

2-2021

Medicaid Expansion's Importance to Mental Health Care

Cameron Blazoski

Vittorio Maio, PharmD, MS, MSPH

Follow this and additional works at: https://jdc.jefferson.edu/si_hs_2023_phase1



Part of the [Public Health Commons](#)

[Let us know how access to this document benefits you](#)

This Article is brought to you for free and open access by the Jefferson Digital Commons. The Jefferson Digital Commons is a service of Thomas Jefferson University's [Center for Teaching and Learning \(CTL\)](#). The Commons is a showcase for Jefferson books and journals, peer-reviewed scholarly publications, unique historical collections from the University archives, and teaching tools. The Jefferson Digital Commons allows researchers and interested readers anywhere in the world to learn about and keep up to date with Jefferson scholarship. This article has been accepted for inclusion in Phase 1 by an authorized administrator of the Jefferson Digital Commons. For more information, please contact: JeffersonDigitalCommons@jefferson.edu.

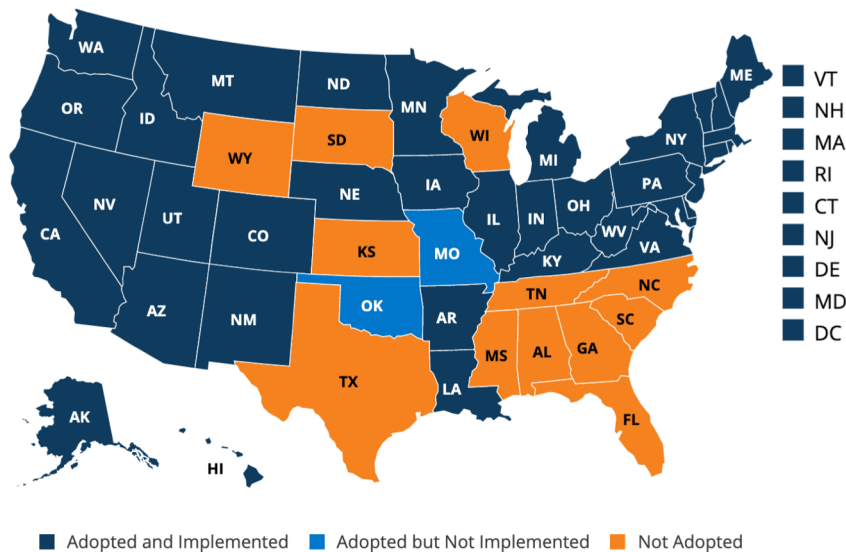
Medicaid Expansion's Importance to Mental Health Care

Cameron Blazoski, Vittorio Maio*

Introduction & Objective

- Medicaid Expansion:
 - Implemented: **39** states + D.C.
 - Process of implementing: **2** states
 - Not adopted: **12** states

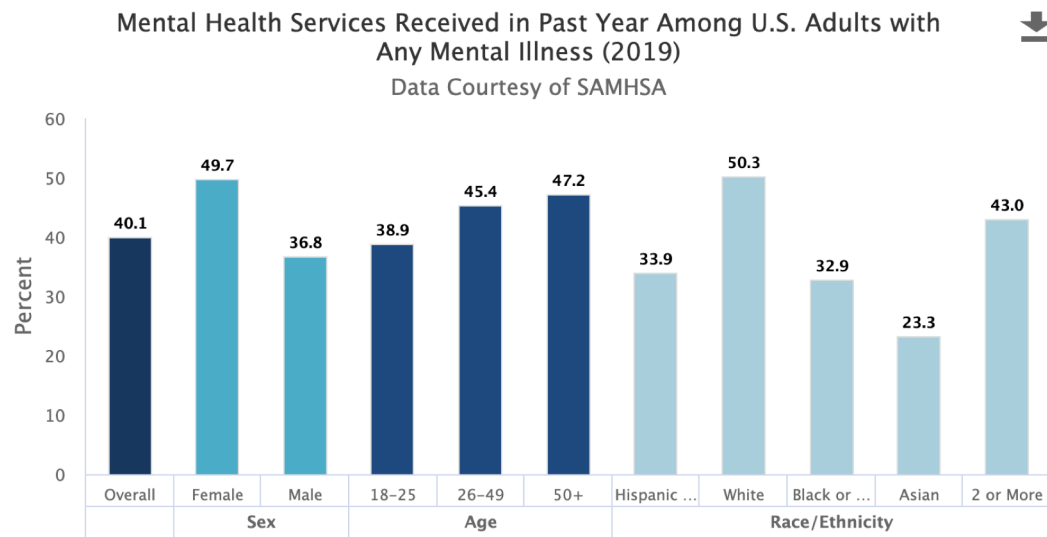
- Current research:
 - Medicaid Expansion:
 - → Decreased uninsured rate²
 - → Improved access, self-reported health, & health outcomes³
 - Lacking data:
 - Medicaid Expansion & mental health



From "Status of State Medicaid Expansion Decisions: Interactive Map." *Kaiser Family Foundation*, 2 Feb. 2021, www.kff.org/medicaid/issue-brief/status-of-state-medicaid-expansion-decisions-interactive-map.

Introduction & Objective

- One in five U.S. adults lives with a mental health disorder (MHD)⁴
 - 2019: 51.5 million
- >50% of Americans with a MHD do not receive treatment⁵



*Persons of Hispanic origin may be of any race; all other racial/ethnic groups are non-Hispanic.
Note: Estimates for Native Hawaiian / Other Pacific Islander and American Indian / Alaskan Native groups are not reported in the above figure due to low precision.

From Mental Health Information. National Institute of Mental Health.
<https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>. Accessed February 28, 2020.

Introduction & Objective

What is the impact of Medicaid Expansion on mental health care?

- Hypothesis: Medicaid Expansion will lead to...
 - → Improved access
 - → Improved outcomes

Methods

- Study population
 - Individuals w/ MHDs/SUDs in expansion states vs. non-expansion states
- Target population & stakeholders:
 - Anyone involved in **mental health care debate**
 - Politicians
 - Federal government administrators
 - State government administrators
 - **Governors of non-expansion states**
 - Governors of expansion states
 - Mental health advocacy organizations

Methods

- Data collection, review, analysis, and **commentary**
 - **1. Data collection**
 - Systematic search in Google Scholar
 - **2. Data analysis**
 - **3. Political analysis**
 - State of Medicaid Expansion
 - State of ACA
 - Current events + news



The New York Times

Republican Leaders Want to End Obamacare. Their Voters Are Expanding It.

Oklahoma is the latest state where voters, in choosing to expand Medicaid, have delivered a rebuke to their elected officials.

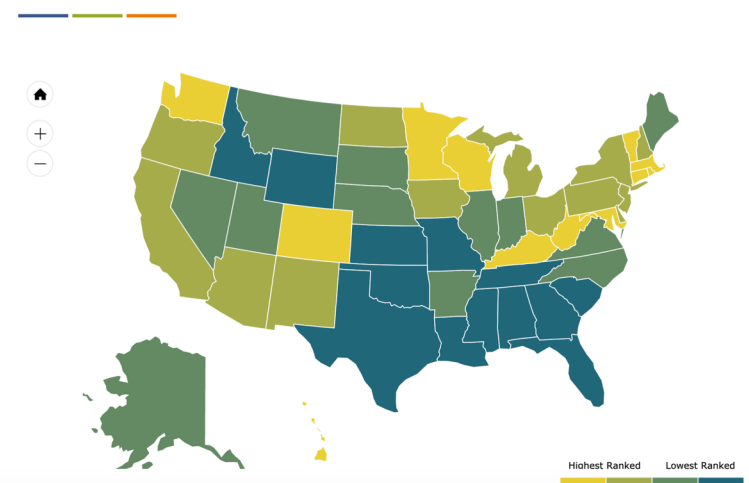
Methods

- Research on Access:
 - Insurance rate
 - Treatment rates
 - Data sources:
 - Publications - Health Affairs, Psychiatry Services, etc.
 - Government publications - SAMHSA, NIH
- Research on Outcomes
 - Self-reported measures
 - State-level data
 - Data sources:
 - Publications - Health Affairs, Psychiatry Services, etc.

- Mental Health National Statistics

- Comparing expansion states vs. non-expansion states

Adults With AMI Who Are Uninsured 2020



From Mental Health in America - Adult Data. Mental Health America.
<https://www.mhanational.org/issues/mental-health-america-adult-data>.
Published 2020. Accessed February 29, 2020.

Results: Access to Care

Medicaid expansion was associated with...

- Increase insurance rate among individuals with MHDs/SUDs⁶
- Increased treatment rates⁶
 - Increased outpatient visits
 - Increased medications

Exhibit 2 Percent of low-income adults with selected substance use disorders who were uninsured in 2008–15, in states that did and did not expand eligibility for Medicaid

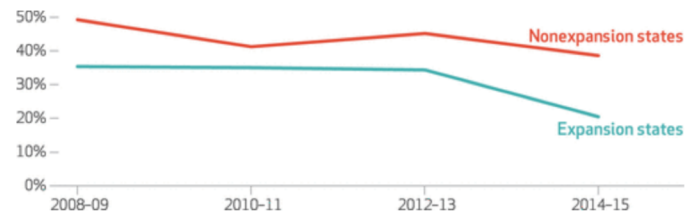
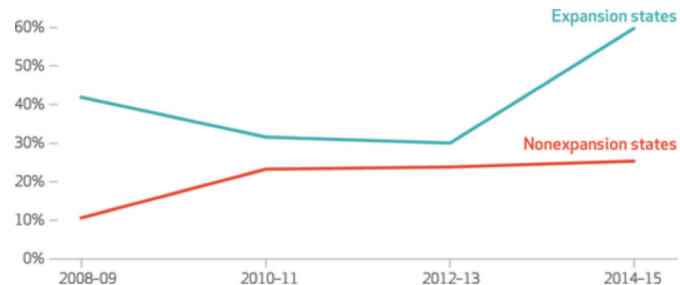


Exhibit 3 Percent of low-income adults with selected substance use disorders who received any substance use disorder treatment in the past year and who were covered by Medicaid in 2008–15, in states that did and did not expand eligibility for Medicaid



From Olfson M, Wall M, Barry CL, Mauro C, Mojtabai R. Impact Of Medicaid Expansion On Coverage And Treatment Of Low-Income Adults With Substance Use Disorders. *Health Affairs*. 2018;37(8):1208-1215. doi:10.1377/hlthaff.2018.0124

Medicaid Expansion → Improved access to mental health care

Results: Mental Health Outcomes

Medicaid expansion was associated with...

- Self-reported mental health
 - Less poor mental health days⁷
 - Less likely to report declines in mental health⁸
- Higher quality of life

Medicaid Expansion → Improved mental health outcomes

Unadjusted and Adjusted Changes in Health Outcomes after Medicaid Expansion among Childless Adults with One or More Chronic Conditions (*n* = 79,306)

Outcome	Unadjusted pre-ACA prevalence	Unadjusted post-ACA prevalence	Unadjusted difference in differences	<i>P</i> value	Adjusted difference in differences*	<i>P</i> value
Poor mental health (days per month)						
Medicaid expansion	10.3	9.6	-1.2 (-1.8, -0.64)	<0.001	-1.1 (-1.6, -0.60)	<0.001
Non-Medicaid expansion	10.4	10.9				

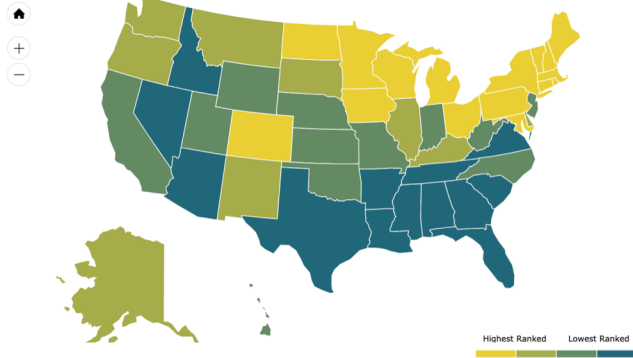
From Tipirneni R, Patel MR, Goold SD, et al. Association of Expanded Medicaid Coverage With Health and Job-Related Outcomes Among Enrollees With Behavioral Health Disorders. *PS*. 2019;71(1):4-11. doi:10.1176/appi.ps.201900179

Exhibit 4 Changes in health status among Southern Community Cohort Study (SCCS) participants in Medicaid expansion states from before to after expansion, by type of health status

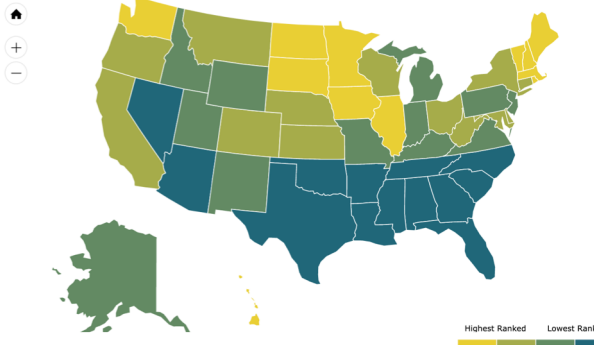
	Percent experiencing change with expansion	Counterfactual percent experiencing change without expansion	Difference-in-differences Estimate	Percentile rank
Mental health				
No change	37.8	36.3	1.50	100.0
Improvement	25.5	24.9	0.62	97.8
Decline	36.8	38.9	-2.10	0.2

From Graves JA, Hatfield LA, Blot W, Keating NL, McWilliams JM. Medicaid Expansion Slowed Rates Of Health Decline For Low-Income Adults In Southern States. *Health Affairs*. 2020;39(1):67-76. doi:10.1377/hlthaff.2019.00929

Access To Care Ranking 2020

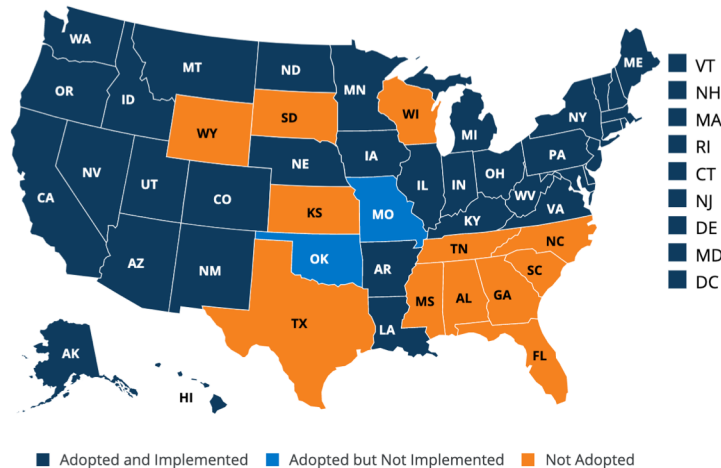
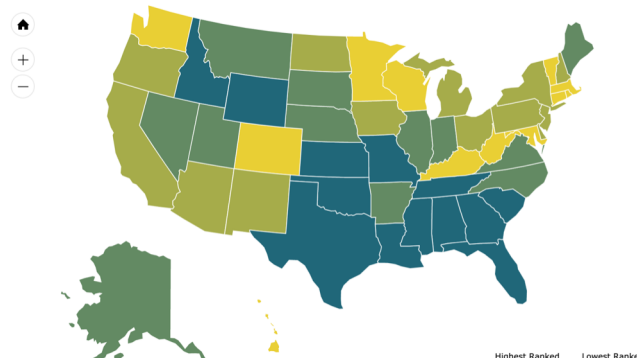


Adults With Disability Who Could Not See A Doctor Due To Costs 2020



From Mental Health in America - Adult Data. Mental Health America. <https://www.mhanational.org/issues/mental-health-america-adult-data>. Published 2020. Accessed February 29, 2020.

Adults With AMI Who Are Uninsured 2020



From "Status of State Medicaid Expansion Decisions: Interactive Map." Kaiser Family Foundation, 2 Feb. 2021, www.kff.org/medicaid/issue-brief/status-of-state-medicaid-expansion-decisions-interactive-map.

There is a **pattern** among states that perform **poorly** in mental health rankings and their expansion status (and political leaning)

Conclusions

Medicaid Expansion has **improved access** to mental health care and **mental health-related outcomes**, and further expansion would **aid** individuals with MHDs & SUDs in non-expansion states.

**Especially in light of COVID-19*

Conclusions

- Limitations:
 - Limited data
 - Federal vs. state statistics
- Possible improvements & scope:
 - Narrow scope - more SUD statistics than MHD
- Next steps:
 - Wait on future research/statistics, then incorporate

Disclosures and Acknowledgements

- I have nothing to disclose.

References

1. “Status of State Medicaid Expansion Decisions: Interactive Map.” *Kaiser Family Foundation*, 2 Feb. 2021, www.kff.org/medicaid/issue-brief/status-of-state-medicaid-expansion-decisions-interactive-map.
2. Garfield R, Orgera K, Damico A. The Uninsured and the ACA: A Primer - Key Facts about Health Insurance and the Uninsured amidst Changes to the Affordable Care Act - How many people are uninsured? The Henry J. Kaiser Family Foundation. <https://www.kff.org/report-section/the-uninsured-and-the-aca-a-primer-key-facts-about-health-insurance-and-the-uninsured-amidst-changes-to-the-affordable-care-act-how-many-people-are-uninsured/>. Published May 13, 2019. Accessed April 6, 2020.
3. Guth M, Garfield R, Rudowitz R. The Effects of Medicaid Expansion under the ACA: Updated Findings from a Literature Review. The Henry J. Kaiser Family Foundation. <https://www.kff.org/medicaid/report/the-effects-of-medicaid-expansion-under-the-aca-updated-findings-from-a-literature-review/>. Published March 17, 2020. Accessed April 6, 2020.
4. Mental Health Information. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>. Accessed February 28, 2020.
5. Mental Health in America - Adult Data. Mental Health America. <https://www.mhanational.org/issues/mental-health-america-adult-data>. Published 2020. Accessed February 29, 2020.
6. Olfson M, Wall M, Barry CL, Mauro C, Mojtabai R. Impact Of Medicaid Expansion On Coverage And Treatment Of Low-Income Adults With Substance Use Disorders. *Health Affairs*. 2018;37(8):1208-1215. doi:10.1377/hlthaff.2018.0124
7. Tipirneni R, Patel MR, Goold SD, et al. Association of Expanded Medicaid Coverage With Health and Job-Related Outcomes Among Enrollees With Behavioral Health Disorders. *PS*. 2019;71(1):4-11. doi:10.1176/appi.ps.201900179
8. Graves JA, Hatfield LA, Blot W, Keating NL, McWilliams JM. Medicaid Expansion Slowed Rates Of Health Decline For Low-Income Adults In Southern States. *Health Affairs*. 2020;39(1):67-76. doi:10.1377/hlthaff.2019.00929

Questions?



Jefferson

**Philadelphia University +
Thomas Jefferson University**

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE