



# Community Health Needs Assessment

## The Mental Health Implementation Strategy Work Group



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### Background

- Mental health disorders are the most common diseases of childhood
  - 17.1 million of 74.5 million children have or have had a psychiatric disorder
    - More than number of children with cancer, diabetes, and AIDS combined

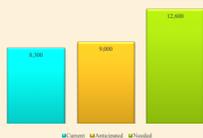


- 49.5% will have a diagnosable mental illness before 18
- 22.2% of those will have "serious impairment" before 18
- Only 7.4% will have any mental health visits during a year

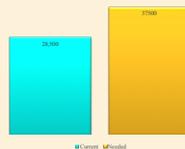


- Mental health care are in short supply

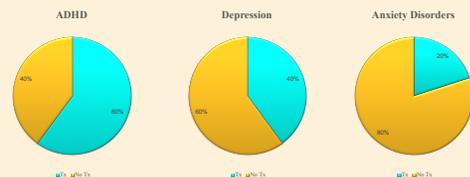
Child & Adolescent Psychiatrist Shortage by 2020



School Psychologist Shortage



- Who doesn't get treatment



### Introduction

#### Community Health Needs Assessment

- UVM Medical Center representatives met with community leaders in focus groups, public forums and individual interviews to identify community health needs
- Survey's were sent to the community
- Mental health challenges were cited as an important need for the community.
  - Most often discussed area of need at community breakfast
- Affordable Care Act (ACA) requires hospital organizations to conduct a Community Health Needs Assessment (CHNA) and adopt an implementation strategy every three years
- Possible change in reimbursement system and moving away from fee for service

#### Areas of need identified by community leaders:

- Prevention and early intervention
  - Poverty
  - Substance Abuse
  - Lack of housing
  - Family issues
- Coordination and integration of services, especially with regards to substance abuse care
- Inpatient and acute care
- On-going mental health treatment
- Needs of children whose parents are in treatment
- Reduce stigma
- Recruitment of mental health providers
- Other areas of need identified
  - Substance abuse
  - Early childhood and family supports
  - Access to healthy food
  - Oral health
- 9 working groups were convened to address each identified area

#### The Mental Health Strategy Working Group

- Goal: Increase access to mental health services and support for all ages
- The group will recommend at least strategy for the medical center to implement in 2016

### Results and Recommendations

#### Consideration of Existing Services

- Four services categories
  - Early Detection & Intervention (prevention)
  - Support Services
  - Acute Treatment
  - Outpatient/ Non-Acute Treatment
- Issues identified
  - Inadequate supply for current demand
  - Reimbursement for services is prohibitive
  - Inequality of services (acute facilities for children and adolescents are a particular problem)
  - Current programs lack resources to be effective (staffing, and funding)

#### Solutions Identified:

- Resources
  - Partner with community organizations to improve access to acute services
  - Increase early support services for high need families
  - Continue to expand housing initiatives between UVMCC and community partners
  - Increase support for transition age youths
  - Increase case management and social works services in acute setting
- Primary Care Offices
  - Include mental health/ psychiatric consultants in PCP offices
    - Currently in some offices
  - Integrate mental health providers in treatment team (not only co-locate)
  - Increase mental health screening
- Education
  - Educate community about prevention strategies
  - Educate non-mental health providers and other staff member about mental health and improve patient sensitivity
  - Educate other community leaders such as teachers
- Policy
  - Address legal barriers to sub-optimal communication
  - Legal partnerships to share information between schools, counselors, and medical providers
  - Advocate for school based counselors in every school
  - Address disruptions in treatment and services during summer months
  - Reimbursement are at times below cost of providing care
  - Diagnostic codes does not cover prevention and at risk behavior

#### Recommendations:

- Collaborate with other community provider to increase number of hospital diversion beds
- Explore feasibility of adding inpatient unity at UVM Medical Center.

### SELECTED CITATIONS

Child Mind Institute. 2015 Children's Mental Health Report. Retrieved from the institute's website: [www.childmind.org/report](http://www.childmind.org/report)