Mental Health in North Carolina: Challenges and Solutions

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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!

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<th>Prisons</th>
<th>Jails</th>
<th>Probation/Parole</th>
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<td># SMI</td>
<td>276,994</td>
<td>130,140</td>
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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 1st
- Tiny Homes
- Independent living
  [https://vimeo.com/144711592](https://vimeo.com/144711592)

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

**Housing**
- Tiny Homes
- Independent living
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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

Wellness Programming

Mindfulness

Entrepreneurship

Expressive Arts

Health Coaching & Education

Movement
Wellness center at Penny lane

- Entrepreneurship
- *Essential to recovery*

Income → Financial Security, Economic Empowerment → Contribution and Productivity → Self-respect and Confidence

Less Stress, Less Hospitalizations, More Stable Population
Wellness center at Penny lane