

# Strengths of Michigan's Public Mental Health System



Michigan's public mental health system is nationally recognized as one of the most comprehensive, innovative, person-centered and community-driven systems in the country.

Through the use of community-based rather than institution-based care, Michigan's public mental health system returns a 37-fold investment on the state dollars that fund that system, according to a report released by the Center for Healthcare Integration and Innovation (CHI2).

The report, entitled "[A Tradition of Excellence and Innovation: Measuring the Performance of Michigan's Public Mental Health System](#)," examines the performance of Michigan's public mental health system against several state-established and national standards.

The performance of Michigan's public mental health system surpasses other states and systems, as measured by dimensions of health care quality and innovation.

CHI2 drew from national and Michigan-based sources to demonstrate services available to support residents seeking mental health services.



## Strong, longstanding performance against state established and nationally recognized performance standards:

Michigan's public mental health system has exceeded the state established standards for 37 of the 38 standards measured. For the one standard not exceeded, the system was below the state standard by only 1.63% from the 95% standard.



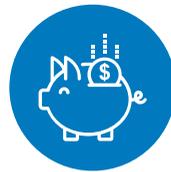
## High rankings against national standards of behavioral health prevalence and services accessibility:

Michigan ranks sixth nationally in serving adults, as cited by Mental Health in America in 2020.



## A national leader in de-institutionalization and community-based care:

Michigan's use of state psychiatric hospitals compared to the rest of the country is significantly less, with other states using state psychiatric hospitals 17 times more, per-capita, than Michigan—a testament to the state's strong movement to a de-institutionalized and community-based system of care. In fact, if the \$3.469 billion that is currently used to serve over 350,000 Michiganders per year was spent solely on the provision of long-term care at state psychiatric hospitals and developmental disability centers, then those dollars would only serve 9,500 people per year.



## Proven ability to control costs over decades, resulting in major cost savings:

When compared to Medicaid cost increases seen across the country, from 1998 to 2015, Michigan's public mental health system has saved the state of Michigan \$5.27 billion. If extrapolated through 2024, Michigan could save over \$12 billion. The report found the approaches that the public system uses to control costs contrast sharply with the approach of private systems.



## Pursuit of healthcare integration and evidence-based practices:

More than 620 integration efforts led by the public mental health system—weaving mental health care with primary care—take place throughout the state to lower costs of services, increase access to care, improve preventative intervention and serve the whole person.



# Evidence-Based Practices

Michigan’s public mental health system has been a national leader in the Evidence-Based Practice movement, pioneering evidence-based and promising practices for decades, including:

- Assertive Community Treatment
- Assisted Outpatient Treatment
- Psycho-Social Rehabilitation/Clubhouse
- Cognitive Enhancement Therapy
- Dialectical Behavior Therapy
- Family Psychoeducation
- Motivational Interviewing
- Person Centered Planning, Training, and Evaluation
- Self Determination
- Independent Person-Centered Planning Facilitation
- First Episode Psychosis Services
- Eye Movement Desensitization and Reprocessing
- Peer Services
- Consumer-Driven Services
- Homebased Treatment Services for Children, Adolescents, and their Families
- Competitive Integrated Employment practices
- Trauma-Informed Care
- Treatment Courts
- Sequential Intercept Model of Jail Diversion/Decarceration

## Efficient – Low Overhead Means More Dollars Spent on Care

**94%** Medical loss ratio

(i.e. the percentage of dollars spent on actual care)

Michigan’s public PIHP system has a statewide average spent on administrative costs of 6%



## Results-Oriented

Thanks to CMHA’s work to make the state’s behavioral mental health system value-based, innovative and evidence-based, Michigan ranked 15th in the 2019 State of Mental Health in America report. This puts Michigan among the top 30% for awareness and access to mental health.

### ..... MICHIGAN RANKS .....

**6<sup>th</sup>** in the nation  
for services & outcomes for adult services

**20<sup>th</sup>** in the nation  
for services & outcomes for children’s services

**15<sup>th</sup>** in the nation  
for access to care for both adult & children’s services

## Serving Thousands of Michiganders

**10** public regional entities  
**100,000+** persons providing services in Michigan’s public mental health system

**46** public community mental health systems

**100+** provider organizations

**300,000+** Michiganders served annually

The Community Mental Health Association of Michigan is the state association representing Michigan’s public Community Mental Health (CMH) centers, the public Prepaid Inpatient Health Plans (PIHP – public health plans formed and governed by CMH centers) and the private providers within the CMH and PIHP provider networks. For more information, please visit [CMHA.org](http://CMHA.org) or call 517-374-6848.