

# Refocus and Renew

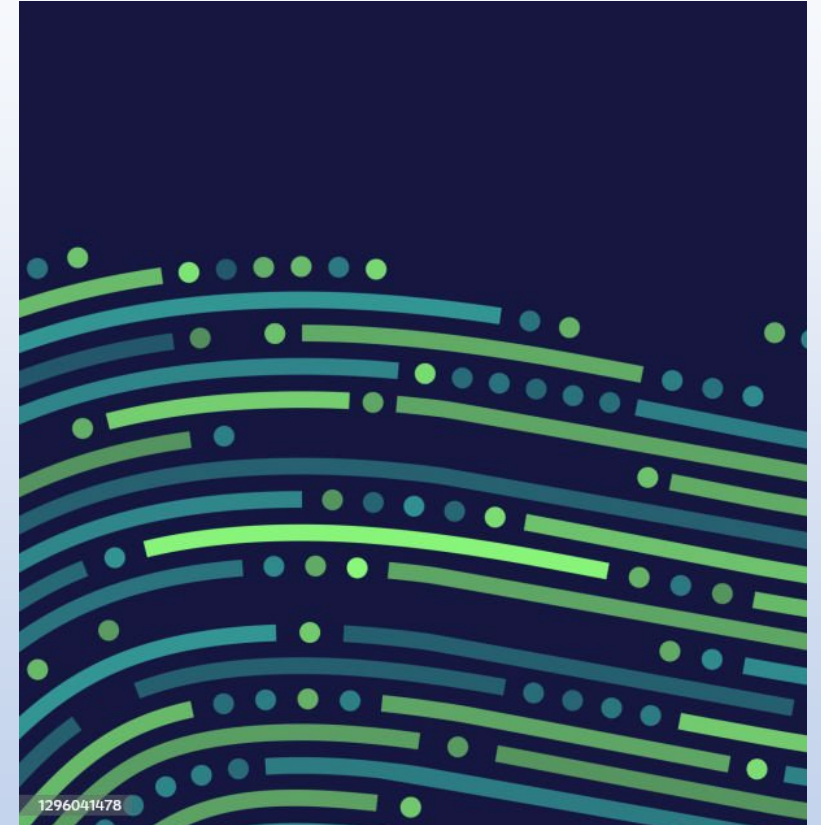
*Moving towards health for adults with serious mental illness and youth with serious emotional disturbances*

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# The Beyond Beds Series



## Beyond Beds

The Vital Role of a Full Continuum of Psychiatric Care



October 2017

NASMHPD



## BEYOND THE BORDERS:



Lessons from the International Community to Improve Mental Health Outcomes

NASMHPD  
AUGUST 2019

## READY TO RESPOND

MENTAL HEALTH BEYOND CRISIS AND COVID-19

NASMHPD Reimagining a Sustainable and Robust Continuum of Psychiatric Care

September 2021

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Strategies For Accessible and Effective Crisis and Mental Health Services

First in a Series of Ten Technical Assistance Briefs to Foster Unity and Strengthen Continuity Across Crisis Response and Treatment Systems

SAMHSA  
Substance Abuse and Mental Health Services Administration

2025  
series  
coming  
soon!

## BOLDER GOALS, BETTER RESULTS

Seven Breakthrough Strategies to Improve Mental Illness Outcomes

NASMHPD

## CRISIS SERVICES

Meeting Needs,  
Saving Lives

SEPTEMBER 2020

Accessible • Interconnected • Effective • Just

## FROM CRISIS TO CARE

Building from 988 and Beyond for Better Mental Health Outcomes

NASMHPD  
September 2022

Key elements to help individuals and systems move from crisis to care

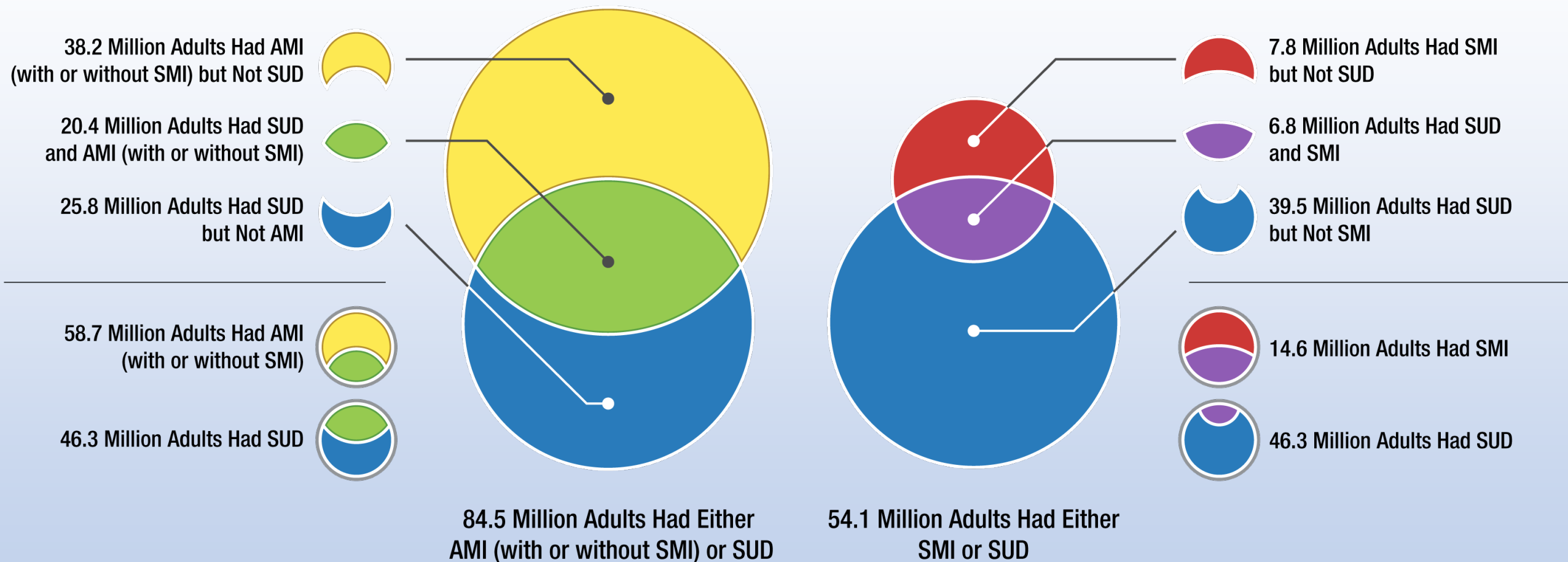
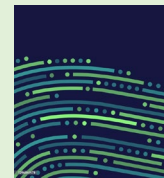
Paper No. 1 in the From Crisis to Care Series

## Advancing Crisis Care and Beyond

Next Steps for  
Fostering Well-Being  
and Promoting Safety  
2025

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# Refocus on SMI Treatment and Recovery





# Refocus on SMI Treatment and Recovery

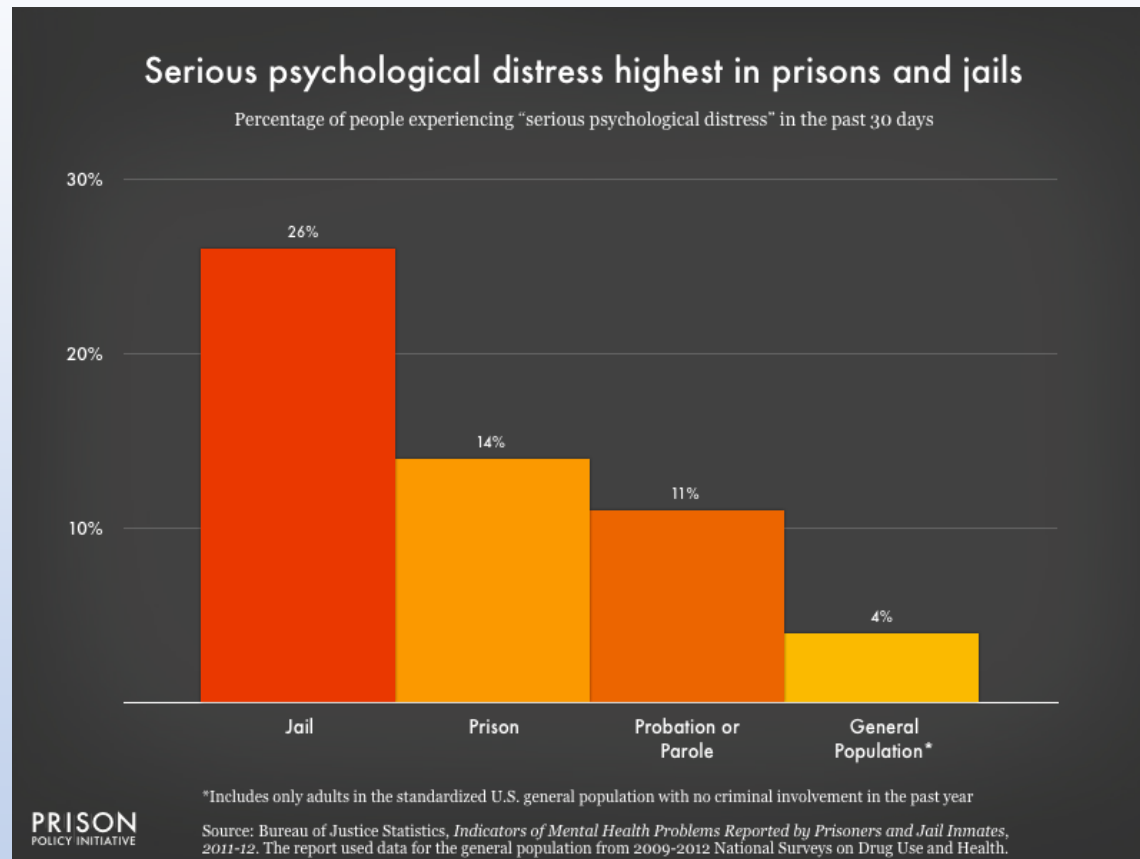
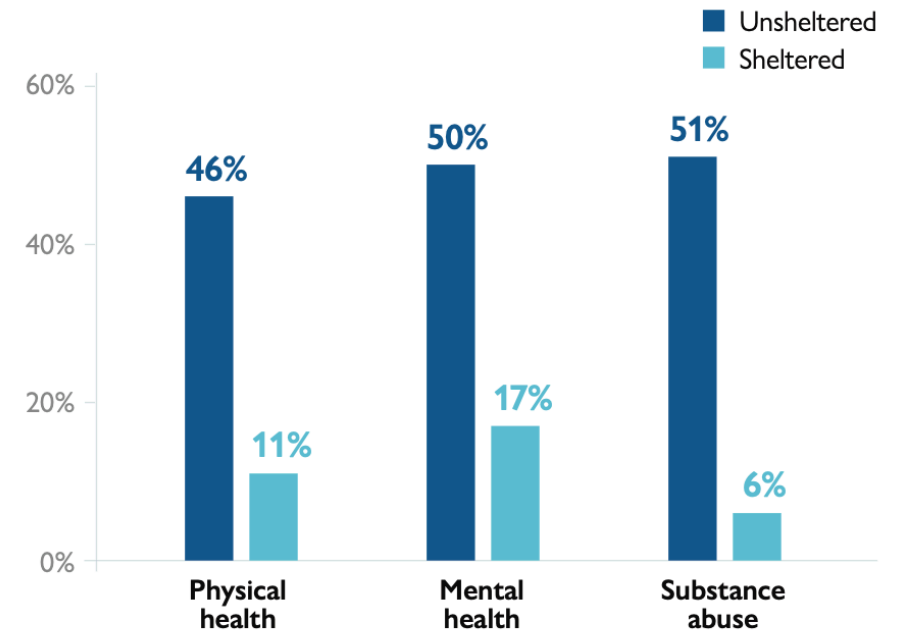
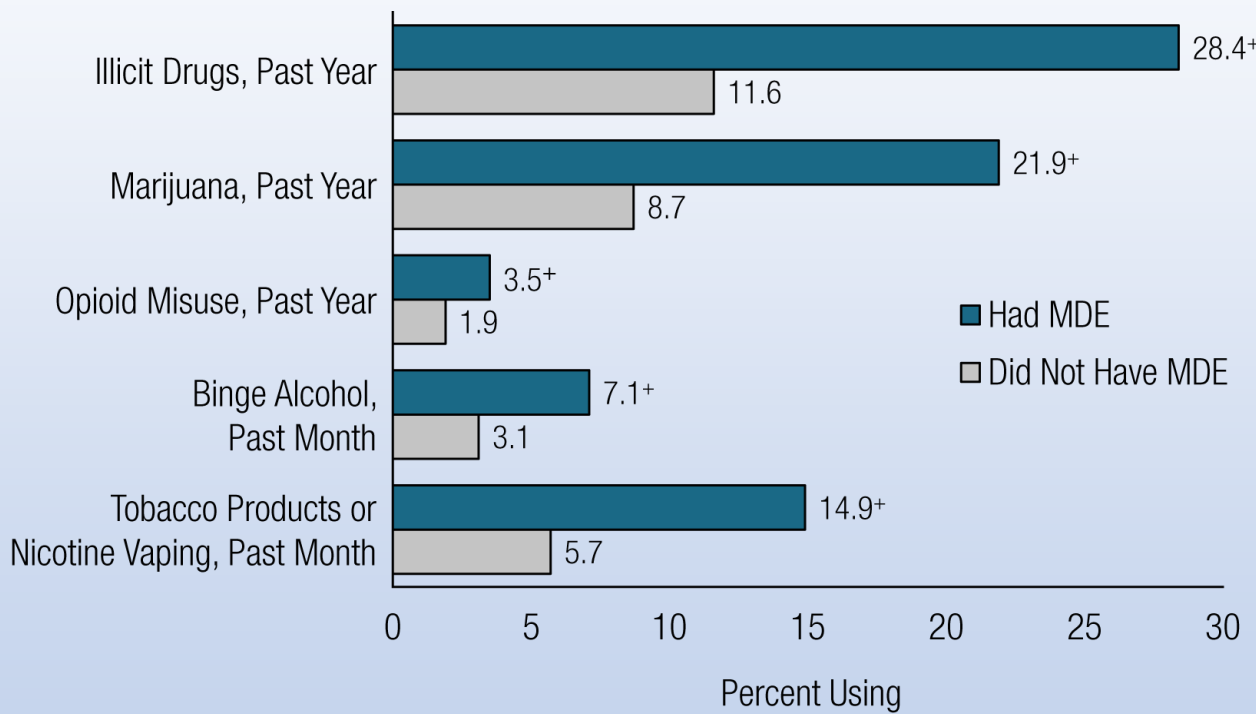
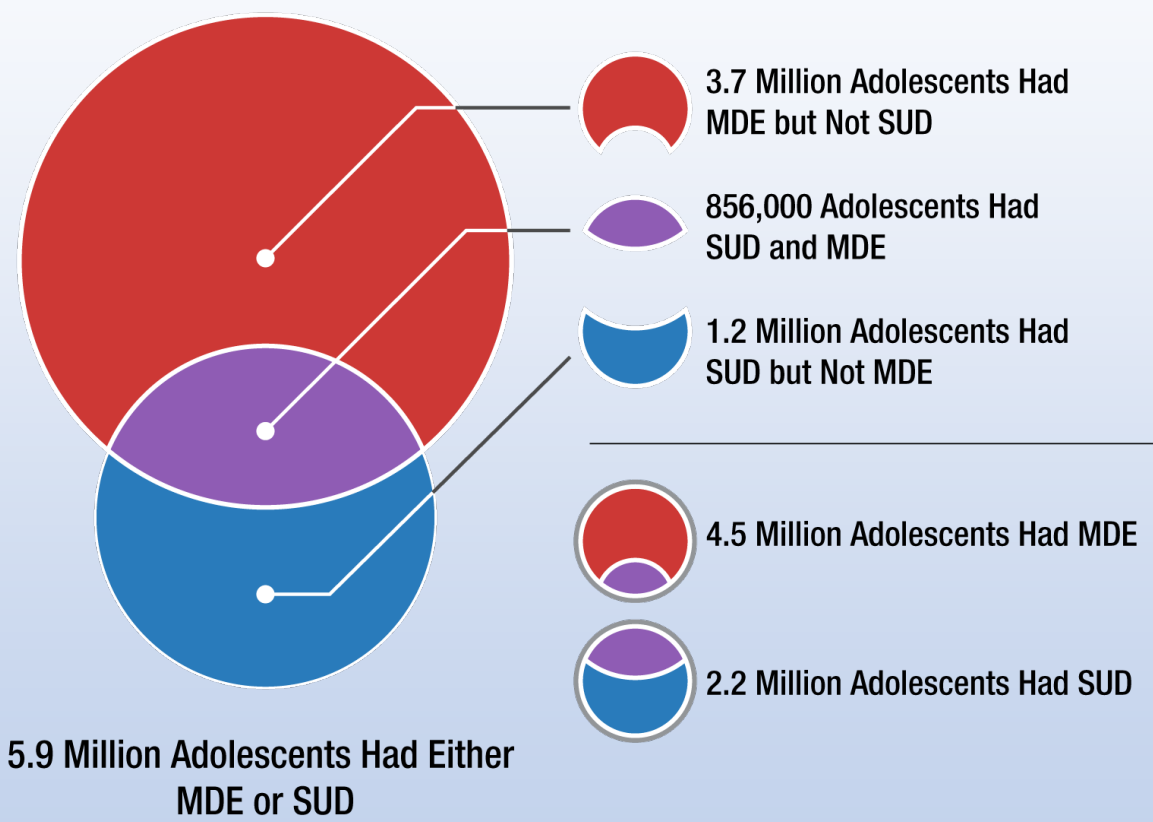
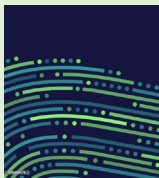


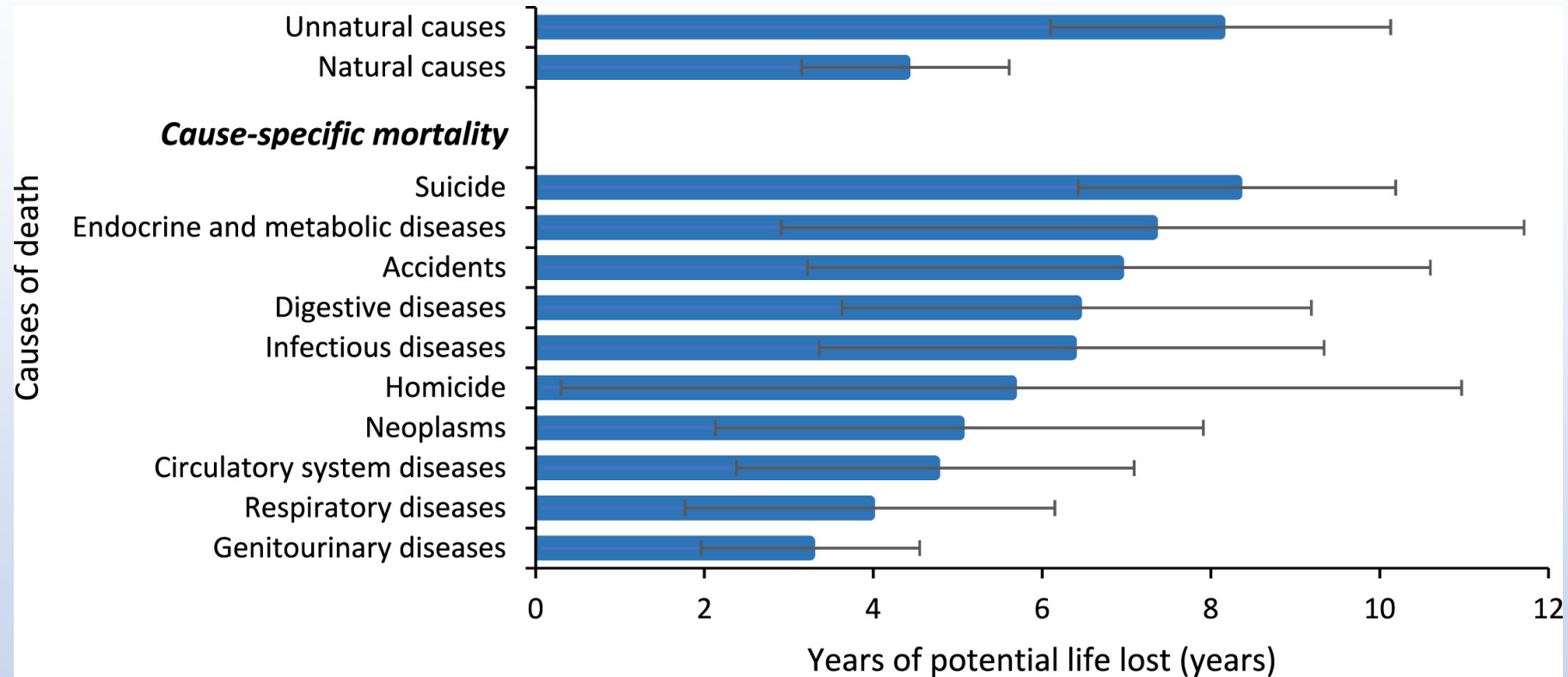
FIGURE 2. Physical health conditions, mental health conditions, substance abuse-related loss of housing for sheltered and unsheltered adults<sup>8</sup>



# Refocus on SED Treatment and Recovery



# Renew Commitment to Whole-Person Health



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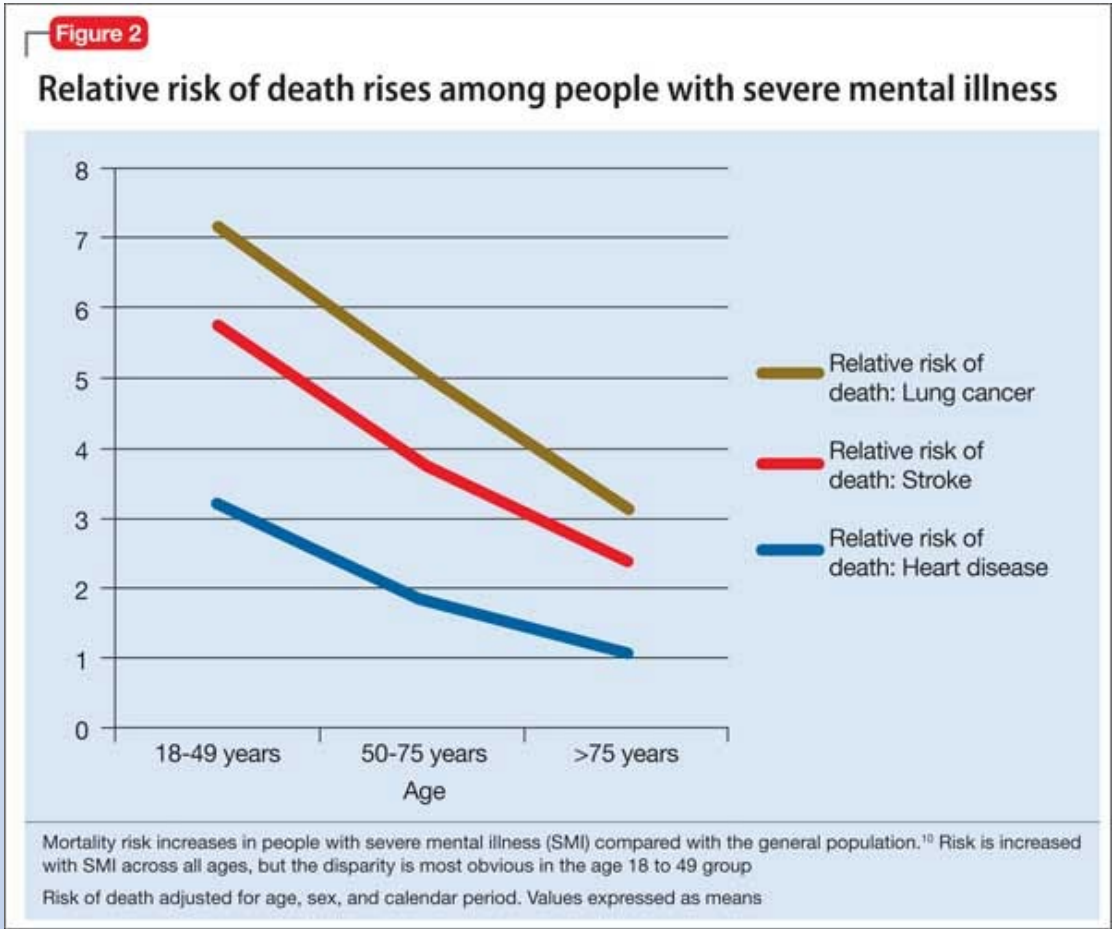
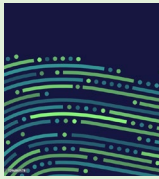
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Life expectancy and years of potential life lost in people with mental disorders: a systematic review and meta-analysis

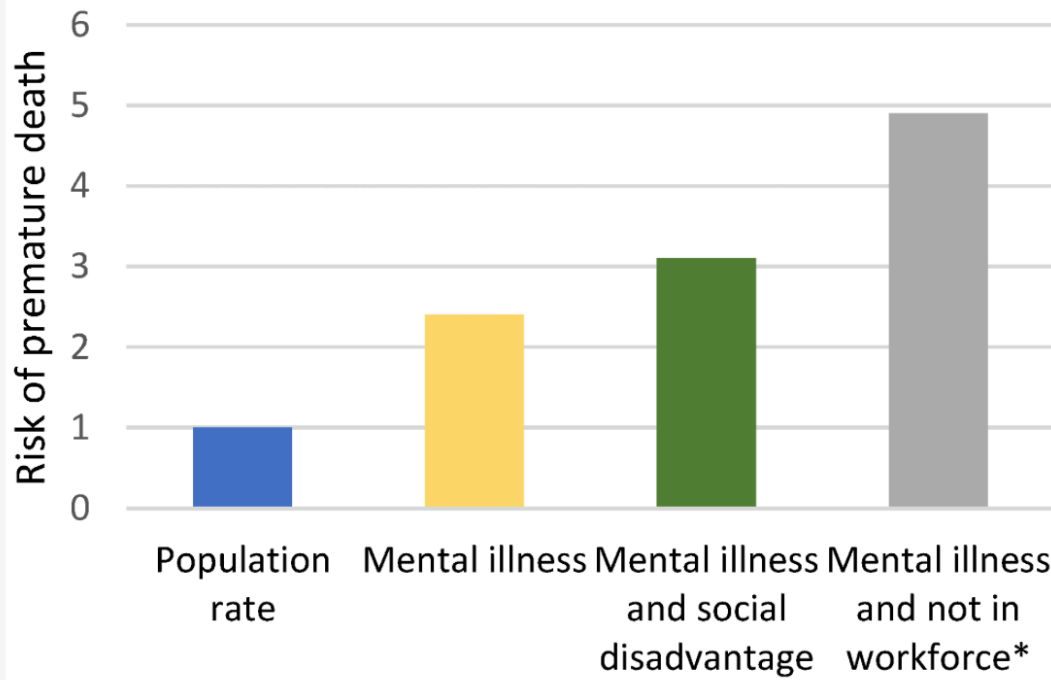
[Joe Kwun Nam Chan](#)<sup>a</sup> · [Christoph U. Correll](#)<sup>b,c,d</sup> · [Corine Sau Man Wong](#)<sup>e</sup> · [Ryan Sai Ting Chu](#)<sup>a</sup> · [Vivian Shi Cheng Fung](#)<sup>a</sup> · [Gabbie Hou Sem Wong](#)<sup>a</sup> · et al. [Show more](#)

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# Renew Commitment to Whole-Person Health

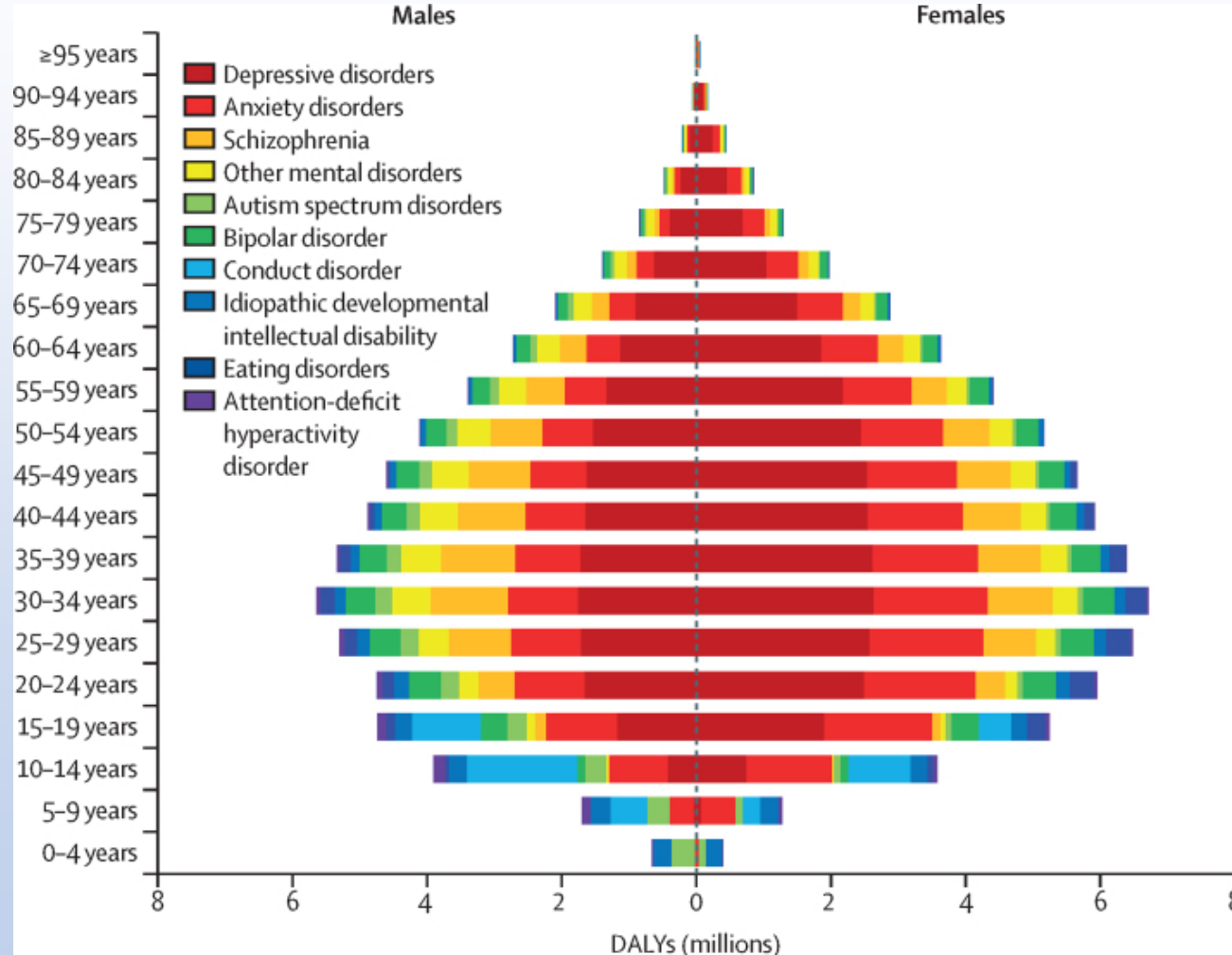


**Figure 2.** Relative risk of early death by population group (adapted from ABS, 2017 [2]). \* Persons aged 15 to 64 years, compared to total Australian population 15 to 64 years.





# Renew Commitment to Whole-Person Health



# Renew Commitment to Improving Quality



**NASMHPD**

## Six Core Strategies for Reducing Seclusion and Restraint Use©

1. Leadership toward Organizational Change
2. Use of Data To Inform Practice
3. Workforce Development
4. Use of S/R Prevention Tools
5. Consumer Roles in Inpatient Settings
6. Debriefing Techniques

**TABLE 2. Safety measures and use and duration of containment procedures at Pennsylvania forensic centers, 2011–2020**

Containment procedure or safety measure	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	Total or M
Seclusion											
Events	0	1	0	0	0	0	0	0	0	0	1
Rate per 1,000 days	0	0	0	0	0	0	0	0	0	0	0
Duration (minutes)	0	345	0	0	0	0	0	0	0	0	345
Mechanical restraint											
Events	2	3	4	1	0	0	0	0	0	0	10
Rate per 1,000 days	0	0	0	0	0	0	0	0	0	0	0
Duration (minutes)	70	135	198	29	0	0	0	0	0	0	432
Physical restraint											
Events <sup>a</sup>	220	297	240	237	181	197	208	256	445	265	2,546
Rate per 1,000 days	2.92	3.78	2.97	2.89	2.18	2.36	2.47	2.56	3.73	2.52	2.85
Duration (minutes) <sup>a</sup>	1,495	1,065	1,048	925	869	738	527	622	776	541	8,606
Mean duration (minutes)	6.8	3.6	4.4	3.9	4.8	3.7	2.5	2.4	1.7	2.0	3.3
All containment											
Events	222	301	244	238	181	197	208	256	455	265	2,567
Rate per 1,000 days	2.95	3.83	3.02	2.90	2.18	2.36	2.47	2.56	3.73	2.52	2.87
Duration (minutes)	1,565	1,545	1,246	954	869	738	527	622	776	541	9,383
Mean duration (minutes)	7.1	5.1	5.1	4.0	4.8	3.8	2.5	2.4	1.7	2.0	3.7
Aggression											
Events <sup>a</sup>	347	426	240	185	192	144	140	220	375	75	2,344
Rate per 1,000 days	4.60	5.42	2.97	2.25	2.32	1.72	1.66	2.20	3.14	.71	2.63
Patient-to-patient assault											
Events <sup>a</sup>	655	1,039	658	708	697	628	818	740	1,340	802	8,085
Rate per 1,000 days	8.69	13.22	8.15	8.63	8.40	7.52	9.72	7.39	11.23	7.62	9.06
Patient-to-staff assault											
Events <sup>a</sup>	132	162	124	91	134	136	143	147	184	133	1,386
Rate per 1,000 days	1.75	2.06	1.54	1.11	1.62	1.63	1.70	1.47	1.54	1.26	1.55
Self-injurious behavior											
Events <sup>a</sup>	156	90	74	76	39	66	74	81	112	10	778
Rate per 1,000 days	2.07	1.15	.92	.93	.47	.79	.88	.81	.94	.10	.87
STAT medications <sup>b</sup>											
Events	761	832	557	526	476	418	645	665	1,139	743	6,762
Rate per 1,000 days	10.10	10.59	6.90	6.41	5.74	5.00	7.67	6.64	9.55	7.06	7.58

<sup>a</sup> p<0.001.

<sup>b</sup> STAT, statim, "now, immediately."

# Renew Commitment to Reducing Costs

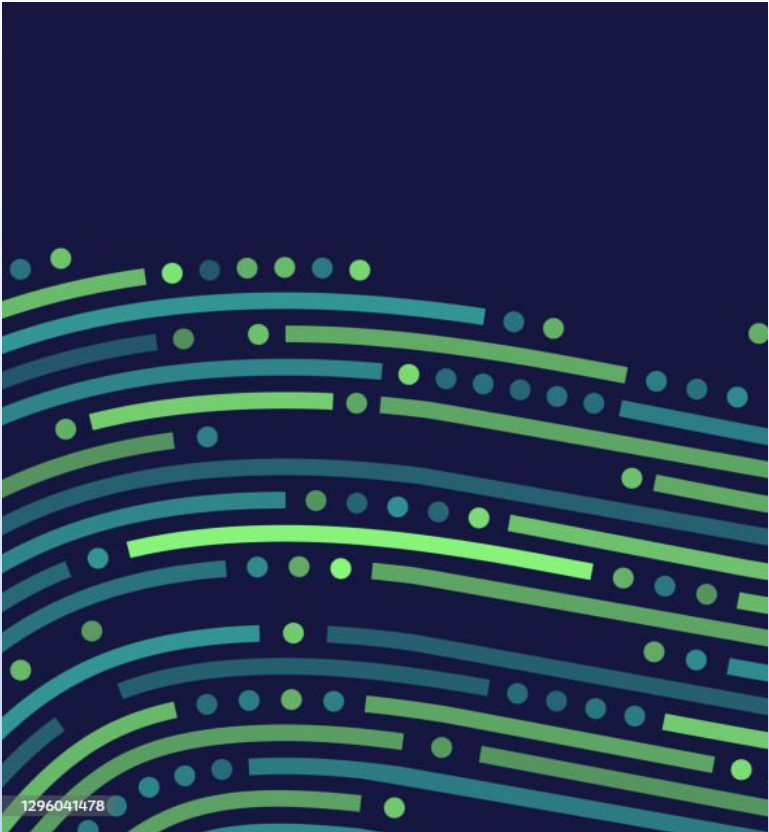


Table 1.

Lifetime Health and Economic Outcomes According to the Presence of SMI by Age 25

	No SMI by Age 25	SMI by Age 25	Difference (%)
<b>Lifetime outcomes from age 25</b>			
Life Expectancy, Years	56.1	45.7	−10.4 (−19%)
Disability Free Life Years	42.3	20.6	−21.7 (−51%)
Quality Adjusted Life Years	47.6	36.0	−11.6 (−24%)
Total Medical Spending, 2017 US Dollars (1,000s)	399.3	495.9	96.5 (+24%)
Lifetime Earnings, 2017 US Dollars (1,000s)	1122.3	585.2	−537.1 (−48%)
Years Worked	32.6	17.8	−14.8 (−45%)
Full-time Years Worked	23.8	10.6	−13.2 (−55%)
Lifetime SSDI Income, 2017 US Dollars (1,000s)	7.8	46.6	38.8 (+500%)
Lifetime SSI Income, 2017 US Dollars (1,000s)	2.5	22.9	20.3 (+809%)

# The *Refocus and Renew* Series



This series calls on state leaders to **refocus** on SMI and SED treatment and recovery— and to **renew** their commitment to system changes in improving whole-person health and reducing early mortality.

# The *Refocus and Renew* Series



## **Refocus and Renew: Moving Towards Health for Adults with Serious Mental Illness and Youth with Serious Emotional Disturbances**

### **Refocus on Youth with Serious Emotional Disturbances**

2. Serious Emotional Disturbance (SED) in Children, Youth, and Young Adults
3. Supportive Passages for Children, Youth and Families to Prevent Multi-System Involvement



# The *Refocus and Renew* Series



## Refocus on Adults with Serious Mental Illness

4. The Latest on Schizophrenia Spectrum Disorders
5. Eating Disorders: Best Practices and Considerations for State Mental Health Leaders
6. Improving Maternal Mental Health in Women with Serious Mental Illness

# The *Refocus and Renew* Series



## Renew Commitment to Systems-Change

7. A Systems-Based Approach to Supporting Individuals Who Have Experienced Grief and Loss
8. Legal Tools Throughout the Behavioral Health Care Continuum
9. The Evolving Landscape of State Hospitals in the Public Mental Health System
10. Forensic Issues in the State Mental Health System

# Learning Lab



*Choose one of the priority goals and discuss policy, practice and system changes, identifying three action steps that can taken in your state(s). We will reconvene in 10 minutes and invite participants to share what was discussed.*

1. **Refocus** on treatment for SMI
2. **Refocus** on treatment for SED
3. **Renew** commitment to reducing early mortality and whole-person health
4. **Renew** commitment to improving quality and reducing costs

# Thank You!



## Questions?



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