

# State efforts to improve mental health systems: Innovations in the Midwest

## **INNOVATIONS IN ILLINOIS**



- Created Crisis Intervention Teams (CIT) for law enforcement and jail diversion programs
- Investment in peer-provided education and supports, including training for “peer recovery support specialists”
- Community education and awareness efforts seek to reduce stigma and discrimination

## **INNOVATIONS IN INDIANA**



- Uses Assertive Community Treatment (ACT) programs, which provide intensive individualized care in community settings
- Publishes a consumer satisfaction report card for its community mental health programs
- Increasing use of CIT programs in prisons and for police officers

## **INNOVATIONS IN IOWA**



- Legislature involved in ongoing mental health improvement initiatives
- First state to implement a Medicaid option providing more services for residents who meet specific income and other criteria
- Pilot projects to study crisis response services

## **INNOVATIONS IN KANSAS**



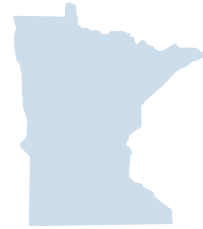
- Hospital and Home Initiative identifies best practices and barriers to care
- Emphasizes safe and affordable housing options for people with serious mental health issues or co-occurring disorders
- Certified peer specialists assist discharge planning at state hospitals

## **INNOVATIONS IN MICHIGAN**



- Evidence-based practices include education for families and treatment for people with co-occurring disorders
- Care is person-centered and recovery-focused
- Community mental health service programs include drop-in centers or “clubhouses,” where people can voluntarily seek support from peers

## **INNOVATIONS IN MINNESOTA**



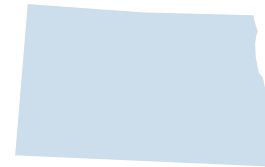
- All state-funded insurance plans must cover a uniform package of mental health benefits
- State has invested in mental-health infrastructure through community-based resources and other reforms

## **INNOVATIONS IN NEBRASKA**



- Support for recovery includes housing and employment programs
- Consumer and family teams monitor conditions at the two state hospitals, which are working to reduce use of restraints and seclusion
- Peer specialists to help develop Wellness Recovery Action Plans for patients

## **INNOVATIONS IN NORTH DAKOTA**



- Evidence-based strategies being used include CIT training and a dual-diagnosis treatment initiative
- Consumer and Family Network enhances consumer involvement in policy development and education efforts

## **INNOVATIONS IN OHIO**



- Evidence-based practices are promoted by state’s Coordinating Centers of Excellence
- National leader in jail-diversion and community reentry services, such as transitional housing for inmates
- Toll-free phone system provides information and resources to consumers

## **INNOVATIONS IN SOUTH DAKOTA**



- Pilot program promotes screening for depression in primary-care settings
- Community mental health system initiative seeks to better integrate care for people with co-occurring disorders

## **INNOVATIONS IN WISCONSIN**



- State stresses importance of mental health’s role in overall health and seeks to better integrate care
- Smoking-cessation programs available in state hospitals and community programs