

**National Association of
State Mental Health
Program Directors
2019 Annual Conference**

**In partnership with the
International Initiative for
Mental Health Leadership**

Sept 2019

**BEYOND THE
BORDERS:**



**Lessons from the
International
Community to
Improve Mental
Health Outcomes**

NASMHPD

AUGUST 2019

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Acknowledgement: Elizabeth Sinclair, Technical Research Assistant

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The views in this report do not necessarily reflect those of any governmental or other entity with whom the author is affiliated.

NASMHPD

National Association of State Mental Health Program Directors



International Initiative for Mental Health Leadership

Lead the change you want to see: Connecting leaders globally



*Mental illness and [intellectual and developmental disabilities]
are among our most critical health problems.*



President John F. Kennedy
Special Message to Congress
February 5, 1963

They occur more frequently, affect more people, require more prolonged treatment, cause more suffering by the families of the afflicted, waste more of our human resources and constitute more financial drain ... than any other single condition.

Beyond Beds

The Vital Role of a Full
Continuum of Psychiatric Care



October 2017



2017 Recommendations:

1. The vital continuum
2. Terminology
3. Criminal and juvenile justice diversion
4. Emergency treatment practices
5. Psychiatric beds
6. Data-driven solutions
7. Linkages
8. Technology
9. Workforce
10. Partnerships

BOLD GOAL **100%** 2018

- Availability of early screening, identification and timely response after the onset of mental illness symptoms in youth and adults
- Access to effective medication and other evidence-based therapies for individuals with psychiatric conditions
- Compliance with legal requirements for health care networks to make the full continuum of psychiatric care accessible to patients
- Access without delay to the most appropriate 24/7 psychiatric emergency, crisis stabilization, inpatient or recovery bed
- Diversion from arrest, detention or incarceration when individuals with mental illness intersect with the justice system and can be appropriately redirected
- Homeless people with serious mental illness permanently housed
- Suicides prevented



**BOLDER GOALS,
BETTER RESULTS**

**Seven Breakthrough
Strategies to Improve
Mental Illness Outcomes**

NASMHPD

Recent Efforts

- ❖ Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC)
- ❖ NASMHPD partnership with the International Initiative for Mental Health Leadership (IIMHL)
- ❖ SAMHSA's Strategic Plan FY2019-FY2013

BEYOND THE BORDERS:



Lessons from the International Community to Improve Mental Health Outcomes

1. Big data as a driver for improved mental health services and individual outcomes
2. Access to effective medication and promising therapies
3. Supported decision-making and personal autonomy
4. Culture and spirituality integrated into mental health care
5. Mental health community care and prioritization of continuity
6. Emerging models to identify targeted inpatient bed needs
7. Improved correctional conditions and alternatives to incarceration
8. Disaster response and opportunity for sustained improvement
9. Mental health as public health

1. Big Data as a Driver for Improved Mental Health Outcomes

US Examples

- Campden Coalition

Lessons from the International Community

- Taiwan National Health Insurance Research Database
- Norwegian Patient Registrar
- Danish Patient Registry



Big Data and Feedback Loops

National Taiwan University
Health Data Research Center

Health Data Collaboration Research

Links

Environment Data Strengths

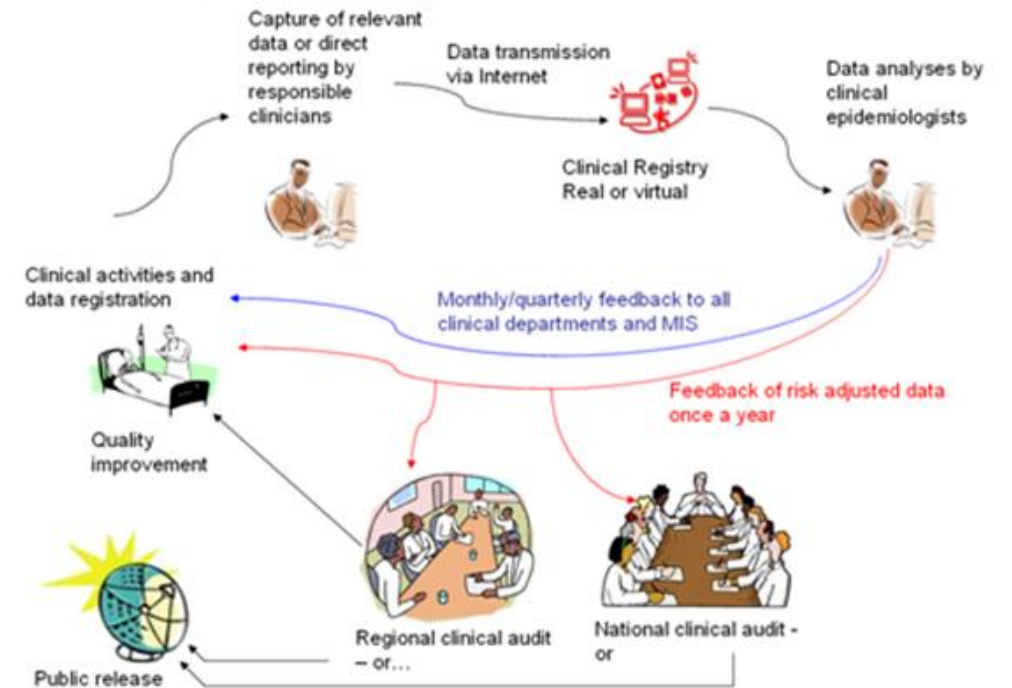
Data

Under a government initiative – the National Health Informatics Project, Taiwanese researchers now may apply to analyze 50 or more health and welfare related databases, which are collected, organized and managed by Health and Welfare Data Science Center (HWDSC) of Ministry of Health and Welfare (MOHW).

NHI data

Cancer Registry data

Important phases in the Danish Clinical Registries



2. Access to Effective Medication and Promising Therapies

US Examples

- SMI-Advisor
- Early studies on Open Dialogue

Lessons from the International Community

- Medication access differences
 - Clozapine access
 - Long acting medications
 - Medications to treat SUD
- Therapies (non-medication) access differences
 - CBTp- CBT for Psychosis
 - Open Dialogue



3. Supported Decision-Making and Personal Autonomy

US Examples

- American Bar Association and Center for Public Representation efforts on on supported decision making
- SAMHSA Efforts to expand psychiatric advance directives

Lessons from the International Community

- United Nations examination of human rights in health care delivery
- EUNOMIA study examining coercion in psychiatric care across 11 countries
- National Institute for Health Care Excellence Guidelines for supported decision-making
- Article 12 of the UN convention on the Rights of Persons with Disabilities



Supported Decision-Making and Personal Autonomy

- Article 12 of the UN Convention on the Rights of Persons with Disabilities
- Examined around the world as a point for maximizing the opportunities for persons with disabilities to make personal choices

Human Rights Brief

Volume 19 | Issue 2

2012

Implementing Legal Capacity Under Article 12 of the UN Convention on the Rights of Persons with Disabilities: The Difficult Road From Guardianship to Supported Decision-Making

Robert D. Dinerstein
American University Washington College of Law

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Factsheet: Equality Before the Law and Supported Decision-Making

9 March 2018

Background

A number of Australian laws, policies and practices deny or diminish recognition of people with disability as persons before the law, or deny or diminish the right of a person with disability to exercise legal capacity.

This takes place in laws such as guardianship, estate management and



Alter
Volume 5, Issue 4, October–December 2011, Pages 249-264



Research paper

Moving towards substituted or supported decision-making? Article 12 of the Convention on the Rights of Persons with Disabilities

Vers la décision substituée ou vers la décision accompagnée ? L'article 12 de la Convention relative aux droits des personnes handicapées

Nandini Devi ^{a, b, c, d}, Jerome Bickenbach ^{a, b, c}, Gerold Stucki ^{a, b, c}

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<https://doi.org/10.1016/j.alter.2011.07.002>

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Abstract

The United Nations Convention on the Rights of Persons with Disabilities (CRPD) entered into force in May 2008. It is the first legally binding international treaty aimed specifically at protecting the rights of persons with disabilities. Ratifying State Parties have to either

4. Culture and spirituality integrated into mental health care

US Examples

- Resources on cultural and linguistic core competencies
- SAMHSA grants with priorities to efforts with tribes

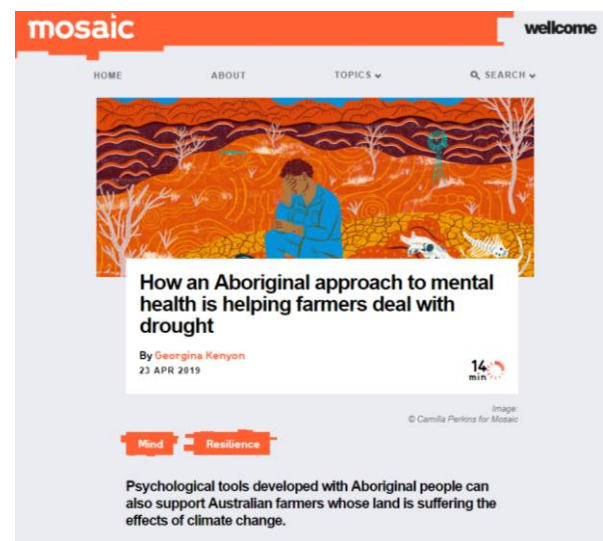
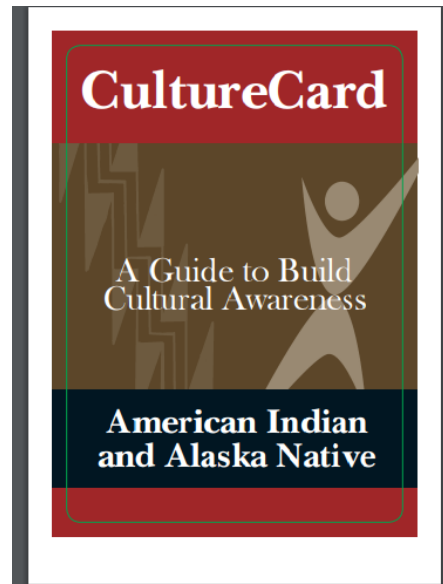
Lessons from the International Community

- Royal Australian and New Zealand College of Psychiatrists identification of improving mental health of Māori people as a strategic priority
- Movement for Global Mental Health focus on indigenous psychologies
- South African approaches with traditional healers and religious advisors
- Culturally sensitive mental health care with ultra-orthodox in Israel



Culture and spirituality into mental health care

- Learning from native populations
- Moving beyond “cultural competence” to national CLAS standards (Culturally and Linguistically Appropriate Services in health care)



5. Mental health community care and prioritization of continuity

US Examples

- County based examination of services aligned with states

Lessons from the International Community

- Caracas Declaration of the 1990s
- World Health Organization Instrument for Mental Health Systems
- 2013 Pan American Health Organization report examining mental health care across Latin American and Caribbean countries
- Australian review of service delivery for adults
- Ireland study of mental health needs of older adults
- Trieste as an exemplar of systematized community services with formulas for service to population ratios



Trieste as an exemplar of positive practices for Community Mental Health

Some components:

- Community Mental Health Centers involved in all phases of treatment
- Clear design for services based on population ratios across the continuum
- Workforce development
- Community integration, individualized treatment, etc.



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**DEMOCRAZIA
E SALUTE MENTALE
DI COMUNITÀ**
DEMOCRACY AND COMMUNITY
MENTAL HEALTH CARE

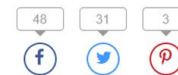
Trieste, Parco di San Giovanni, 21-23 giugno/June 2018

Participation, citizenship and reform processes in Italy and worldwide 40 years after law 180. Conference of collective subjects and organizations for change

Organized by Mental Health Department
Associations and Social Cooperative



antonio villas: public mental health care center, trieste, italy



public mental health center in trieste, italy by antonio villas image courtesy anton villas

italian architectural firm antonio villas have renovated a double storey century old building to create a public mental health center in trieste, italy. the center includes a multi functional first floor open space equipped with a kitchenette and doctor's consulting rooms. on the first floor are bedrooms decorated with brightly colored interiors. in the mansard is a small home theatre/meeting room and living area.



public mental health center image courtesy antonio villas



public mental health center image courtesy antonio villas

6. Emerging models to identify targeted inpatient bed needs

US Examples

- State level commissions
- Legislative efforts within states

Lessons from the International Community

- Identification of bed count approaches
 - Population Health
 - Observed Outcomes
- Tipping Point debates
- Strengthened linkages to help mitigate disruption in care and facilitate community tenure



7. Improved correctional conditions and alternatives to incarceration

US Examples

- Study of silos of care between correctional and community systems
- Efforts to improve mental health and substance use services within corrections

Lessons from the International Community

- National Health Service “Principle of Equivalence” with some success and some lessons learned for further improvement
- Architectural design of corrections (e.g., Germany, Denmark) as a means of improving conditions of confinement and access to services
- Specialty courts focused on community trust (Israel)



Mental Health Engagement Across Systems



Public Health England

Protecting and improving the nation's health

Rapid review of evidence of the impact on health outcomes of NHS commissioned health services for people in secure and detained settings to inform future health interventions and prioritisation in England

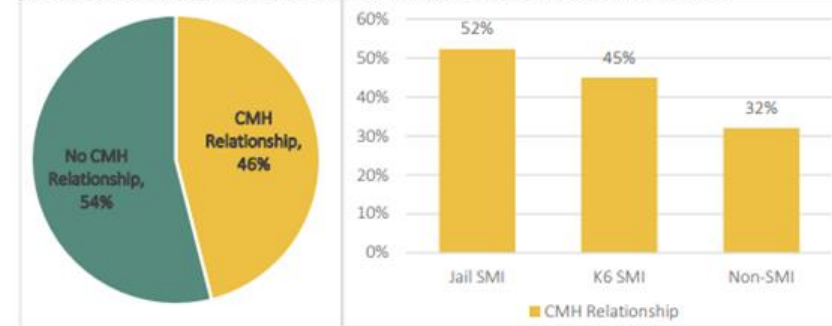
2016 report

....neglecting the health and wellbeing of people in prisons has negative implications on the wider society...

Mental Health Treatment Engagement

The sample cohort was then followed into the community to determine if those identified as SMI accessed MH treatment services post-jail release. Data was obtained from state-level Medicaid 'encounters'. Of the 1,160 individuals in the subsample, 803 individuals (69%) were found in Medicaid data.

Figure 14: Community Mental Health Status by Mental Health Identification Type

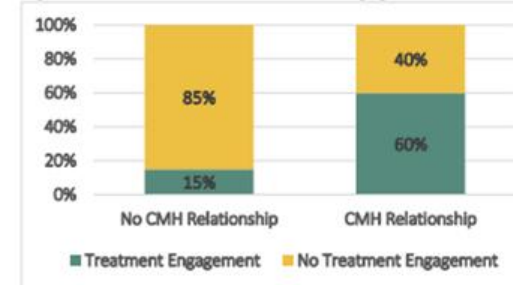


- Of those with an existing or historical relationship with the CMH, there is a significant difference in the proportion of individuals by SMI identification type.

$\chi^2(2)=22.3, p<.001$

Data Source: Medicaid; Sample 1,160; 31% of sample not found in Medicaid; 803 individuals included

Figure 15: Mental Health Treatment Engagement in the 14-Month Post-Release Period by CMH Status



Individuals with a CMH relationship (current or history) were more likely to engage in MH treatment in the 14-month post-release period (60%) than those with no CMH relationship (15%).

$\chi^2(1)=169.5, p<.001$

Data Source: Medicaid; Sample 1,160; 31% of sample not found in Medicaid; 803 individuals included

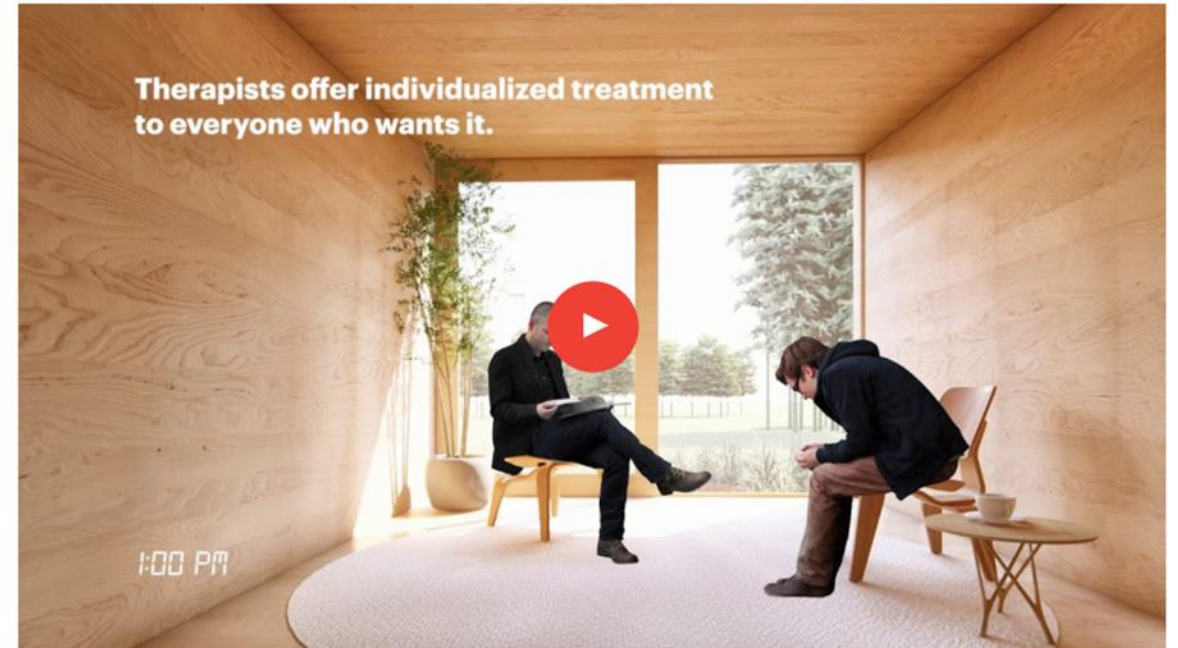
From Kubiak et al. Center for Behavioral Health and Justice 2019; Baseline Jail Diversion Data, Michigan

Changing conditions of confinement through design, programs, and linkages

Today



Vera Institute Re-imagining Prison Report 2018



Video

Human Dignity and Prison Design



Architecture and design has a role to play in creating a reimagined prison: a place that heals, invests in human dignity, and restores

Action Area



Bringing Dignity to Life Behind Bars

8. Disaster response and opportunity for sustained improvement

US Examples

- SAMHSA technical assistance with disaster relief
- Expanded knowledge about trauma informed systems

Lessons from the International Community

- citiesRISE to transform mental health practices and policies (e.g., Kenya, Bogota)
- Enhanced leveraging through recognition of socio-cultural beliefs and impact of trauma s to improve service acceptance (Haiti, Rwanda)
- WHO guide: Building back better: sustainable mental health care after emergencies



Learning from disasters and sustaining improvement



2013 Report

Case Examples from:

- Afghanistan
- Burundi
- Indonesia (Aceh)
- Iraq
- Jordan
- Kosovo
- Somalia
- Sri Lanka
- Timor-Leste
- West Bank and Gaza Strip

“Mental health reform was supported through planning for long-term sustainability from the outset.”

“The mental health system was considered and strengthened as a whole.”

9. Mental health as public health

US Examples

- Suicide prevention initiatives
- School efforts to identify mental health needs early

Lessons from the International Community

- Scotland's Good Mental Health for All
- UK Thrive into Work
- Mental Wellbeing Impact Assessment Coalition toolkit (England)





BEYOND THE BORDERS

Recommendation to Improve Mental Health Outcomes

- Look not only locally, but also internationally for approaches that will lead to better results

"By intentionally taking stock of work that has been done in other countries over recent years as a reference point for efforts in the United States, practitioners, policy makers and families have the potential to further augment and align improved services with a worldwide vantage point. Now is the time to do so." (Beyond the borders, 2019)

Comments? Questions? Feedback?

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BEYOND THE BORDERS