

Behavioral Health in Macomb County

Gaps and barriers to accessing healthcare services

Macomb County, located directly north of the City of Detroit, is home to over 871,000 individuals. The Health Department mission is to promote the health and well-being of all those that live, work or play in Macomb County. Over the past 10 years, Macomb County has grown and changed both demographically and economically. These changes have affected not only businesses, employers, schools and residents, but have also changed the face of Public Health in the county. With more than 100 different languages spoken, an ever growing immigrant/refugee intake, increased migration from other counties, and an aging population, the Macomb County Health Department strives to establish programs and convene partnerships that meet the needs of our changing population as well as address new issues that arise.

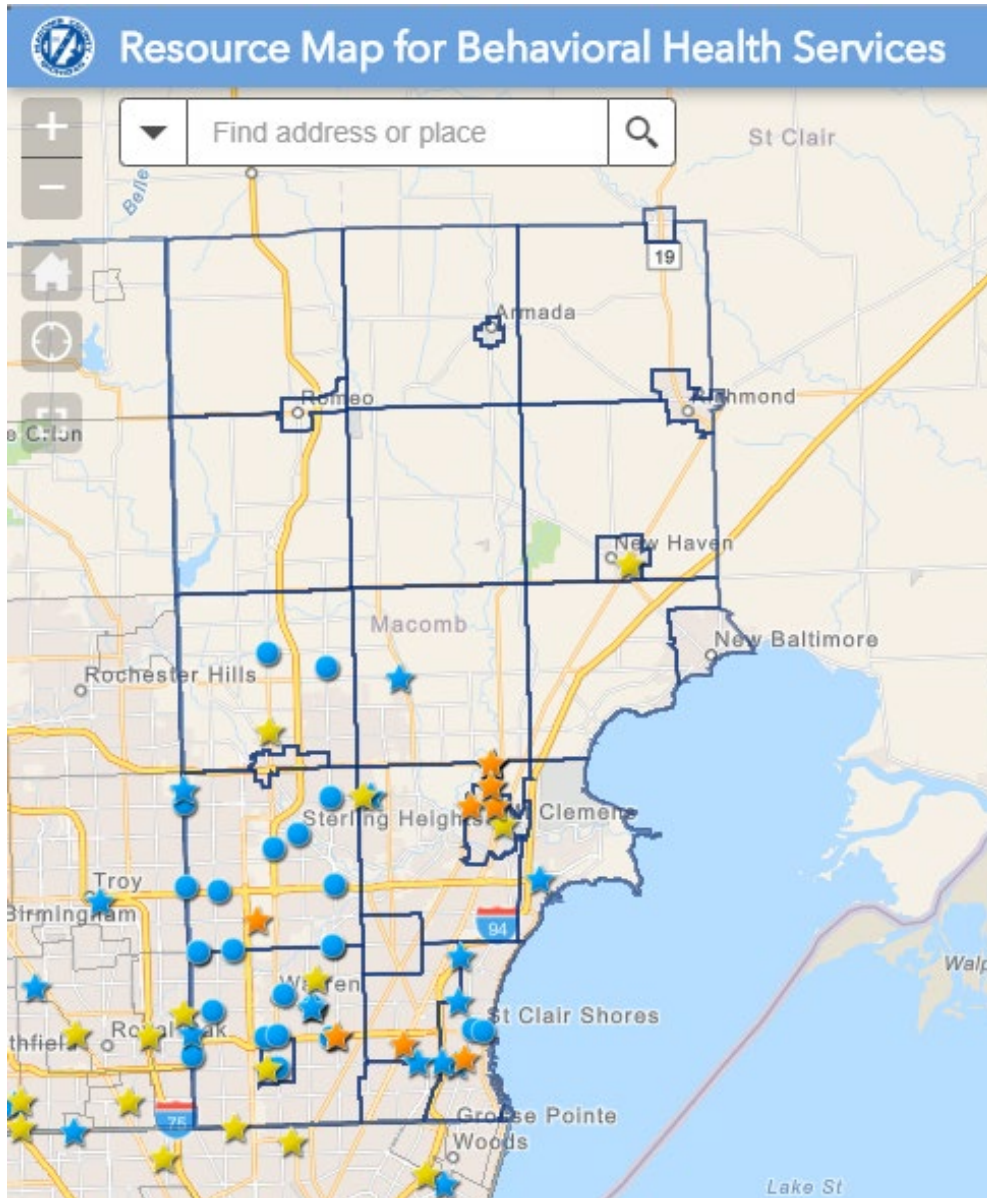
Macomb County has seen an increase in the number of residents who identify mental health and behavioral health as a priority health topic in the community. The County has also seen an increase in prescription and opiate related drug incidences. During the 2016 Community Health Assessment, 53.21% of survey respondents stated that Mental Health was the most important health issue. Of all health issues in Macomb, Mental Health, Drug Misuse, Alcohol Misuse, and Suicide were identified as the top four issues needing to be addressed.

Macomb County leads the state in drug induced mortality rates. Prescription drugs have dramatically changed the quality of life for millions of individuals living with acute or chronic pain. However, misuse, addiction, and overdose of opiates have led to a national crisis. In the past two decades, Michigan's drug death rate grew faster than the US' overall rate, tripling in twenty years. As of 2013, the state has the 18th highest drug overdose mortality rate in the country, with 13.9 per 100,000 people suffering drug overdose fatalities.

The Health Department is working with community partners to support activities and efforts to address the many complex issues within the opiate crisis. During the creation of a Community Health Improvement Plan, community partners selected Behavioral Health as one of the focus points for the next five years.



Members¹ of the Behavioral Health workgroup through the Health Department have contributed to the development and analysis of behavioral health resources in Macomb County. In collaboration, the workgroup developed a resource map that shows the distribution of health care providers for behavioral health in and around Macomb County. This map² shows the currently identified 58 providers for these services, including hospitals, federally qualified health centers, community mental health offices, and treatment locations.



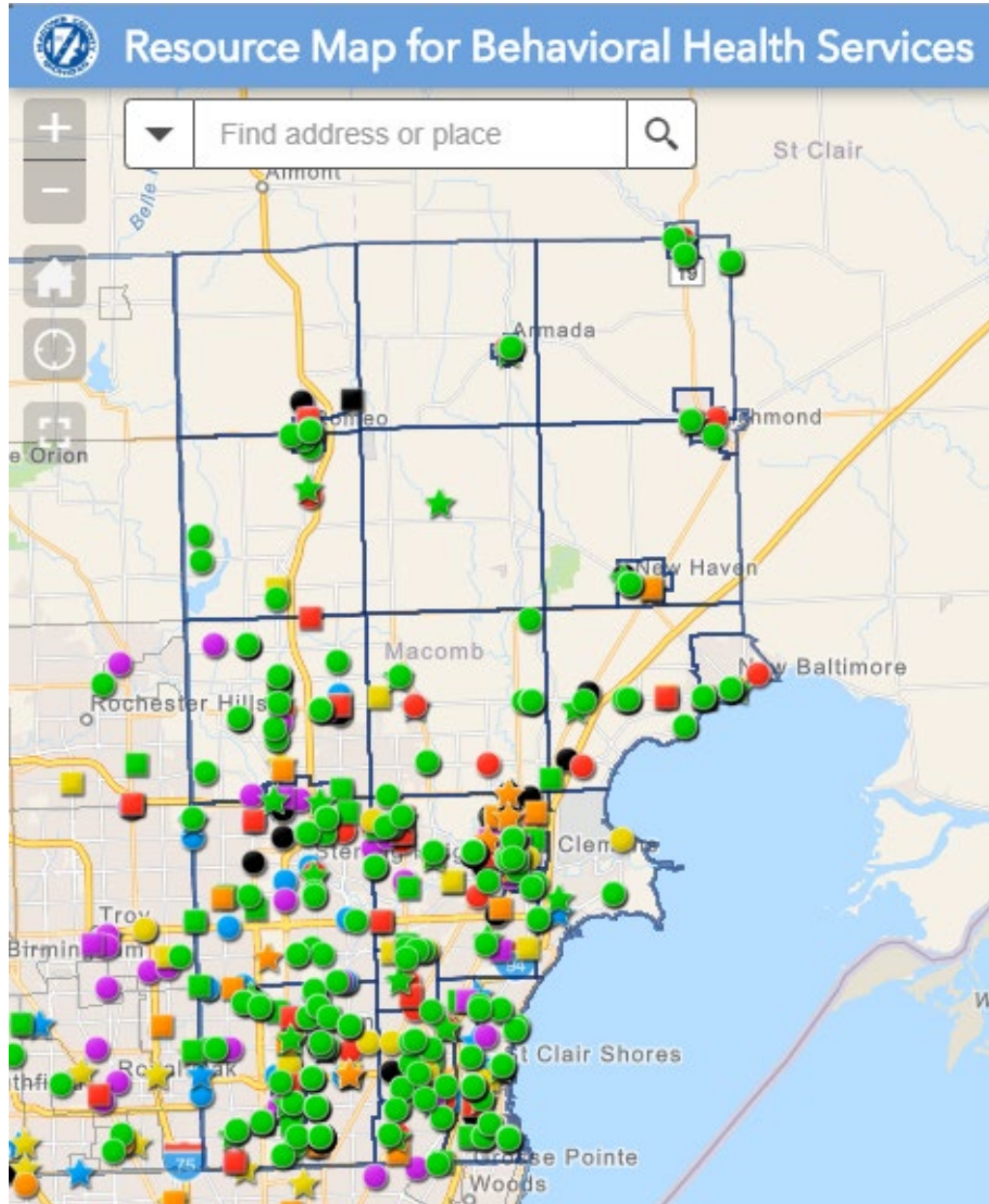
¹ See Appendix – Behavioral Health Member List

² See Appendix - Behavioral Health Resource Map



Behavioral Health in Macomb County – Gaps and Barriers to Access

While only 58 health care providers have been identified in Macomb County, there are over 100 healthcare providers throughout the tri-county area. In addition to the identified treatment centers, community mental health locations, federally qualified health centers, and hospital locations, Macomb County and the tri-county area has support groups, services for women, children and veterans, rehabilitation services, medication disposal sites, legal services, and government offices. These services³ can be helpful to those seeking assistance in accessing behavioral health services in the area.



³ See Appendix - Behavioral Health Resource Map



As shown by the resource map, while there are hundreds of services and access points in Macomb County to assist with behavioral health, most of these services are located in the southern portion of the county. Of those locations in the northern part of the county, not all types of services are provided.

Even with the plethora of services available in Macomb County and the surrounding tri-county area, gaps and barriers to accessing services still exist in the community. The Macomb County Behavioral Health Workgroup has identified the following causes for lack of access to services and the barriers to access include:

- Stigma/fear
- Lack of communication of resources and services
- Lack of understanding of resources and services
- Lack of services in specific portions of the county
- Underinsured/uninsured individuals
- Lack of understanding of insurance
- Lack of needed/requested services and service providers

These identified causes are supported by many nationally recognized entities, including Mental Health America, The National Council on Behavioral Health, and The National Alliance on Mental Illness (NAMI).

Annually, Mental Health America conducts their State of Mental Health in America report. According to the most recent report⁴ over 5.3 million adults with a mental illness remain uninsured⁵. Michigan ranks 19th, with 114,000 adults with mental illness who are uninsured⁶. Of those adults in Michigan with a mental illness, 52.6% did not receive the treatment. Lastly, 19.7% of Michigan resident adults with a mental illness reported not receiving the treatment they needed. This includes individuals who sought treatment, but still encountered barriers to their care. These barriers include no insurance or limited coverage of services, shortfalls in medical providers, lack of available treatment types, disconnect between primary care system and behavioral health system, and insufficient funds to cover costs.

In late 2018, the National Council for Behavioral Health released a new study that revealed lack of access as the root cause of the mental health crisis in America. The study revealed that despite the demand and awareness of mental health and behavioral health, individuals still have barriers which include high cost and insufficient insurance coverage, limited options and long waits, lack of awareness, and social stigma.

The identified gaps and barriers to accessing behavioral health services in Macomb are part of the conversation among the Macomb County Behavioral Health Workgroup. The workgroup continues to address these gaps and barriers in the following ways:

⁴ <http://www.mentalhealthamerica.net/issues/state-mental-health-america>

⁵ SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health. <https://www.samhsa.gov/data/nsduh/reports-detailed-tables-2017-NSDUH>

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Behavioral Health in Macomb County – Gaps and Barriers to Access

Stigma/fear	Brining awareness to the community through Stigma Reduction training
Lack of communication of resources and services	Development/Continued Growth of the Behavioral Health Resource Map Community sharing and education of the Behavioral Health Resource Map
Lack of understanding of resources and services	Education provided to the community and stakeholders on resource
Lack of services in specific portions of the county	Education provided to the community and stakeholders on resource locations Partnership with SMART Bus transportation to identify transportation routes from remote areas to service locations
Underinsured/uninsured individuals	Educational materials created on using insurance for behavioral health services Continued support of the Affordable Care Act and Health Insurance enrollment and Education
Lack of understanding of insurance	Educational materials created on using insurance for behavioral health services Continued support of the Affordable Care Act and Health Insurance enrollment and Education
Lack of needed/requested services and service providers	Continued support of community organizations who provide these services Continued education provided to the community

Appendix

Behavioral Health Workgroup - Member List

Organization	Name	Email
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Behavioral Health in Macomb County – Gaps and Barriers to Access

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Behavioral Health Resource Map

<https://GIS.MacombGov.Org/GO/BHMap>.