Responding to Behavioral Health Needs in Our Communities:
Public Health Summit
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Today

- Snapshot Montgomery County, MD
- What is “Mental Health”?
- Mental Health Needs after the ACA and Universal Healthcare
- Responding: a new Safety Net
Montgomery County, Maryland

- 1,044,000 residents
- 17% of state, higher growth rate
- Suburban/Urban
- 10th richest in country, $92,000+ median income
- 37% college degree or higher
- 4.5% households live below poverty line
- Diverse ages
- 14.8% difficulty speaking English
<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2015 Population</th>
<th>2015 %</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, Non-Hispanic</td>
<td>472,676</td>
<td>45.2%</td>
</tr>
<tr>
<td>Black, Non-Hispanic</td>
<td>184,057</td>
<td>17.6%</td>
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<tr>
<td>White, Hispanic</td>
<td>169,761</td>
<td>16.3%</td>
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<tr>
<td>Asian, Non-Hispanic</td>
<td>158,677</td>
<td>15.2%</td>
</tr>
<tr>
<td>Two or More Races, Non-Hispanic</td>
<td>27,250</td>
<td>2.6%</td>
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<tr>
<td>Black, Hispanic</td>
<td>14,175</td>
<td>1.4%</td>
</tr>
<tr>
<td>Two or More Races, Hispanic</td>
<td>6,874</td>
<td>0.66%</td>
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<tr>
<td>American Indian or Alaskan Native, Hispanic</td>
<td>5,716</td>
<td>0.55%</td>
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<tr>
<td>Asian, Hispanic</td>
<td>2,375</td>
<td>0.23%</td>
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<tr>
<td>American Indian or Alaskan Native, Non-Hispanic</td>
<td>1,775</td>
<td>0.17%</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander, Hispanic or Non-Hispanic</td>
<td>956</td>
<td>0.09%</td>
</tr>
</tbody>
</table>
“Mental Health” / “Mental Illness”

- Problems in Living: resources, health, crisis, relationships, behavioral health, others?

- Behavioral Health:
  - Emotions, thought, psychology: distress/roles
  - Addictions, mental health, crisis, victimization

- Mental Health: state of well-being in which realize abilities, can cope with normal stresses, work productively, and make a contribution to community
  - Associated with physical health

- Mental Illness: health conditions characterized by alterations in thinking, mood, or behavior (or combination)
“Mental Health” vs “Mental Illness”

- Language of “disease”: body/mind
- All human behavior is on a continuum (and there is a continuum of severity of “MI”)
- Most (all?) human behavior has multiple causes or influences
- Not everyone needs tx!-- Role of family, community, and providers/helpers currently serving
"I think the dosage needs adjusting. I'm not nearly as happy as the people in the ads."
Behavioral Health of Montgomery County

- 9.7% uninsured (5% non-resident or undocumented)
- 19.6% Report 2 or more days of poor mental health in the past month
- 16.7% Report that they do not usually get the emotional or social support they need
- 30 Homicides (19 in 2014)
- 70 Suicides
Challenges Post-Affordable Care Act

- Some uninsured remain

- Other Barriers to Care
  - Emergency/Urgent/Routine accessibility
  - Waitlists
  - Languages
  - Gender, Ethnic, Racial etc. Disparities

- Real “cultural competence”:
  - All people come in families and cultures
  - Protective factors and barriers
Montgomery County Response

Public Health Responses

- Education of public and “system”
- Promoters
- Recruiting and coordinating providers

A new “safety net”?
A New Safety Net?
Montgomery and Public BH Services

- Medicaid and Medicare as mainstay
- Mental health and/or substance abuse services through a multi-provider “system” of providers
- Different formal levels of services, but gaps
- MC Govt HHS “safety net” services: “Front Door” or Direct Service Programs
- Outpatient Addictions, Adult Behavioral Health, Child & Adolesc. MH, Senior MH, Crisis Center, Victims.
Safety Net Continuum of Services

- **Front Door**: Crisis Center, Access, SASCA (Kids), and Jail Programs supplement Hospital ERs and direct service providers

- Screening, assessment, motivational interviewing, brief case management, even psych. meds.

- **Treatment**: Ongoing clinics provide mental health, substance abuse, victim svcs.
Key Numbers

- Emergencies: Local Hospital/911
- Non-medical crisis situation: Crisis Center 240-777-4000 Walk-in 1301 Piccard Drive
- Substance Abuse Detox: Avery Road Treatment Center 301-762-5613
- Locating MH or Substance Abuse Services: Access to Behavioral Health 240-777-1770
- Substance Abuse Screening for Teens: SASCA 240-777-1430
Questions??