

Mental Health Services to Rural and Non-Rural Hawaii Children and Adolescents: Patterns of Access and Service Delivery

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Why Rural?

- ✦ Other research found that rural populations are less likely to access services
- ✦ Rural populations are considered an underserved and vulnerable population by the federal government
- ✦ Little evidence is available to examine population-level patterns of service use among rural children and adolescents

Purpose of This Study

- ✦ The purpose of this study was to compare differences between rural and non-rural children in order to provide information to improve mental health service delivery through CAMHD, as well as to build the knowledge base on rural mental health services delivery.
- ✦ The study also addresses the CAMHD Strategic Plan goal for FY 2007-2010 to reduce stigma and barriers to service. Priority Area 1 is "Decrease Stigma and Increase Access to Care."

What Counts as Rural?

- ✦ RUCA (Rural-Urban Commuting Area Codes)
 - Population density and commuting patterns
 - 4 levels
 - Urban core area
 - Suburban area
 - Large town rural
 - Small town/isolated rural

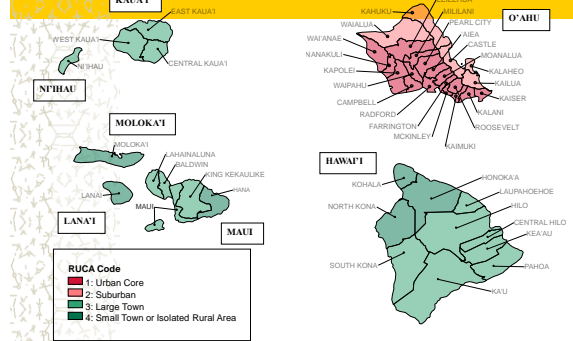
What Geography to Use?

- ✦ Islands (n=7)
- ✦ Counties (n=5)
- ✦ Census tracts (n=300+)
- ✦ School complexes (n=43)

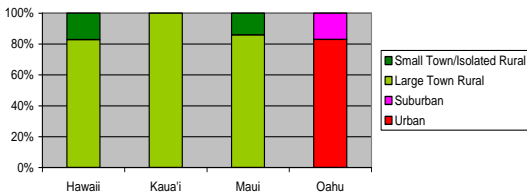
Advantage of School Complex

- Has "face validity" to providers, policy makers, families
- Relates to how services are provided, links between SBBHs and Family Guidance Clinics
- Can link to school issues (grad rates, enrollment, etc.)
- Allows sub-analysis within islands/counties

Hawaii School Complexes by RUCA



Youth Served by Geographic Location, By Island



Overall Study Question

- What are the types and amounts of mental health services used, and patterns of service use for rural children registered with CAMHD? How do these differ from non-rural children?

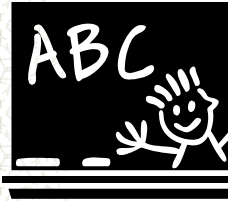
Data Sources

- Hawaii Dept. of Health, Child and Adolescent Mental Health Information System
 - Registration: Demographics, School
 - Billing: Dates and Type of Each Service
- US Bureau of Census
 - Census Block Group % Urban
- Child addresses were geocoded to school complex and census blocks were matched

Who is CAMHD?

- The Child and Adolescent Mental Health Division is a division of the Department of Health-Behavioral Health Services Administration. We provide mental health services for children and youth who have serious mental health problems.

Hawaii Schools Provide Prevention and Early Intervention



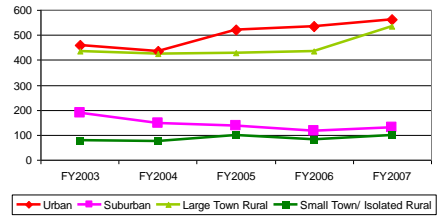
- SBBH
- ✦ Assessment
 - ✦ Psychiatric Evaluation
 - ✦ Medication Management
 - ✦ Individual, Family and Group Therapy
 - ✦ Functional Family Therapy

CAMHD Provides More Intensive Array of Services

- ✦ Respite Services
- ✦ Psychosexual Assessments
- ✦ Intensive In-Home Interventions
- ✦ Multisystemic Therapy
- ✦ Respite Therapeutic Foster/Group Home
- ✦ Community Mental Health Shelter
- ✦ Therapeutic Foster Home
- ✦ Multidimensional Treatment Foster Care
- ✦ Therapeutic Group Home
- ✦ Independent Living Program (18-21) (16-18)
- ✦ Community Based Residential I, II, III
- ✦ Hospital Based Residential

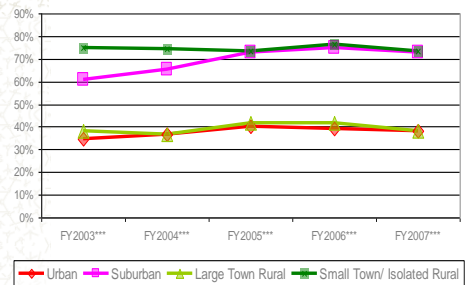
How Many Children/Adolescents Received A Service From CAMHD?

Sample: Total Number of Children Served by CAMHD by RUCA/Year

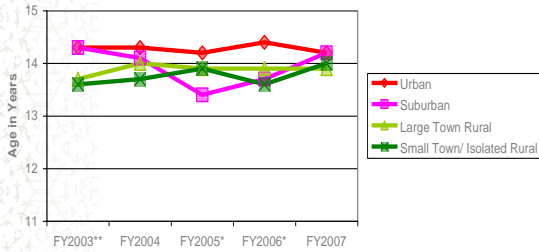


What Do We Know About the Children Served by CAMHD?

Gender: Overall 50% Girls but 75% Girls in Most Rural Areas



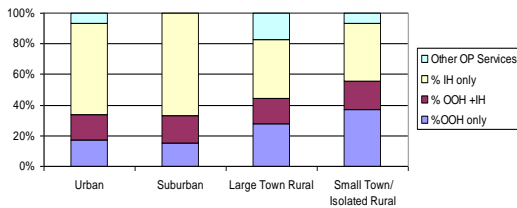
Age: Overall Mean 14 Years



Demographics: Race 2007 Most Rural Areas Have Most Minority

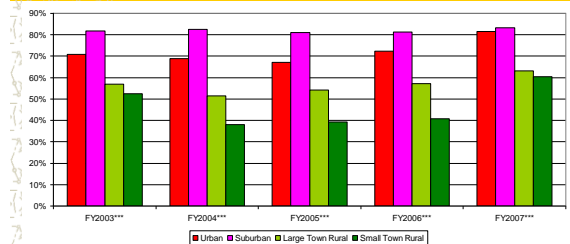
	White	Hawaiian/ Pacific Islander (w/ Multi-racial)	Asian-American	African-American	Other
Urban	13%	69%	14%	2%	2%
Suburban	18%	73%	7%	2%	0%
Large Town Rural	21%	72%	5%	2%	1%
Small Town/ Isolated Rural	8%	82%	5%	3%	1%
Total	16%	72%	9%	2%	2%

Rural Children More Often Use Out-of-Home Care (OOH)



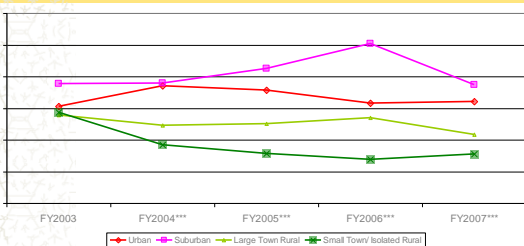
% of Children by CAMHD Service Type (2007)

Rural Children Less Likely to Use In-Home Services

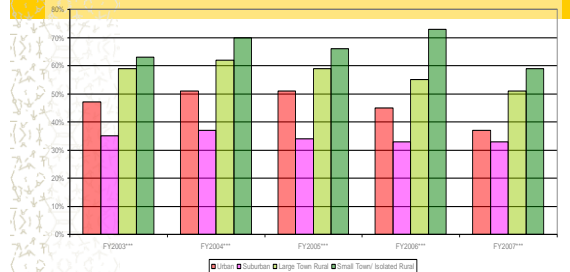


In-Home as % of All Service Users

Rural Children Used Fewer Units of IH



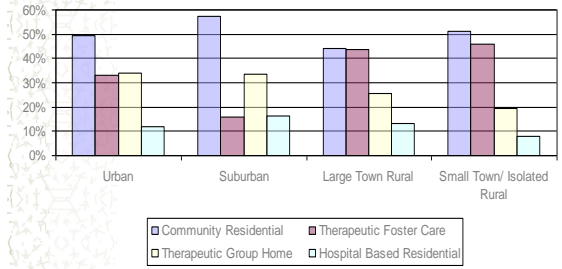
Rural Children Most Frequently in OOH



OOH Services as % of All Users:

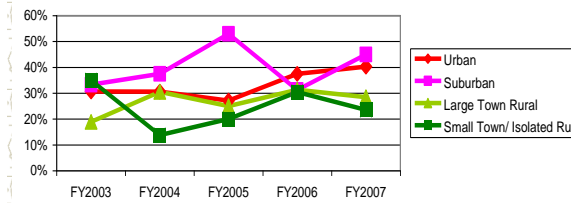
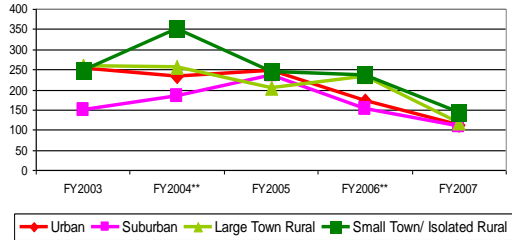
A Focus on Children with Out-of-Home Services

Types of OOH 2003-2007: Rural Children More Likely to Use TFC



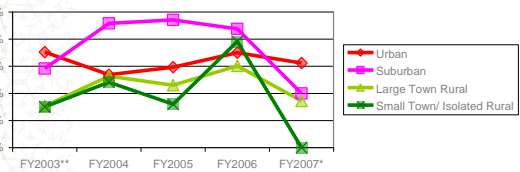
Length of Stay in OOH: Days Fall Overall, But Rural Children Tend to Stay Longer

Before OOH Admit, Rural Children Less Likely to Have a CAMHD Service



After OOH Discharge: Rural Children Less Often Get Follow-up

Summary



- ✦ Rural children less likely than those living in non-rural areas to be served in In-Home (IH) services
 - Received fewer IH units
- ✦ Rural children were more frequently served in OOH
 - Rural children had longer lengths of stay
 - Rural children less likely to have had a CAMHD (lower level) service before admission to OOH
 - Rural children less likely to receive a timely follow-up service after discharge

Implications

- ✦ Findings raise issues for discussion about quality of services and future allocation of resources that for the CAMHD staff
- ✦ In order to understand the needs and service use patterns, CAMHD needs to integrate with school data
 - Need Dept. of Education data on SBBH to have better understanding of service patterns

Some Issues for Discussion

- ✦ In-Home Services:
 - What are the barriers to delivering In-Home services in more rural areas in order to deter more expensive and disruptive OOH care?
 - What could be done to facilitate children more frequently receiving IH care before being admitted to OOH?
 - Could access to IH lower the proportion of children in rural areas who are served in OOH?
 - Why are children in rural areas receiving fewer units of IH? Should they be receiving more units or should youth in urban areas be receiving less?

Some Issues for Discussion

- ✦ Out-of-Home Services:
 - What could be done to ensure that more children receive timely non-residential services after being discharged from OOH?
- ✦ If children from the most rural areas are more likely to be:
 - Girls
 - Younger
 - Use out-of-home care
 What are the implications?

Update

- ✦ How does the economy and the Hawaii budget affect mental health services for children?
- ✦ How will this affect rural children and their families?

For More Information

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- ✦ <http://hawaii.gov/health/mental-health/camhd/index.html>