

Michigan Youth Are Not Okay: Barriers to Mental Health Care Access

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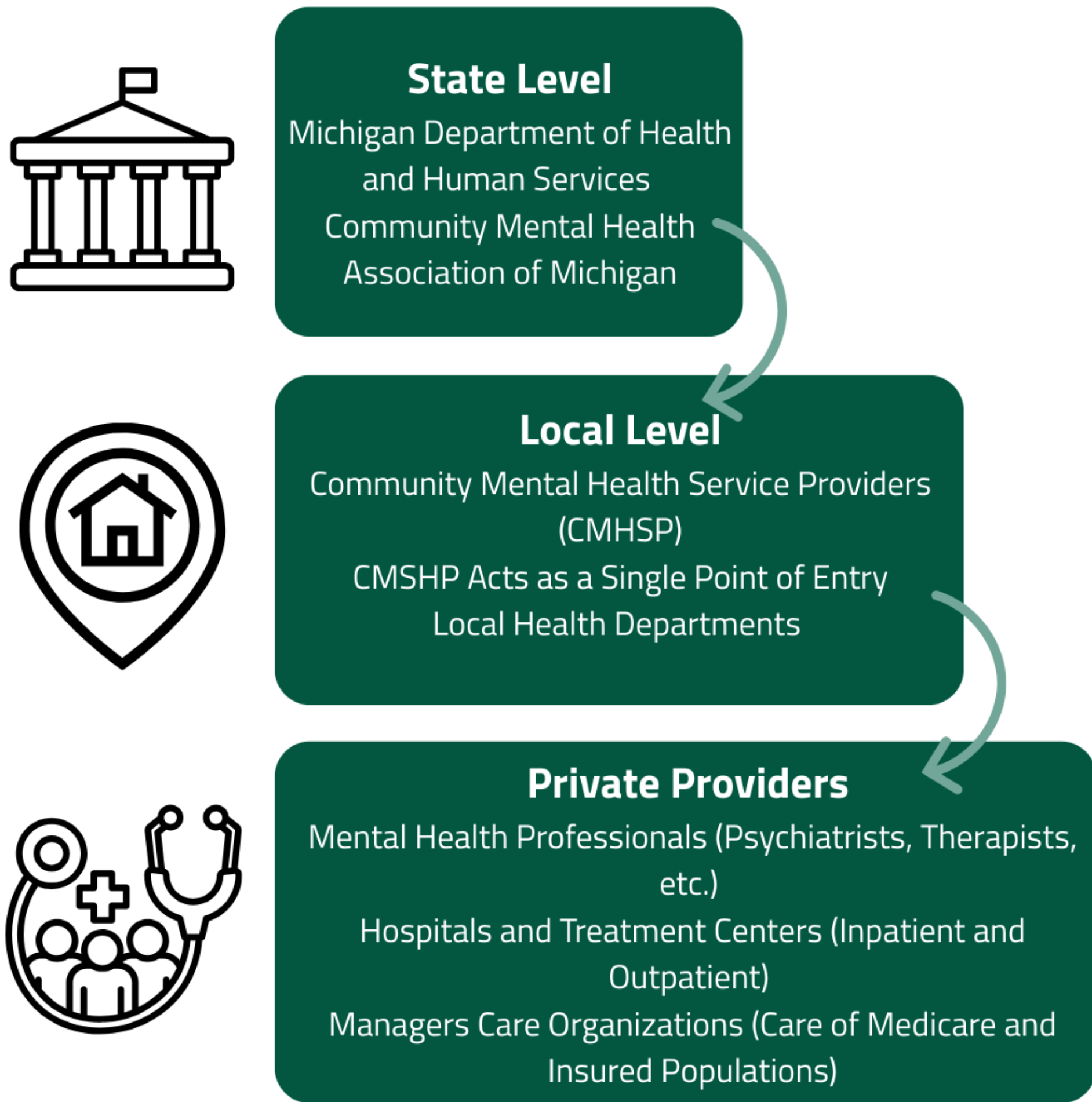
Michigan's Youth Mental Health Crisis

Background: Michigan, like the United States, is facing a youth mental health crisis. While mental health awareness has increased, access to this care is still lagging.

Purpose: This project looked into the key barriers to mental health care for Michigan youth to better understand where Michigan stands.

Goals: To inform evidence-based policy by understanding mental health care access, how Michigan compares to the rest of the country, and where youth are being underserved.

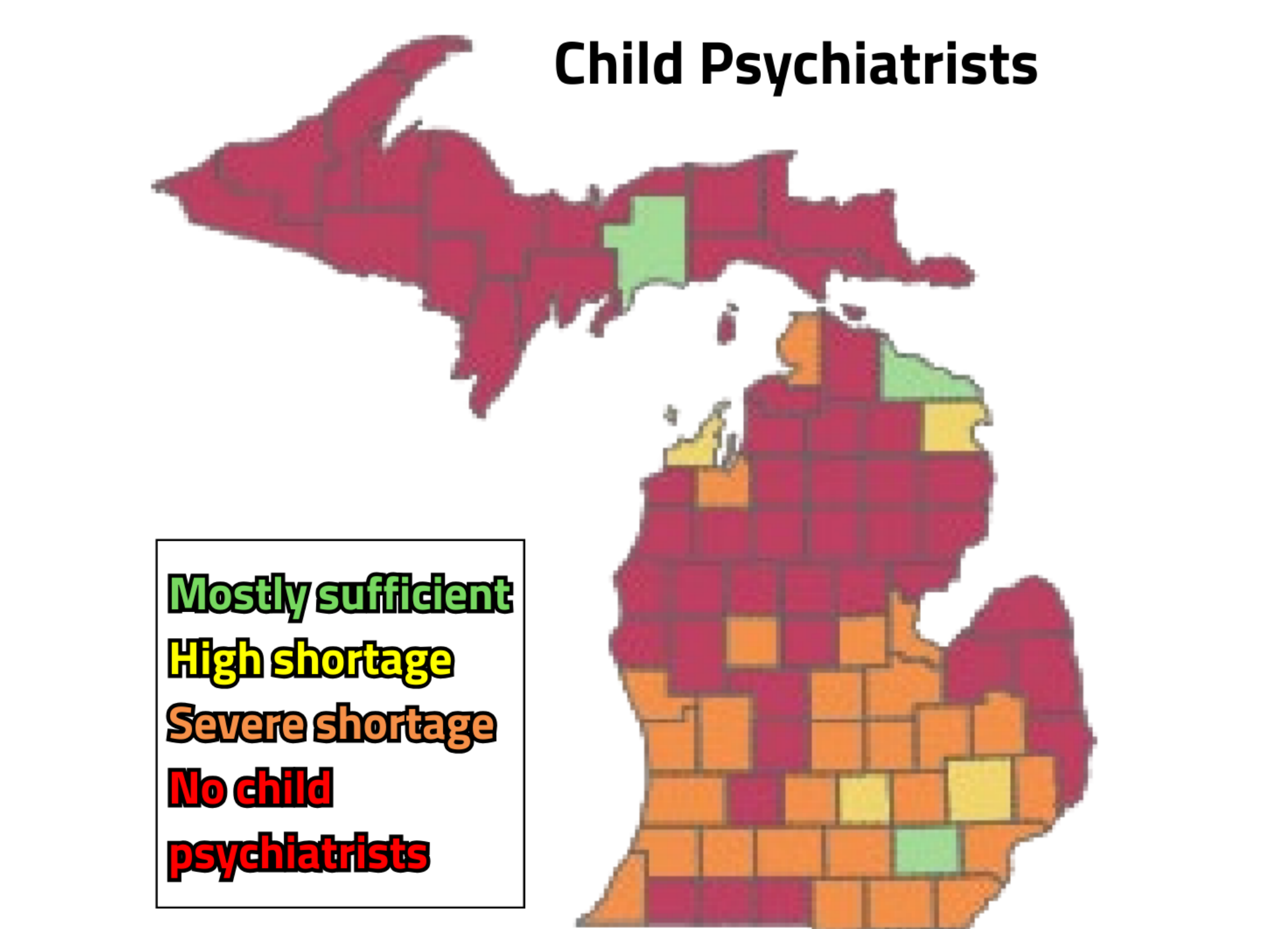
Michigan's Mental Health Care Structure



Strengths and Weaknesses of This Structure

- | Strengths: | Weaknesses: |
|--|--|
| <ul style="list-style-type: none">Cost SavingsDe-institutionalization of careIntegrated CareMedicaid ExpansionQuick Crisis InterventionLocalized Care | <ul style="list-style-type: none">Provider ShortagesGeographic DisparitiesBarriers to TreatmentAdministrative BurdensUnderfunded Preventative CareAccountability Issues |

Michigan Mental Health in a Nutshell



Angela Beck et al., "Behavioral Health Service Provision by Primary Care Physicians" (University of Michigan School of Public Health Behavioral Health Workforce Center, October 2019), https://www.behavioralhealthworkforce.org/wpcontent/uploads/2019/12/Y4-P10-BH-Capacityof-PC-Phys_Full.pdf

Mental Health Parity

The Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA), as amended by the Affordable Care Act, generally requires that coverage for mental health/substance use disorder be no more restrictive than coverage for medical surgical services

54/100

- Kennedy-Satcher Center for Mental Health Equity gave a failing grade for Mental Health Parity
- Michigan Ranks 17th Overall based on mental illness prevalence and access to care

Methodology

Data Used: 2022-2023 National Survey of Children's Health Data

Multiple Linear Regression:

Findings

Michigan vs. The United States
There is no significant difference in mental health care accessibility for children living in Michigan compared to the rest of the United States.

What Was Significant?
There are larger factors that impact the overall accessibility of mental health care for youth. These are the factors that affect accessibility in the United States

- | | |
|--|---|
| | • Age ⊖ |
| | • Race ✕ |
| | • Female ✕ |
| | • Parent with Mental Health Condition ⊖ |
| | • Adult Household ⊕ |
| | • Education Level |
| | • Insurance ⊕ |
| | • Benefits |
| | • Poverty Level ✕ |
| | • Supplemental ⊕ |
| | • Security Income |
| | • Anxiety (ages 3-17) ⊖ |
| | • Depression (Ages 3-17) ✕ |
| | • Severity of Anxiety ⊕ |
| | • Severity of Depression ✕ |

What has Michigan Done to Address This?

Current Michigan Mental Health Policies	
Public Act 258 of 1974	Sets standards for mental health care, including patient rights, involuntary treatment, and community services. Ensures access, safety, and dignity for individuals with mental illness, developmental disabilities, or substance use disorders.
Section 298 of Public Act 207 of 2018	Launched pilot programs to integrate physical and behavioral health services in Michigan Medicaid. Aimed to improve care coordination for mental illness, substance use, and developmental disabilities. Faced delays and was not fully implemented.
Public Act 658 of 2018	Created a statewide online registry to track available psychiatric beds in real time. Established an advisory committee to improve coordination and access to inpatient mental health care across Michigan.
Public Act 21 of 2024	Requires insurers to cover mental health and substance use treatment equally to physical health care. Closes loopholes, aligns with federal standards, and improves access to essential services.
Public Act 148 of 2024	Provides \$125 million in grants to Michigan schools for mental health staff, safety upgrades, and student support. Includes \$1 million for a tip line and firearm safety education.
FY2025 Michigan Budget	Allocates \$193M to expand Certified Behavioral Health Clinics, increasing access to 24/7 mental health and substance use care for up to 50,000 more Michiganders.

Policy Recommendations

- Address Mental Health Care Gaps for Youth with Anxiety and Depression**
- Annual screening for anxiety and depression in a healthcare/school setting
- Increase Support for High-Risk Youth**
- Expand Adverse Childhood Experiences services and trauma-informed services
- Public Benefits**
- Simplify the Medicaid enrollment process, and increase reimbursement rates for low-income families
 - Expand treatment options for high-risk youth
- National Awareness**
- Michigan is following the National trend. Awareness at the federal level is needed to make a positive change.
 - Greater federal funding focused on mental health care accessibility and quality