



# The Maryland Public Behavioral Health System

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- Behavioral Health includes:
  - Mental health conditions and services
  - Substance use conditions and services
- Mental Health disorders and substance use disorders are separate but closely linked categories of health disorders.
  - 23.1% of adults with serious mental illness also experienced a co-occurring substance use disorder.
  - 39.6% of adults aged 18-25 with serious mental illness experienced a co-occurring substance use disorder.

## **What is “Behavioral Health”?**

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- People who require specialty mental health services – 270 diagnoses including depression, bipolar disorder, psychotic disorders such as schizophrenia.
- People with substance use disorders
- People with Medicaid
- A small package of services for people who are uninsured

## **The Maryland Public Behavioral Health System: Who does it serve?**

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- The state is in the process of integrating mental health and substance abuse into a single agency including funding, approval for services, payment of claims et.
- The state has implemented health homes for people with serious mental illness and for people with opioid addiction.
- Many people with serious mental illness and substance abuse disorders also have co-occurring physical problems

## **System Changes in Maryland**

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- Patients with severe mental illness (SMI) such as schizophrenia, die 25 years earlier than the general population.
- 60% of premature deaths in persons with schizophrenia are due to medical conditions.
- Second generation anti-psychotic medications are highly associated with weight gain, diabetes, abnormal cholesterol, and metabolic syndrome

## **Health Disparities for those with Mental Illness**

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- Overuse
  - Persons with SMI have a high use of somatic emergency services
- Underuse
  - Fewer routine preventative services
  - Lower rates of cardiovascular procedures
  - Worse diabetes care
- Misuse
  - During medical hospitalization, persons with schizophrenia are about twice as likely to have infections due to medical care.

## **Problems with Access to Health Care**

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- Medicaid/federal and state
- State only Medicaid – Gray Zone
- Medicare

## **The Maryland Public Behavioral Health System: Who Pays?**

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- Maryland Medicaid Specialty Mental Health Services Covered through the PBHS:
  - Hospital
  - Individual practitioners
  - Outpatient mental health clinics
  - Residential treatment centers
  - Partial hospitalization
  - Therapeutic behavioral services
  - Mobile treatment programs
  - Psychiatric rehabilitation programs
  - Case management
  - Health homes
  - Therapeutic nursery
  - Traumatic brain injury provider
  - Medical laboratory services
  - Tele-mental health
  - Pharmacy

# **The Maryland Public Behavioral Health System: Services**

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- Child and adolescent Psychiatrists
- Clinical social workers
- Professional counselors
- Psychiatric Nurse Practitioners
- Substance abuse counselors
- Rehabilitation counselors
- Peer support specialists

## **The Maryland Public Behavioral Health System: Core Mental Health Professionals**

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- The Core Service Agency is the local mental health authority and is responsible for the planning, development, monitoring and evaluation of publicly funded behavioral health care services. Services include: local system governance; fiscal management of state and federal grants; grievance and appeal resolution; planning and needs assessment; policy development; provider contract development and monitoring; provider recruitment; quality assurance; and training.
- The public behavioral health services available to individuals with medical assistance include outpatient treatment, psychiatric rehabilitation, case management, residential rehabilitation, supported employment mobile treatment and assertive community treatment.
- Crisis Services include residential crisis services, which are available to individuals to either prevent hospitalization or to assist individuals transitioning from inpatient hospitals to the community. The Montgomery County Crisis Center is available to all Montgomery County citizens and has walk-in therapy, psychiatry, crisis response via phone, mobile crisis and residential crisis.

# **The Maryland Public Behavioral Health System: Core Service Agency**

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- Montgomery County also has an array of substance use treatment to include outpatient treatment, residential treatment and residential detox.
- Montgomery County's Access Team provides referral for treatment services in Montgomery County, and the Core Service Agency provides referrals for residential rehabilitation services in Montgomery County.
- The Core Service Agency works closely with the State Psychiatric hospitals, and local jails and criminal justice system to plan for the transition of individuals to the community.

## **The Maryland Public Behavioral Health System: Core Service Agency**

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- Any questions?

**Questions??????**

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