

# Mental Health and Aging: Programs and Services in the State of Iowa

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# OVERVIEW

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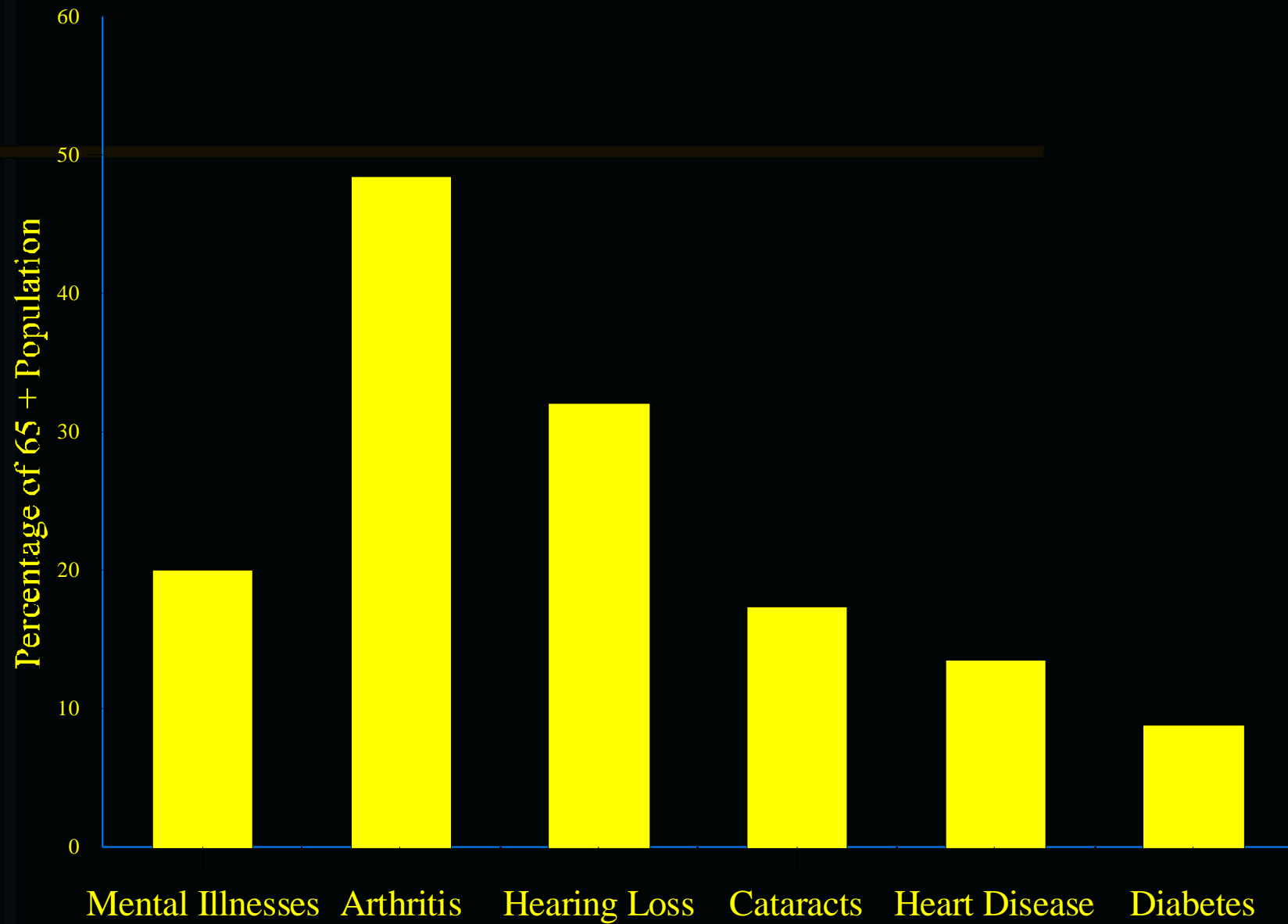
- ▶ Describe challenges and opportunities associated with population aging
- ▶ Document state policies and programs in mental health
- ▶ Define emerging issues

# THE CHALLENGES

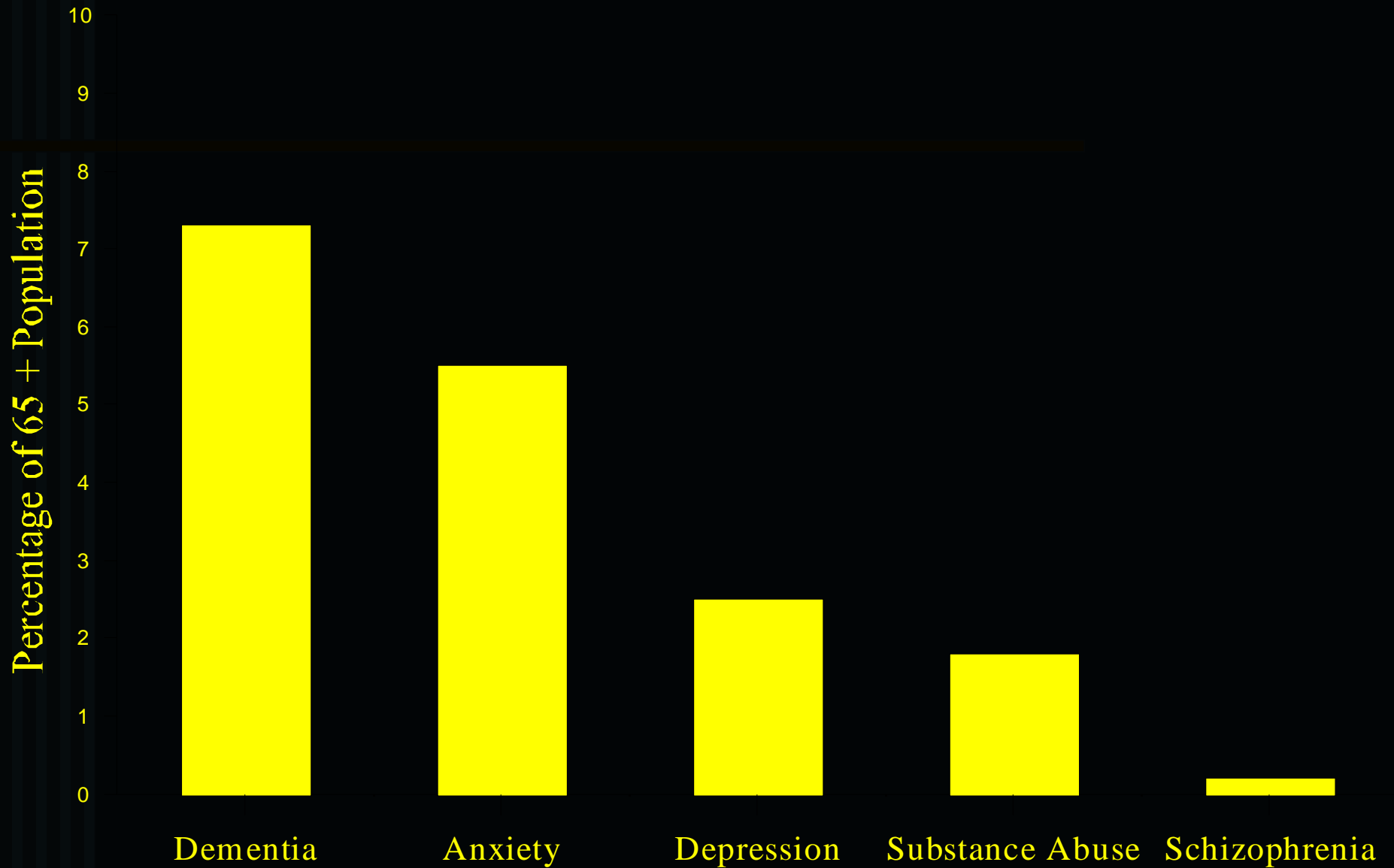
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- ▶ Incidence and prevalence of mental illness among older lowans is growing
- ▶ Number of lowans at-risk for mental illness may reach 140,000 by 2020

## Comparison of chronic health problems among older adults

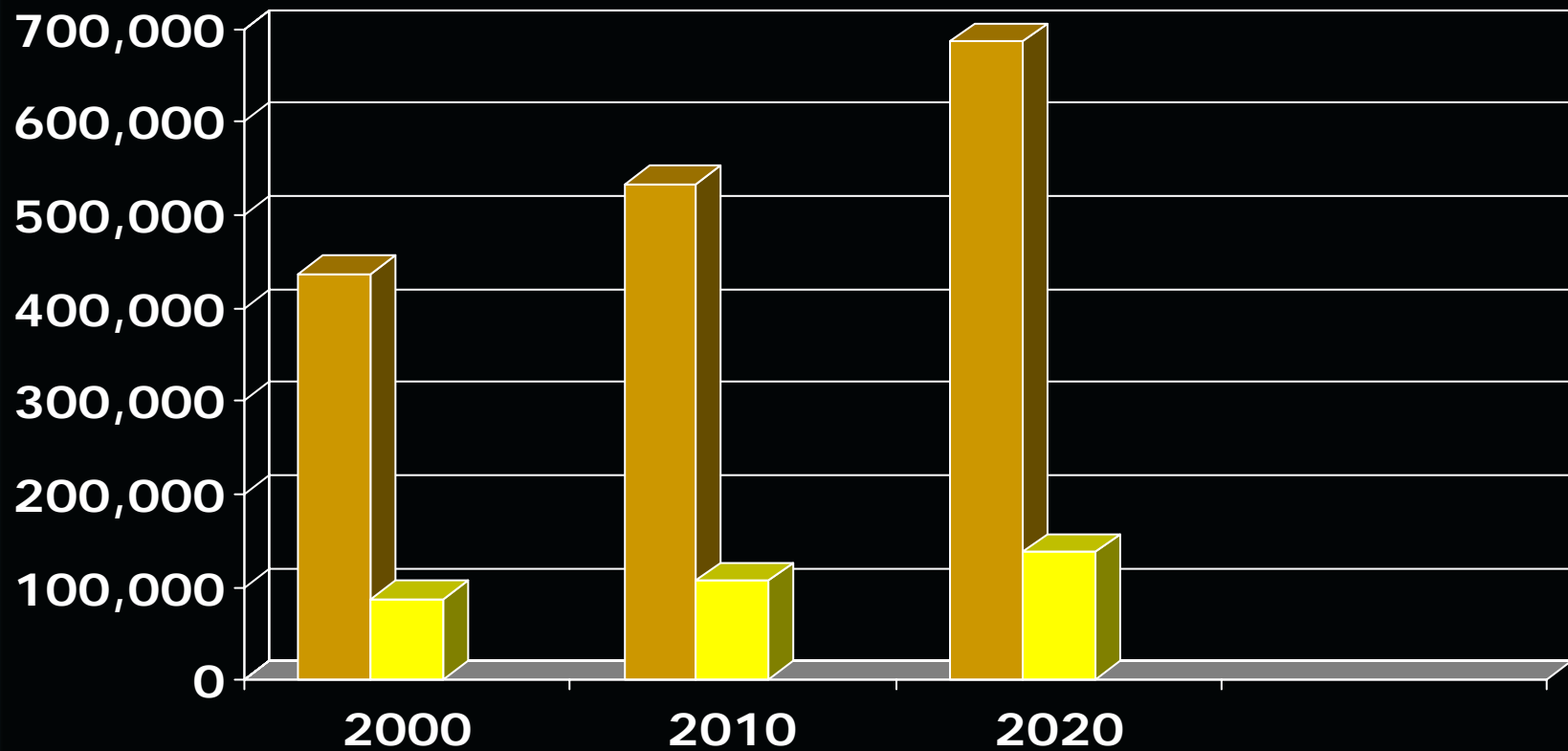


# Prevalence of mental illness among the aging population



# Aging and Mental Illness in Iowa

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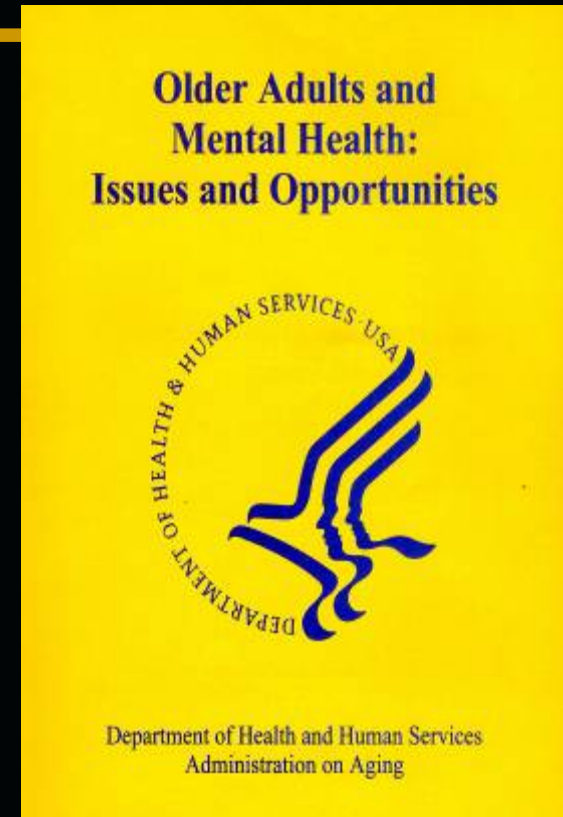
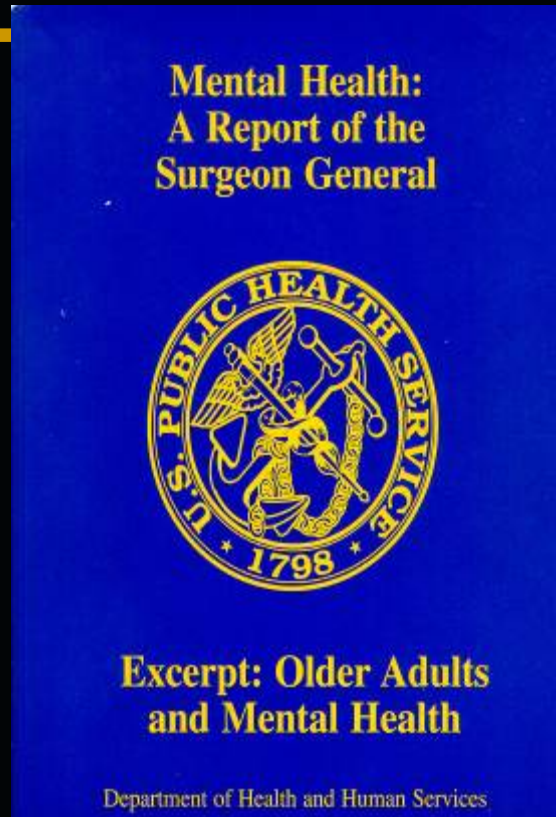
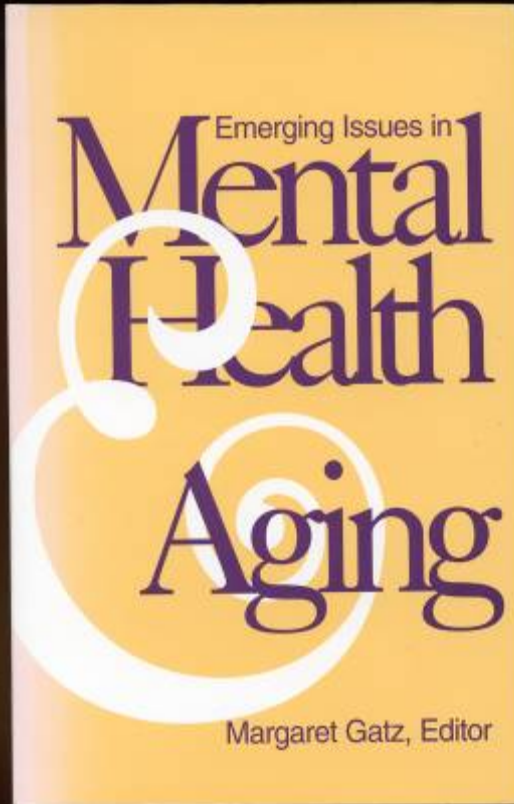


# THE OPPORTUNITIES

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- ▶ Treatments work (efficacy)
- ▶ Programs have been established (effectiveness)
- ▶ Public support is growing

# Treatments Work



# Public Support

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- ▶ Public Awareness
- ▶ Promotion and Prevention
- ▶ Provision of Effective Treatment

**TIME**

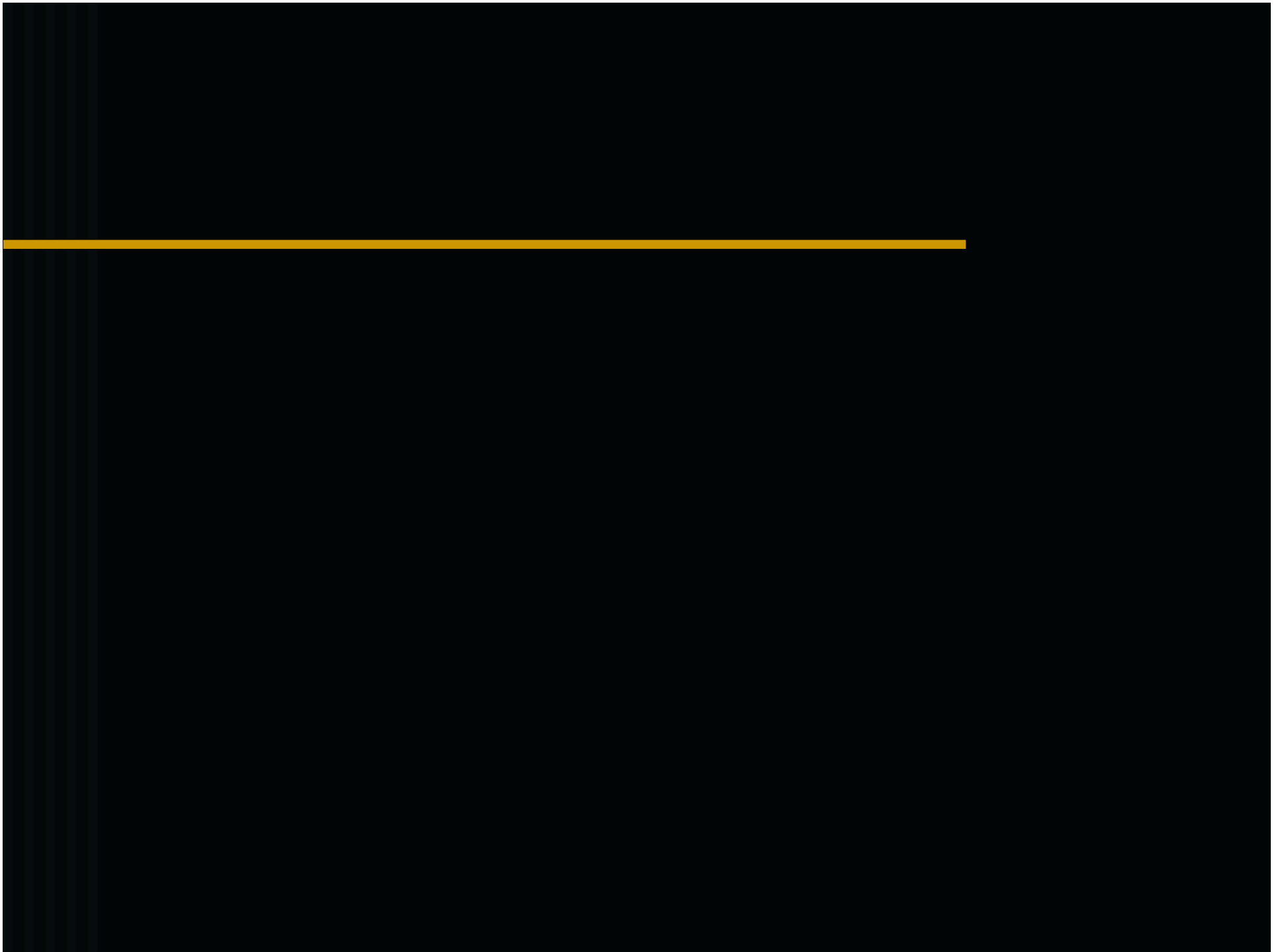
**BELIEVE IT OR NOT, THIS 65-YEAR-OLD WOMAN CAN HELP YOU BEAT ALZHEIMER'S**

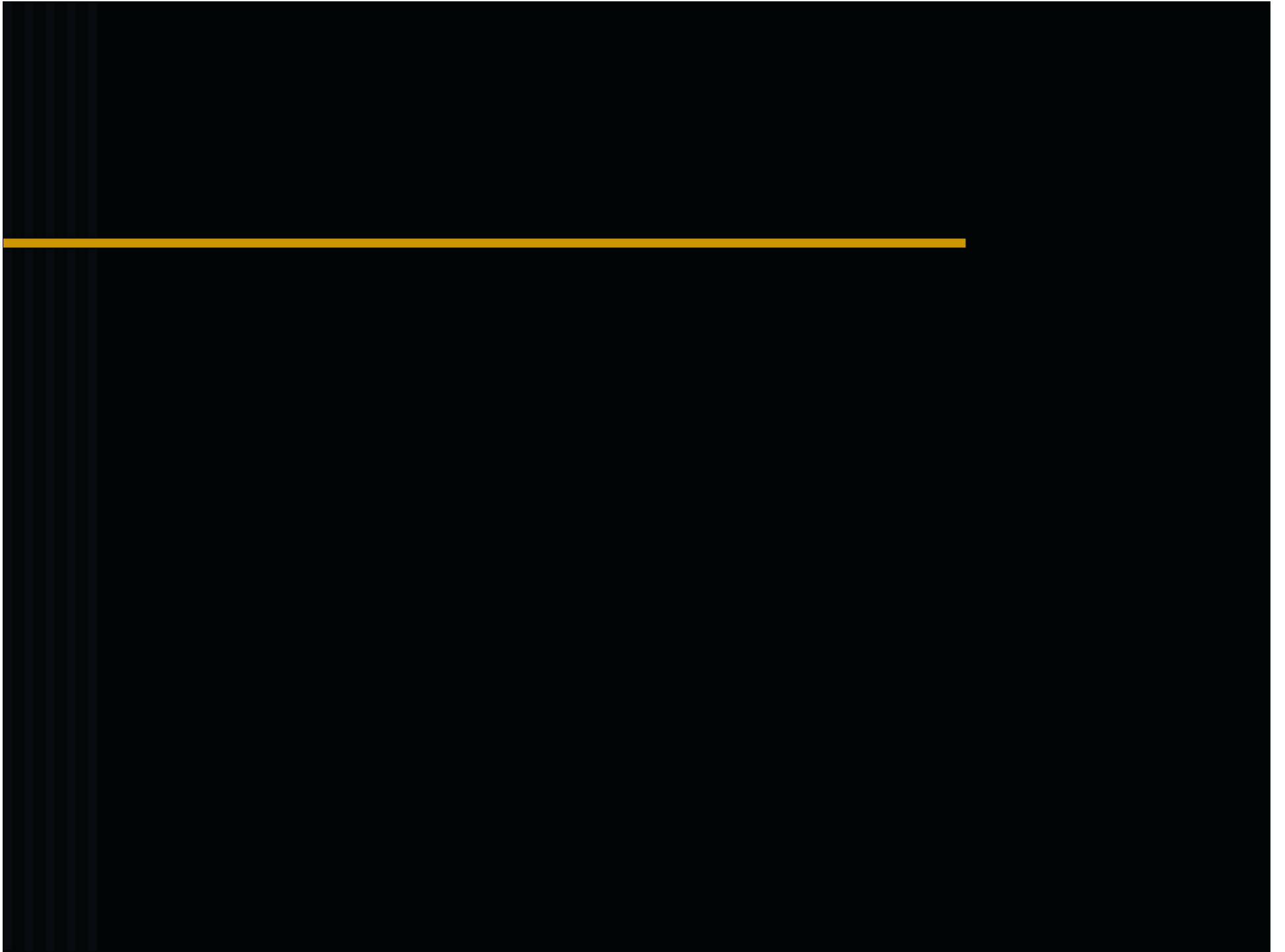
**ALZHEIMER'S**

Treatment study offers promise

- WHAT CAUSES IT
- HOW TO PREVENT IT

PHOTOGRAPH BY [unreadable]





# PROGRAMS FOR OLDER ADULTS

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## Community Mental Health Organization



# Community Health Centers



# Senior Centers



# Day Care Centers

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# At-Home

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# Assisted Living Facilities

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# Nursing Homes

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# Inpatient Hospitals

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# Psychiatric Hospitals

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# Keys to Program Development

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- ▶ Training
- ▶ Assessment
- ▶ Coordination

# THE STATE OF IOWA

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- ▶ Mental Health Forums
- ▶ Targeted Programs & Activities
- ▶ Data and Analysis

# IOWA MENTAL HEALTH FORUMS

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- ▶ Quick Fixes (1998)
- ▶ Iowa Mental Health Forum (2000)
- ▶ Mental Health System (2001)

# Quick Fixes (1998)



Technical Assistance Collaborative, Inc.

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## **Quick Fixes or Structural Reform: An Evaluation of Iowa's Public Mental Health System**

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Final Report

*Volume I: Narrative and Exhibits*

# Findings

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- ▶ public mental health system is in transition....
- ▶ increased use of managed behavioral healthcare to administer services....
- ▶ Iowa performed comparatively well on LOS and re-admission rates

# Problems

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- ▶ older adults are not involved in managed behavioral healthcare...
- ▶ comprehensive data is difficult to obtain...
- ▶ performance measures are limited...

# Recommendations

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- ▶ More state money and support
- ▶ Expand community based care.
- ▶ Expand residential care.
- ▶ Increase outreach and access.

# Mental Health Forum (2000)

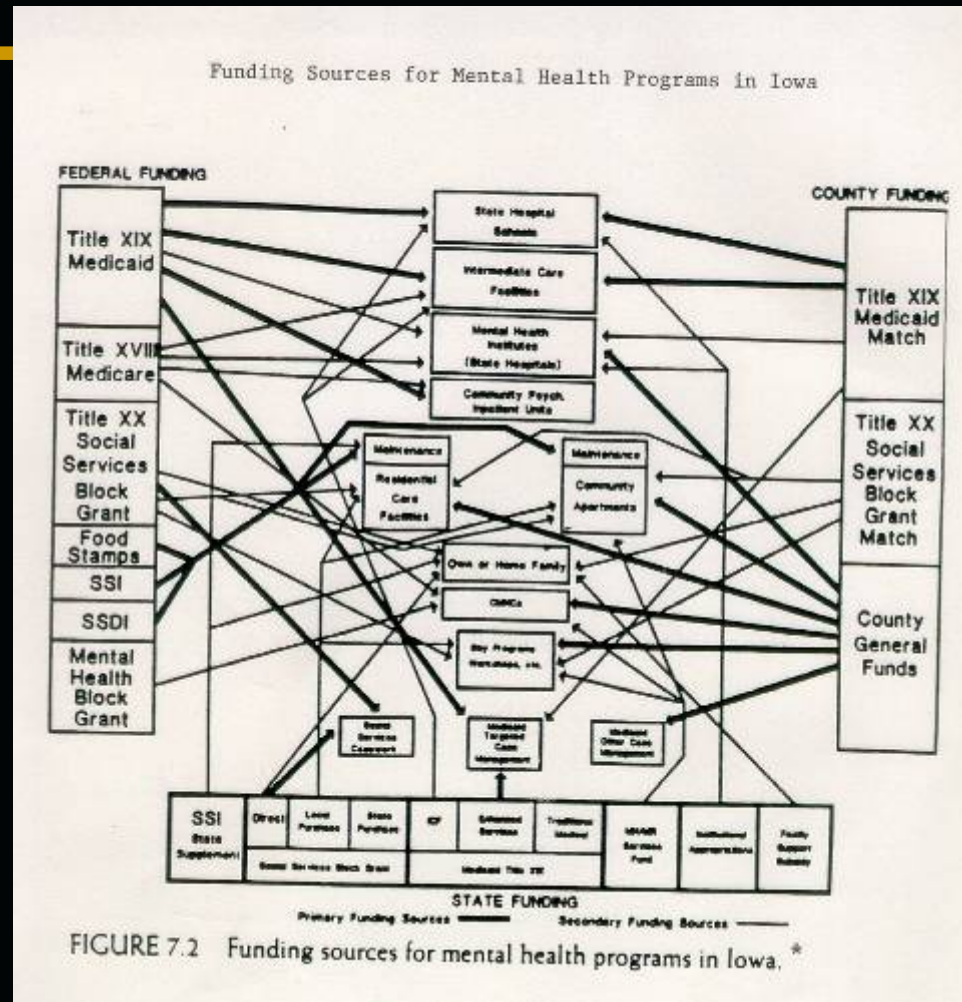
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## **Iowa Public Mental Health System** (working document)

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- ◆ **Iowa Mental Health Forum**  
**April 7, 2000**

# Organizational Chart (2000)



# Public Mental Health Effort

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- ▶ Enhance Medicaid services
- ▶ HCB and MR/DD Waivers
- ▶ Other aging organizations

# Mental Health Forum (2001)

## **Iowa's Mental Health System:**

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Assessing Awareness, Identifying Needs, and Promoting Solutions

**Iowa Mental  
Health Forum**

*Addressing the Mental  
Health Needs of Iowans*

# Older Adults Roundtable

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- ▶ Many persons over the age of 65 did not know where to seek help for a mental illness.
- ▶ Include and distinguish dementia
- ▶ Implement multi-disciplinary treatment approaches

# TARGETED PROGRAMS IN IOWA

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- ▶ Public
- ▶ Private
- ▶ Other

# Public Programs

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- ▶ Eyerly-Ball Outreach Project
- ▶ Clarinda Hospital
- ▶ Individual counties

# Private Market

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- ▶ Geri-Psych Hospitals
- ▶ Mental health professional
- ▶ Dementia care facilities

# Other Program Efforts

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- ▶ Aging Network
- ▶ Alzheimer's Association

# DATA & ANALYSIS

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- ▶ Access and service use
- ▶ Financing and costs
- ▶ Quality of care

# Access and Service Use

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- ▶ Little public data compiled
  - CMHS-NASMHPD
  - Medicaid
  - Medicare

# Access and Service Use

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- ▶ Private Market
  - Dementia Special Care
    - 65 SCUs
    - 1,200 beds
  - Anderson Study
    - 65% Mood Disorder
    - 35% Dementia
    - 50% Mixed

# Financing and Costs

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- ▶ Multiple sources public financing
  - Lack of incentive to improve
  - Cut backs...
- ▶ Private = Medicare
  - Carrier discretion in financing
  - 50% co pay or no coverage at all

# Quality of Care

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- ▶ Needs
- ▶ Affordability
- ▶ Outcomes



# DISCUSSION

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- ▶ Key Points
- ▶ Emerging Issues
- ▶ Conclusions

# Key Points

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- ▶ Growing public health problem
- ▶ Treatments and programs work
- ▶ Iowa is failing older adults

# Emerging Issues

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- ▶ Diversity and disparity
- ▶ Managed behavioral healthcare
- ▶ Evidenced Based Practice

# Conclusions

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- ▶ Establish treatment models
- ▶ Expand state programs and policies
- ▶ Collect data and monitor progress

# SUMMARY

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- ▶ Describe challenges and opportunities associated with population aging
- ▶ Document state policies and programs in mental health
- ▶ Define emerging issues

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