Select Committee on Economic Competitiveness:
Improving Competitiveness Through
Mental Health Treatment and Brain Health Research
Andy Keller, PhD | December 5, 2017
Legislative Success to Improve Mental Health

The Legislature has significantly increased funding for mental health over the last three legislative sessions.

Addressing the Needs of Today through state-local partnerships:

• Partner with medical schools to modernize aging state hospitals.
• Partner with communities to: reduce the number of individuals with mental illness cycling through our jails (85(R) SB 292), help address community needs (85(R) HB 13), fill gaps for veterans and their families (84(R) SB 55), and build treatment capacity for children in foster care (85(R) SB 74 and HHSC Rider 172).

Beginning to Build the Integrated Systems of Tomorrow:

• Provide enforcement tools to make parity a reality (85(R) HB 10).
• Intervene earlier for mothers (85(R) HB 2466) and children (85(R) HB 1600).
Unmet Needs Drive Health Care Spending

• Inadequately treated mental illness and substance use costs taxpayers **$1.4 billion** in emergency room (ER) costs + over **$700 million** in local justice system costs each year.

• **Bexar County:** 200 highest-cost cases drive, on average, $330,000 in annual costs per person.

• **85(R) SB 292** will begin to support evidence-based interventions to reduce these costs.
The Legacy of a Lack of Parity

THE CURRENT MENTAL HEALTH SYSTEM

LIFE IN COMMUNITY

PHYSICAL

- Primary Care
- Specialty Care
- Inpatient Care
- Best Practice Anchor (e.g., MD Anderson)

MENTAL

- Law Enforcement
- Inpatient Care
- Jail
- Specialty Care
- Primary Care
- Best Practice Boutique (e.g., McLean, Johns Hopkins)

The best Mental Health Care should be just like the best Health Care
The Potential of Integrated Health Care

THE IDEAL MENTAL HEALTH SYSTEM

- HEALTH CARE
  - Specialty Care (Other)
  - Rehabilitative Care
  - Inpatient Care
  - Best Practice Anchor e.g., UTSW Simmons Cancer Center, MD Anderson

- MENTAL HEALTH CARE
  - Specialty Care (Psychiatry)
  - Rehabilitative Care
  - Inpatient Care
  - Best Practice Anchor e.g., UTSW O’Donnell Brain Institute, New York Presbyterian Hospital

LIFE IN COMMUNITY

- House
- School
- Work
- Faith
- Family

Integrated Primary Care

VitalSign6 Collaborative Care for Depression

The best Mental Health Care is like the best Health Care
Depression and the Workplace

Despite being a readily and successfully treatable illness, depression outcomes lag:

• About 7.5% of the workforce has depression each year.
• Depression costs U.S. employers $187.8 billion per year: $134 billion in health care costs, $20.9 billion in absenteeism, and $32.9 billion in lost productivity.
• Workers with depression have more than double the rate of short-term disability (up to 48%). Every 3 months, people with depression lose 4.8 workdays and 11.5 days of productivity.
• Depression worsens health outcomes:
  -- 3 to 4 times greater chance of death post-heart attack.
  -- 50% higher risk of mortality post-stroke.
Texas Brain Research: Cures & Competitiveness

- Texas is a world leader in cancer and other health research.
- Texas medical schools have brought together their psychiatry departments to develop a roadmap for brain health research.
- Research is a driver of both economic opportunity and better care - both cures and workforce development.
The truth is: mental illness affects more people than you may think, and we need to talk about it. It’s Okay to say…” okaytosay.org