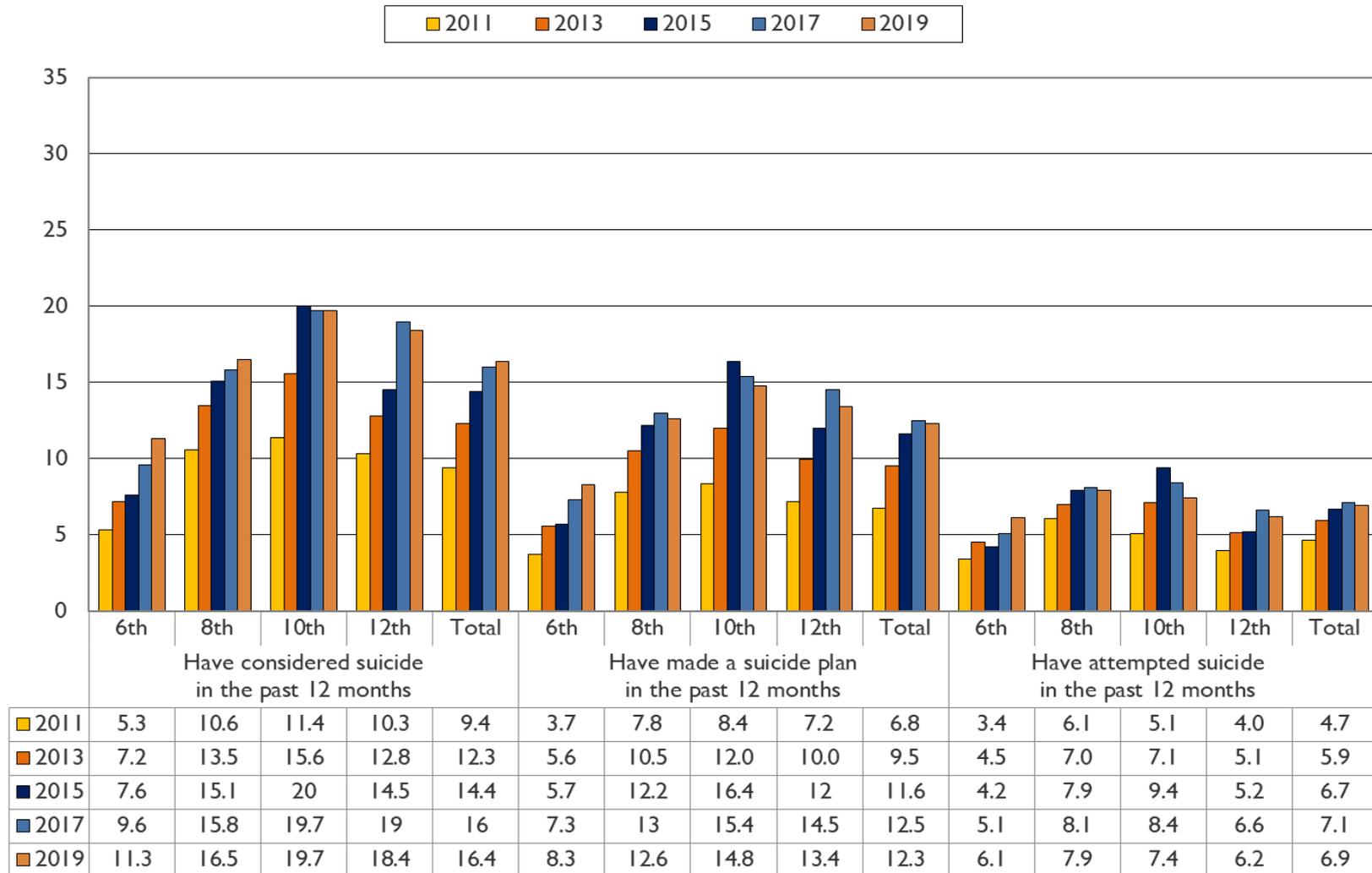


<https://news.gallup.com/poll/310250/worry-stress-fuel-record-drop-life-satisfaction.aspx>

(SHARP) SURVEY DATA

STUDENT HEALTH AND RISK PREVENTION

Utah Past-year Suicide Ideation and Attempts



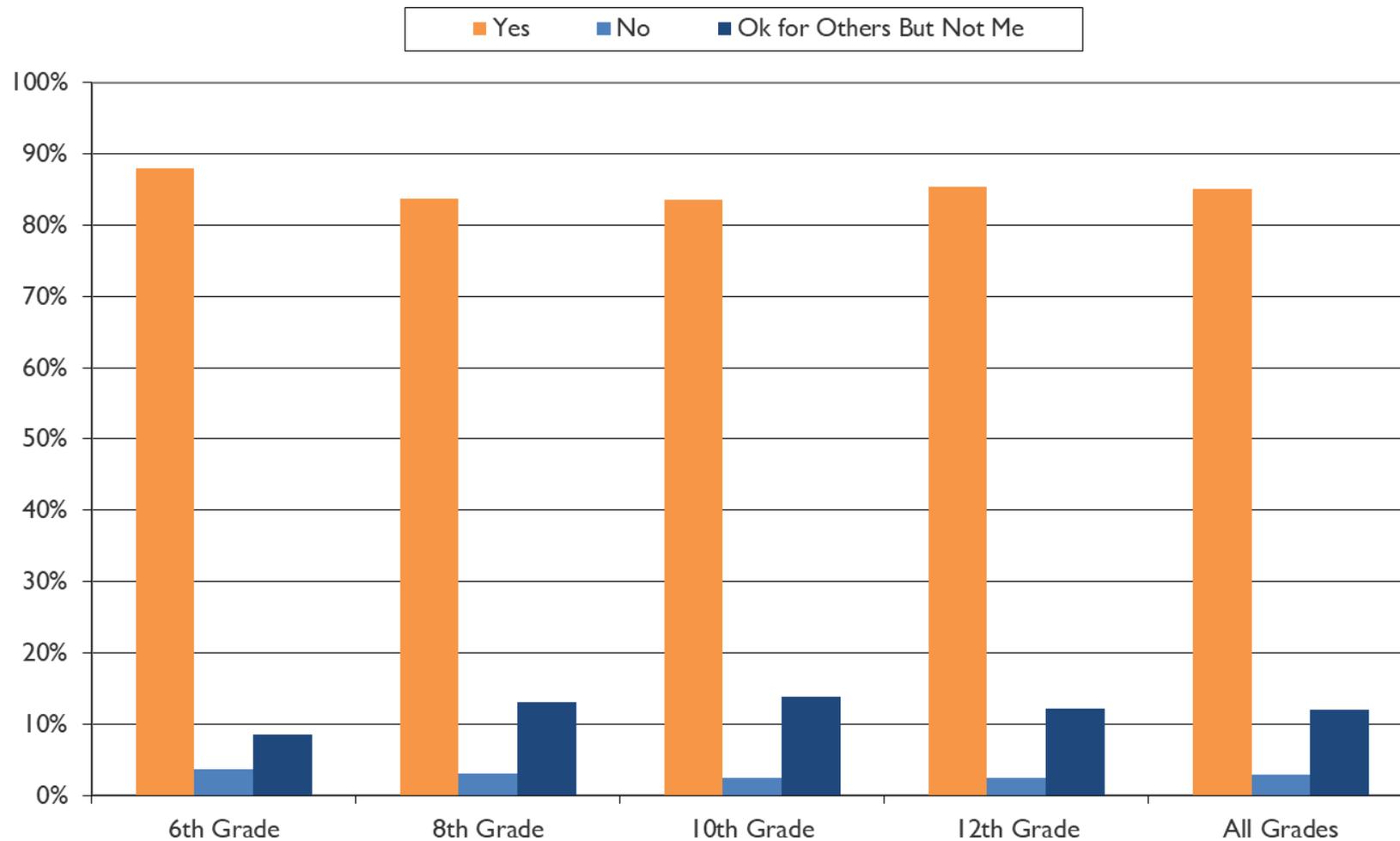
State of Utah Department of Human Services, Division of Substance Abuse and Mental Health.
 Student Health and Risk Prevention Needs Assessment Survey 2019.
<https://dsamh.utah.gov/pdf/sharp/2019/State%20of%20Utah%20Report.pdf> Assesses May 29, 2020

(SHARP) SURVEY DATA

STUDENT HEALTH AND RISK PREVENTION

Acceptability of Help Seeking by Grade (2019)

"Do you think it's OK to seek help and talk to a professional counselor, therapist, or doctor if you've been feeling very sad, hopeless or suicidal?"



State of Utah Department of Human Services, Division of Substance Abuse and Mental Health.
Student Health and Risk Prevention Needs Assessment Survey 2019.
<https://dsamh.utah.gov/pdf/sharp/2019/State%20of%20Utah%20Report.pdf> Assesses May 29, 2020

UNI Community Crisis and Diversion Services Community Impact

Utah Crisis Line 1-800-273-TALK





SAFEUT IMPACT REPORT

JANUARY 2019 - MAY 2020

SafeUT was initiated through SB 175 in 2015 by the Utah Legislature to address the school safety and mental health needs of students. SafeUT is funded by the Utah Legislature.

35,091

TOTAL CHATS

15,713

TOTAL TIPS

POTENTIAL SCHOOL THREAT TIPS

402

 VERIFIED TIPS

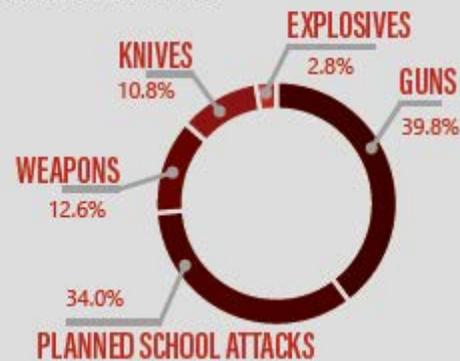
RESULTED IN

348

 UNIQUE VERIFIED SCHOOL THREATS

THREAT TIPS COVERED

JAN 2019 - DEC 2019



GUNS: 173 TIPS

PLANNED SCHOOL ATTACKS: 148 TIPS

WEAPONS: 55 TIPS

KNIVES: 47 TIPS

EXPLOSIVES: 12 TIPS

TOP 5 TIP TOPICS | JAN 2020 - MAY 2020

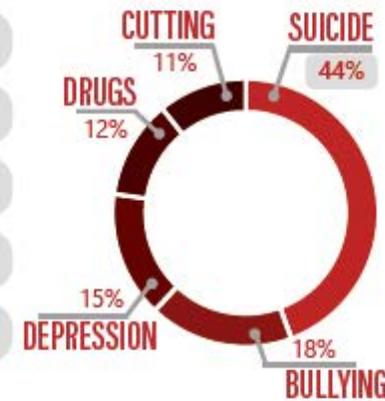
SUICIDE: 844 TIPS

BULLYING: 334 TIPS

DEPRESSION: 290 TIPS

DRUGS: 227 TIPS

CUTTING: 205 TIPS



TOP 5 TIP TOPICS | JAN 2019 - DEC 2019

SUICIDE: 2,132 TIPS

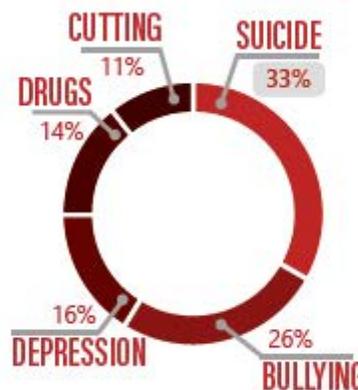
SUICIDE: 2,132 TIPS

BULLYING: 1,640 TIPS

DEPRESSION: 1,028 TIPS

DRUGS: 928 TIPS

CUTTING: 683 TIPS



REAL LIVES SAVED-ACTIVE RESCUES

ACTIVE RESCUES

If a SafeUT user is actively attempting suicide or has plans to harm themselves in the immediate future, SafeUT clinicians will work in coordination with first responders/school personnel to initiate an active rescue (life saving intervention).

583

LIFE SAVING INTERVENTIONS INITIATED

FROM JAN 2019 TO MAY 2020

○ **283 ACTIVE RESCUES**

FROM JAN 2020 TO MAY 2020

○ **300 ACTIVE RESCUES**

FROM JAN 2019 TO DEC 2019



Emma's was attempting to try and take her life.

She reached out to a Clinician via SafeUT who coordinated with first responders to initiate an active rescue.

Her Parents indicate: "SafeUT and Bryce saved our daughters life."

UTAH STATEWIDE CRISISLINE & WARMLINE

UTAH STATEWIDE CRISISLINE

1.800.273.8255

In affiliation with the
National Suicide Prevention Lifeline

Crisis services provided by licensed clinicians are available 24/7 statewide as the only Utah affiliate for the National Suicide Prevention Lifeline.

63,873

Total
CrisisLine +
Lifeline Calls

86%

Of Crisis Calls
Resolved Over the
Phone

TOP REASONS FOR CALLING:

- Situational stress
- Harm to self
- Psychosis or grave disability concern
- Substance use
- Harm to others

WARM LINE

801.587.1055

Certified peer support specialists operate the line daily from 8 am to 11pm, offering support and empowerment to callers by fostering a sense of hope, dignity, and self-respect.

30,419

Total
Warm Line
Calls

TOP REASONS FOR CALLING:

- Situational stress
- Mental Health
- Substance Use
- Physical Health

MOBILE CRISIS OUTREACH TEAMS SAFE CARE TRANSITIONS

MOBILE CRISIS OUTREACH TEAMS (MCOT)

Dispatched statewide 24/7 through the CrisisLine, MCOT provides a prompt, face-to-face response at no cost to any resident who is experiencing a behavioral health crisis. Teams are made up of licensed clinicians and certified peer support specialists.

2,896

**In-person
Crisis
Assessments**

SAFE CARE TRANSITIONS

SAMHSA Follow Up Grant

Our team completes a series of four follow up calls over 90 days post-discharge from the ED or inpatient setting for anyone over 25 years old who presented with suicidal ideation. Evidence shows this supports safe transitions during the highest risk time for suicidal behavior.

6,078

**Caring
Connection
Follow-up Calls**

Expanding program to include individuals ages 10-24 in early 2020

UTAH SUICIDE DEATH SURVEILLANCE REPORT

May 2020 Utah Suicide Death Surveillance Report

Utah Office of the Medical Examiner

Contact: Michael J. Staley, PhD (mstaley@utah.gov)

This report contains preliminary, restricted data and is for internal use or use by permission of the OME only.

This report includes data from May 1 through April 30 for the years 2015, 2016, 2017, 2018, 2019, and 2020. See notes at the conclusion of this report for more information on how to interpret this preliminary occurrence data.

Table 1. Suicide Death Counts and Crude Rates per 100,000 by Year

	2015-2016	2016-2017	2017-2018	2018-2019	2019-2020	All Years
Pending	-	-	-	-	6	6
Suicide	661	648	641	653	648	3,251
Total	661	648	641	653	654	3,257
Crude Rate per 100,000	26.8 ¹	25.6 ²	24.8 ³	24.7 ⁴	24.7 ⁵	-

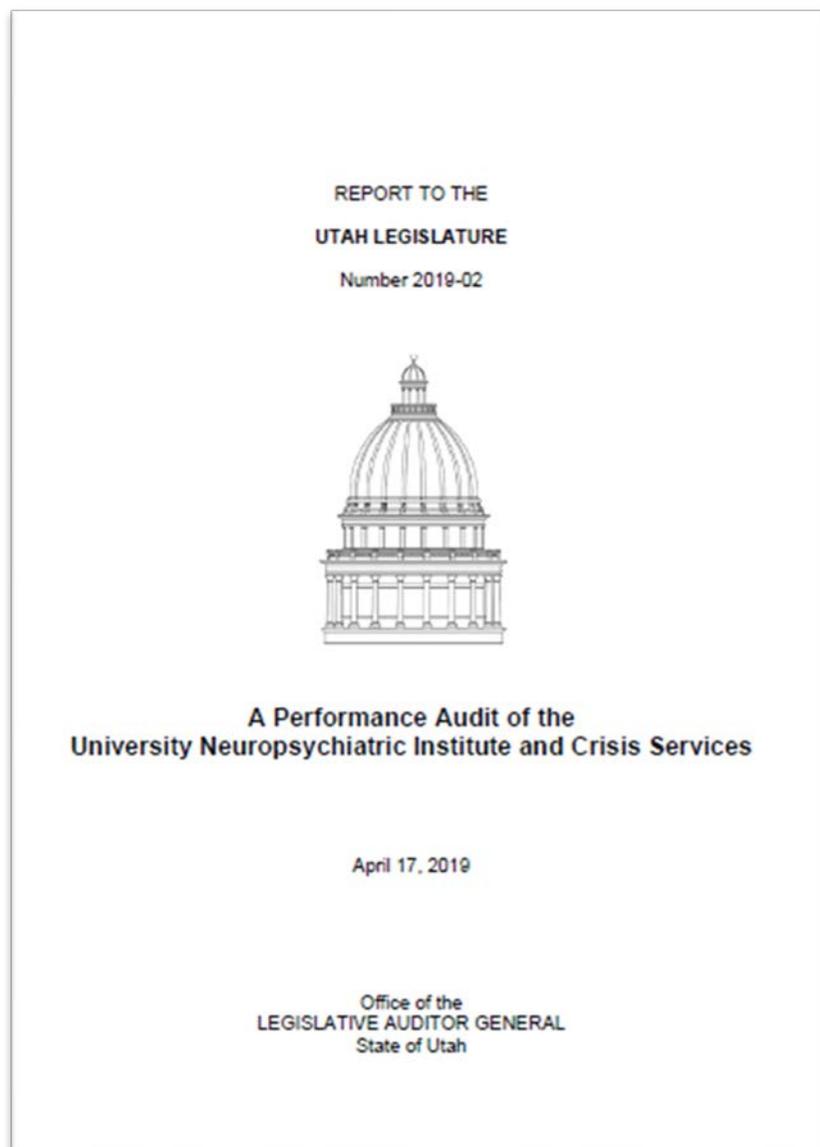
These numbers speak to the strength of protective factors. In this case, social solidarity (we're experiencing these negative impacts collectively), state and federal financial support, and adaptations and advances in reaching distressed people (i.e., in suicidology speak, "access to quality mental health care").

Legislative Audit Financial Projections

Utah Crisis Line 1-800-273-TALK



2019 LEGISLATIVE AUDIT FINDINGS



Future Funding Concerns Remain

UNI projects a \$3.6 million net loss in fiscal year 2020. The projected deficit accounts for all sources of revenue including external sources and legislative appropriations. We reviewed the projections and believe they are reasonable. The projected deficit pertains to operations relating to Crisis Line services (the county Crisis Line, Lifeline, the Warm Line, and the SafeUT app), MCOT outreaches, and the Receiving Center. Figure 2.3 shows the projected deficit for UNI's crisis services for fiscal year 2020.

Figure 2.3 UNI Projects a \$3.6 Million Deficit for Crisis Services in Fiscal Year 2020. The projected deficit for crisis services accounts for all sources of funding including funding appropriated in the 2019 General Session.

Crisis Service	Projected Revenue	Projected Operational Expense	Projected Net Position
Crisis Line Services*	\$ 5,327,000	\$ 7,714,200	\$ (2,387,200)
Mobile Crisis Outreach Team	2,576,800	3,203,100	(626,300)
Receiving Center	1,505,300	2,079,000	(573,700)
Wellness Recovery Center	N/A	N/A	N/A
Totals	\$ 9,409,100	\$ 12,996,300	\$ (3,587,200)

Source: UNI
 *Crisis Line services includes the county Crisis Line, the Warm Line, Lifeline, and the SafeUT App. UNI reports the SafeUT textline revenue total to be \$2.07 million for fiscal year 2020 and reports the expenditure total during same year to be \$3.04 million for a net loss of approximately \$70,000.

Source: https://le.utah.gov/audit/19_02rpt.pdf Page 15

“Recommendations:

1. We recommend that UNI continue to inform the Legislature and the Mental Health Crisis Commission of future financial deficit concerns.” (Pg. 25)

UNI FY20 FINANCIAL REVIEW AND PROJECTIONS

University of Utah- UNI Crisis and Diversion Programs FY 2020 Financial Review and Projections



	Annualized	Projection	Projection	Projection	Projection
<i>Annual GAIN/(LOSS)</i>	<i>2020</i>	<i>2021</i>	<i>2022</i>	<i>2023</i>	<i>2024</i>
State Crisis Line/Warm Line*	(\$163,792)	(\$1,502,729)	(\$1,867,291)	(\$2,624,277)	(\$3,278,749)
MCOT **	\$284,099	(\$1,027,967)	(\$1,042,111)	(\$1,043,915)	(\$1,031,042)
Receiving Center	(\$184,341)	(\$199,738)	(\$257,911)	(\$317,906)	(\$379,781)
Text line Utah SafeUT***	\$554,818	\$337,472	(\$269,531)	(\$1,171,235)	(\$2,254,607)
TOTALS	\$490,784	(\$2,392,962)	(\$3,436,844)	(\$5,157,334)	(\$6,944,179)

* Assumes Salt Lake County and Optum Medicaid Funding is still in place , EMR implementation did not occur in FY20.

Projections do not take into consideration any State Marketing campaign or a three digit number, however expenses assume volume increases

EMR estimates are projected and subject to change they are included in FY21

** MCOT Funding changing from capitated to a per encounter- final contract on payments from Salt Lake County and Medicaid Program Optum not final for future years. Projection estimated the \$500,000 Legislated funds for 1 team plus estimated billable encounters

*** SafeUT Volumes of Incoming Texts are annualizing to a 268% increase since FY2017. Holding future years with 30% increase each year moving forward.

In addition to being in K-12 schools Safe UT is now in all eight state funded higher ed institutions, and all eight state funded technical colleges

SUICIDE PREVENTION POLICY IN UTAH: 2020

“HB 32 Crisis Services Amendments” 2020 legislation that:

- Funds up to four 23 hour crisis receiving centers;
- Increases the number of mobile crisis outreach teams (MCOTS), specifically in rural areas of the state;
- Creates a Statewide Warm Line 1-833-SPEAKUT;
- Provides funding to SAFE UT to support operations; and
- Provides funding to the Governor’s Suicide Prevention Fund’s grant program
- Funding:
 - \$2,400,000 Ongoing – Rural MCOT Teams
 - \$8,035,000 Ongoing - Crisis Receiving Centers/Warm Line
 - \$5,652,000 One-time – Crisis Receiving Centers
 - \$250,000 Ongoing – SAFE UT for First Responders
 - \$100,000 Ongoing – Suicide prevention messaging (Live On Utah campaign)
 - \$250,000 One-time, \$25K Ongoing - MCOT Vehicles
- Status: Passed both the House & Senate Unanimously!



POSSIBLE FEDERAL CARES ACT FUNDING

- Possible Federal CARES Act Funding- \$17,959,227 proposal submitted to Jonathan Ball LFA from Representative Steve Eliason (Contingent on receiving SFY2021 Funding in HB32 and HB 35)
- Receiving Centers: Purchase of Land or Remodeling of Buildings- Estimated need \$7,750,000 (SL, Utah, Washington and Davis Counties)
- MCOT: Additional "Tele" MCOT team covering additional 9 counties of the 3rd-6th class and Tribal Communities- Estimated need \$1,150,000
- Software for Integrated Crisis System across Receiving Centers, MCOT, Crisis Line, Warm Line, SafeUT, Stabilization and Mobile Response- Estimated need \$1,875,000
- Warm Line Expansion Statewide-Estimated need- \$165,000
- Add in 1st Responders to SafeUT-Estimated- \$150,000
- Promote SAFE UT to students & parents w/o access to school resources- \$424,227
- Grants for Rural Mental Health for adolescent MH and IOP support- \$516,000
- Family Stabilization and Mobile Response Team (SMR) Expansion- \$3,750,000
- Emotional Support Line (2 requests): Support for full-time staff to receive calls, Outreach/promotion among healthcare workers and Tele-accessible counseling for all Utahans experiencing COVID-related distress- Estimated need \$904,000
- Grant for digitally enabled MAT Telehealth- \$750,000
- Virtual, Peer-Led Support Group, Proactive outreach/follow-up with callers and proactive coordination with providers involved in formal care for caller- Estimated need \$400,000