Mental Health Gap Analysis of Washington & Ozaukee Counties

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Key Terms

- Severe Mental Illness (SMI)
- Severe Emotional Disorder (SED)
- Any Mental Illness (AMI)
- Mental Health Treatment Gap
Purpose

- Quantify the mental health treatment gap for adults and children in Washington and Ozaukee Counties
- Gain insight on the perceived factors associated with the mental health treatment gap in Washington and Ozaukee Counties
Introduction

- Mental Health is a growing area of priority in the United States
  - Healthy People 2020 - Mental Health is a leading health indicator

- Adults and Mental Illness (MI)
  - 20% experience MI in a given year
  - 4% live with a SMI
  - 6.9% experience major depressive episode
  - 18.1% experience a form of anxiety disorder

- Children and Mental Illness (MI)
  - 13-18 Years Old: 31.9% Anxiety, 19.1% Behavior Disorder, 14.3% Mood Disorder
Introduction Cont.

- **National Mental Health Treatment Gap**
  - Did Not Receive Treatment
    - 56.9% of adults with AMI
    - 34.7% of adults with SMI
    - 50.6% of children 8-15 with AMI

- **United States - A Mental Health Crisis**
  - Significant quantity of diagnoses
  - High volume not receiving treatment
Lit Review - Mental Health Prevalence & Treatment Gap in Wisconsin

- Wisconsin Mental Health and Substance Abuse Needs Assessment
  - Adult Prevalence 2012-2013
    - AMI: 802,557 (18.3%)
    - SMI: 184,193 (4.2%)
  - Child Prevalence 2012-2013
    - AMI: 202,041 (21.0%)
    - SED: 106,879 (11.0%)
  - Treatment Gap 2011 *(Most Recent Assessment)*
    - Total: 510,562 (49.0%)
    - Adult: 417,15 (50.0%)
    - Child: 93,417 (46.0%)
Behavioral Health Barometer - Wisconsin (2008-2012)

- Adult SMI
  - Wisconsin rate equal to National rate (4.0%)
- Child Major Depressive Episode (MDE) rate
  - Consistent increase in Wisconsin
    - 7.6% (2009-2010) to 8.8% (2011-2012)
  - Consistent with the National Rate
    - 8.1% (2009-2010) to 8.7% (2011-2012)

Treatment Gap 2008-2012

- Adult: 58.7%
- Child: 60.6% (those with MDE)
Lit Review - Mental Illness in Washington & Ozaukee County

- Washington County - 2011
  - Total Population: 132,206
  - Adult AMI: 19,113
  - Adult SMI: 4,627
  - Child AMI: 5,034
  - Child SED: 2,637
  - Poor Mental Health Days/Month: 3.0
Lit Review - Mental Illness in Washington & Ozaukee County

- Ozaukee County - 2011
  - Total Population: 86,530
  - Adult AMI: 12,677
  - Adult SMI: 3,069
  - Child AMI: 3,241
  - Child SED: 1,698
  - Poor Mental Health Days/Month: 2.9
Barriers To Treatment

- Perceived Need For Treatment
  - Severity not worthy of treatment
  - Capable of handling it without treatment

- Stigma
  - Negative belief about mental illness and treatment
  - Embarrassed of condition
  - Not confident in treatment

- Shortage of Providers
  - Specialty Providers
  - Rural Shortage

- Parents/Adult Caregiver
  - Perception of Need
  - Miscommunication with Provider
  - Lack of Commitment
Barriers To Treatment Cont.

- Financial Barriers
- Inconvenience
- Wait Time
- Transportation
- Education
Methodology Used To Understand Mental Health Treatment Gap

- Qualitative
  - San Diego County Gap Analysis (2005)
    - Unserved Population Count
    - Underserved Population Count
    - Underserved Racial/Ethnic Population Count
  - Mental Health and Substance Abuse Needs Assessment
    - Comparison of Adult and Child AMI Prevalence to Mental Health Service Patient Count
Methodology Used To Understand Mental Health Treatment Gap Cont.

- Quantitative
  - Systemic Barriers to Mental Health Care - St. Paul and Minneapolis (2014)
    - Interviews with mental health professionals
    - Interviews transcribed and coded
    - Compared and Contrasted emerged themes with literature
  - Understanding Treatment Gaps for Mental Health, Alcohol, and Drug Use in South Dakota (2015)
    - Semi structured Phone Interviews
    - Codes developed to identify themes
Methods

- Quantitative
  - Calculated prevalence rates for Adult and Child AMI, SMI, SED
  - Collection of unique patient count of individuals who accessed mental health services (Courtesy of Wisconsin Health Information Organization - WHIO)
  - Calculated the difference between prevalence rate and unique patient count

- Qualitative
  - In-person Interviews conducted with health and human service professionals
  - Semi structured interview guide utilized
  - Open coding of notes, supported by recordings, to identify emerged themes
## Results: The Mental Health Treatment Gap

### Washington County

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Washington County Adults AMI Prevalence &amp; Treatment Gap</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Count</td>
</tr>
<tr>
<td>AMI Prevalence</td>
<td>18909.00</td>
</tr>
<tr>
<td>Mental Illness - Received Treatment</td>
<td>7216.00(^b)</td>
</tr>
<tr>
<td>Mental Illness - No Treatment</td>
<td>11693.00</td>
</tr>
</tbody>
</table>

\(^a\)Percentage of Total Adult Population in Washington County  
\(^b\)Data courtesy of WHIO  
\(^c\)Percentage of Total AMI Prevalence

<table>
<thead>
<tr>
<th>Table 2</th>
<th>Washington County Children AMI Prevalence &amp; Treatment Gap</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Total Count</td>
</tr>
<tr>
<td>AMI Prevalence</td>
<td>6370.00</td>
</tr>
<tr>
<td>Mental Illness - Received Treatment</td>
<td>2219.00(^b)</td>
</tr>
<tr>
<td>Mental Illness - No Treatment</td>
<td>4151.00</td>
</tr>
</tbody>
</table>

\(^a\)Percentage of Total Adult Population in Washington County  
\(^b\)Data courtesy of WHIO  
\(^c\)Percentage of Total AMI Prevalence
Results: The Mental Health Treatment Gap
Ozaukee County

Table 3
Ozaukee County Adults AMI Prevalence & Treatment Gap

<table>
<thead>
<tr>
<th>Total Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMI Prevalence</td>
<td>12572.00</td>
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<tr>
<td>Mental Illness - Received Treatment</td>
<td>5081.00(^b)</td>
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<tr>
<td>Mental Illness - No Treatment</td>
<td>7491.00</td>
</tr>
</tbody>
</table>

\(^a\)Percentage of Total Adult Population in Washington County
\(^b\)Data courtesy of WHIO
\(^c\)Percentage of Total AMI Prevalence

Table 4
Ozaukee County Children AMI Prevalence & Treatment Gap

<table>
<thead>
<tr>
<th>Total Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMI Prevalence</td>
<td>4022.00</td>
</tr>
<tr>
<td>Mental Illness - Received Treatment</td>
<td>1321.00(^b)</td>
</tr>
<tr>
<td>Mental Illness - No Treatment</td>
<td>2701.00</td>
</tr>
</tbody>
</table>

\(^a\)Percentage of Total Adult Population in Washington County
\(^b\)Data courtesy of WHIO
\(^c\)Percentage of Total AMI Prevalence
Results: Interviews

- Emerged Themes
  - Limited Services
    - “Lack of mental health services”
    - “Lack of mental health providers”
  - Wait Time
    - “At least a month” to “almost three months”
  - Finances and Insurance
    - Unable to afford mental health services
    - Insurance does not cover enough of the cost or services that are convenient
  - Education
    - “Individuals do not recognize they have mental health issues”
Results: Interviews Cont.

- Emerged Themes Cont.
  - Denial & Attitude
    - “Adults are in denial over the symptoms they experience”
    - Individuals “do not take mental illness symptoms seriously”
  - Stigma
    - “Embarrassed of their condition”
    - “Ashamed of getting the services they need”
  - County Geography
    - Services are not appropriately accessible throughout county
    - “Rural nature of both counties causes treatment access to be difficult”
  - Transportation Systems
    - “Not Reliable”
    - “Individuals cannot afford it”
Results: Interviews Data Cont.

- Emerged Themes Cont.
  - Parents
    - “Parents are not following through on referrals and appointments”
    - Parents “don’t care about their kids” and are “neglecting their children”
    - Parents are in denial of their child’s symptoms

- Reducing the gap in Washington & Ozaukee County
  - Increase access and availability of services
    - Especially Psychiatry services
    - More adolescent services
  - Community education on mental health
  - Improving county-based transportation system
Discussion

- The Treatment Gap
  - Adult & Child treatment gap higher than Wisconsin average

- Interview Results
  - All themes from interviews overlapped with the literature review
  - Stigma held by children not found in interviews
Future Action

- Increase in specialty providers and services in Washington and Ozaukee County
  - Psychiatrists
  - Services in rural areas
  - Increased treatment options
- Further integration of more mental health focus into primary and specialty care
- Increase in educational efforts in Washington and Ozaukee Counties
  - School-based education
  - After-school programs
  - Community-based workshops
  - Specialty trainings in various community sectors
    - Ex: Mental Health First Aid for Police
- Improving the county-based transportation systems
Future Research

- Gauge perceptions of those with, or history with, mental illness on the barriers to accessing mental health treatment
- Explore the shortage of mental health providers and mental illness treatment options
- Explore viable funding options to implement research and policy that focus on the mental health treatment gap
Conclusion

- Mental health treatment gaps are higher in both Washington and Ozaukee Counties compared to the State of Wisconsin
  - Adult and Child
- Associated factors include:
  - Lack of providers
  - Limited treatment options
  - Rural nature of the Counties
  - Poor education on mental health
  - Unreliable transportation systems
- Action needs to be taken to:
  - Increase mental health professionals and treatment options
  - Increase in educational efforts on various topics in mental health in various community sectors
  - Improve county based transportation systems
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  - Ben Sanders & Sara Jensen
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