

Mind & Body: **Building a Healthier Indiana**

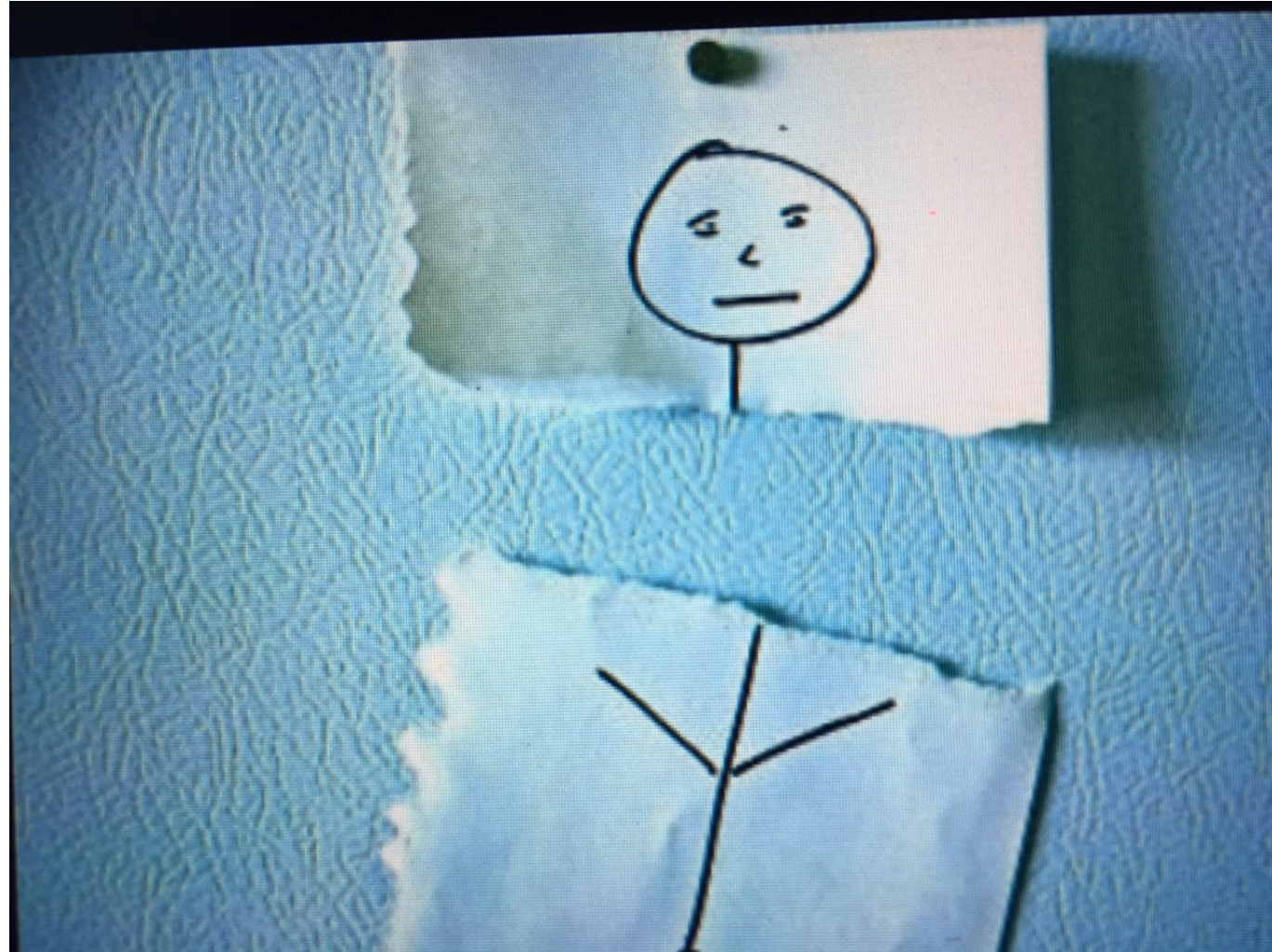
Community Mental Health Centers

Kris Box, MD, FACOG
State Health Commissioner
July 25, 2019



Indiana State
Department of Health

Separation of Mind & Body



Historical Roles

- Past healthcare division between clinical care of patient and mental and behavioral well-being
 - Physicians focus on physical health, organ systems, bone & flesh
 - Psychologists, psychiatrists, social workers and counselors operated in separate spheres



Evolving Approaches



PSYCHIATRIC
HELP 54



THE DOCTOR
IS IN

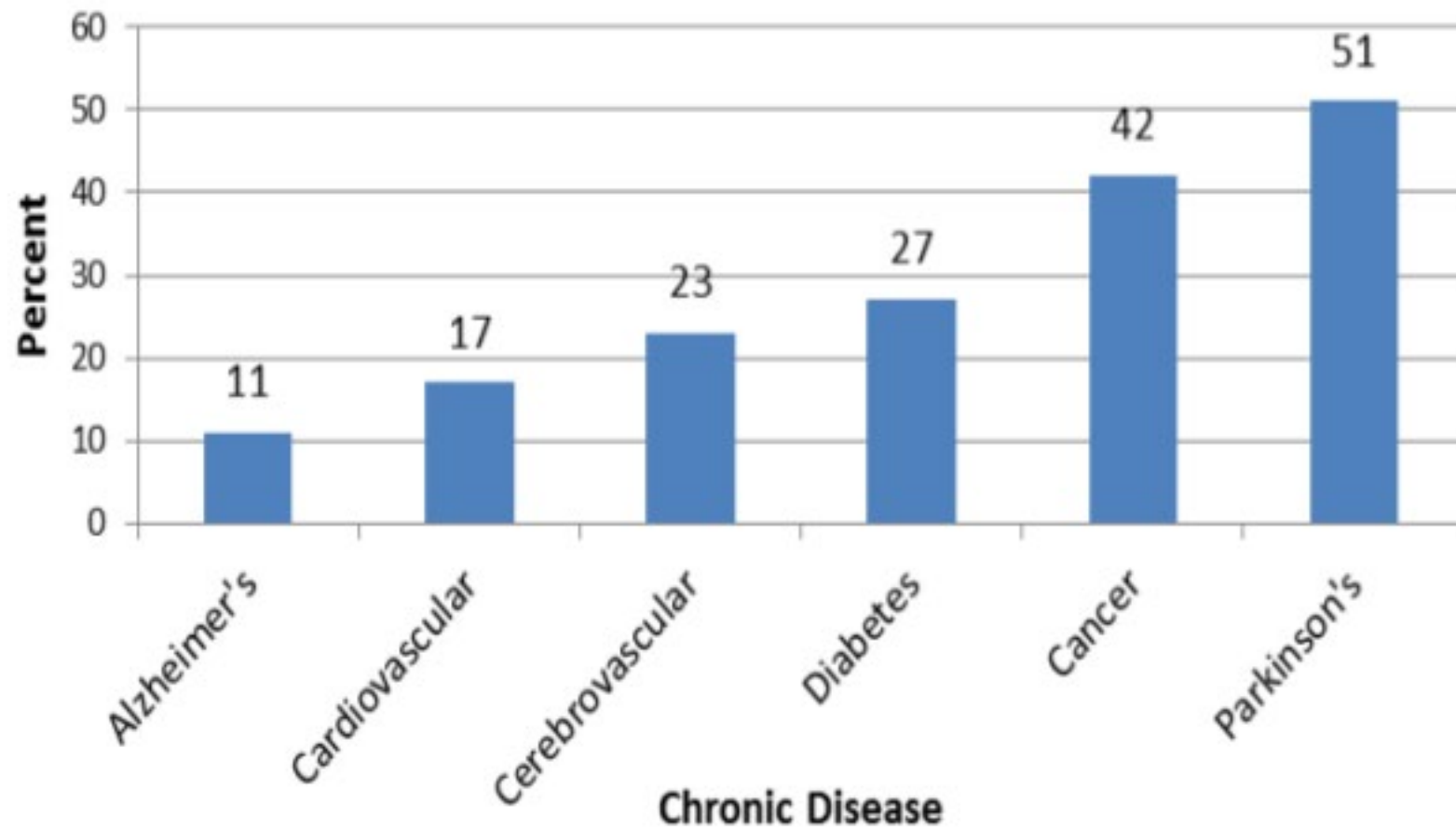
MEDICAL
HELP 54



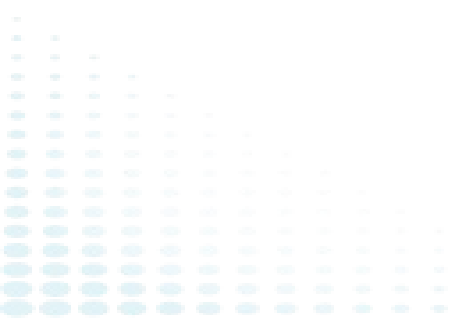
THE DOCTOR
IS IN



Prevalence of Major Depressive Disorder in Chronic Disease



Source: NHDS, NAMCS, NHAMCS, Mayo Clin. Proc. 73:329




Intertwined Issues

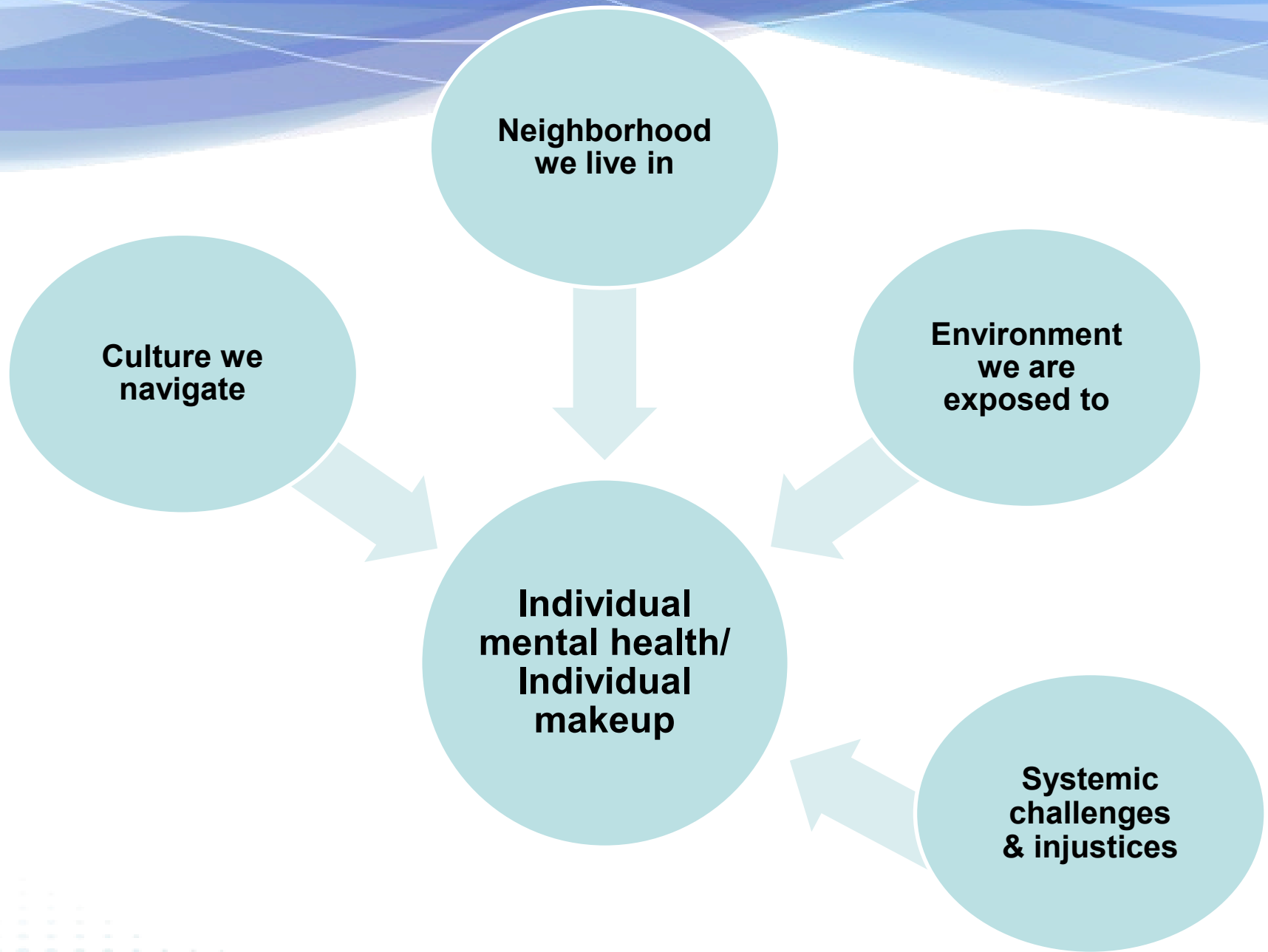
- Mental health issues can lead to chronic disease
- Chronic disease can lead to mental health issues



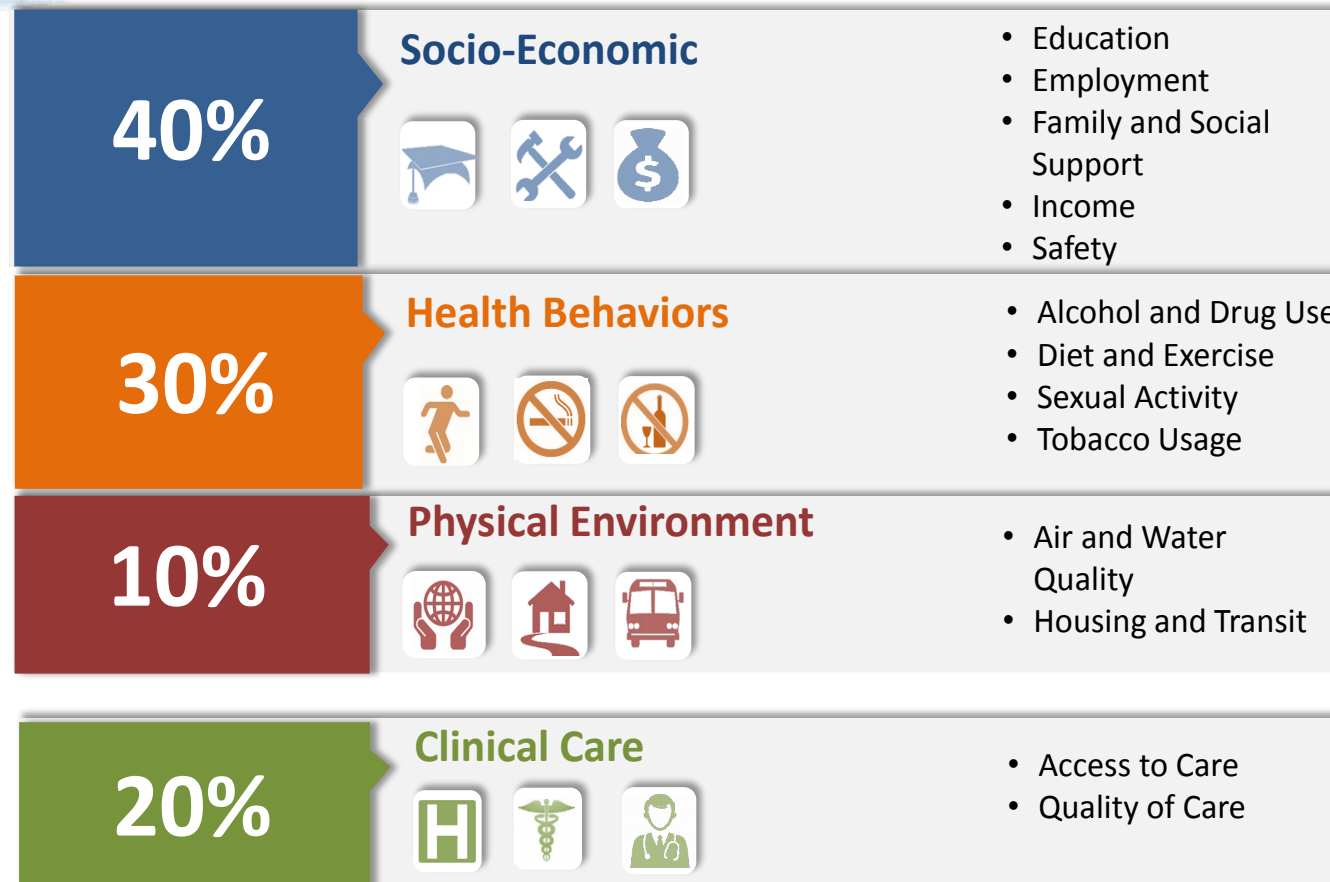


Indiana's Challenges

- High infant and maternal mortality rates
 - 7th worst infant mortality rate in US, 602 babies in 2017
 - 3rd highest maternal mortality rate
 - High rate of obesity
 - 2/3 of adults are overweight or have obesity
 - High smoking rate
 - More than 21% of adults smoke; e-cigarette use among teens rising
 - Opioid epidemic
- 



Good Health Is More Than Medicine

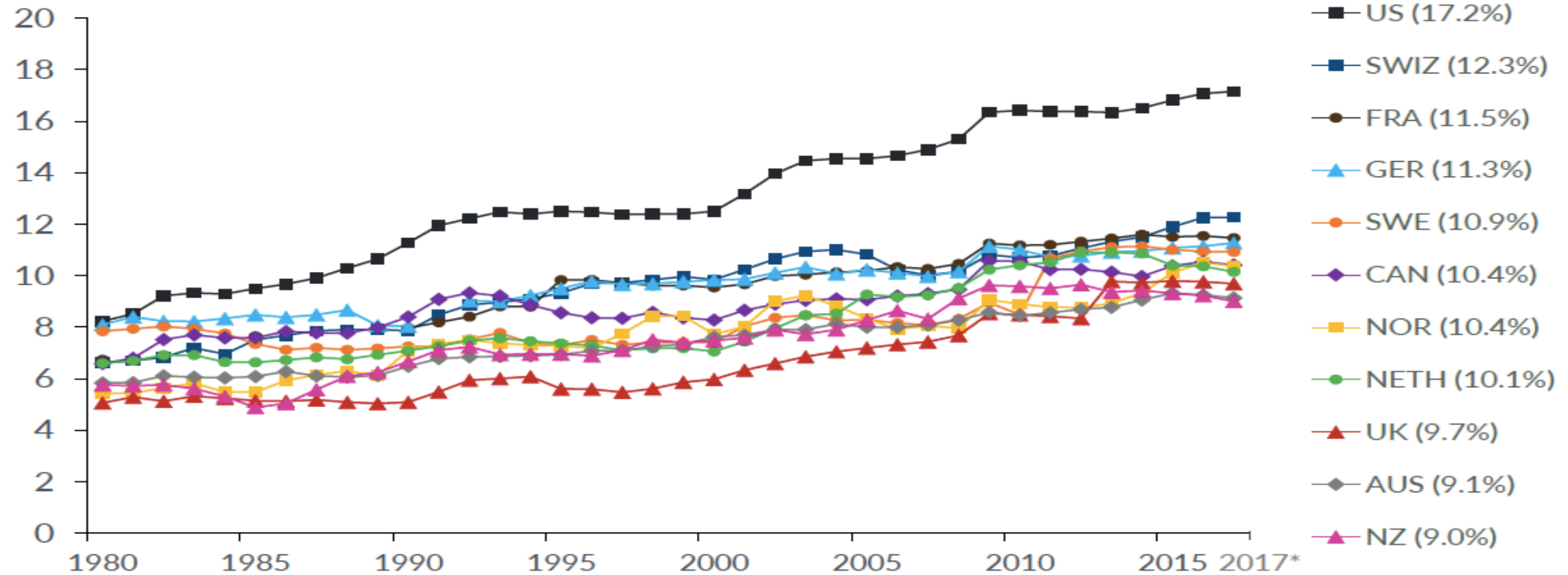


Accounts for 80% of health outcomes

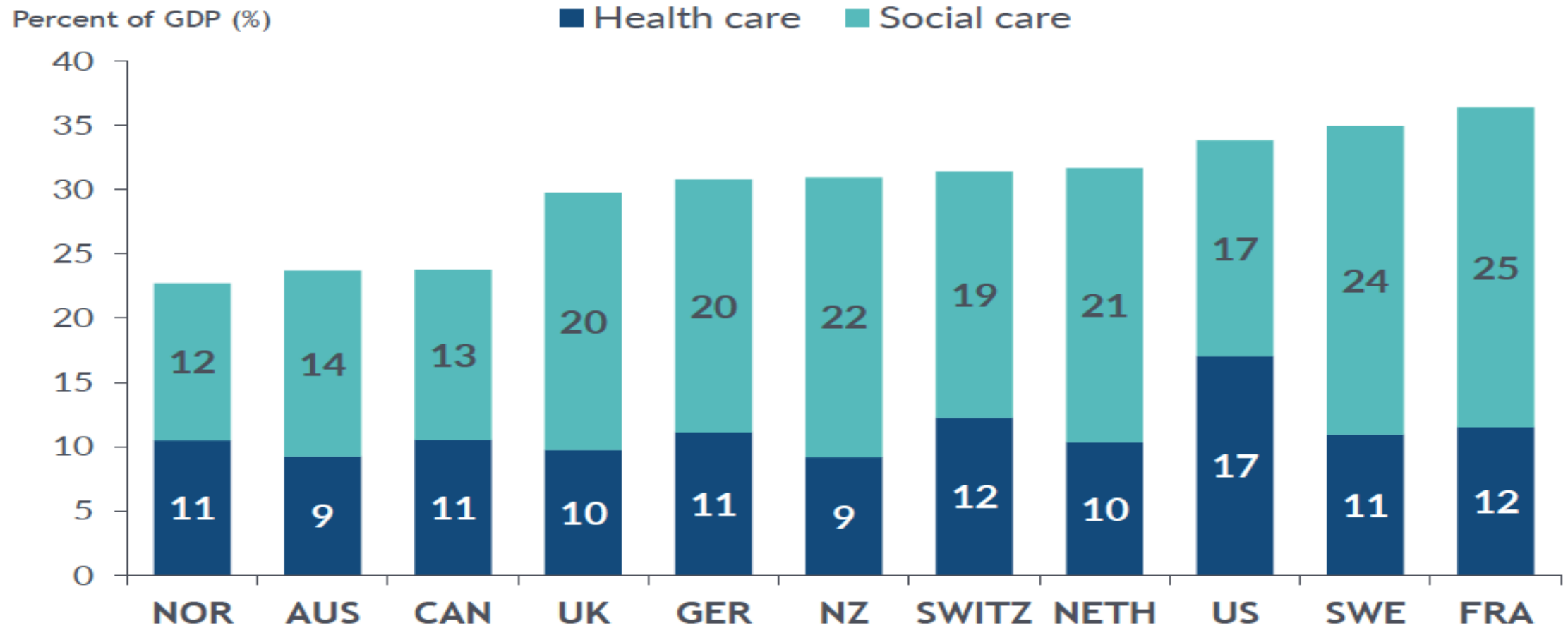
Health Care Spending as a Percent of GDP, 1980–2017

Adjusted for Differences in Cost of Living

Percent (%) of GDP



Health and Social Care Spending as a Percent of GDP, 2016 or Latest Available Year



Source: OECD Social Expenditures database (SOCX), OECD Health data 2018.

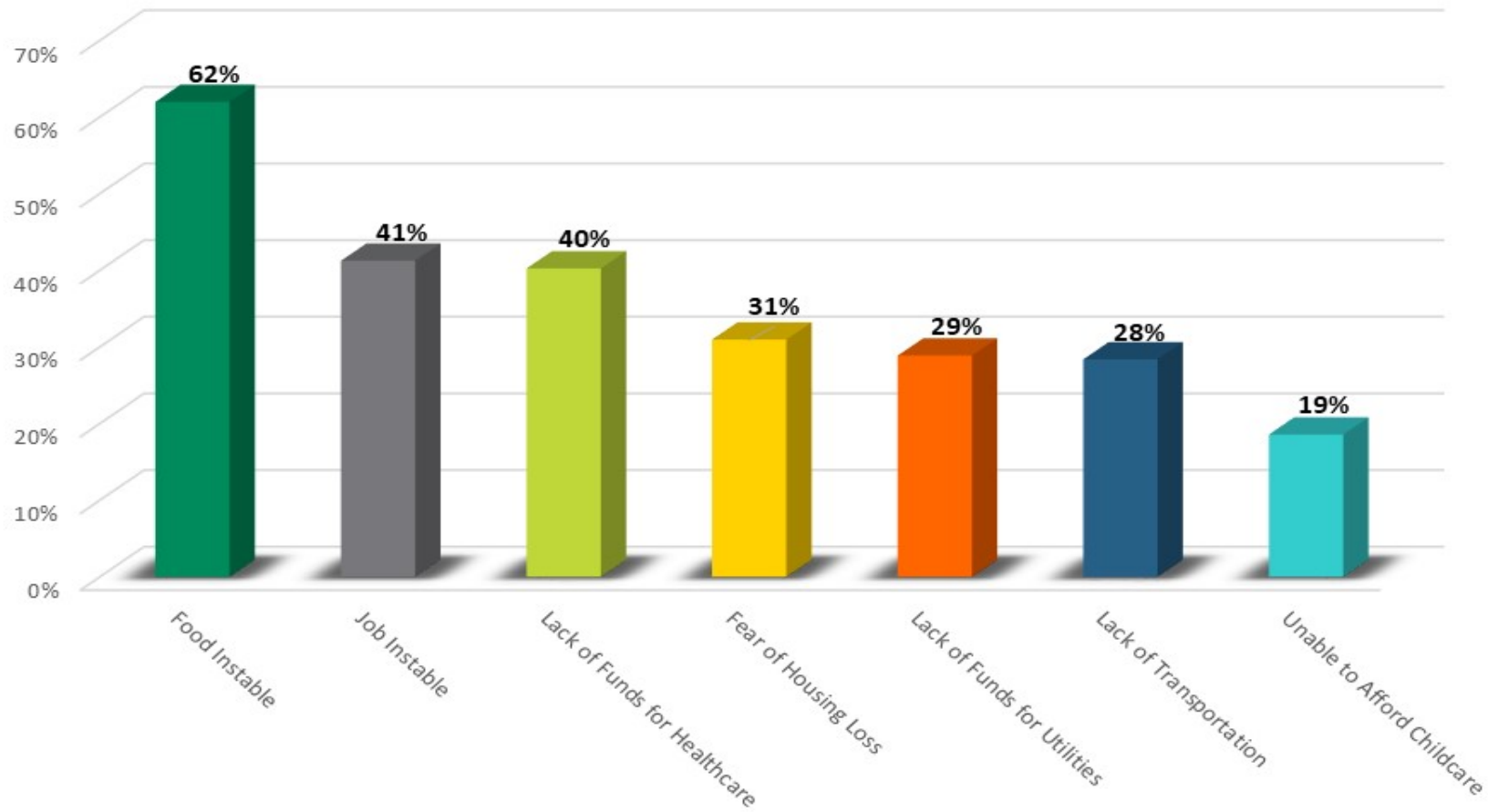
Data: Expenditures reflect the latest (2013-2016) available data for combined public and private spending. To avoid double counting, social care expenditures reflect total social spending in SOCX excluding health spending included in SOCX, while health care expenditures reflect total health spending in OECD Health Data excluding long-term care (social), health promotion with multi-sectoral approach, and gross fixed capital formation.

Social Context Screening Deployed 8/18

Healthy Opportunities Assessment Tool	Yes / No / NA
In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?	
In the last 12 months, has your utility company shut off your service for not paying your bills?	
Are you worried that in the next 2 months, you may not have stable housing?	
Do problems getting child care make it difficult for you to work or study? (leave blank if you do not have children)	
In the last 12 months, have you needed to see a doctor but could not because of cost?	
In the last 12 months, have you ever had to go without health care because you didn't have a way to get there?	
Do you ever need help reading hospital materials?	
Are you afraid you might be hurt in your apartment building or house?	
During the last 4 weeks, have you been actively looking for work?	
In the last 12 months, other than household activities or work, do you engage in moderate exercise (walking fast, jogging, swimming, biking or weight lifting) at least three times per week?	

Key Learnings: ~95K Respondents*

Highest Needs

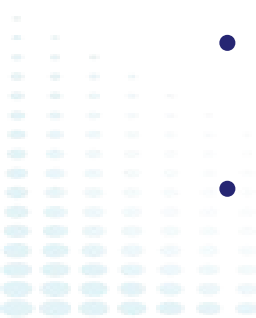




*16% Response Rate

*As of 3/25/19



New Landscape: Strategies to Address Challenges

- Health on wheels concept
 - Meet people where they are with partners they trust, such as faith-based organizations
 - Collaboration
 - Health promotion & prevention campaigns
 - Surveillance
 - Community-based stakeholder initiatives
 - Community gardens, public safety, housing
 - Community assessments
 - Culturally competent, strength-based interventions that provide opportunities to rebuild a sense of community
 - Find non-traditional partners or new roles for existing partners
 - Paramedicine, jails
 - Break the stigma
- 



“Mental health and substance abuse social workers and school counselors are projected to have the largest shortages of more than 10,000 full-time equivalents nationwide in 2025.”

-- U.S. Department of Health and Human Services



IF IT WAS
EASY. WE'D
BE DONE BY
NOW





THANK YOU!