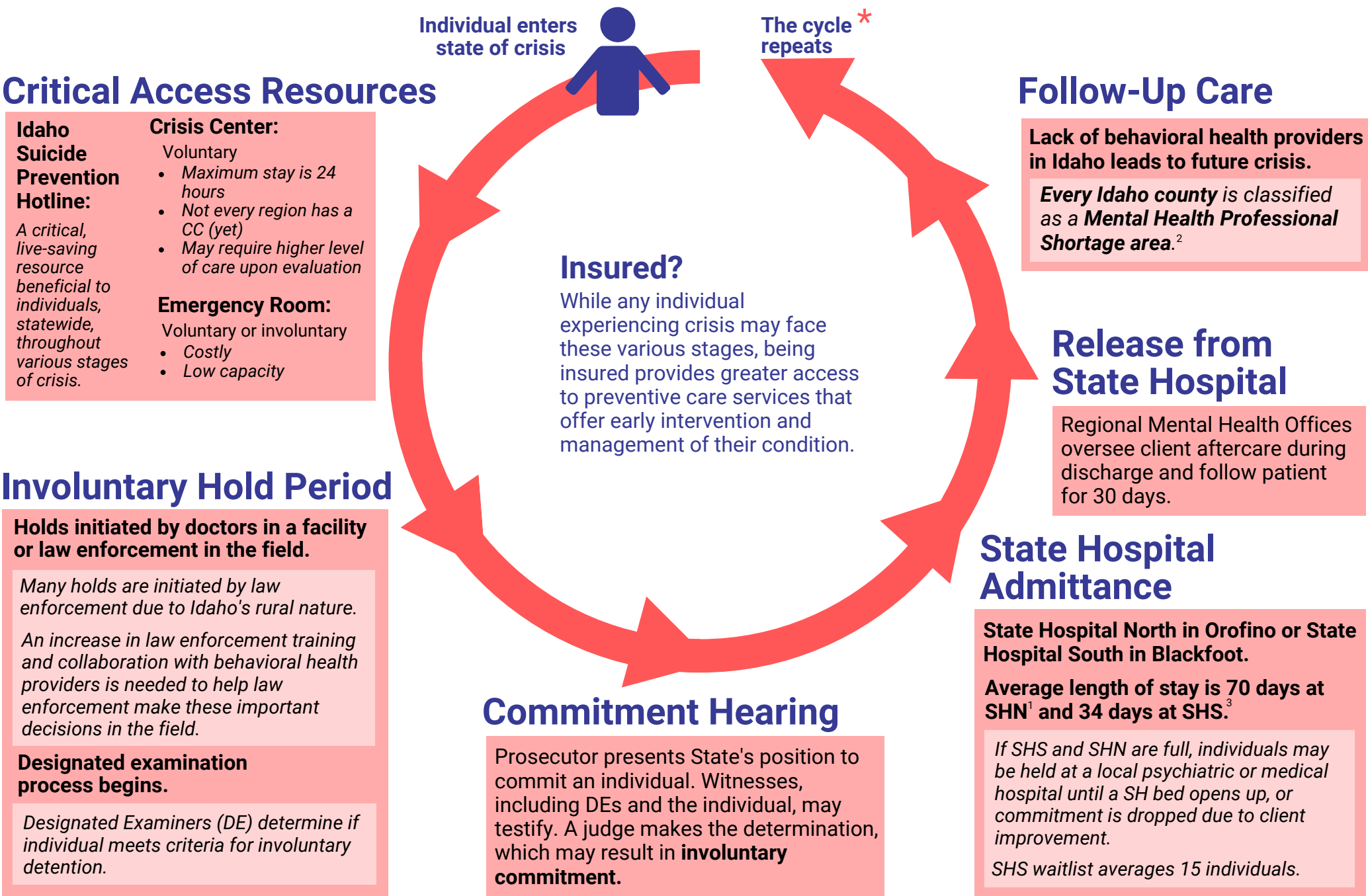


# CYCLE OF CRISIS

Idaho's behavioral health care system is equipped to handle some immediate needs, not ongoing treatment. As a result, Idahoans with behavioral health conditions can find themselves in a cycle of crisis. By investing in services to fill gaps in care, including connecting individuals to consistent preventive care through their insurance benefit and improving access to community-based services during follow-up care, we can help Idahoans break the cycle.

## An Individual's Journey



### \*Potential Complicating Factors When in Crisis:

**Lack of access to safe and stable housing.** 30% of Idahoans who experienced homelessness in 2017 reported living with a behavioral health condition.<sup>4</sup>

**Criminal justice involvement.** This cycle becomes more complicated if an individual incurred any legal charges related to their behavioral health crisis.

**Substance or Alcohol Use Disorders.** It is common for individuals with substance use disorders to be diagnosed with behavioral health conditions, and vice versa. Approximately 1 in 4 individuals with a serious mental illness also have a substance use disorder.<sup>5</sup>

## Recommendations:

### Design Comprehensive System.

Convene a stakeholder group to design a comprehensive statewide behavioral healthcare system to present to the Legislature in 2020.

### Payment Reform.

Increase flexibility for utilization of braided funding models, require behavioral health contractor to include inpatient services, and alleviate administrative burden to providers, especially for SUD treatment.

### Workforce Development.

Address Idaho's statewide Mental Health Provider Shortage by investing in innovative solutions for workforce development that advance all levels of care.

1. Idaho Department of Health and Welfare, 2019  
2. Idaho Department of Health and Welfare, 2017  
3. Provided by Michele Osmond of the Idaho Department of Health and Welfare, February 26, 2019  
4. HUD, 2017  
5. National Institute on Drug Use, 2018