

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

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Final Report
August 2019
Updated July 2020

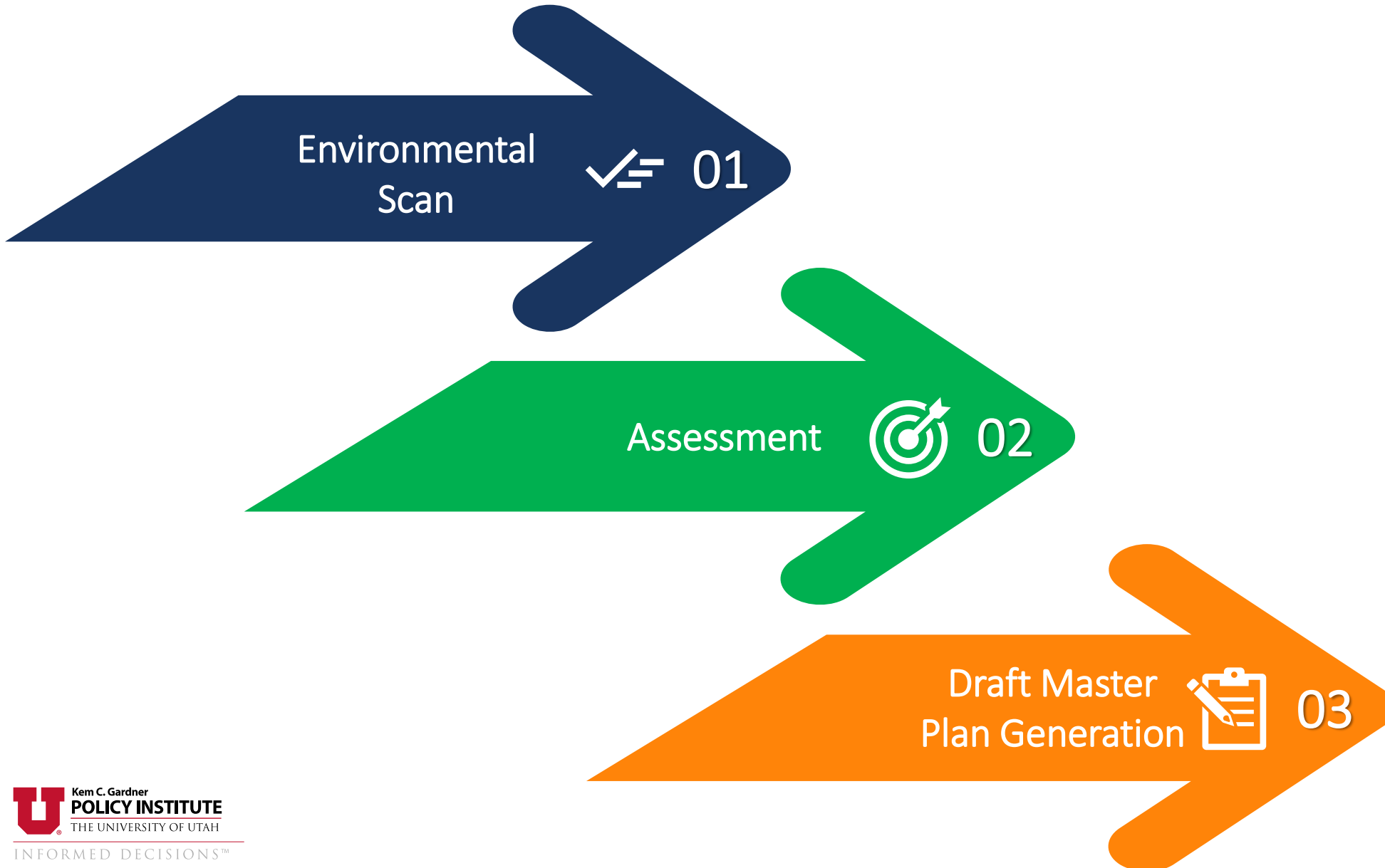
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UTAH HOSPITAL ASSOCIATION

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 250 participants
- Comprise a diverse range of stakeholders and representation

Representatives from:

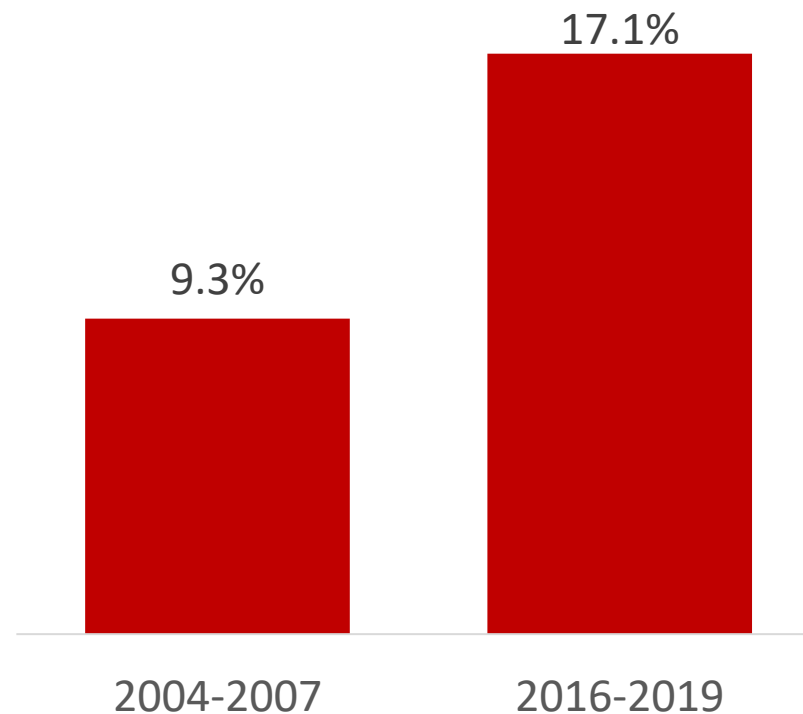
- Public providers, including local authorities, community health centers, and federally qualified health centers
- Private providers, including nonprofit providers, pediatricians, family care practice physicians, clinical practitioners, behavioral health treatment providers, psychiatrists, and residential 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**.

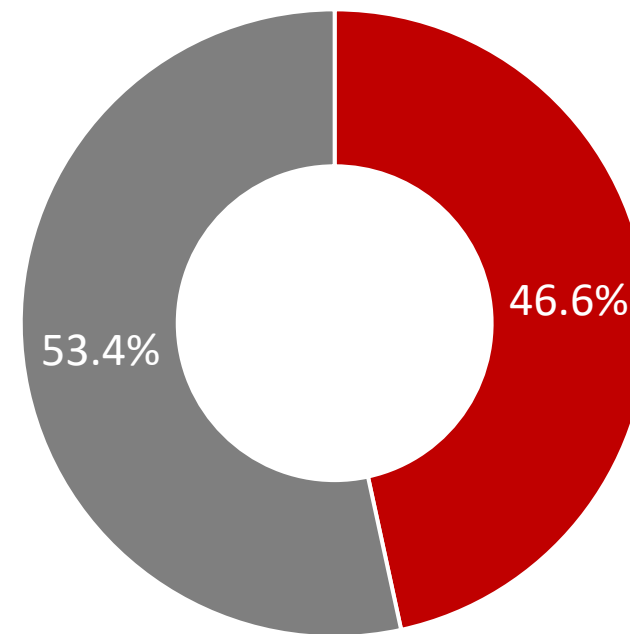
Utah's percent is also higher than the national average (14.0%).





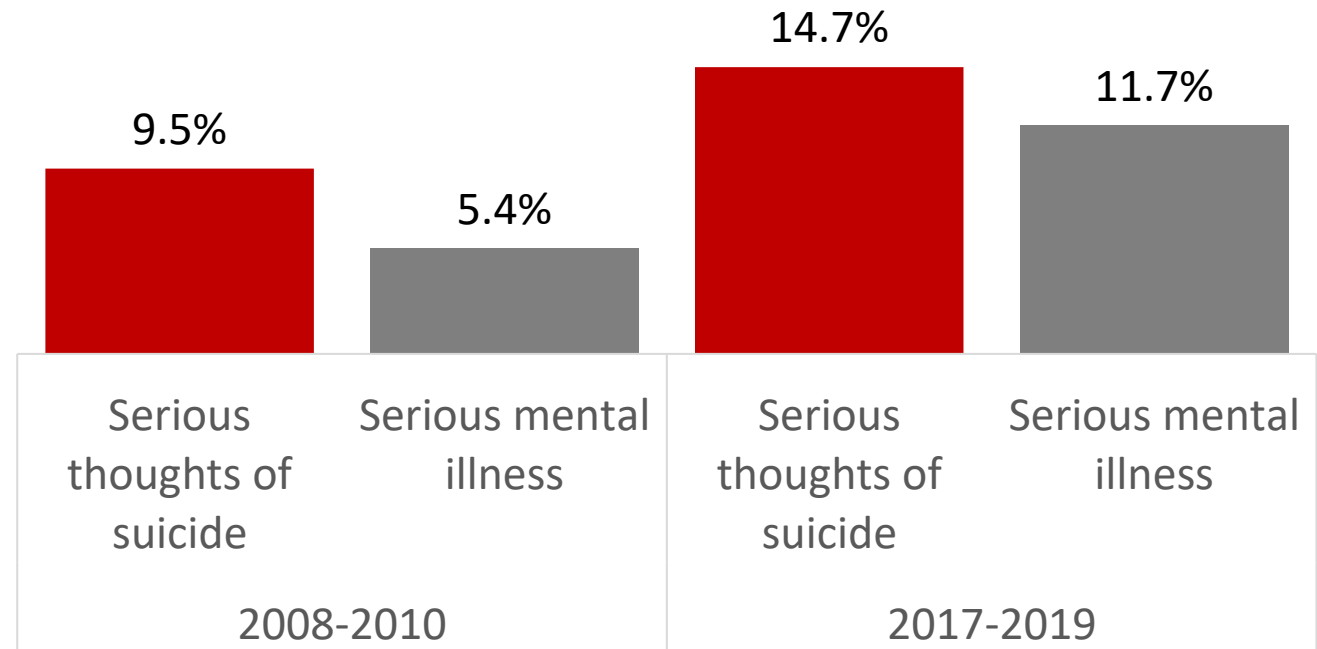
Of these youth, **less than half** received depression care in the past year.

This indicates there were around **27,000 youth in Utah** who did not receive treatment.





The percent of young adults with **serious thoughts of suicide** and **serious mental illness** has also increased.



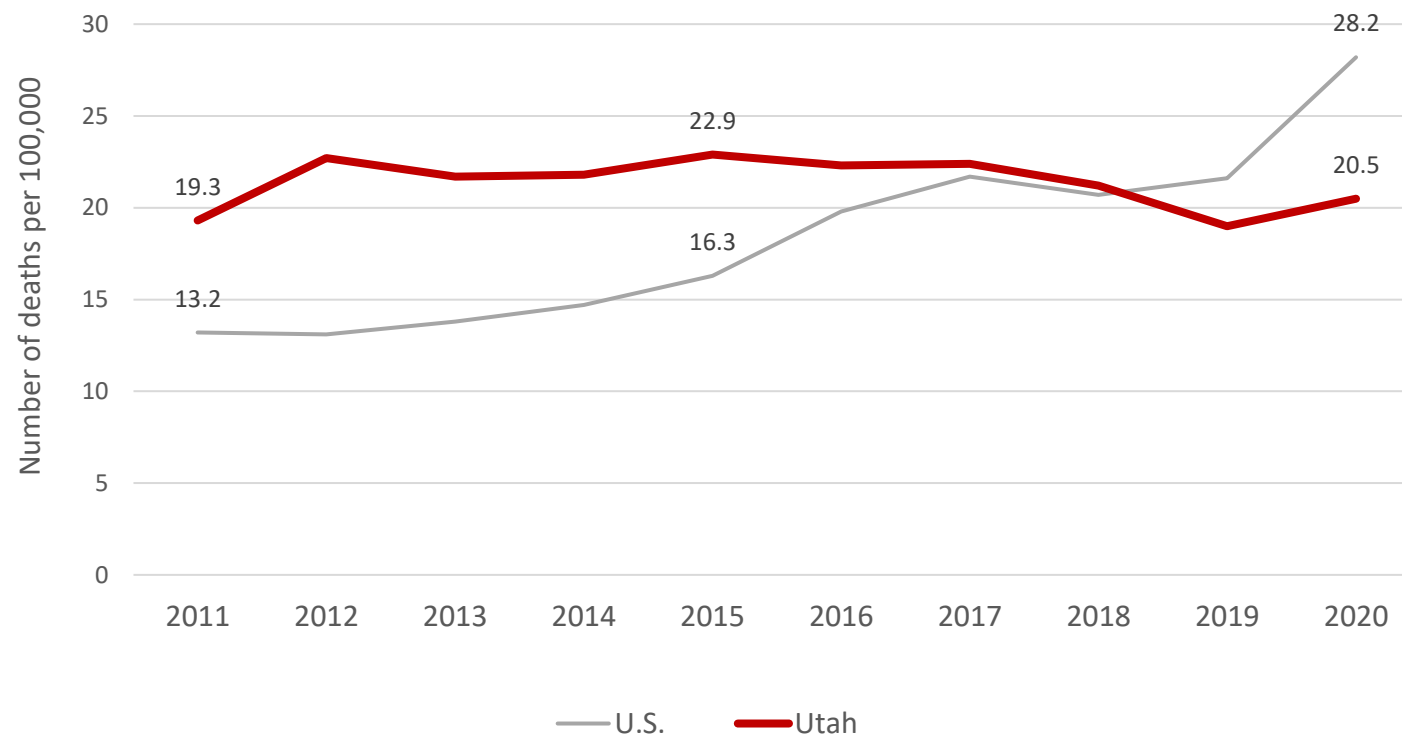
Environmental Scan

✓ 01

Total drug-related fatalities in Utah are increasing again.

The main drivers are **fentanyl** and **methamphetamine**.

Total drug-related fatalities in Utah and the U.S., 2011-2020



Note: Total drug-related fatalities include those coded as unintentional, suicide, homicide, or undetermined intent. Source: Utah Department of Health and Human Services, Indicator-Based Information System for Public Health.

Assessment

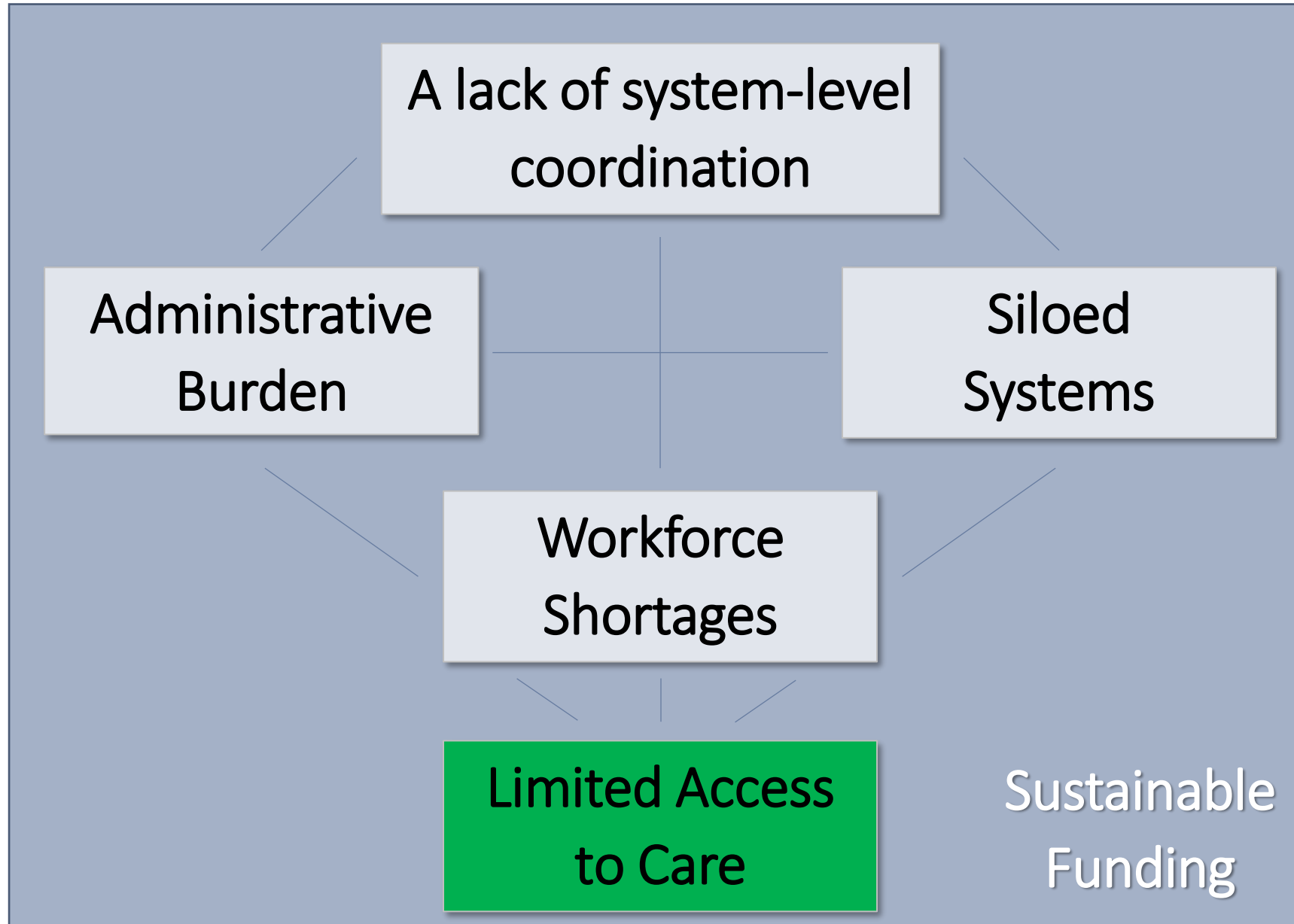


02

Key Findings



System-Level Issues

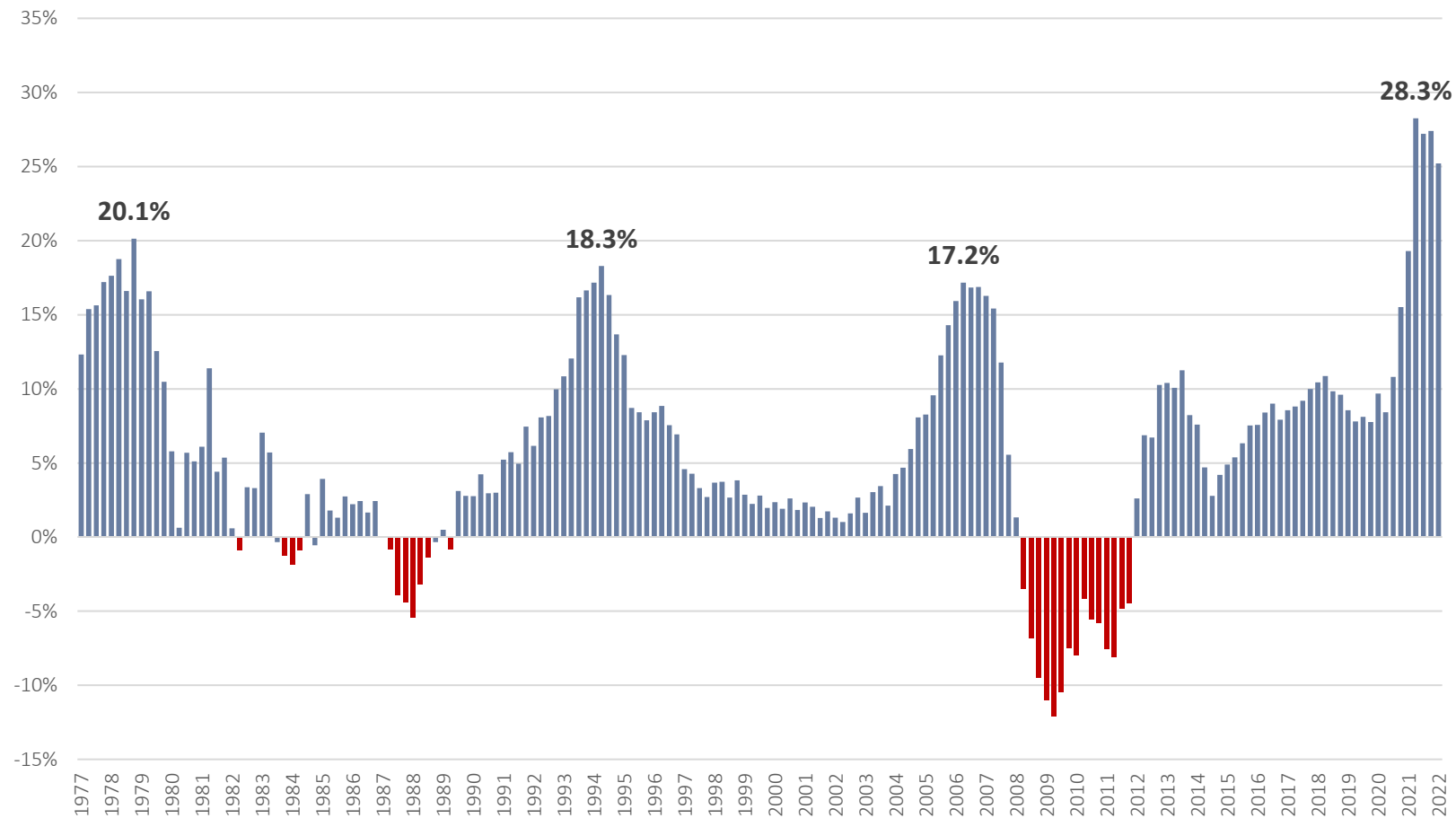




Other Key Findings (a sample)

#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)

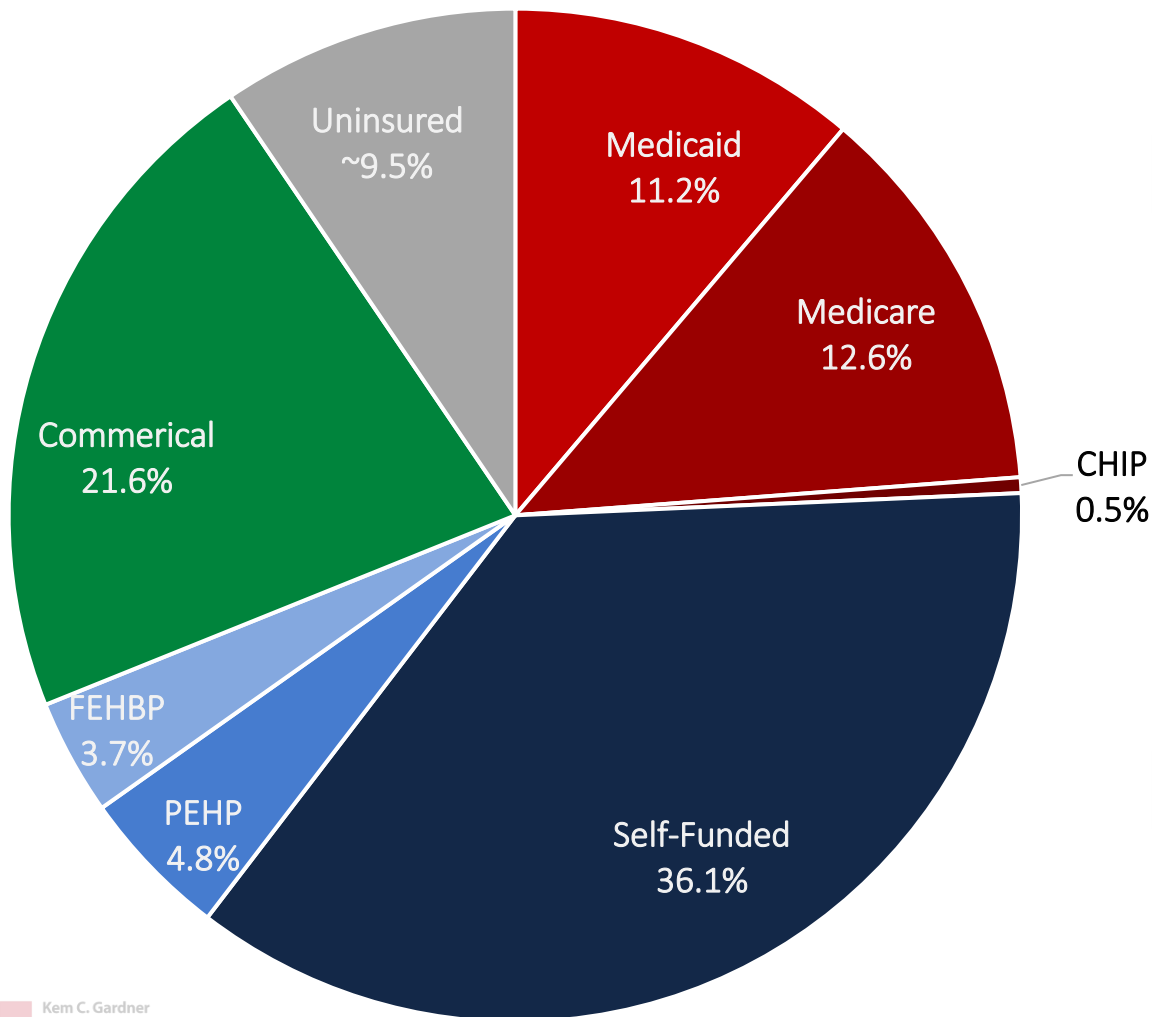
- Address housing (disrupting care across the continuum)
- Improve funding and coordination of promotion, prevention, and early intervention activities.
- Increase primary care-based behavioral health services.
- Improve continuity of care in Medicaid.
- Improve access to services for persons with co-occurring 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





Next Steps

- Finalize guiding principles, strategic priorities, key decisions, and recommended continuum changes
- Prepare draft Master Plan
- Circulate draft with stakeholders and the public
- Review and incorporate feedback
- Prepare and present final Master Plan