

# Healing: Our Path from Mental Illness to Mental Health

**Tom Insel, MD**

Co-founder, MindSite News

Chair, Steinberg Institute

Oct 6, 2021

# The Conundrum of Mental Health in America

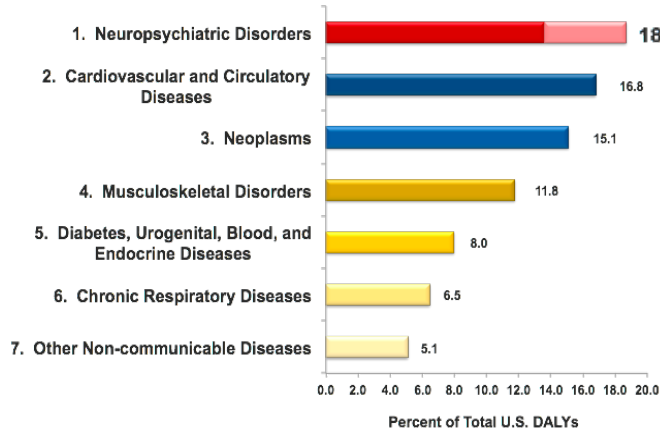
- We have unprecedented progress in neuroscience, behavioral science, and technology
- We have effective interventions (medical, psychological, neural, and rehabilitative) for virtually every mental illness.
- More people are getting more treatment than ever.
- Yet, outcomes are no better.

# The Problem: A Crisis in Behavioral Health

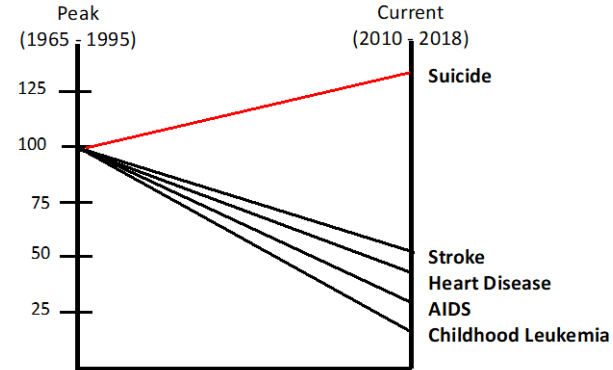
U.S. suicide deaths incr 33%  
since 1990's; global suicide  
rates decr 38% since 1994

CDC, 2019; The Economist 11/24/18

## No reduction in morbidity or mortality



Data from Institute for Health Metrics and Evaluation



Percent change in mortality

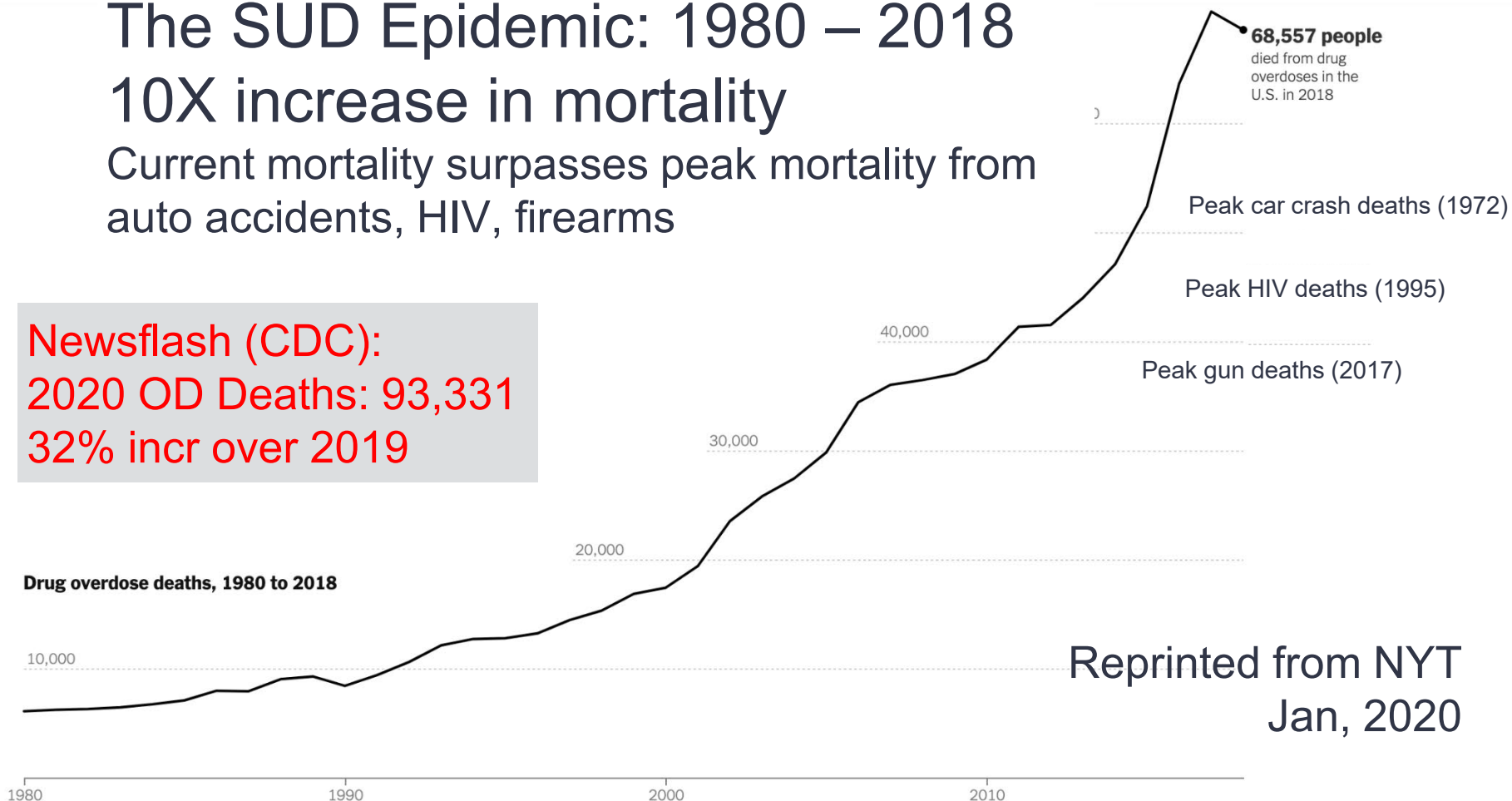
Data from CDC

# The SUD Epidemic: 1980 – 2018

## 10X increase in mortality

Current mortality surpasses peak mortality from auto accidents, HIV, firearms

**Newsflash (CDC):**  
**2020 OD Deaths: 93,331**  
**32% incr over 2019**

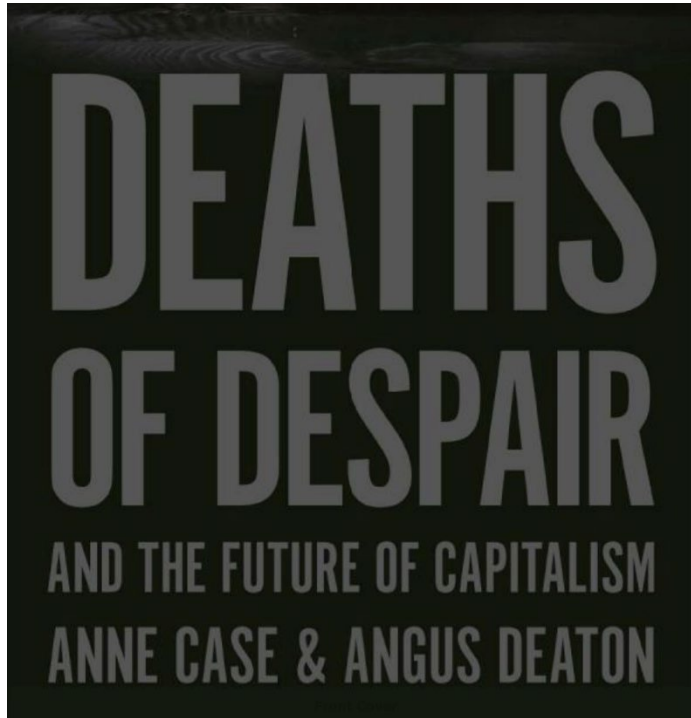


Reprinted from NYT  
Jan, 2020

Data through 2017 is based on final reported mortality totals. Data for 2018 is provisional and adjusted to account for delays in drug-death reporting.

Source: National Center for Health Statistics, Centers for Disease Control and Prevention

# Deaths of Despair – Lowering Life Expectancy in America



Suicide: 48,000  
Drug OD: 70,000  
Alcohol: 40,000  
Total 158,000  
(in 2018)

Up from 68,000  
(in 1995)

US longevity drops in 2018  
for first time since 1918

# Covid-19: A Black Swan Event for Mental Health

- Three fold increase in depression (Ettman et al, JAMA, Sept. 2020)
- Suicidal ideation in 25% of US ages 18- 24 (CDC MMWR, Aug 2020)
- Economic downturn predicts high rates of depression and as many as 20K additional deaths of despair (MMHPI report, 4/10/20)

## UN Warns of 2<sup>nd</sup> Pandemic

Decades of neglect and underinvestment in addressing people's mental health needs have been exposed by the COVID-19 pandemic, the UN said on Thursday, in a call for ambitious commitments from countries in the way they treat psychological illness, amid a potential global spike in suicides and drug abuse.

# ***Why do we have this crisis?***

We don't know enough

We don't have enough therapists

We don't have effective treatments

We don't spend enough

The demand is growing faster than the supply

Stigma

# ***Why do we have this crisis?***

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~~We don't have effective treatments~~

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~~The demand is growing faster than the supply~~

~~Stigma~~



# ***Why do we have this crisis?***



# ***Why do we have this crisis?***

**It's a care crisis.**

Lack of Engagement

*60% not receiving care*

Lack of Quality

*Fragmented, episodic, reactive*

Lack of  
Accountability

*We don't measure outcomes*

# Problems

Lack of Engagement

Lack of Quality

Lack of  
Accountability



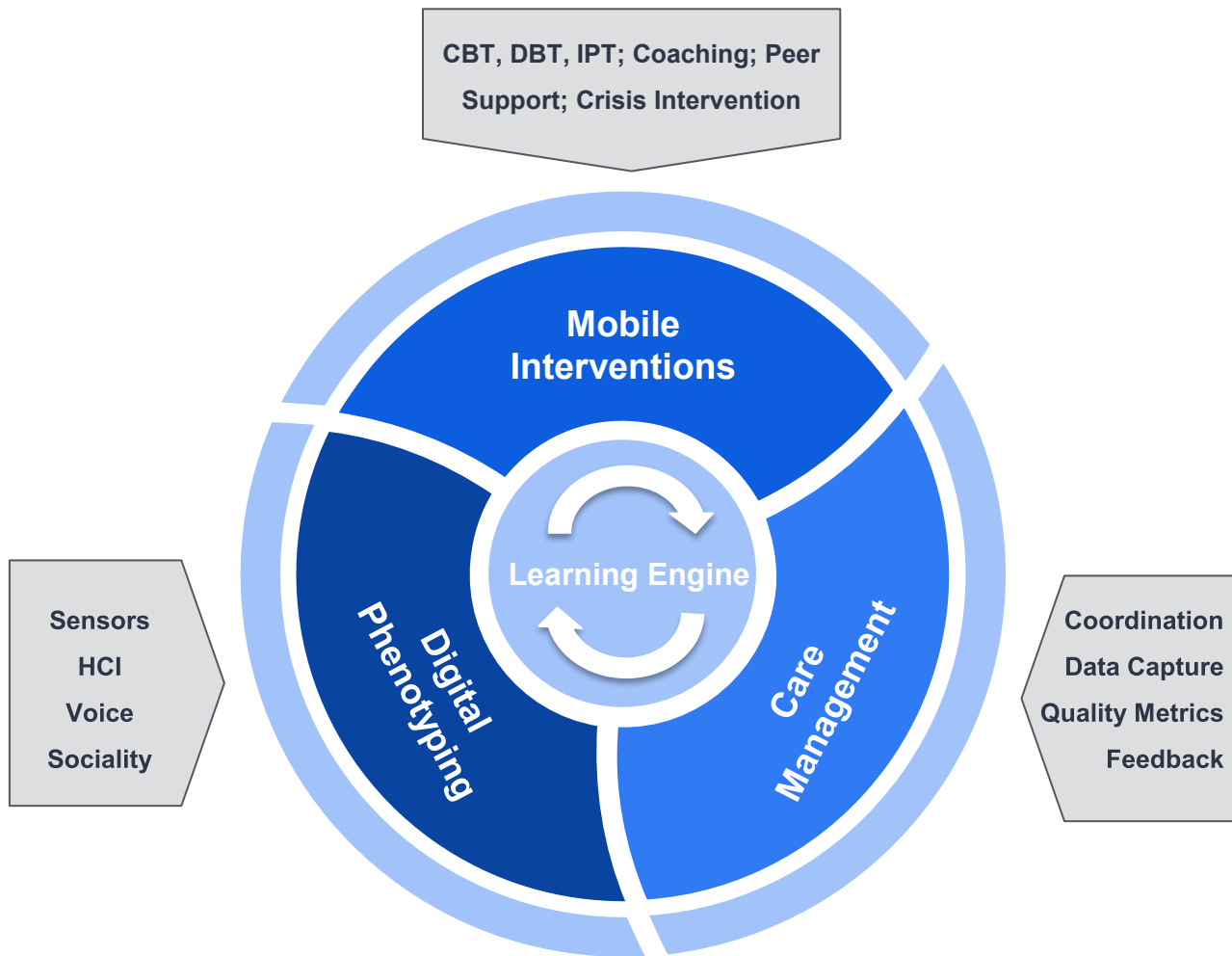
# Solutions

Person-centered online  
care

Training, Coordinated,  
connected care

Measurement and Value  
Based Care

# The Digital Mental Health Landscape



# Solutions – Beyond Tech



**Policy, Payment, Recovery**

# Policies: 988

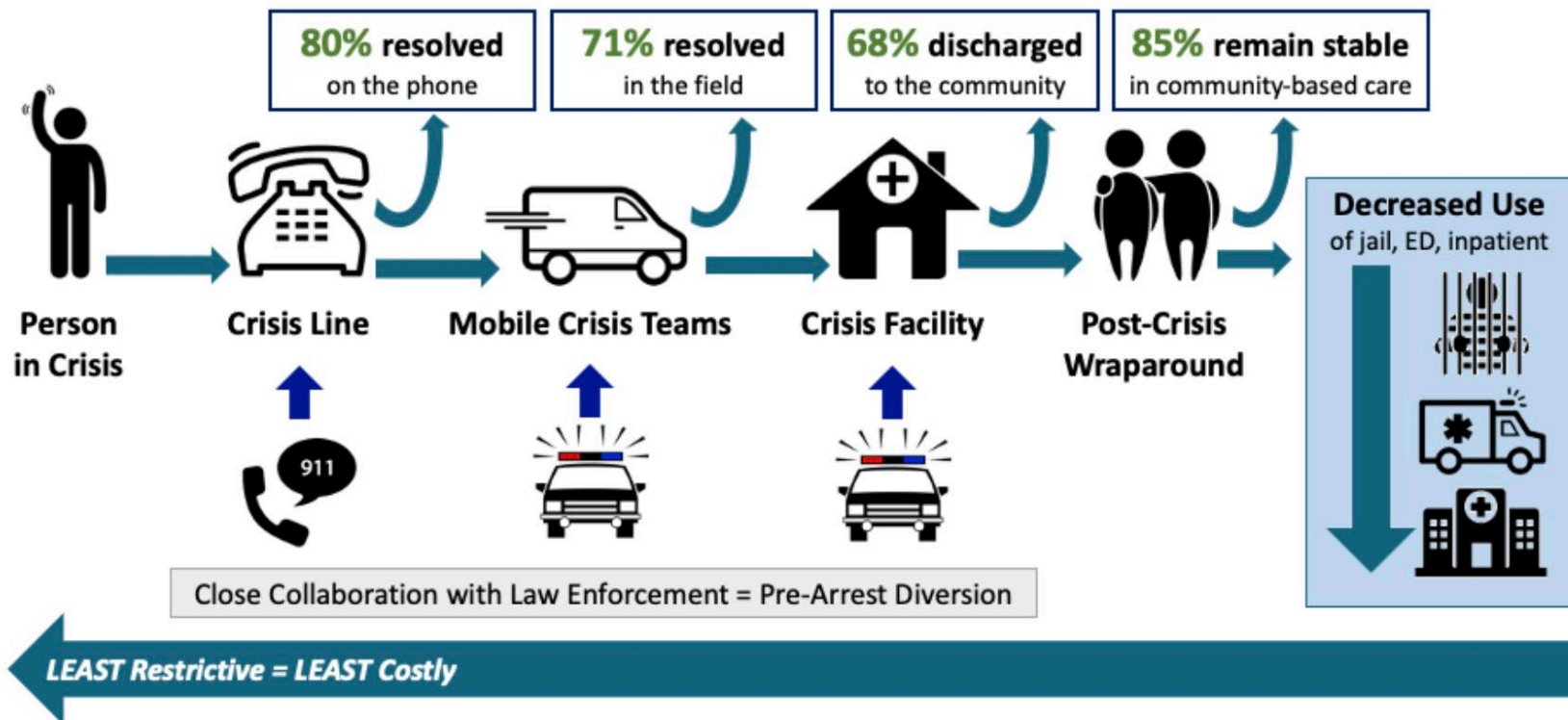
**Problem: Current Crisis Response via 911 brings police, high rates of incarceration, ER boarding, and tragedies for people with SMI**

**Solution: Build out a crisis continuum**

988 replaces 911 by 7/22

**Someone to Call – Someone to Come – Some Place to Go**

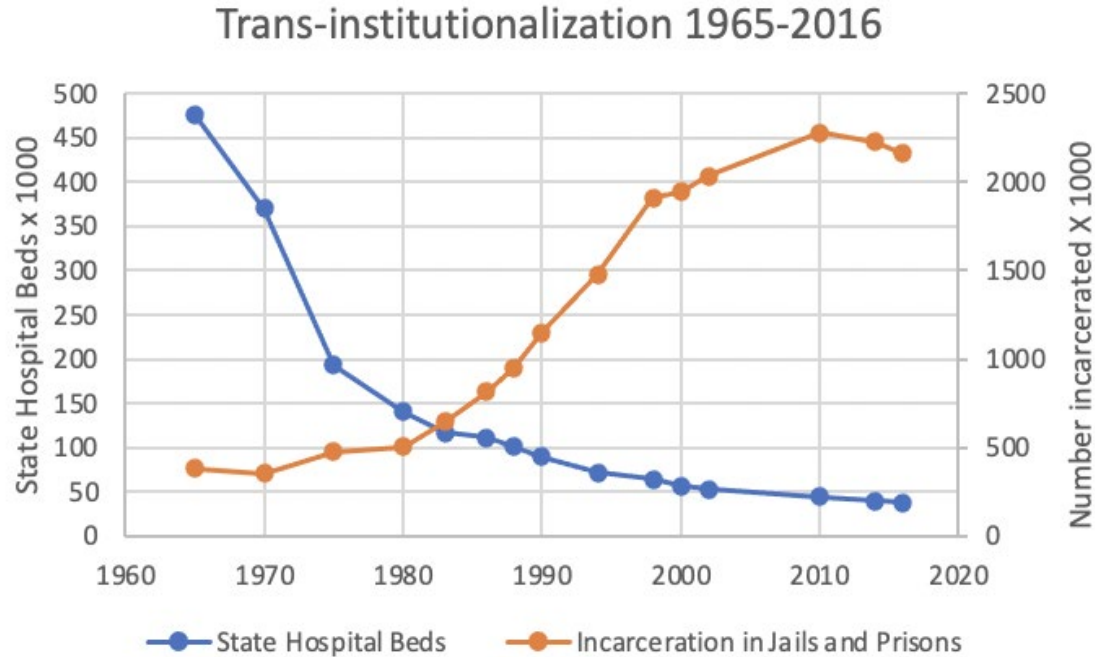
# The Arizona Crisis System



*Schematic designed by Margie Balfour, Connections Health Solutions. Data courtesy Johnnie Gaspar, Arizona Complete Health Data applies to southern Arizona geographical service area, last updated Sep 2019*

# Policies: Capacity

**Problem: Underinvestment in health facilities for people with SMI**



Insel, Healing, 2022



# Policies: Capacity

Solutions: Remove IMD exclusion, 190-day limit for inpatient care under Medicare, Parity enforcement, workforce development, disincentives to build capacity

California's Youth Behavioral Health Initiative

\$4.4B over 5 years

Capacity for workforce, crisis services, inpatient care, and crisis residential

# Payment: Alternative Payment Models

**Problem: Fragmented, under-resourced care for people with SMI.  
Providers paid for medical services but not for rehabilitative services.**

**Solution: Create models for value-based payment  
Certified Community Behavioral Health Centers**

430 Centers across 40 states

Whole Person Care (includes rehab services)

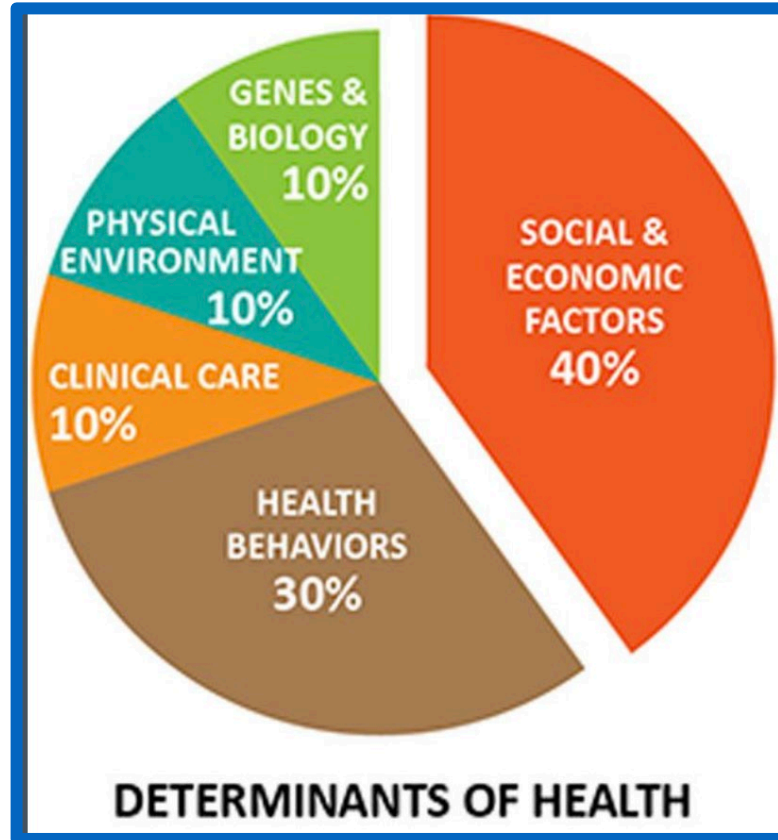
No Wrong Door (includes crisis services)

Prospective Payment (going at risk)

# Recovery



# Health $\neq$ Healthcare



10% related to care

US annual = \$3.5T

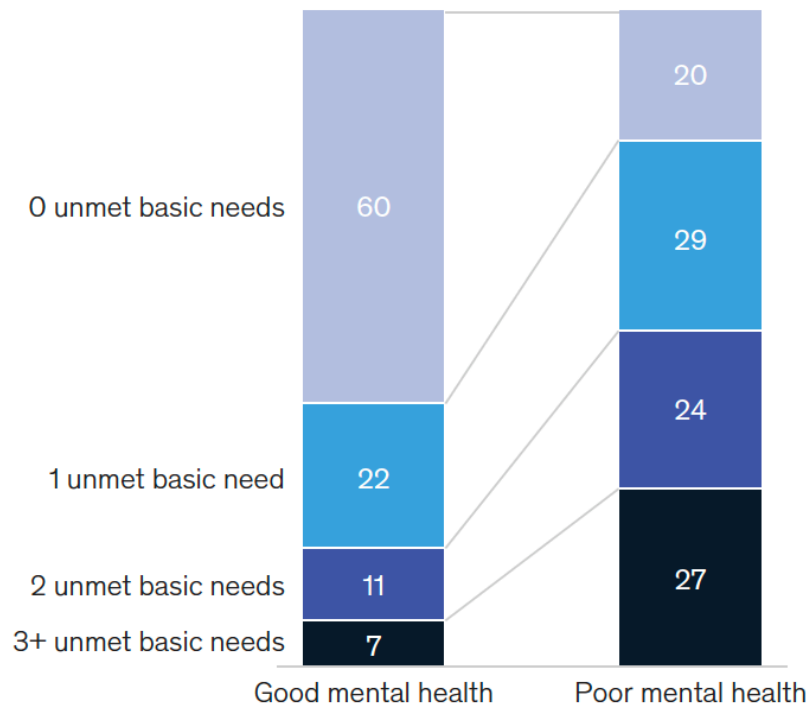
70% related to social factors and health behaviors

US annual = ?

Source: WHO

# Behavioral health and health-related basic needs are interlinked, however partnerships to integrate care are underutilized.

Unmet basic needs<sup>1</sup> by self-reported mental health  
% of individuals



Partnership models to integrate social and behavioral health  
examples



Hiring **peer supporters** to improve effectiveness of behavioral health treatment



Treating local community-based **social services providers** as an extension of the clinical network



Integrating behavioral and social needs in **care management models** to improve whole person health



Offering **supported employment** and improved return-to-work policies aligned with Americans with Disabilities Act

Coe et al, McKinsey Report, 2021

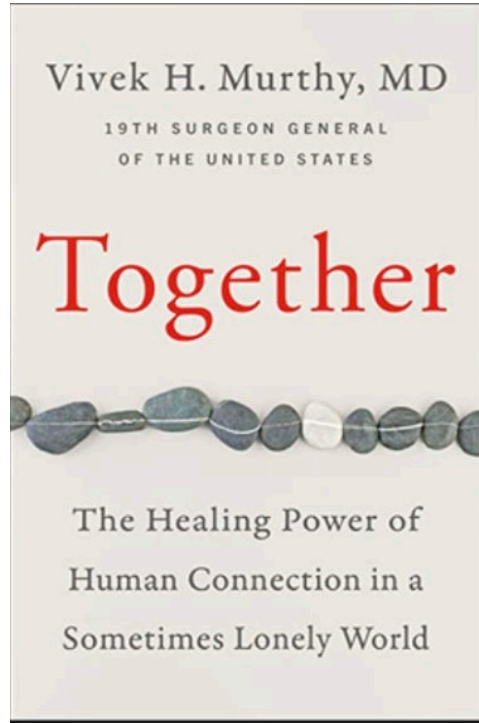
# The Road to Equity: Recovery



**The 3 P's: People, Place, Purpose**

**Covid Pandemic Attacks All of the P's**

# People: Loneliness is a Public Health Crisis



## US Census Data

- more than a quarter of the US population (27%) lives alone
- over half the U.S. adult population is unmarried
- 1 in 5 have never married
- divorce rate in the US around 40% of first marriages



# **Place:** Poverty is a Public Health Crisis

Adverse Childhood Experience

Food insecurity/Poor nutrition

Homelessness/Unsafe housing

Lack of education/opportunity

Racism/Exclusion

Adverse Environments

Poor people of color with mental illness are more likely to be incarcerated, homeless, and outside of care

# **Purpose:** Finding a mission

***“He (she) who has a why can live with almost any how.”***

Nietzsche

***“If you want to reduce suicide give people something to live for.”***

Marsha Linehan

People with mental illness can use their lived experience to help others recover.

# **Recovery**

**The problems can be defined as medical**

**The solutions need to be defined as social,  
environmental, and political**

**Recovery Requires Us to Think Beyond Symptoms**

**Recovery Invites Us to Redefine Care**

# The Conundrum of Mental Health in America

- We have unprecedented progress in neuroscience, behavioral science, and technology
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It's not just healthcare.... It's the 3 P's.  
The problem is medical but the solutions are....

# Summary

- We face a crisis in mental health and a crisis in mental healthcare
- We have solutions for engagement, quality, and accountability
- The path to better outcomes runs through recovery: the 3 P's
- The problems are medical; the solutions are social, environmental, political

"This is really a book about social justice. Insel is the ideal person to take this on—he is a revered and respected neuroscientist, internationally known as a researcher and tech entrepreneur. . . . **THIS BOOK SHOULD BECOME A CALL TO ACTION FOR A NEW SOCIAL MOVEMENT.**"

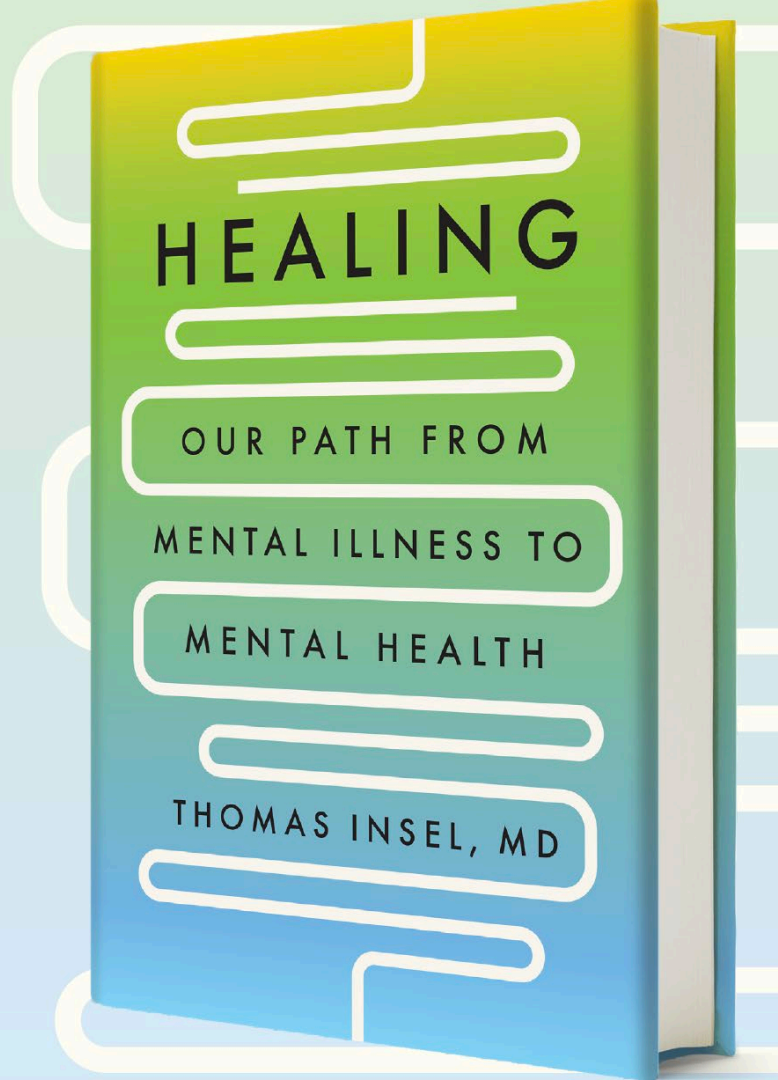
—Michael Pollan, author of *This Is Your Mind on Plants*

"Whether you suffer from a brain disease, have experienced a family member or dear friend with serious mental illness, are a policy maker with responsibility for reforming the broken system, or simply want to be educated—**THIS BOOK IS A MUST READ.**"

—Norman Ornstein, *New York Times* bestselling author of *One Nation After Trump*

"The mental health crisis in America has been neglected for too long. . . . **HEALING IS FOR EVERY FAMILY DEALING WITH A MENTAL HEALTH ISSUE**, which today means nearly every family in the United States."

—former first lady Rosalynn Carter



# The Indispensable Source for Mental Health News

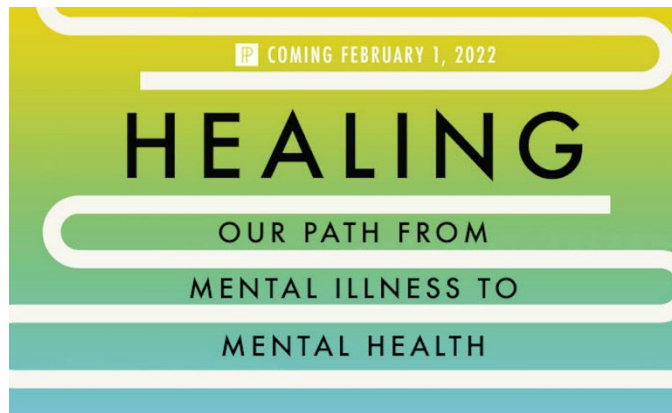
**Impact  
journalism**

**News  
aggregation**

**A platform  
for ideas**

**Sparking a  
national  
conversation**





# Thank You!



***Transforming Behavioral Health***

[tom@steinberginstitute.org](mailto:tom@steinberginstitute.org)

