

The Health and Wellness of Mental Health Consumers

Benjamin Druss MD, MPH

Mental Health America Fall Policy Conference

November 15, 2007

The Problem: Years of Life Lost for Persons in the Public Mental Health Sector

Year	AZ	MO	OK	RI	TX	UT	VA (IP only)
1997		26.3	25.1		28.5		
1998		27.3	25.1		28.8	29.3	15.5
1999	32.2	26.8	26.3		29.3	26.9	14.0
2000	31.8	27.9		24.9			13.5

- Compared to the general population, persons with major mental illness typically lose more than 25 years of normal life span

Colton CW, Manderscheid RW. Prev Chronic Dis [serial online] 2006 Apr [date cited]. Available from: URL:http://www.cdc.gov/pcd/issues/2006/apr/05_0180.htm

Cardiovascular Disease (CVD) Risk Factors in Persons with SMI

Modifiable Risk Factors	Estimated Prevalence and Relative Risk (RR)	
	Schizophrenia	Bipolar Disorder
Obesity	45–55%, 1.5-2X RR ¹	26% ⁵
Smoking	50–80%, 2-3X RR ²	55% ⁶
Diabetes	10–14%, 2X RR ³	10% ⁷
Hypertension	≥18% ⁴	15% ⁵
Dyslipidemia	Up to 5X RR ⁸	

1. Davidson S, et al. *Aust N Z J Psychiatry*. 2001;35:196-202. 2. Allison DB, et al. *J Clin Psychiatry*. 1999; 60:215-220. 3. Dixon L, et al. *J Nerv Ment Dis*. 1999;187:496-502. 4. Herran A, et al. *Schizophr Res*. 2000;41:373-381. 5. MeElroy SL, et al. *J Clin Psychiatry*. 2002;63:207-213. 6. Ucok A, et al. *Psychiatry Clin Neurosci*. 2004;58:434-437. 7. Cassidy F, et al. *Am J Psychiatry*. 1999;156:1417-1420. 8. Allebeck. *Schizophr Bull*. 1999;15(1)81-89.

Key Risk Factors

- Lifestyle factors
 - Poor Diet:
 - Lack of Exercise
 - Smoking
- Side effects of treatment: particularly certain second-generation antipsychotic medications
- Health system factors:
 - Stigma in the general health system
 - Separation between the medical and MH system

Prevention Makes a Difference

% Reduction in Risk Factor	% Reduction in Coronary Heart Disease
10% in cholesterol	=↓ 30% in heart disease
Ideal Body weight	=↓ 35%-55% in heart disease
Exercise	=↓ 5%-55% in heart disease
BP by 5 points	=↓ 16% in CHD, ↓ 42% in stroke
Stop Smoking	=↓ 50%-70% in CHD

© Cartoonbank.com



"I usually do two hours of cardio and then four more of cardio and then two more of cardio."

The Heart of Primary Care: The Four C's

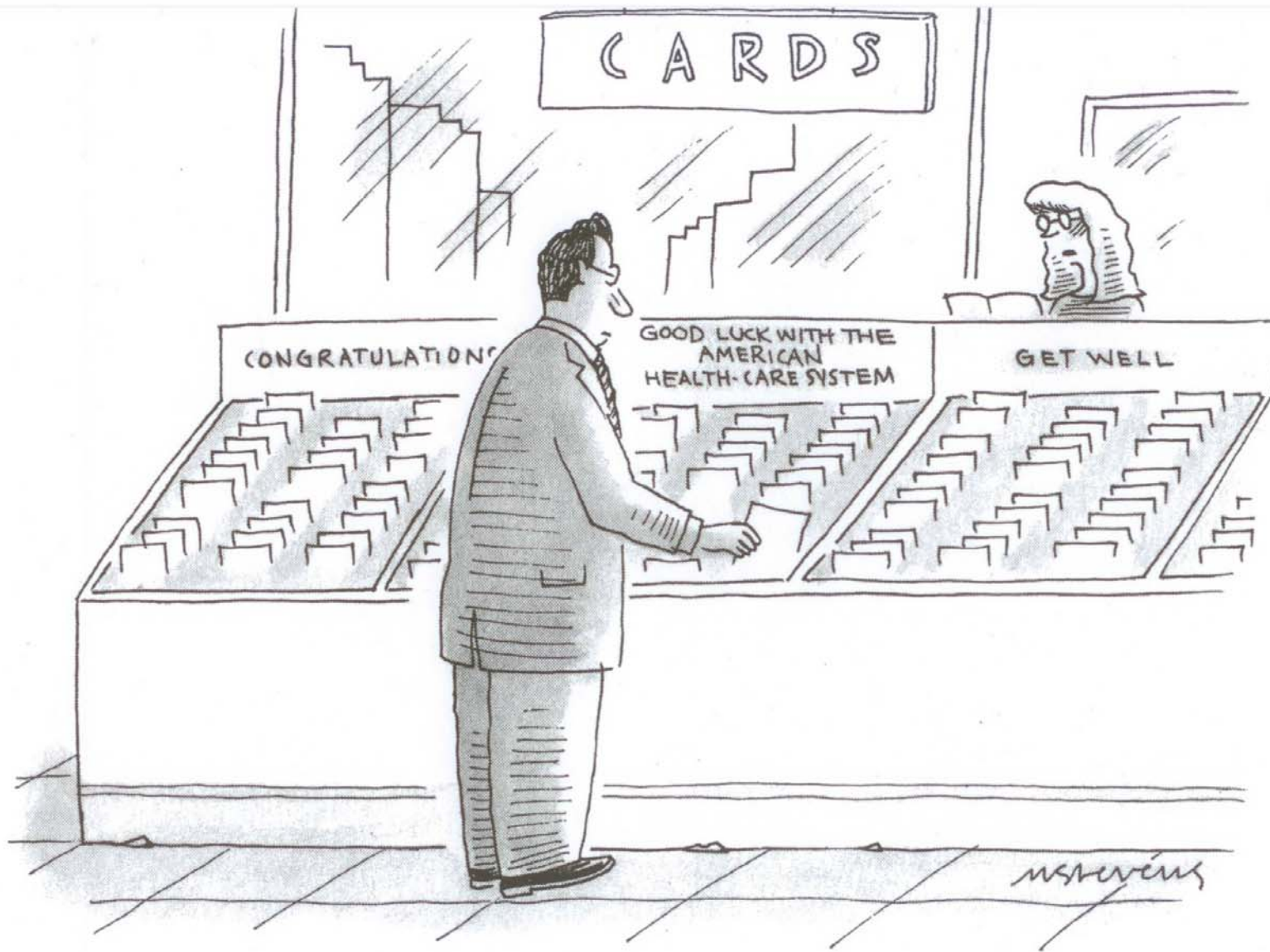
- First Contact: Provider is where individuals seek entry to the health system
- Comprehensiveness: Care addresses most personal health needs
- Continuity: Care is organized across time: PCP remains the principal source of care.
- Coordination: Care is organized across space: providers, clinics and organizations.

Community Behavioral Providers and Primary Care¹

- 2/3 have capacity to screen for common medical problems.
- 1/2 can provide treatment or referral for those conditions
- 1/3 can provide some medical services onsite

Challenges for Consumers in Obtaining Primary Medical Care

- MH Consumers often report challenges in developing ongoing relationships with PCPs.
- Why is this the case?
 - Issues such as stigma that are specific to MH consumers
 - The state of primary care in the United States, particularly in the public sector



C A R D S

CONGRATULATIONS

GOOD LUCK WITH THE
AMERICAN
HEALTH-CARE SYSTEM

GET WELL

ustevens

Where Should Care Be Delivered?

Site of Care	Approach	Types of Care
<p>MH</p> <p>↓</p> <p>↑</p> <p>Primary Care</p>	Training consumers, MH staff	Wellness activities
	Consultation	Acute problems
	Collaborative Care	Complex comorbidity
	Case Management	Routine Medical Care

**Examples of Approaches for
Improving Health and Healthcare
for MH Consumers**

Example 1: Training Consumers

- Research: The HARP project (Health and Recovery Peer Project): An NIMH-funded study to adapt a peer led medical Self-Management Program for MH Consumers in Atlanta GA.¹
- Real World: Georgia Consumer MH network, Appalachian Consulting Group, and Depression and Bipolar Support Alliance are building in wellness to their peer training programs.

Example 2: Collaborative Care

- Research: The Integrated Care Clinic: A multidisciplinary team provided medical care for veterans with SMI. The intervention was associated with improved access, quality, and medical outcomes.¹
- Real World: Cherokee Health Systems in Tennessee is a CMHC that became an FQHC; it provides integrated, colocated medical and mental health care

1. Druss et al: Arch Gen Psychiatry. 2001;58(9):861-8.

Example 3: Case Management

- Research: The PCARE (Primary Care Access, Referral, and Evaluation) study: An NIMH-funded trial of medical case management for consumers at an Atlanta CMHC.
- Real World: Georgia's Medicaid Disease Management Program, APS, is the first in the country to manage all the comorbid problems of people with particular conditions (including schizophrenia) rather than just the conditions themselves.

What Can Be Done?

- MH Consumers
- MH Providers
- MH Policymakers

What Can Consumers Do?

- Give Up Unhealthy Habits:
 - Smoking
 - Eating high-fat or high sugar foods
- Pick Up Healthy Habits
 - Eating more fruits and vegetables
 - Exercising: at least 20 minutes/day
- Work with a primary care doctor
- Let mental health clinicians know about your medical care, and vice versa.

What Can MH Providers Do?

- Screen consumers for cardiometabolic problems (blood pressure; height and weight; blood pressure and diabetes).
- Take ownership of those problems even if you're not treating them (e.g. keep a problem list)
- Develop linkages with community PCPs as well as YMCAs, smoking cessation clinics.
- Consider what services you can provide onsite; e.g. retrain care managers to help coordinate medical care.

What Can MH Policymakers Do?

- Track morbidity and mortality statistics for persons with SMI; designate them as a health disparities population
- Work with Medicaid and other public sector funders to overcome financial barriers
- Partner with public sector PCP organizations
 - Address concerns of MH consumers
 - Help support their broader mission to deliver primary care to safety net communities.

Recent Policy Statements

- President's New Freedom Commission on Mental Health 2003: *"Mental Health is Essential to Overall Health"*
- NASMHPD Medical Directors Report 2006: *"Overall Health is Essential to Mental Health."*