



OPPORTUNITIES TO IMPROVE BH PERFORMANCE DURING COVID-19
LEGISLATIVE HEALTH & HUMAN SERVICES COMMITTEE
BEHAVIORAL HEALTH SUBCOMMITTEE

AUGUST 20, 2020

INVESTING FOR TOMORROW, DELIVERING TODAY.

AGENDA

- The Garcia Family
- COVID impact on Mental Health
- Overview of BHSD and BH System
- COVID Adjustments
- Prevention
- Questions

MISSION

To transform lives. Working with our partners, we design and deliver innovative, high quality health and human services that improve the security and promote independence for New Mexicans in their communities.

GOALS



We help NEW MEXICANS

1. Improve the value and range of services we provide to ensure that every qualified New Mexican receives timely and accurate benefits.



We communicate EFFECTIVELY

2. Create effective, transparent communication to enhance the public trust.



We make access EASIER

3. Successfully implement technology to give customers and staff the best and most convenient access to services and information.



We support EACH OTHER

4. Promote an environment of mutual respect, trust and open communication to grow and reach our professional goals.



BHSD OPERATIONS

Investing for tomorrow, delivering today.

THE GARCIA FAMILY

- Ana, 53 - Widowed:
 - CEO of Non-Profit in Rural Area
 - Bipolar Disorder flared in response to stress of COVID
 - Suicidality spiked
- Tomas, 28, son and student at UNM
 - Injury related Opiate Use Disorder



IMPACT OF COVID ON MENTAL HEALTH

During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



31%

STARTED OR INCREASED SUBSTANCE USE



13%

TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



26%

SERIOUSLY CONSIDERED SUICIDE†



11%

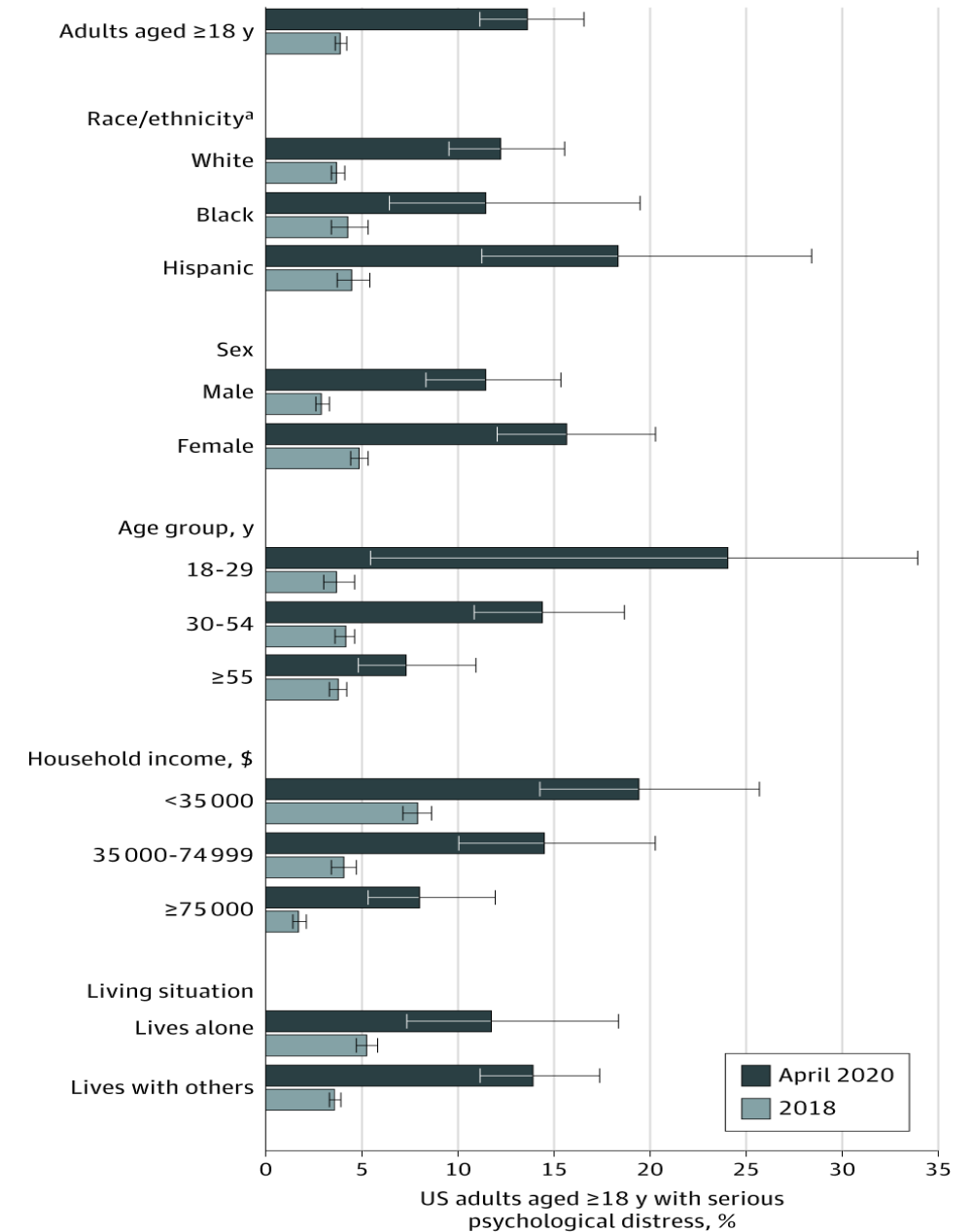
*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

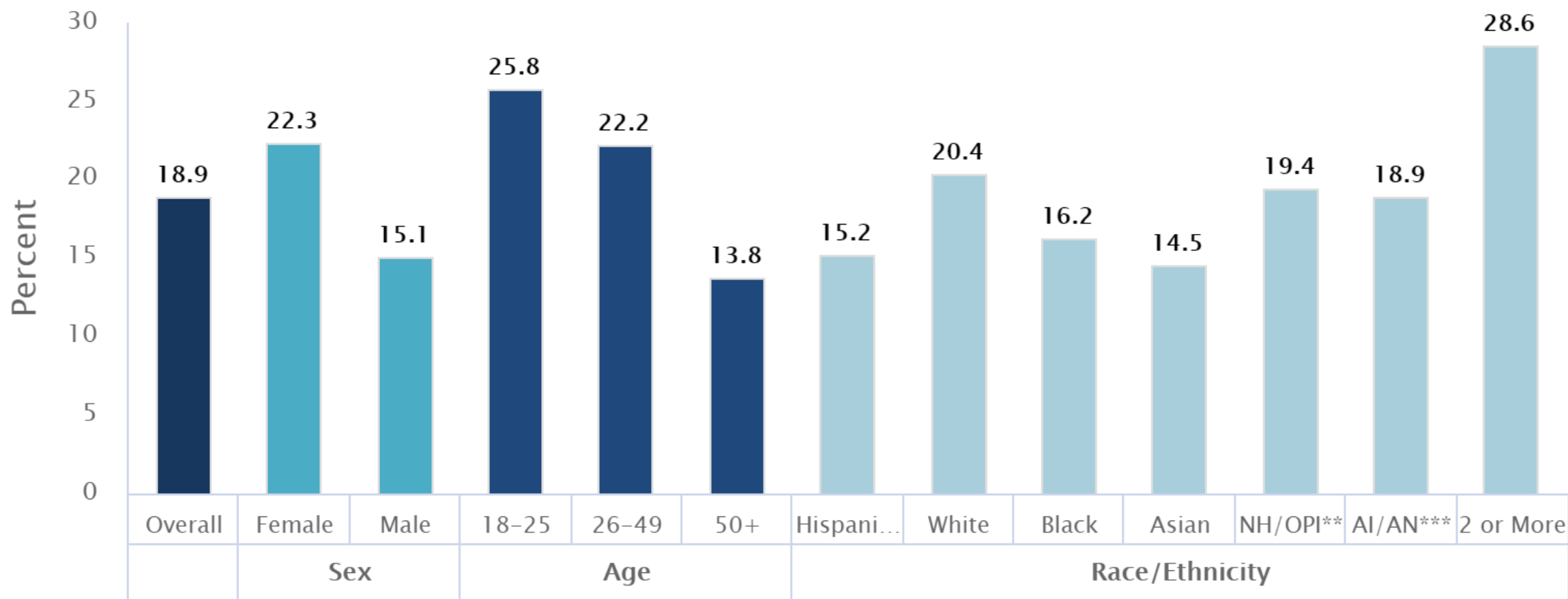
COVID IMPACT AND RESPONSE

- Depression, Anxiety, Trauma
- Loneliness
- Domestic Violence
- Young adults, women, precarious work situation struggle more
- Disadvantaged groups doing worse
- Effects compounded by racism



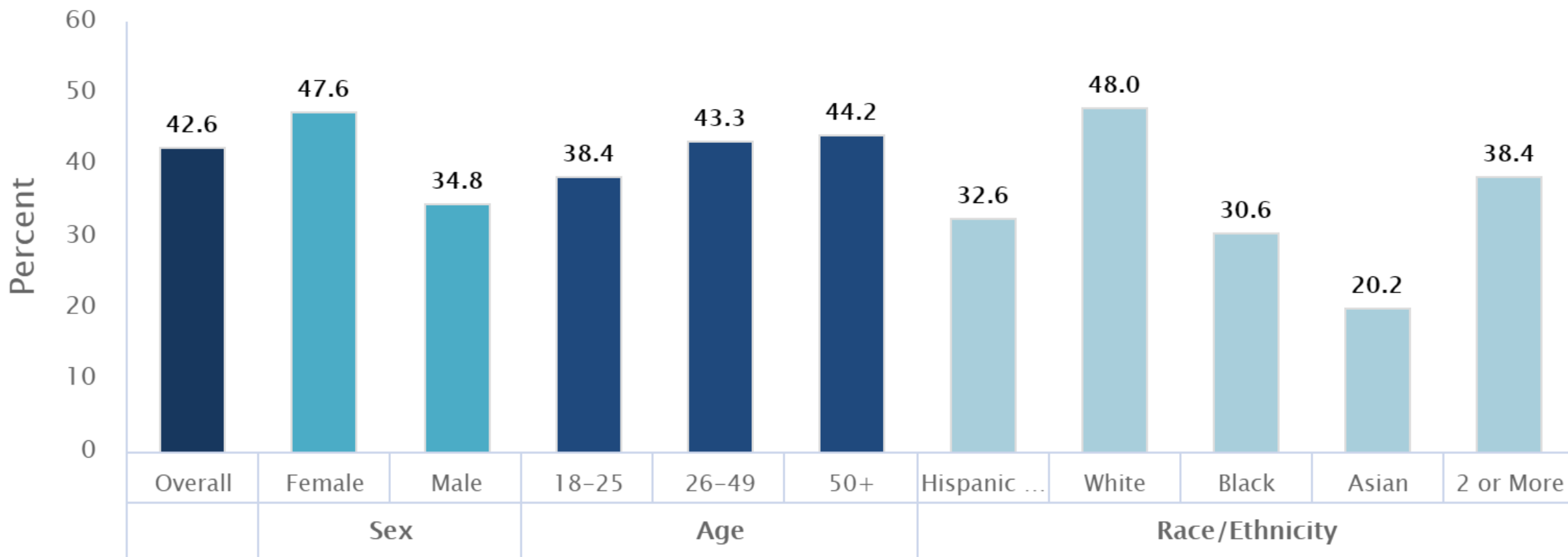
Past Year Prevalence of Any Mental Illness Among U.S. Adults (2017)

Data Courtesy of SAMHSA



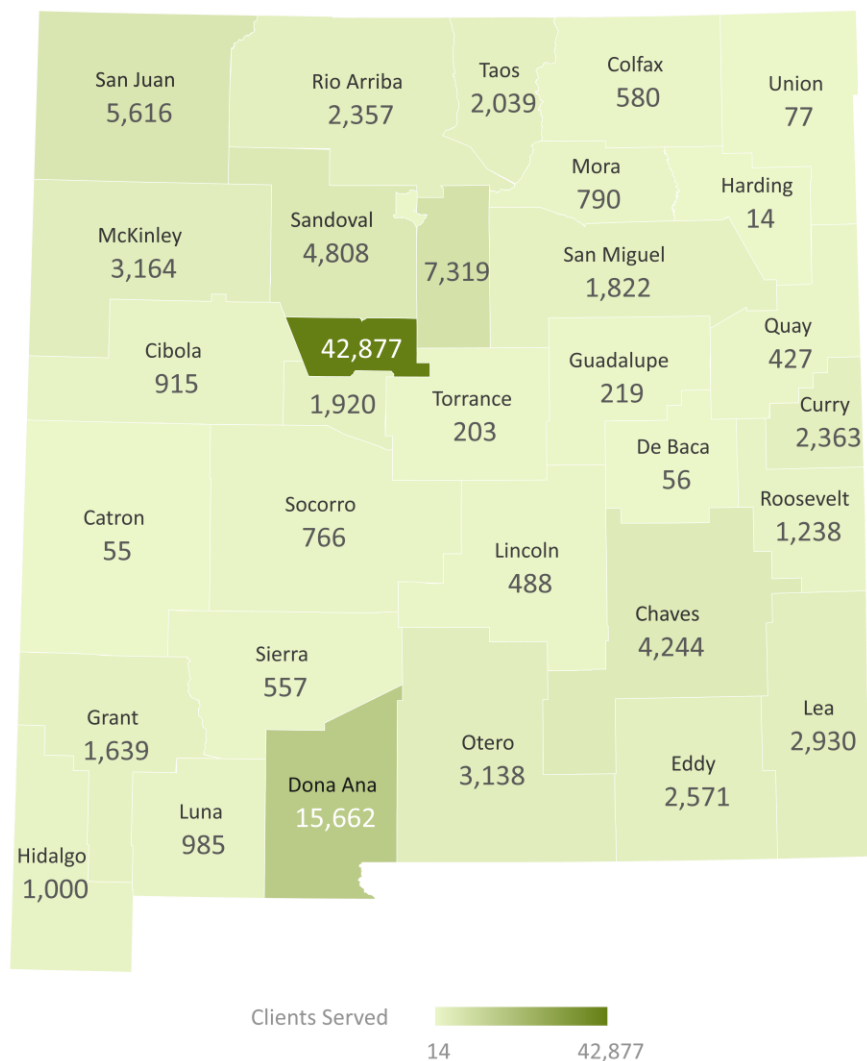
Mental Health Services Received in Past Year Among U.S. Adults with Any Mental Illness (2017)

Data Courtesy of SAMHSA

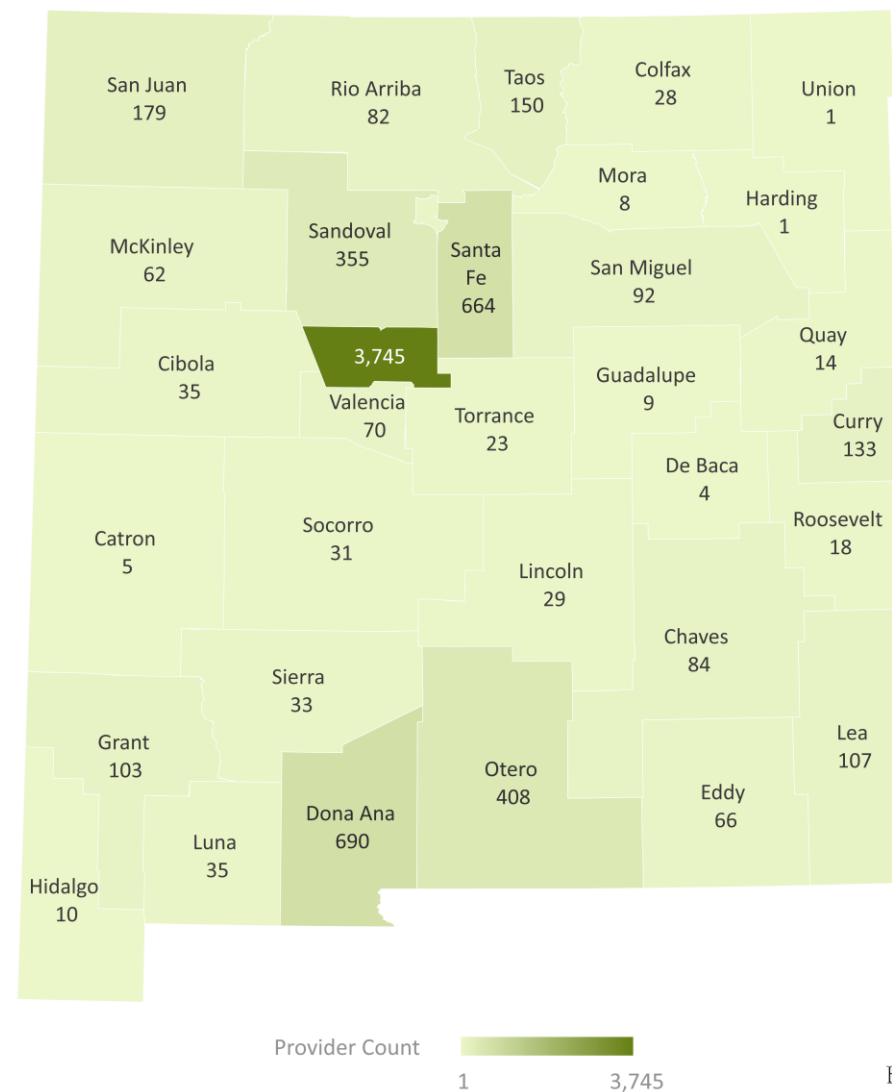


DISTRIBUTION OF RESOURCES AND NEEDS

Behavioral Health Services: Anxiety, Depression and Trauma
January - June 2020



Behavioral Health Providers by County

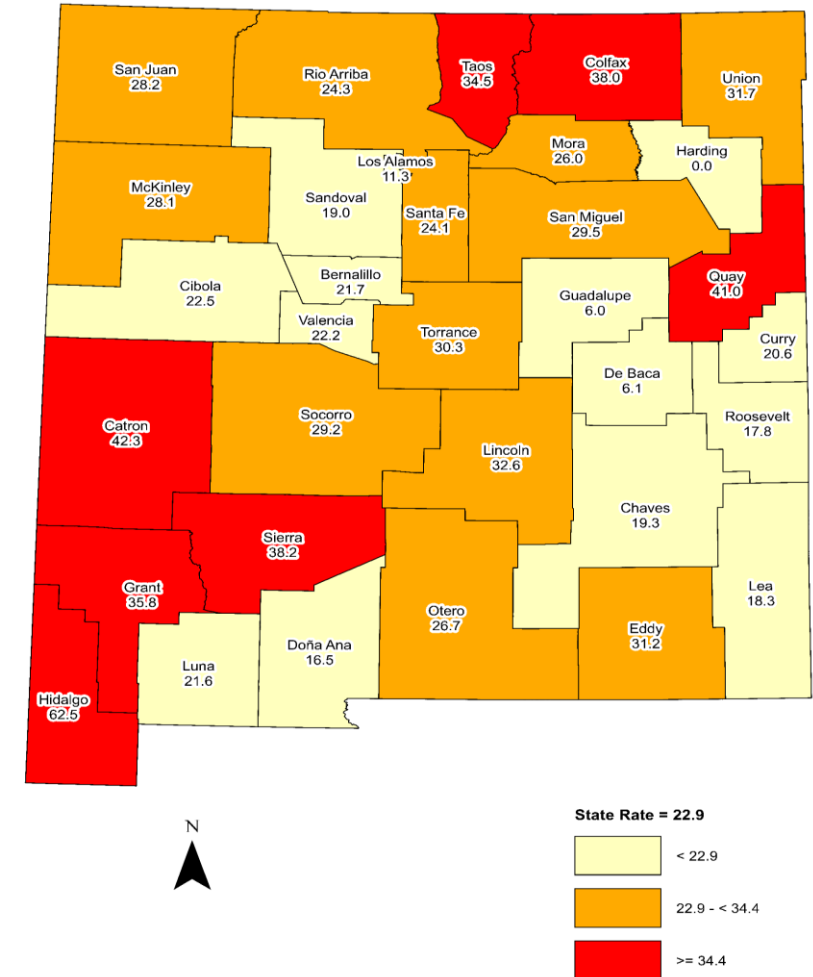


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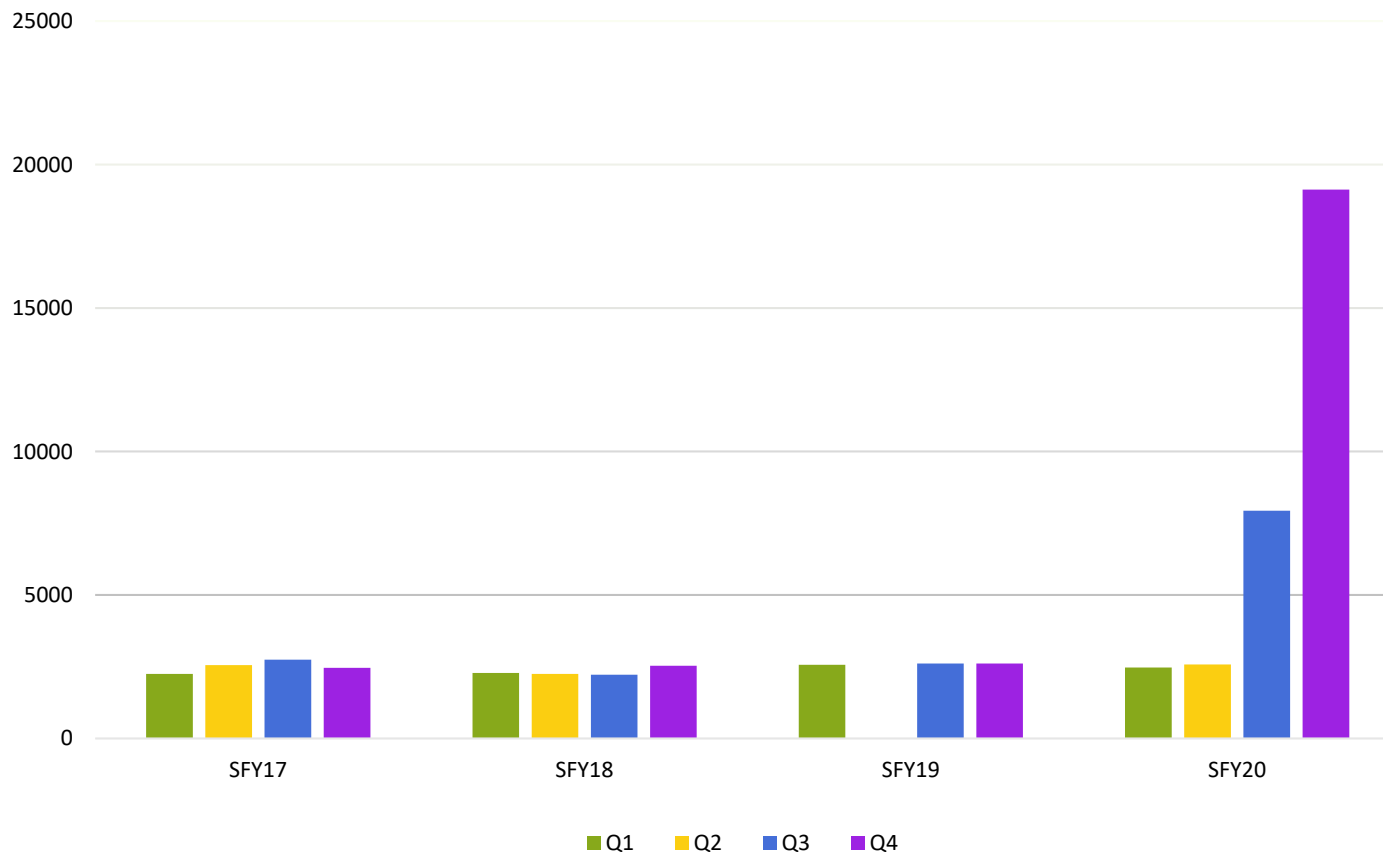
SUICIDE

- Prevalence rising in US from 2000
 - 13/100,000 in US
- New Mexico 22.9/100,000
- Nordt, et al. estimate 20% of suicides worldwide are attributable to unemployment



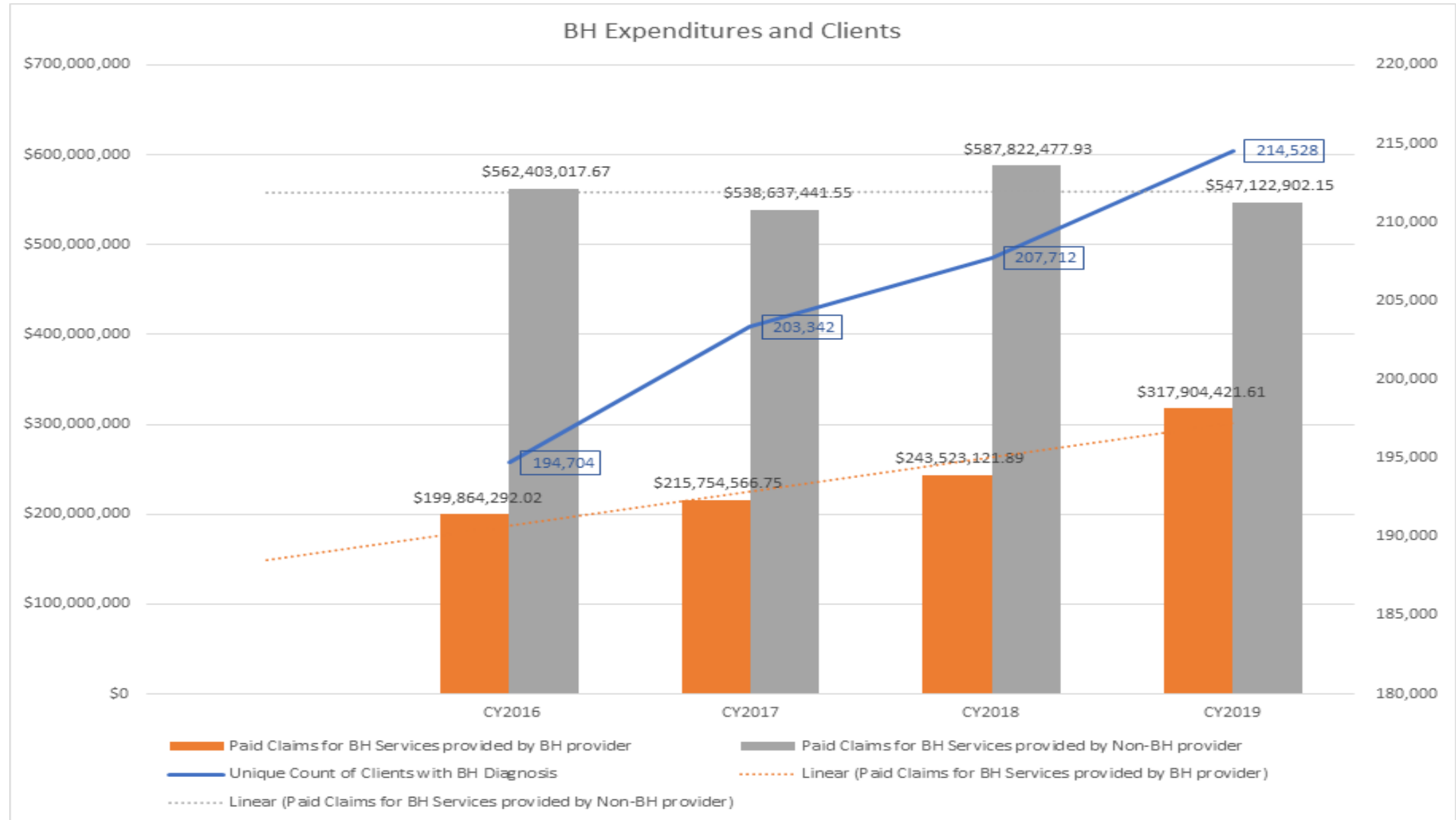
ADDRESSING ACCESS TO CARE DURING PANDEMIC

UNIQUE RURAL TELEHEALTH USERS



- Fewer no shows
 - Transportation
 - Single parents
 - Reduced anxiety
- Clients more forthcoming
- More completion of Intensive Outpatient
- More involvement of family

INCREASING ACCESS



INCREASING BH CRISIS RESPONSE CAPACITY

- SAMHSA COVID 19 Grant
 - \$2M
 - NM Crisis and Access Line
 - NMConnect
 - Healthcare/Frontline worker line
- FEMA Grant
 - \$800K
 - Trained Certified Peer Support Specialists
- The Promise of 988
 - <https://www.youtube.com/embed/M6BPxH09tqU>

GROWING THE BEHAVIORAL HEALTH WORKFORCE

Through Education

- Graduate Medical Education (HB480 – Reps. Small & Gallegos)
 - 2 new residency programs specifically focused on General Psychiatry (Memorial Medical Center, and Rehoboth McKinley Christian Health Care Services)
- National Latino Behavioral Health College Scholarships -14 students
- University Partnerships – bridging classroom to community care

Supporting Current Workforce

- Multidisciplinary Clinical Supervision Symposium - statewide in October, 2020
- Clinical Tele supervision – training
- Federal Grant to Expand SUD providers - to offer Medication Assisted Treatment



FOR IMMEDIATE RELEASE

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May 15, 2020

New Mexico Primary Care Graduate Medical Education programs receive \$1 million for primary care

SANTA FE – Three graduate medical education programs will receive a total of \$1 million for program development and expansion, adding 36 primary care physicians to the state's workforce, the New Mexico Human Services Department announced Friday.

The funding recipients are:

- Burrell College of Osteopathic Medicine (Las Cruces) for expansion of the Southern New Mexico Family Medicine program to add four residents per year for a total of 12 new residency positions;
- Memorial Medical Center (Las Cruces) to create a new general psychiatry program that will add three residents per year for a total of 12 new residency positions.
- Rehoboth McKinley Christian Health Care Services (Gallup) to create a new general psychiatry program that will add three residents per year for a total of 12 new residency positions with a focus on addressing the behavioral health needs of the region's Native American community.

"A strong foundation of primary care is critical to the health system and is especially important during pandemics like COVID-19," said cabinet Secretary David R. Scrase, M.D. "The expansion of primary care graduate medical education programs in New Mexico means New Mexicans will have increased access to behavioral health and primary care. These three programs represent just the beginning of primary care physician expansion. As a former graduate medical education program director, I am committed to supporting other programs in the future."

The Graduate Medical Education Expansion Grant Program (enacted via [House Bill 480](#) in 2019) directs the Human Services Department to award funding to existing and new graduate medical education programs seeking to increase the number of first-year residents in the fields of family medicine, general psychiatry, general internal medicine, and general pediatrics. Three programs submitted applications for consideration for

STATE OF NEW MEXICO
Human Services Department
Governor Michelle Lujan Grisham
David R. Scrase, M.D., Cabinet Secretary
Angela Medrano, Deputy Cabinet Secretary
Kari Armijo, Deputy Cabinet Secretary

HUMAN SERVICES
DEPARTMENT

Investing for tomorrow, delivering today.

GROWING THE BEHAVIORAL HEALTH WORKFORCE

Strengthening the Peer Workforce

- Job Readiness training – working with peers and potential employers
- Marketing value of Peers in workforce
- Training Peers - in Ethics and Leadership skills

Expanding the Role of Certified Peer Support Workers (CPSWs)

- Essential Members of Care Coordination Teams
- Deploying CPSW's to engage with members in Emergency Rooms
- *Displaced Individuals Project* – supported 484 quarantined persons since April, 2020

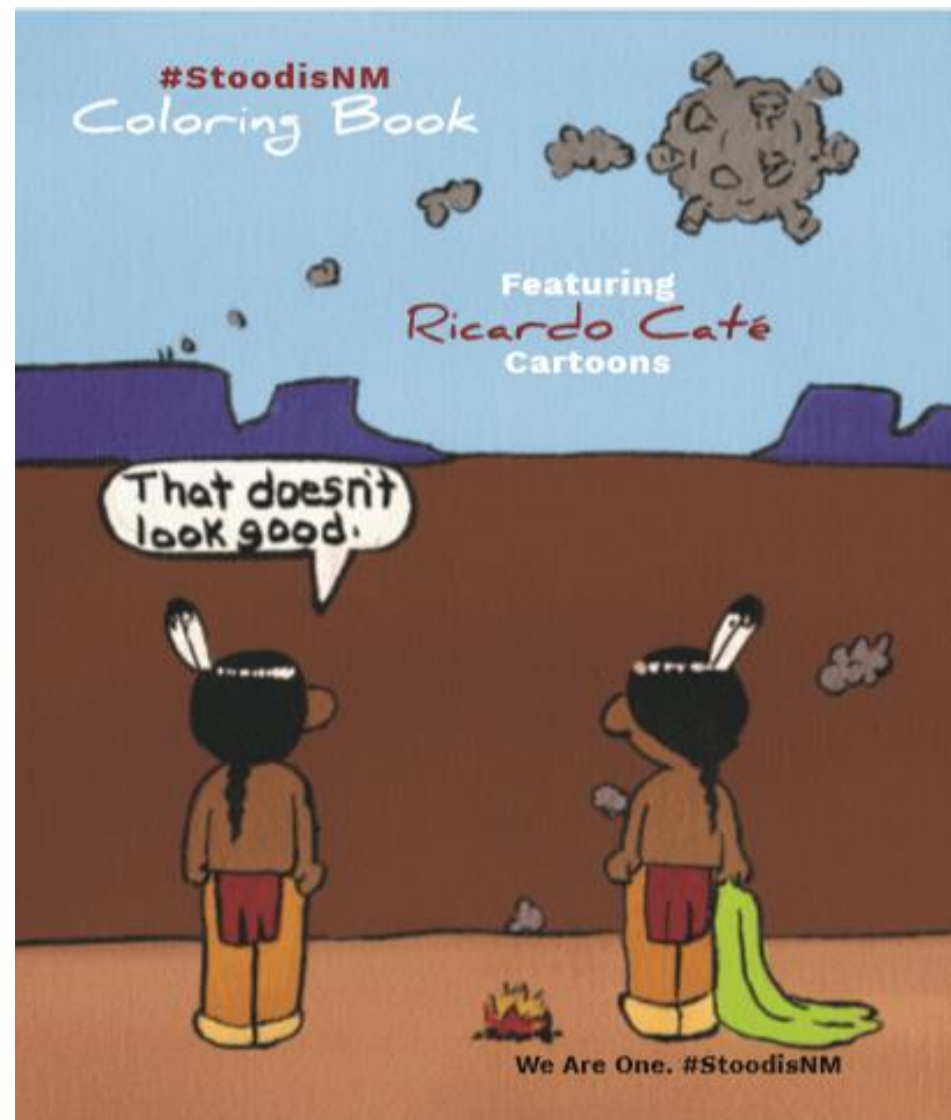
SIGNIFICANCE FOR PSYCHIATRISTS

Peer support staff offer a valuable complement to clinical care. They are especially effective at engaging people into needed services and empowering them to play an active role in their own recovery. In particular, evidence suggests that peer staff can:

- ▶ Engage patients in caring relationships, increase their engagement in non-acute and less costly care, and activate patients for self-care.
- ▶ Decrease substance use, unmet needs, and demoralization.
- ▶ Increase hope, empowerment, social functioning, and quality of and satisfaction with life.

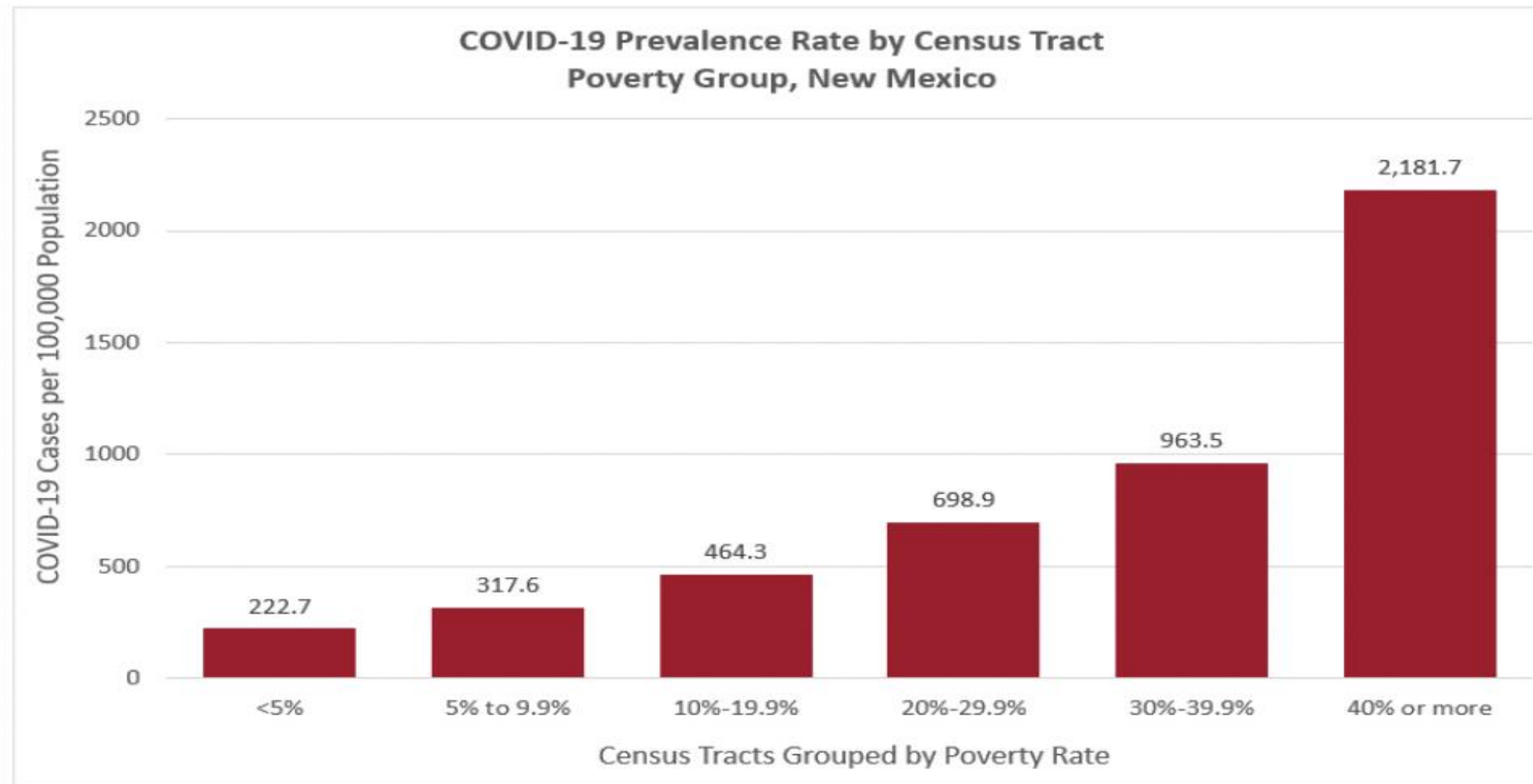
#STOODISNM

- A Dose of Reality website (www.doseofreality.com)
 - Covid-19 emergency toolkit to help connect people to treatment
- Opioid overdose prevention education
- Narcan training and distribution



MUCH HIGHER COVID INFECTION RATES IN LOW-INCOME AREAS

New Mexico COVID-19 Prevalence by Poverty Rate: COVID-19 Cases per 100,000 Population by Census Tract Poverty Rate



THE GARCIA FAMILY NOW

- Ana contacted NMCAL after seeing publicity. Reduced suicidality and able to resume responsibilities.
- Tomas overdosed on heroin, Narcan reversal and treatment allowed return to school this semester.





QUESTIONS

INVESTING FOR TOMORROW, DELIVERING TODAY.