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State Mental Health Policy

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The Council of State Governments



Mental Health Policy Focus Areas



Social Isolation



Maternal
Mental Health



Insurance
Parity



Social
Determinants

State Mental Health Policy Advisory Group

Advisory Group Members

- MATT ANDERSON, assistant commissioner for health care administration and Medicaid director, **Minnesota** Department of Health Services
- REP. STEWART BARLOW, **Utah**
- TIMOTHY CLEMENT, director of legislative development, American Psychiatric Association
- REP. ED CLERE, **Indiana**
- MARISSA EYANSON, division administrator, Community Mental Health and Disability Services, **Iowa** Department of Human Services
- REP. MARY E. FLOWERS, **Illinois**
- KRISTEN HOUSER, deputy secretary, Office of Mental Health and Substance Abuse Services, **Pennsylvania** Department of Human Services
- WILL LIGHTBOURNE, director, **California** Department of Health Care Services
- REP. SUSAN LONTINE, **Colorado**
- ANDREW MACPHERSON, founder and co-director, Coalition to End Social Isolation and Loneliness
- SEN. BECKY MASSEY, **Tennessee**
- GERTRUDE MATEMBA-MUTASA, assistant commissioner for the community supports administration, **Minnesota** Department of Health Services
- REP. MELISSA MINOR-BROWN, **Delaware**
- WENDY MORRIS, commissioner, **Kentucky** Department for Behavioral Health, Developmental and Intellectual Disabilities
- DR. JENNIFER L. PAYNE, Women's Mood Disorders Center director and associate professor of psychiatry and behavioral sciences, Johns Hopkins Medicine
- JUDY MOHR PETERSON, **Hawaii** Medicaid director and administrator for Med-QUEST
- COURTNEY PHILLIPS, secretary, **Louisiana** Department of Health
- DR. RUTH SHIM, director of cultural psychiatry, University of California Davis
- SARAH SQUIRRELL, commissioner, **Vermont** Department of Mental Health

Subject Matter Experts

- MELINDA DUTTON, partner, Manatt Health
- EDWARD GARCIA, founder and executive director, Foundation for Social Connection
- BEN MILLER, president, Well Being Trust
- DR. MATT PANTELL, assistant professor of pediatrics, University of California San Francisco
- FRANKIE ROBERTSON, president, Amandla Group
- SANDRA WILKNISS, director of complex care policy and senior fellow, Families USA

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Mental Health Resource Guide

The Resource Guide consists of:

- 1) An executive summary
- 2) Four policy briefs
- 3) Four data collection briefs
- 4) Four case studies
- 5) Four policy and research scans



Find the Mental Health Resource Guide here -
<https://www.csg.org/2021/10/08/mental-health-resource-guide-for-state-policymakers/>

Social Isolation and Loneliness



- **Key Findings:** the pandemic exacerbated an epidemic of social isolation and loneliness
- **State Policy Focus:** defining and identifying social isolation and its dangers; preventing or mitigating isolation and loneliness among older adults
- **Future Policy Avenues:** social-emotional learning curricula; telehealth in schools; geographically isolated professions; teacher training; provider shortages
- **Research Needs:** greater inclusion of various populations

Maternal Mental Health



- **Key Findings:** mental health disorder diagnoses rising, inconsistent messaging about psychiatric medications, generational consequences
- **Policy Challenges:** provider shortages, barriers to access, lack of psychiatric medication best practices, varying approaches to postpartum care
- **State Policy Focus:** insurance coverage; screening; continuing education for medical professionals and patients; telehealth expansion; adverse childhood experiences; advisory and review panels; expanding access to postpartum care

Mental Health Insurance Parity



- **Key Findings:** continues to be priority policy concern at federal and state levels; states addressing gaps through legislation and compliance efforts
- **Policy Challenges:** non-compliance of insurance and Medicaid managed care plans; lack of transparency and accountability; misalignment between law enforcement and behavioral health care
- **State Policy Focus:** requiring insurance companies to demonstrate compliance and insurance departments to report on compliance; requiring coverage of broader range of mental illnesses and substance use disorders; requiring greater transparency
- **Regulatory, Enforcement, and Compliance Efforts:** issuance of fines; trying to correct insurance market practices
- **Future Policy Avenues:** requirements for insurers; compliance analyses by Medicaid Managed Care; generally accepted standards of care; mental health redesign; integration of physical and mental health care

Social Determinants of Mental Health



- **Key Findings:** significant influence on health inequities; include income, education, work/food/housing insecurities, and interpersonal, intergenerational, and geographic factors
- **Policy Challenges:** defining/tracking/measuring determinants, resource limitations, scope of problem and solutions
- **State Policy Focus:** cultural competency of health professionals, data collection, health disparities, unstable housing, adverse childhood experiences, mental health of children, healthy community design
- **Future Policy Avenues:** payment policy; shared assets; integration of social services and mental health care; assess program efficacy; Medicaid and Children's Health Insurance Program (CHIP); economic integration of neighborhoods; urban planning; neighborhood cohesiveness; healthy food options

Thank you!

The Mental Health Resource Guide for State Policymakers -
<https://www.csg.org/2021/10/08/mental-health-resource-guide-for-state-policymakers/>

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