

Access to Care and Mental Health in Early Adulthood

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A System of Care for Children's Mental Health: Expanding the Research
Base

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Sources of Funding

NIMH Exploratory Research Grant (R34)

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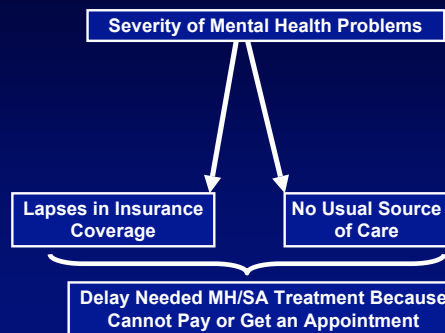


Introduction

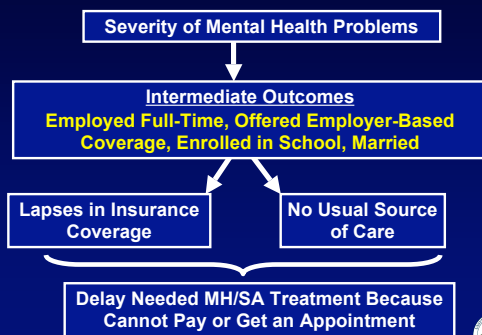
- Impeded access to needed health care:
 - may be common among young adults with serious mental health problems,
 - could have adverse health and socioeconomic consequences.
 - Unnecessary hospitalization and ED visits
 - Long-term unemployment
 - Lifetime dependency on public institutions and programs



Objectives



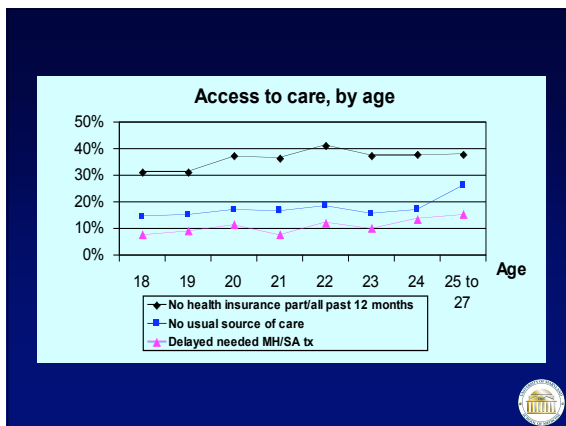
Objectives



Data and Sample

- Data from the National Longitudinal Study of Adolescent Health (Add Health)
- Young adults 18 to 27 in 2001/2002
- Sibling Pairs, N=1,826





Methods

- **Regression models of access to care**
 - Index measure of severity of mental health problems
 - Covariates
 - Family income, parents' educational attainment, race-ethnicity, gender, age, educational attainment
 - Sibling fixed-effects used to control for unmeasured differences in family background.
- **Sampling weights**

Percent predicted to have limited access to health care

	Severity of mental health problems	
	Lower 90%	Upper 10%
Lacked health insurance part/all of past 12 months	34	46
No usual source of care	16	26
Delayed treatment: couldn't pay/get an appointment	9	26

Other Results

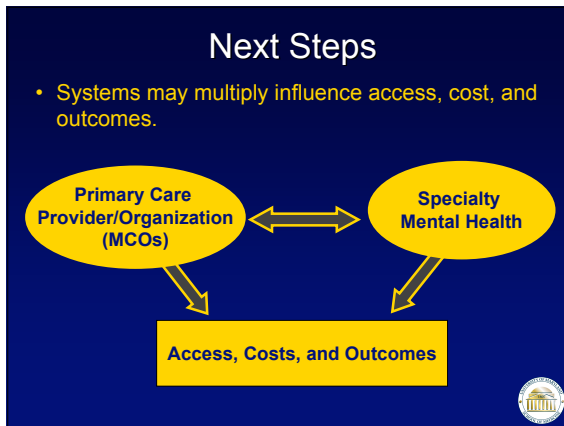
- **Intermediate outcomes were related to access.**
 - Being married and having a job with health insurance had strongest association with access.
 - Associations were modest in magnitude.
- **Intermediate outcomes did not mediate relationship between severity and access.**

Discussion

- **Access to health care services limited in early adulthood.**
 - Dependent coverage ends
 - Limited economic opportunities
- **Young adults with mental health problems have even less access.**
- **Employment, school enrollment, and marital status have only a modest influence on young adults' access to care.**

Discussion

- **Generosity of insurance coverage and system-level factors may matter more than whether a person has coverage.**



THANK YOU!

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