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# 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
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# Montgomery County, Maryland

- 1,044,000 residents
  - 17% of state, higher growth rate
  - Suburban/Urban
  - 10<sup>th</sup> 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
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Race/Ethnicity	2015 Population	2015 %
White, Non-Hispanic	472,676	45.2%
Black, Non-Hispanic	184,057	17.6%
White, Hispanic	169,761	16.3%
Asian, Non-Hispanic	158,677	15.2%
Two or More Races, Non-Hispanic	27,250	2.6%
Black, Hispanic	14,175	1.4%
Two or More Races, Hispanic	6,874	0.66%
American Indian or Alaskan Native, Hispanic	5,716	0.55%
Asian, Hispanic	2,375	0.23%
American Indian or Alaskan Native, Non-Hispanic	1,775	0.17%
Native Hawaiian or Pacific Islander, Hispanic or Non-	956	0.09%

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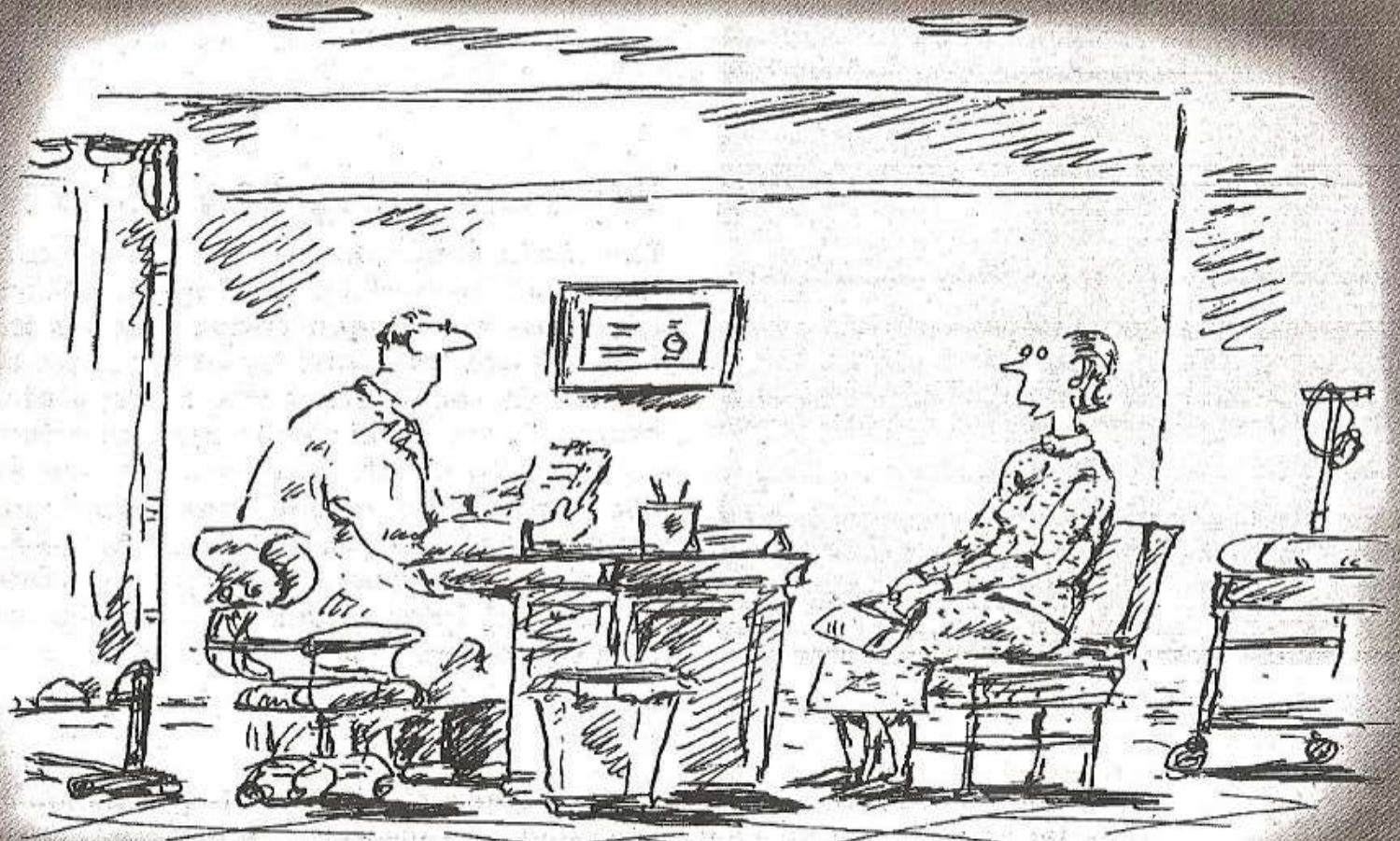
# “Mental Health” / “Mental Illness”

- 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)
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# “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
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B. Smaller

“I think the dosage needs adjusting. I’m not nearly as happy as the people in the ads.”

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# 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
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# 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
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# Montgomery County Response

- Public Health Responses
    - Education of public and “system”
    - Promoters
    - Recruiting and coordinating providers
  - A new “safety net” ?
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# 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.
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# 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.
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# 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
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# Questions??

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