Policy Issues & Solutions

Caregivers of Adults with Mental Illness

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Mental Health Caregiver Crisis

8.4 million Americans
care for an adult with mental illness

<table>
<thead>
<tr>
<th>Caregiver Burden</th>
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<tbody>
<tr>
<td>Caregiver Age</td>
<td>54 years</td>
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<tr>
<td>Caregiving Intensity</td>
<td>32 hours/week</td>
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<tr>
<td>Caregiving Duration</td>
<td>9 years</td>
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<tr>
<td>Loved one financially dependent</td>
<td>49%</td>
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<tr>
<td>Parents with plans to pass along caregiving responsibility</td>
<td>32%</td>
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<tr>
<td>Negative effect on caregiver health</td>
<td>62%</td>
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<tr>
<td>Difficult to talk to others about loved one’s issues</td>
<td>48%</td>
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<tr>
<td>High emotional stress</td>
<td>74%</td>
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Access to Care

Uninsured rate lower (ACA):

BUT...

Workforce shortage:

• 28% caregivers had trouble finding MH Professional (NAC)
• 75% of rural counties have no advanced behavioral health practitioners.

American Health Care Act (AHCA)

• Per Capita Caps: $880 billion lost to Medicaid by 2026
• Medicaid expansion frozen in 2020: 14 million lose coverage
• Medicaid Essential Health Benefits
• State flexibility = wide variation
• Private insurance premiums: favor younger, middle income

Mental health parity still ‘aspirational’
Caregiver Inclusion

- 54% provider cited inability to speak to caregiver about loved one’s condition.
- 55% caregivers included less often than needed.

**Solutions:**

- **21st Century Cures:**
  - HIPAA education: Providers, attorneys, patients, families
- **AARP CARE Act** (hospital & rehab facilities)
  - Designation
  - Notification
  - Explanation

Mental health caregivers more likely to want education:

- Managing challenging behaviors (24% MH vs. 9% all caregivers)+
- Self-care & stress management (53% MH vs. 40% all caregivers)+

• 15% wanted caregiver education on mental illness & self-care.*

Solution:

• Spread the word about free educational offerings:
  - NAMI Education and support programs: [http://www.nami.org/education](http://www.nami.org/education)
  - MHA family resource centers


Note: Respondents recruited by NAMI and MHA more likely to have had education & support
First Responder Training

- **Arrest:** 32% report loved one has been arrested
  - 59% of those with substance abuse issues
- **Self-Harm:** 68% concerned loved one will self-harm
- **Suicide:** 65% concerned loved one will die by suicide

**Solutions:**

- **Crisis Intervention Team (CIT):**
  - Mental health partnership
  - & intensive de-escalation training
- **Mental Health First Aid:**
  - Basic mental health recognition & response training

Early Intervention in Psychosis

- **Target:** Youth & young adults with early psychosis
- **Goal:** Stay on track in school, employment, social
- **Approach:** Shared decision-making, help young people reach *their* goals
- **Strong evidence:** International research
- **Funding:** Congress requires 10% MH Block Grant

**Coordinated Specialty Array**

- Outreach to identify early signs of psychosis.
- Family support and education
- Peer support
- Supported education and employment
- Case management
- Cognitive behavioral therapy
- Low dose of anti-psychotic medication
Thank you!

Questions?

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