

**Utah Behavioral Health
Assessment & Master Plan:
*Draft Results and
Recommendations***



Building on Previous Work...

INFORMED DECISIONS™

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Early Childhood Mental Health in Utah

Early childhood mental health services address an important need in Utah. More data and collaboration in this area can help maximize health, opportunity, and public investment outcomes.

December 2020

Kem C. Gardner POLICY INSTITUTE
THE UNIVERSITY OF UTAH
DAVID ECCLES SCHOOL OF BUSINESS

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Utah's Mental Health System

A collaborative endeavor of the Kem C. Gardner Policy Institute and the Utah Hospital Association

Laura Summers, Senior Health Care Analyst
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Final Report
August 2019
Updated July 2020

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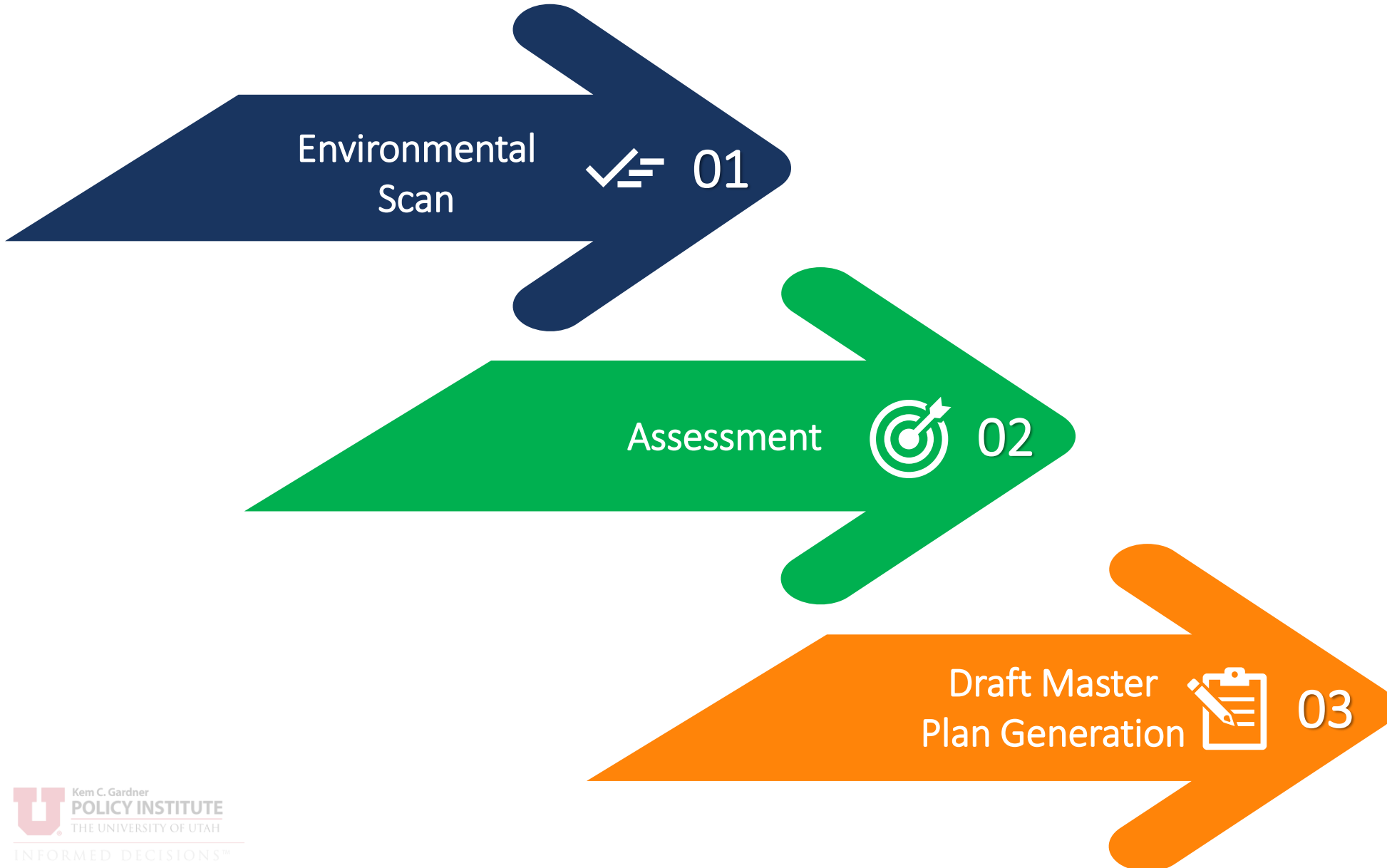
UTAH HOSPITAL ASSOCIATION

A Roadmap for Improving Utah's Behavioral Health System

Version 1.0 | February 2020
Updated July 2020



Project Phases



Environmental Scan

✓ 01

- 30 discussion groups or interviews - *to date*
- Close to 300 participants
- Comprise a diverse range of stakeholders and representation

Representatives from:

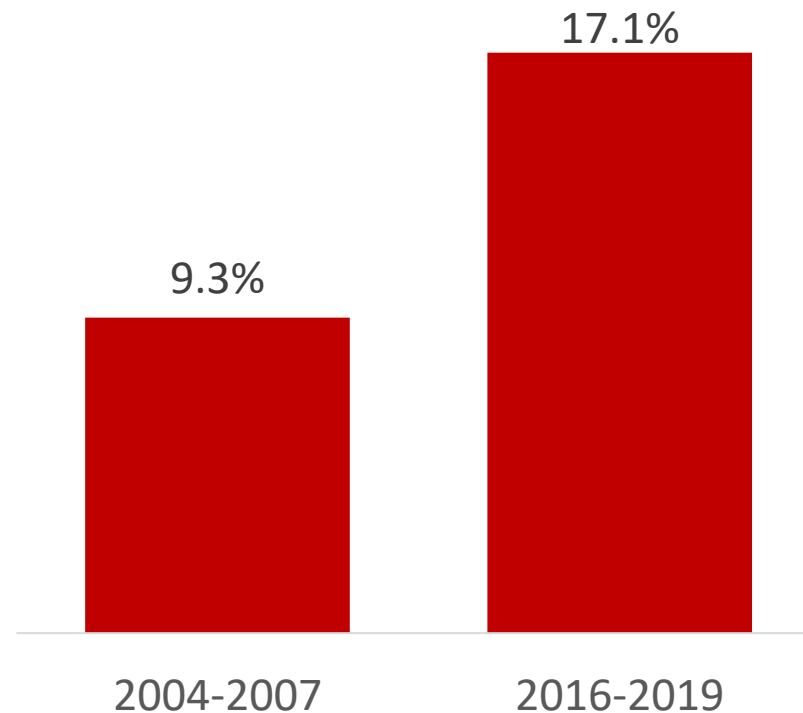
- Public providers, including local authorities, community health centers, and federally qualified health centers
- Private providers, including nonprofit providers, pediatricians, family care practice physicians, clinical practitioners, behavioral health treatment providers, psychiatrists, and residential and institutional providers
- Payers, including Utah's Accountable Care Organizations, the state's health insurance plan, commercial payers, and HDHP reps
- Providers of promotion and prevention services
- Crisis services
- Recovery and treatment supports
- Health systems
- State agencies
- Education (both K–12 and higher education)
- Court, criminal, and juvenile justice systems
- Employer representatives
- Law enforcement (TBD)

Environmental Scan

✓ 01

The annual average percent of youth aged 12–17 that experienced a Major Depressive Episode (MDE) in the past year almost **doubled over a twelve-year period**.

Utah's percent is also higher than the national average (14.0%).

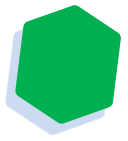


Assessment



02

Key Findings

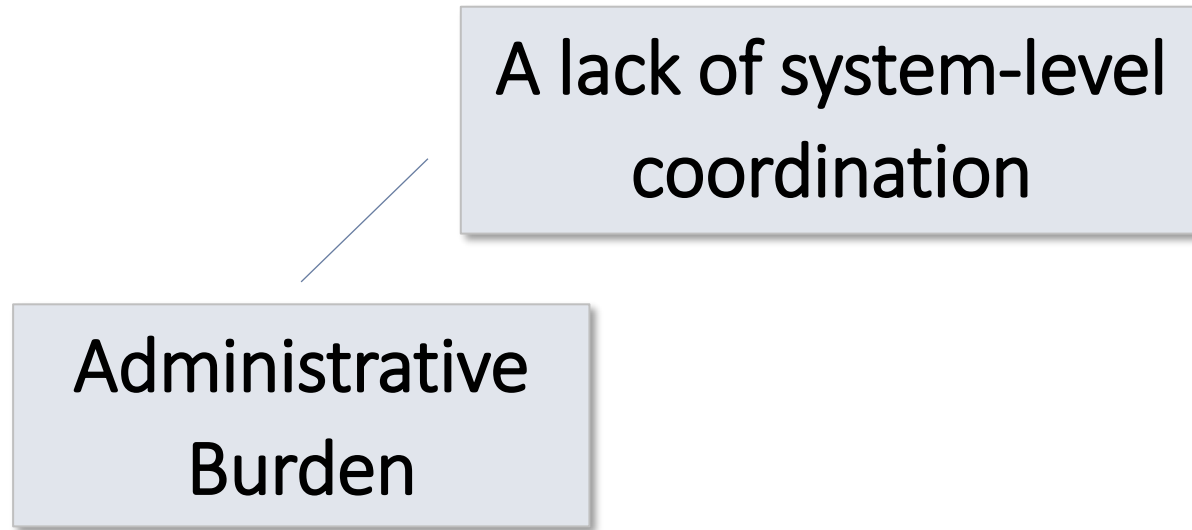


System-Level Issues

A lack of system-level
coordination

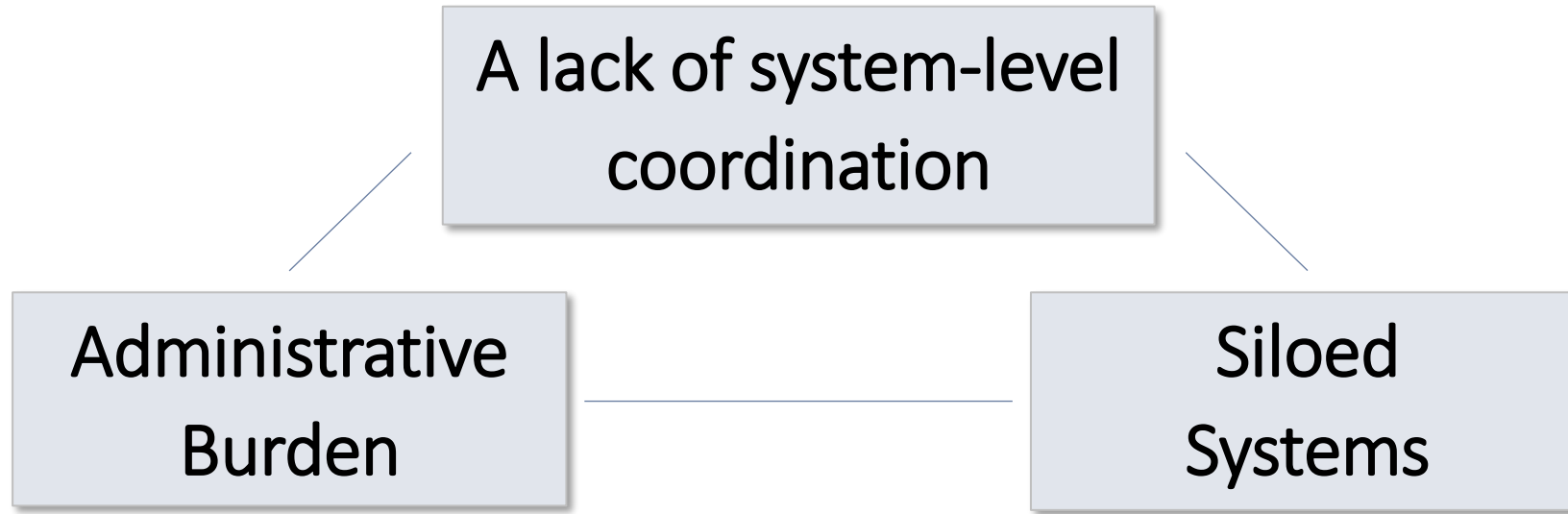


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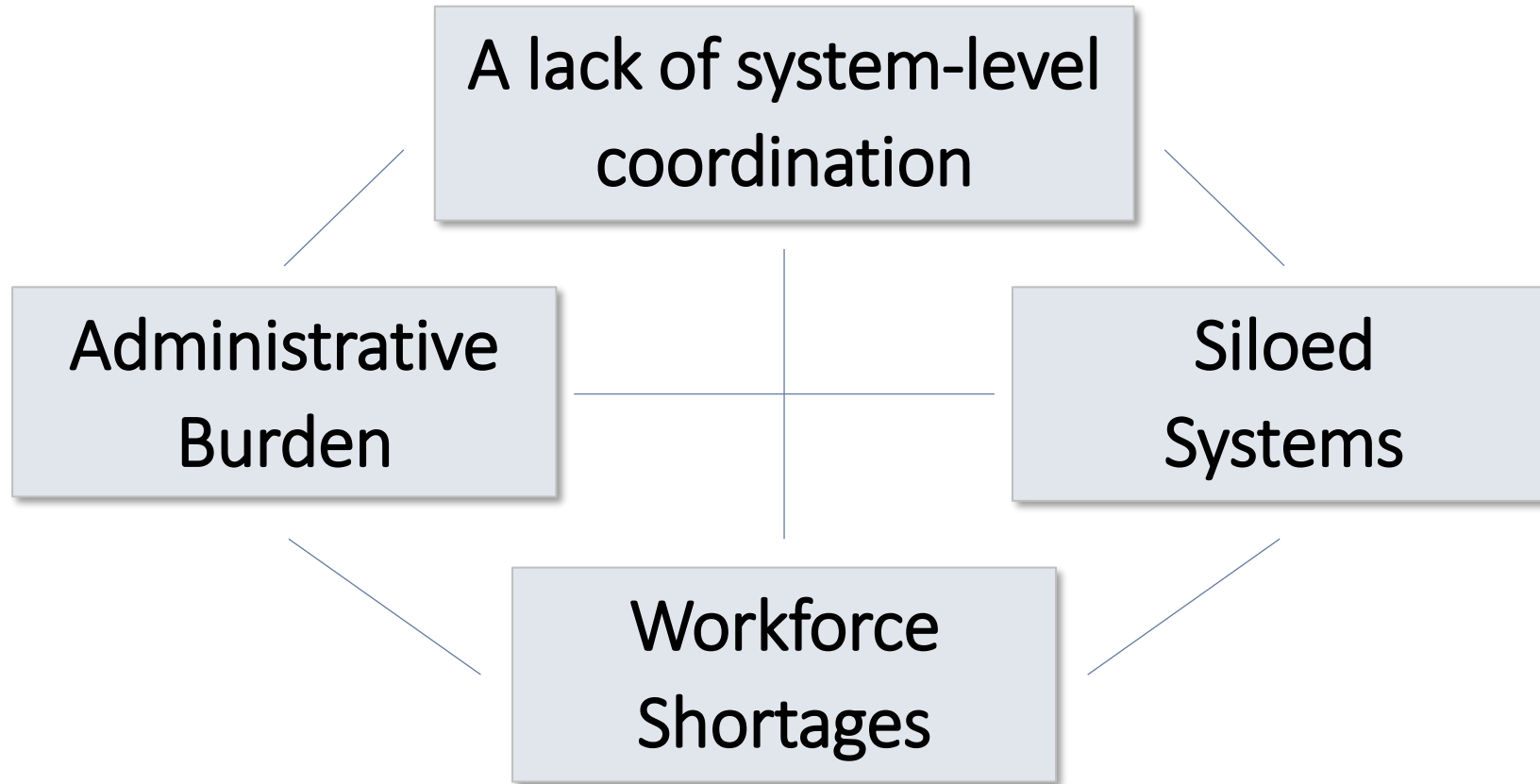


System-Level Issues





System-Level Issues



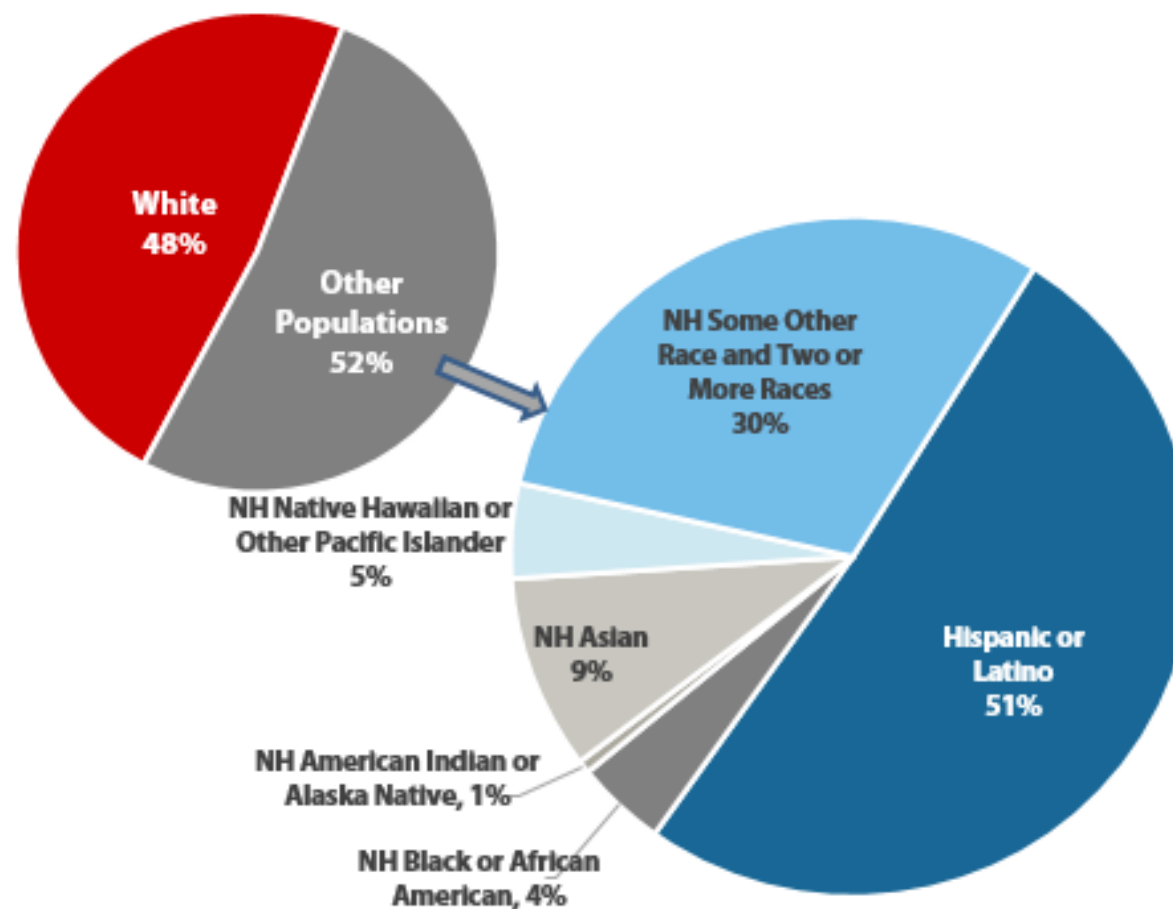


System-Level Issues

Workforce Shortages

- Providers across all licenses/specialties
- Culturally literate and language accessible providers
- Providers qualified to treat patients with co-occurring ID/DD

Contributions to growth by racial and ethnic populations, 2010-2020



Source: U.S. Census Bureau, Redistricting Data Files (2010 and 2020)



System-Level Issues

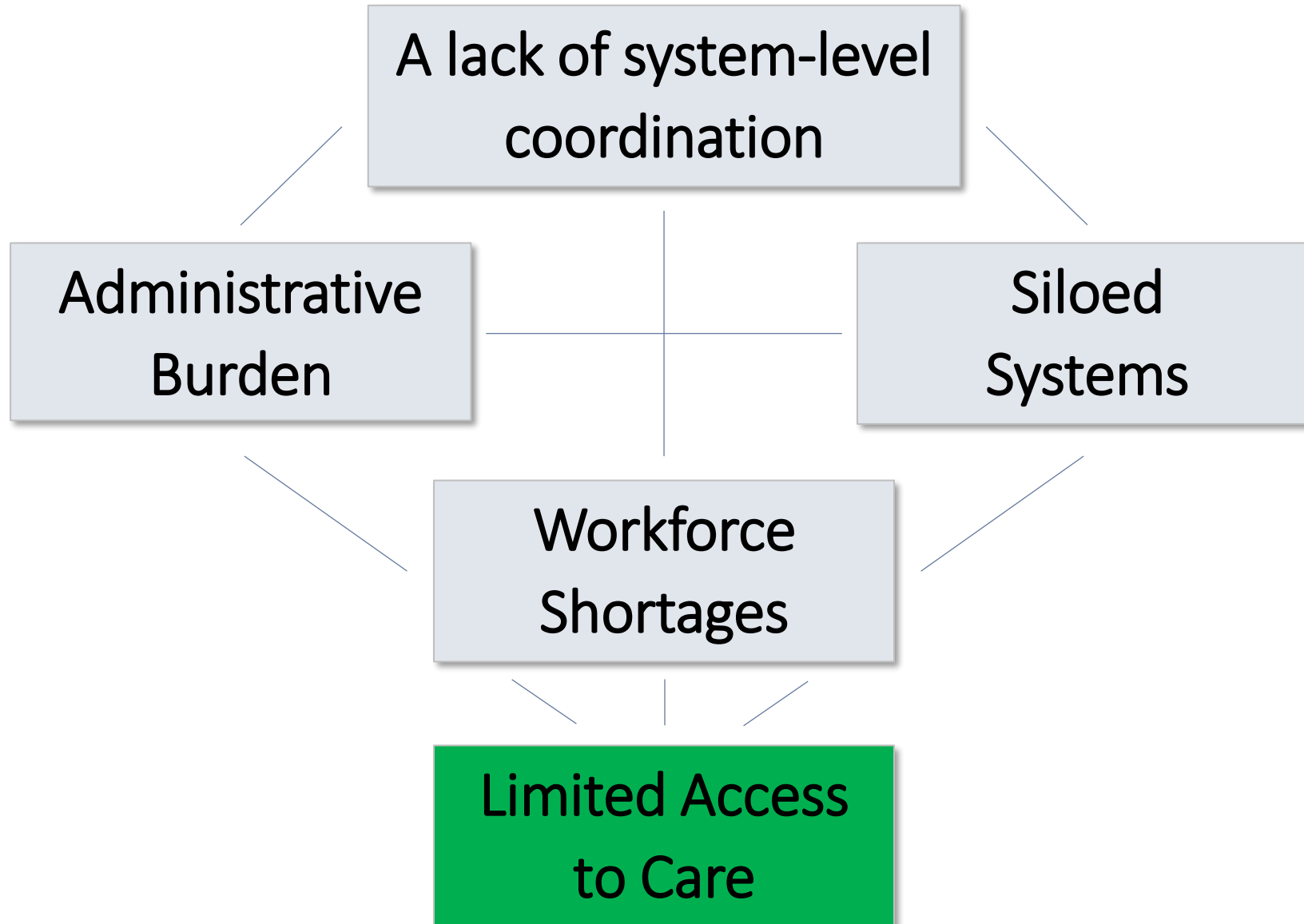
Workforce Shortages



“We need to fix the back door.”

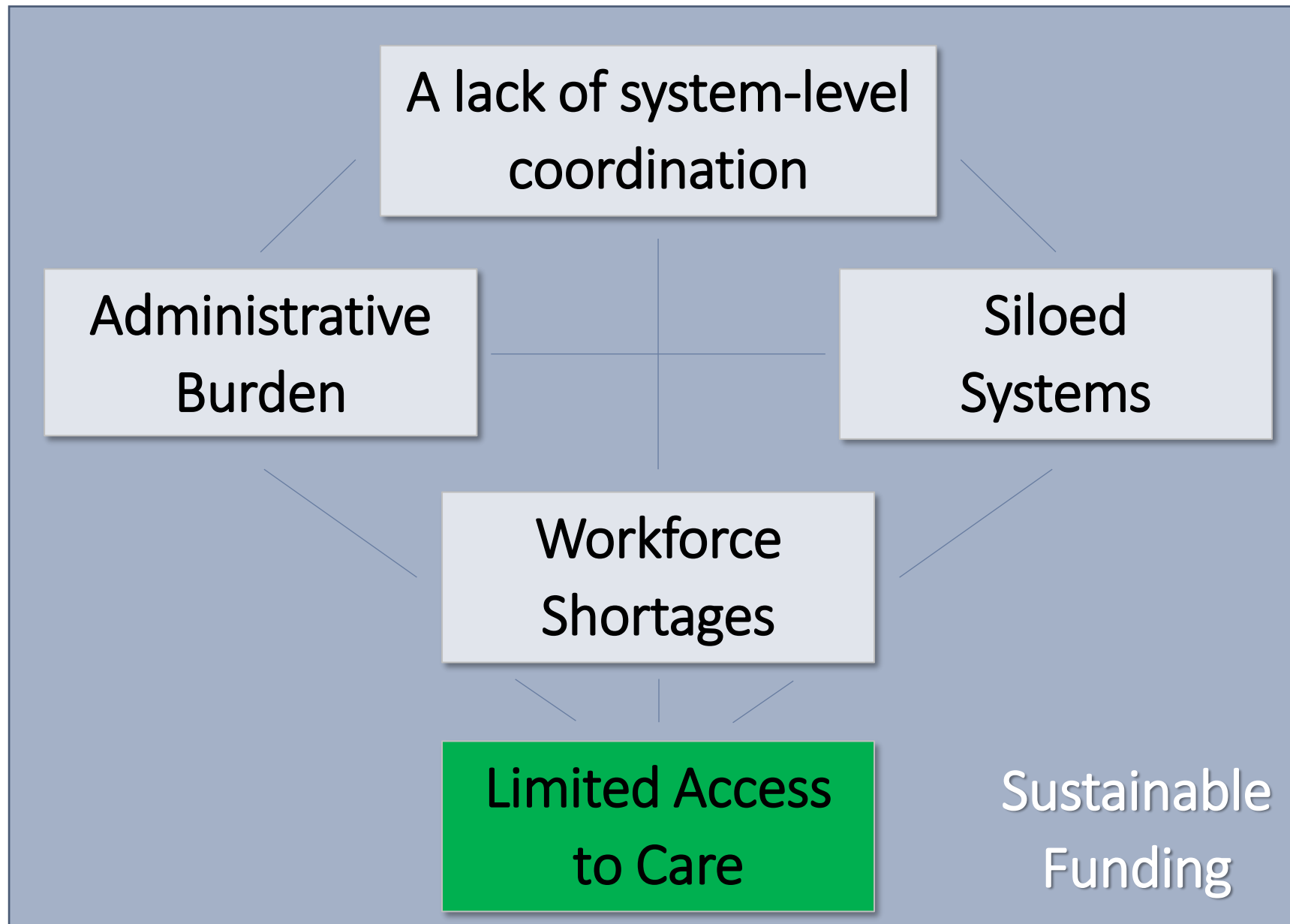


System-Level Issues





System-Level Issues

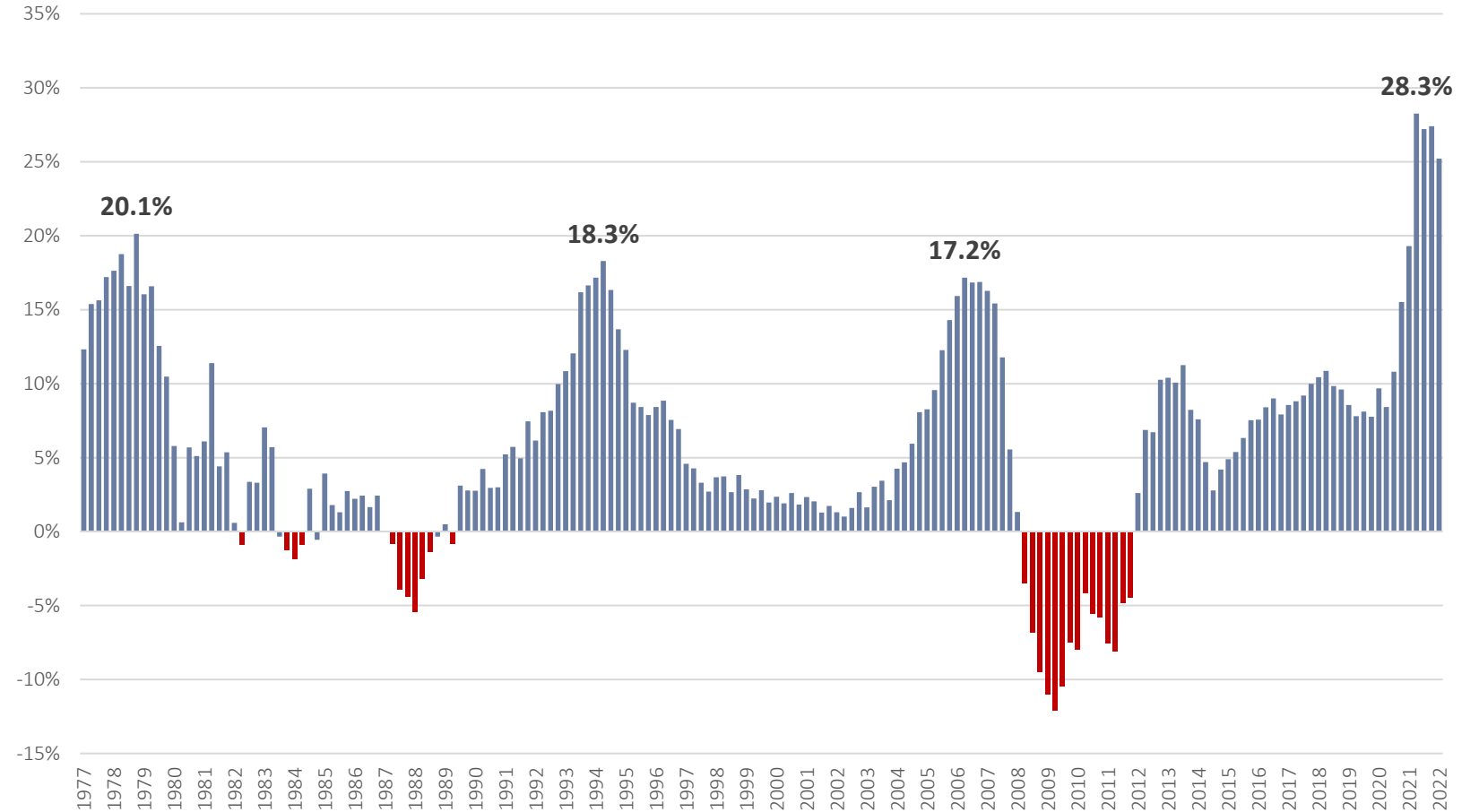




Other Key Findings (a sample)

#1 Issue Mentioned in Groups/Interviews:
Housing

Year-over Quarterly Percent Change in Utah's Housing Price Index (single-family homes)





Other Key Findings (a sample)

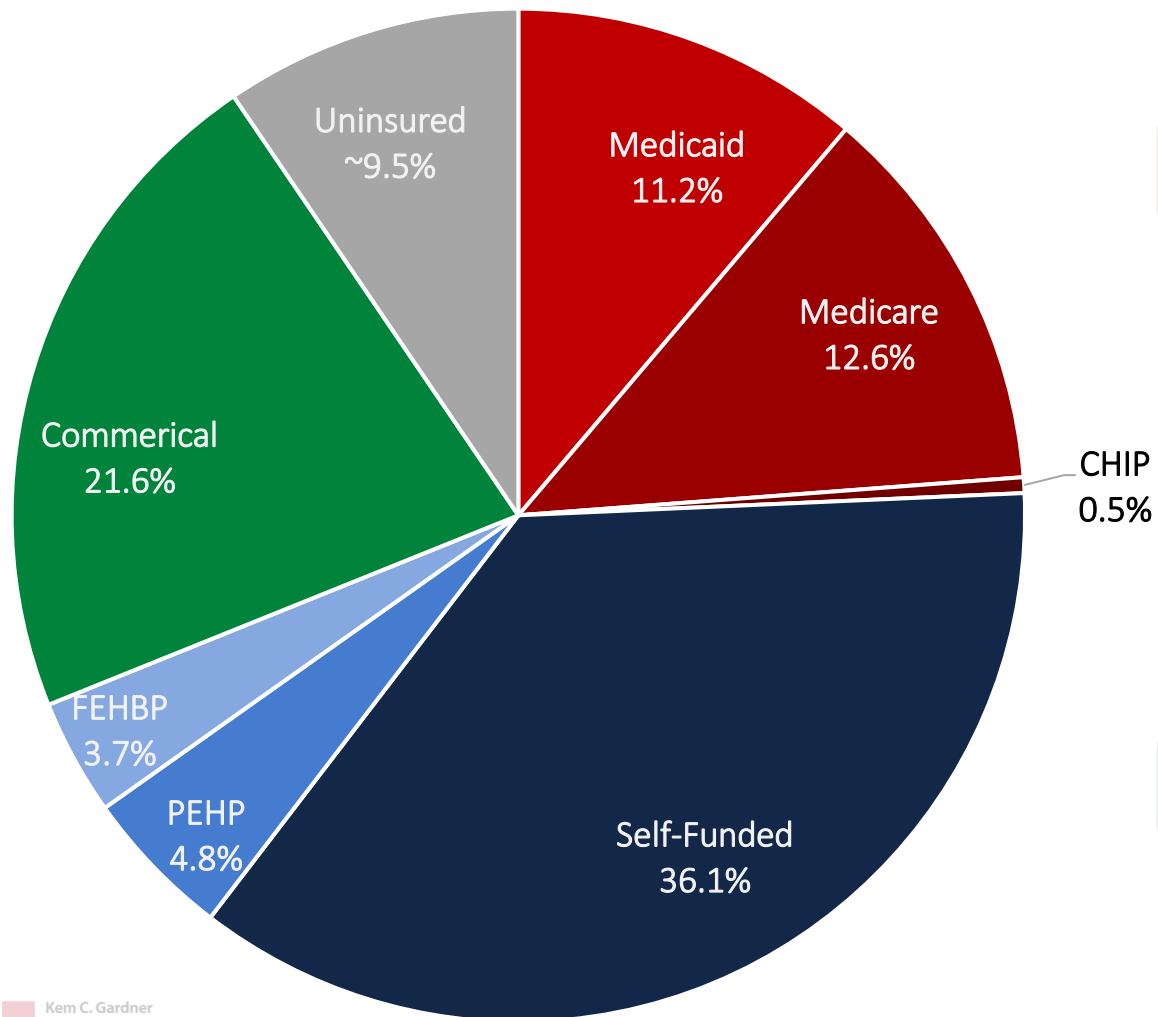
- Address housing (disrupting care across the continuum)
- Improve funding and coordination of promotion, prevention, and early intervention activities.
- Increase primary care-based behavioral health services.
- Improve continuity of care in Medicaid.
- Improve access to services for persons with co-occurring conditions, particularly ID/DD and ASD.
- Improve access to rural-area crisis services.
- Support patient-level care coordination, transition support and patient navigation.

Bright Spots

- Examples of local coordination (e.g., LMHAs)
- Expansion of MCOTs and receiving centers
- Peer support and other non-clinical care team members
- SUMH's multi-cultural affairs grant
- Utah Crisis Response Commission



Utah's Health Care Coverage Landscape



High Deductible Health Plans



Direct-to-Consumer Market



Draft Master
Plan Generation



03

Draft Master Plan



Framework





Guiding Principles

- 1. Access:** Create equitable access to care for all Utahns that is responsive to individual, family, community, and geographic need.
- 2. Alignment:** Support aligned, navigable, comprehensive, and sustainable behavioral health services across public and private systems, payers, and sectors.
- 3. Value:** Encourage investments in effective behavioral health services and initiatives that demonstrate both direct behavioral health cost savings and indirect medical, educational, and social service cost savings.



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Strategic Priorities

1

Support the creation, innovation, and implementation of research-based interventions.

2

Strengthen behavioral health prevention and early intervention.

3

Integrate physical and behavioral health.

4

Continue to build out Utah's behavioral health crisis and stabilization systems.

5

Improve the availability of services and supports for individuals with complex behavioral health needs.

6

Expand and support Utah's behavioral health workforce.



What is the mechanism for maintaining this work?

Current thinking:

Key questions:

A mechanism that:

- Recognizes behavioral health is essential to a person's health.
- Oversees future efforts to ensure Utah's behavioral health systems are comprehensive, aligned, effective, and efficient.
- Is a public/private partnership that helps develop methods/models for implementing and coherently communicating cross-sector strategies.
- Is accountable to clear, measurable outcomes.

- What are its roles/responsibilities?
- What measurable outcomes will it be responsible for?
- How does it align with existing commissions/councils?
- How does it oversee, promote, and coordinate the development of recommendations in the Master Plan?
- What metrics will it use to assess gaps in access? (e.g., identify key underserved, high-risk populations and ensure system-level strategies do not further exacerbate inequities)
- How to ensure a rural area focus?



Next Steps

- Circulate draft with stakeholders and the public (~August 25th)
- Review and incorporate feedback
- Prepare and present final Master Plan

Draft Master Plan available:

<https://gardner.utah.edu/economics-and-public-policy/health-care/utah-behavioral-health-coalition-master-plan/>