



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

Caregiver Burden	
Caregiver Age	54 years
Caregiving Intensity	32 hours/week
Caregiving Duration	9 years
Loved one financially dependent	49%
Parents with plans to pass along caregiving responsibility	32%
Negative effect on caregiver health	62%
Difficult to talk to others about loved one's issues	48%
High emotional stress	74%

Access to Care

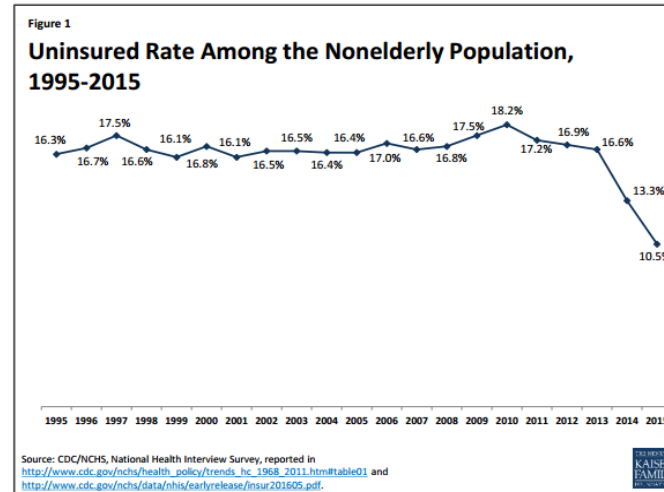


Uninsured rate lower (ACA):

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)

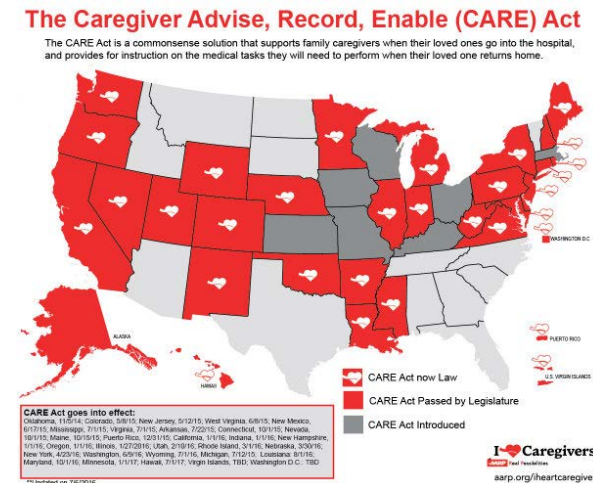
- Per Capita Caps: \$880 billion lost to Medicaid by 2026
- Medicaid expansion frozen in 2020: 14 million lose coverage
- Medicaid Essential Health Benefits
- State flexibility = wide variation
- Private insurance premiums: favor younger, middle income

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



Caregiver Education & Support



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>
 - MHA family resource centers



+ Caregiving in the US 2015. NAC, AARP. www.caregiving.org/caregiving2015/

* On Pins & Needles: Caregivers of Adults with Mental Illness, NAC, 2016 www.nami.org/mentalhealth

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



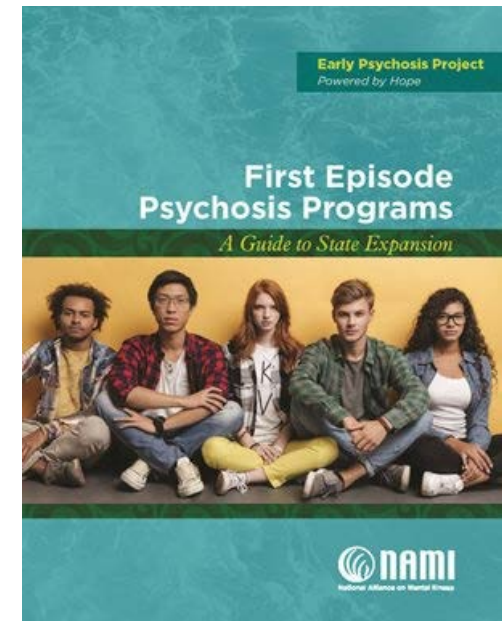
Early Intervention in Psychosis



- **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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