



## Improving Access to Behavioral Health Services in the Dakotas

July 25th, 2022  
3:00 – 4:00 p.m. CT

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### Things To Keep in Mind:

**D**ssume positive intent.

**E**e here now.

**F**ome prepared to share.

**G**ecrease distractions and respect time.

**H**everyone teaches; everyone learns.

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## Objectives

- Increase awareness of the current state of access to behavioral health services in North and South Dakota
- Understand barriers patients experience in accessing behavioral health services
- Discuss options to improve access to behavioral health services
- Identify opportunities for healthcare systems to build and enhance consistent partnerships with community organizations that benefit patients with behavioral health issues

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## CMS National Strategic Goals

1. Improve Behavioral Health Outcomes and Decrease Opioid Misuse
2. Increase Patient and Resident Safety
3. Increase Chronic Disease Self-Management  
(Cardiac & Vascular Health, Diabetes, Slowing & Preventing ESRD)
4. Increase Quality of Care Transitions
5. Improve Nursing Home Quality

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## American Mental Health in 2021

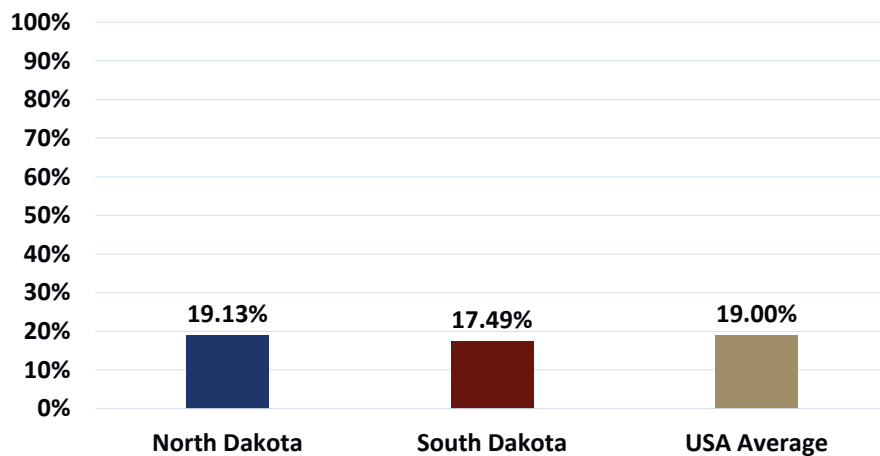
“When people first begin experiencing symptoms of a mental health condition, they often look for answers, resources and supports online, long before speaking to a provider. **The average time between onset of mental health symptoms and diagnosis and treatment of a mental health condition is 11 years.**”

Source: mhanational.org

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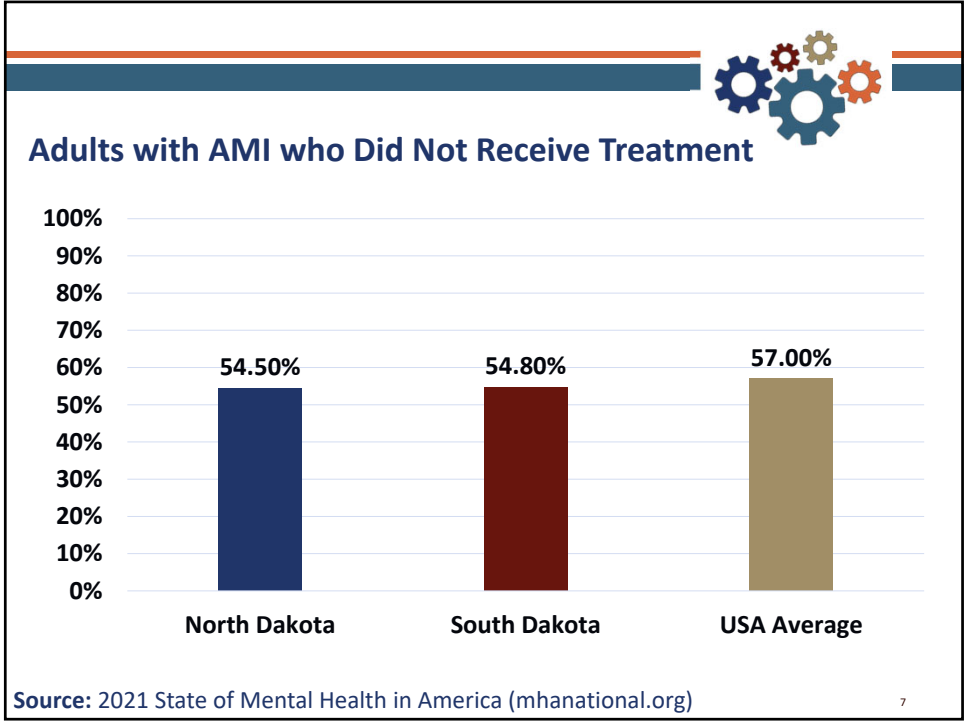
## Adults with Any Mental Illness (AMI)



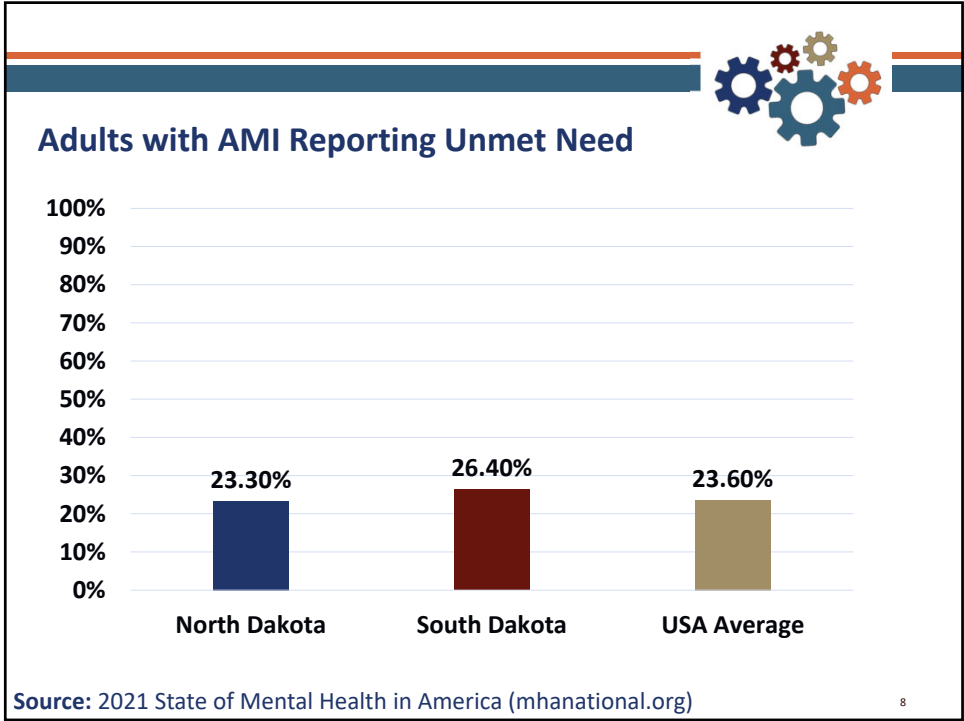
Source: 2021 State of Mental Health in America (mhanational.org)

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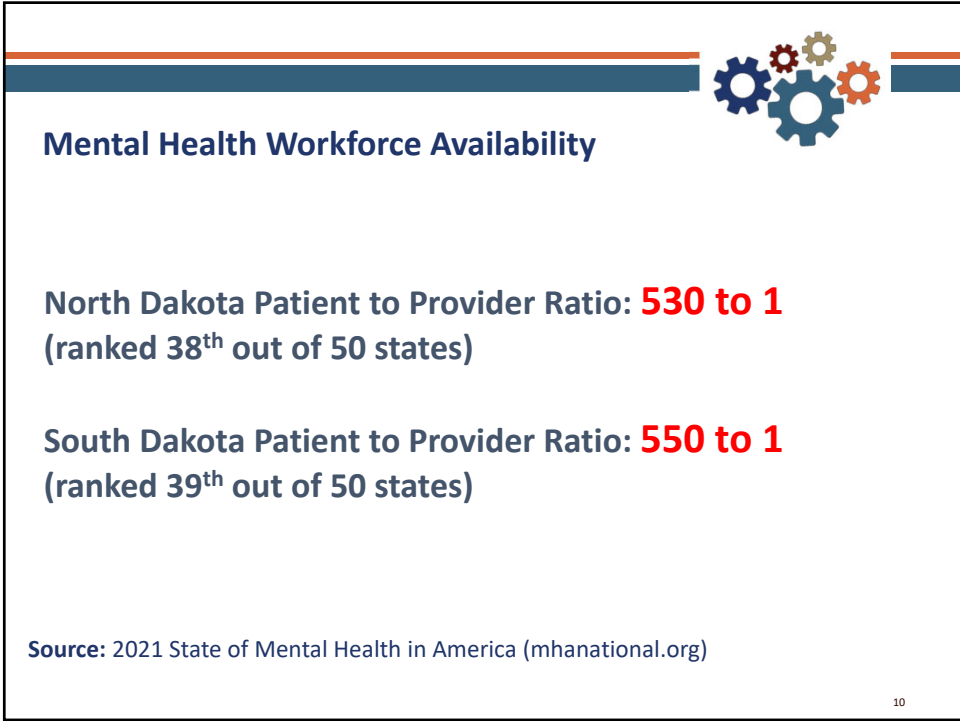
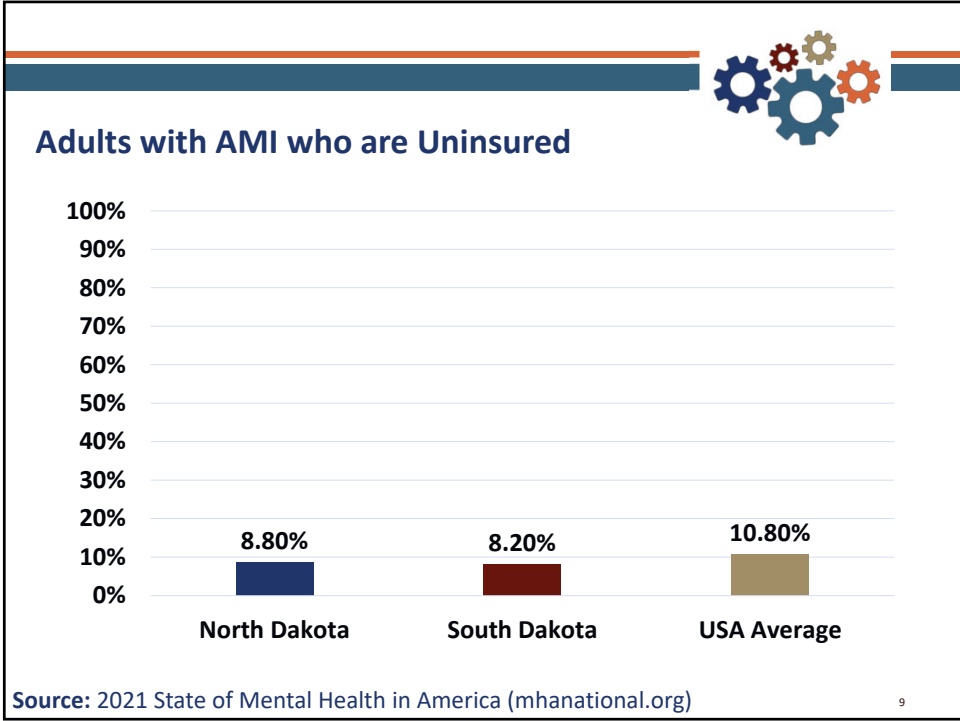
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## Nationwide Challenges in Accessing Behavioral Health Services

### Underserved Urban Community Barriers:

- ✓ Shortage of community-based support services
- ✓ No long-term availability of psychiatric hospital beds

### Racial-Ethnic Minority Group Barriers:

- ✓ Unequal access to evidence-based practices
- ✓ Absence of community-based interventions
- ✓ Lack of resources to fund health services

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## Nationwide Challenges in Accessing Behavioral Health Services In Rural Areas

Desire to Receive Care

Lack of Anonymity When Seeking Treatment

Shortages of Mental Health Workforce Professionals

Lack of Culturally-Competent Care

Affordability of Care

Transportation to Care

Source: Rural Health Information Hub

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## Regional Challenges in Accessing Behavioral Health Services

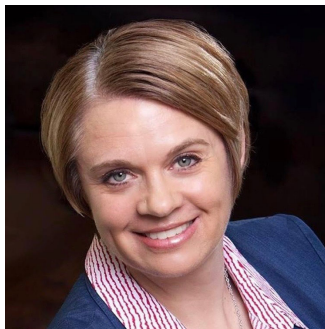


### *Feedback from the field:*

- Providers lack familiarity with current resources
- Patients struggle to navigate current resources online to find what they need
- New providers face challenges in finding sites that have the capacity to accept them to provide behavioral health training
- Patients lack means of transportation to attend appointments
- Affordability or lack of insurance coverage prevents patients from seeking care
- Availability of qualified professionals to provide care deters patients with mental health needs

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## A Consumer's Experience



**Vawnita Best**  
**Watford City, ND**

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## Today's Panelists



**Andrew J. McLean, MD, MPH**  
Clinical Professor and Chair  
Department of Psychiatry and  
Behavioral Science University of  
North Dakota School of  
Medicine & Health Sciences



**Heather Brandt**  
Manager, Behavioral Health  
Community Supports  
ND Department of Health

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## Today's Panelists



**Andrea Heronimus**  
Mental Health Services  
Program Manager  
South Dakota Department of  
Social Services



**Jason Lillich**  
Executive Director  
Three Rivers Mental Health and  
Chemical Dependency Center  
Lemmon, South Dakota

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## Discussion Questions for the Panel

**What are you hearing and seeing in your work that is impacting progress with behavioral health services?**

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## Discussion Questions for the Panel

**When we say behavioral health, what are we talking about?**

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## Discussion Questions for the Panel

**What does behavioral health,  
and access, look like in rural  
areas?**

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## Discussion Questions for the Panel

**What are some success stories  
you have seen that you can  
share?**

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## Discussion Questions for the Panel

**How are you ensuring people don't fall through the cracks so they can access available services?**

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## Discussion Questions for the Panel

**What are some of the obstacles surrounding behavioral health and access that are still being worked through?**

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## Audience Questions for the Panel



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## Resources

**Rural Health Information Hub:** [Barriers to Mental Health Treatment in Rural Areas](#)

**Psychiatry Online:** [Challenges and Opportunities to Meet the Mental Health Needs of Underserved and Disenfranchised Populations in the United State](#)

**Social Solutions:** [Top 5 Barriers to Mental Healthcare Access](#)

**AHA:** [It's time to increase access to behavioral health care](#)

**Health Affairs:** [Behavioral Health: A Payer-Based Strategy For Improving Access And Quality During COVID-19 And Beyond](#)

**KFF:** [State Policies Expanding Access to Behavioral Health Care in Medicaid](#)

**IHI:** [Recommendations for Improving Access to Behavioral Health Care](#)

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## Great Plains Quality Care Coalition Better Together.

- Improve care in your community and organization
- Partner with an experienced team of quality improvement experts
- Access to tools, resources and education
- Connect with healthcare partners in your community
- Share ideas and best practices
- Learn how to better utilize data to drive improvement

**FREE** assistance through funding by the Centers for Medicare & Medicaid Services

Learn more and access current Coalition Partners  
[greatplainsqin.org/initiatives/quality-care-coalition/](http://greatplainsqin.org/initiatives/quality-care-coalition/)

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Better Together

## Great Plains QIN aspires to make health in our region the best in the nation

[greatplainsqin.org](http://greatplainsqin.org)  
1-800-458-4262

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