# 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**

The cycle \*

repeats

**Individual enters Critical Access Resources Crisis Center:** Idaho Voluntary Suicide Maximum stay is 24 **Prevention** hours **Hotline:** Not every region has a A critical, CC (yet) May require higher level live-saving resource of care upon evaluation beneficial to

#### **Emergency Room:** Voluntary or involuntary

Costly

individuals,

statewide,

throughout

of crisis.

various stages

Low capacity

# **Involuntary Hold Period**

Holds initiated by doctors in a facility or law enforcement in the field.

Many holds are initiated by law enforcement due to Idaho's rural nature.

An increase in law enforcement training and collaboration with behavioral health providers is needed to help law enforcement make these important decisions in the field.

**Designated examination** process begins.

Designated Examiners (DE) determine if individual meets criteria for involuntary detention.

state of crisis

## Insured?

While any individual experiencing crisis may face these various stages, being insured provides greater access to preventive care services that offer early intervention and management of their condition.

# **Commitment Hearing**

Prosecutor presents State's position to commit an individual. Witnesses, including DEs and the individual, may testify. A judge makes the determination, which may result in involuntary commitment.

#### **Follow-Up Care**

Lack of behavioral health providers in Idaho leads to future crisis.

Every Idaho county is classified as a Mental Health Professional Shortage area.<sup>2</sup>

## Release from State Hospital

Regional Mental Health Offices oversee client aftercare during discharge and follow patient for 30 days.

#### **State Hospital Admittance**

State Hospital North in Orofino or State **Hospital South in Blackfoot.** 

Average length of stay is 70 days at SHN<sup>1</sup> and 34 days at SHS.<sup>3</sup>

If SHS and SHN are full, individuals may be held at a local psychiatric or medical hospital until a SH bed opens up, or commitment is dropped due to client improvement.

SHS waitlist averages 15 individuals.

# \*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.4

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.5

# **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
- 5. National Institute on Drug Use, 2018

#### Idaho Behavioral Health Alliance

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