## Mental Health in North Carolina: Challenges and Solutions

Thava Mahadevan<sup>1</sup> Gary S. Cuddeback<sup>1</sup>

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1. Center of Excellence in Community Mental Health, University of North Carolina at Chapel Hill

#### **Mental Health System**

The public mental health system has shrunk in past 50 years (state hospitals provided both care and treatment!) – now persons with SMI are impacted by a variety of policies and agencies over which mental health authorities have little control (care and treatment are now separate!)

Deinstitutionalization vs. trans-institutionalization





#### Daily Number of Persons with Mental Illness in the Criminal Justice System

- 31% of female jail inmates and 15% of male inmates have mental illness (Steadman et al., 2009)
  - June 2009 ~ 130,140 SMI jail inmates ready for release
- 24% of female and 16% of male prisoners have mental illness (Ditton, 1999)
  - June 2009 ~ 267,994 SMI prisoners potentially ready for community reentry
- About 27% of 5m SMI probationers (Crilly et al., 2009)
  - ~ 1.35 million probationers!
- Approximately 54,000 in state hospitals!

	Prisons	Jails	Probation/Parole
# SMI	276,994	(130,140)	1,350,000

## Challenges

Fragmentation of services Inflexible funding Workforce shortages Lack of safe and adequate housing Lack of employment / supported employment opportunities Poor community integration

# Solutions: Flexible Funding + Service Options



Housing

- Critical Time Intervention (CTI)
- Assertive Community Treatment (ACT), ACT-Step Down, Forensic ACT (FACT)
- Community Resource Court
- Specialty Mental Health Probation
- Integrated care
- Care management
- Wellness on Wheels

#### Employment

• Supported Employment

Housing 1<sup>st</sup> Tiny Homes

• Independent living https://vimeo.com/144711592

- Micro-enterprise
- The Farm at Penny Lane
- Consumer-run businesses

### What Can We Do?

#### Mental Health ACOs?

- Encourage state and/or MCOs to facilitate accountable care networks that include behavioral health, primary care, housing, employment, etc.
- Bundled, flexible payment structure that incentives collaboration, not competition
- No new money, but smarter use of money

## **UNC Penny lane Campus**

#### **Wellness Center at penny lane**

Mindfulness

Mindfulness

Entrepreneurship

Entrepreneurship

Wellness Programming Wellness Programming

Health Coaching & Education

Health Coaching & Education Mov em ent

lov em ent

Expressive Arts

Expressive Arts

### **Wellness center at Penny lane**

Entrepreneurship*Essential to recovery* 



### Wellness center at Penny lane

