

The State of the State

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Iowa Coalition on Mental Health and Aging

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Presentation Goals

- Mental health overview
- Data findings
 - Data regarding mental health was obtained for each county in Iowa for individuals over the age of 65
 - Prevalence rates
 - Supply of providers
 - Service use
- Future research

Mental Health Overview

- Between 15-25% of individuals over age 65 suffer from significant symptoms of mental illness
- The most common disorders are anxiety, mood disorders, and cognitive impairment
 - 5% have diagnosable depression
 - 14% have significant symptoms of depression
 - 11% have anxiety disorders
- Less than 1.5% of all direct of health care among the elderly is spent on mental health

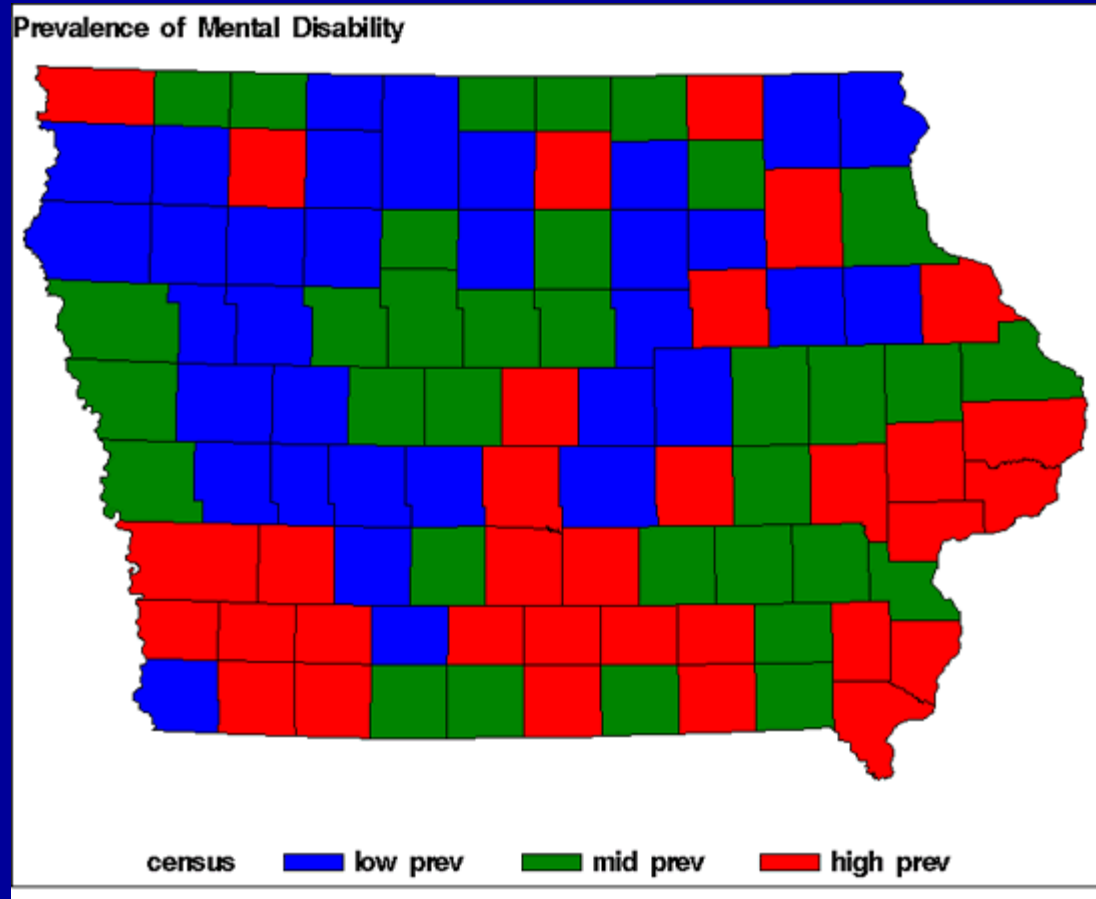
Overview continue

- Mental health providers
 - Shortage of trained geriatric mental health professions nationwide
 - The shortage of providers is greatest in rural areas
 - Most mental health care services are provided by
 - Primary care providers
 - Nursing homes
 - Hospital care (scatter beds)

Prevalence Rates

- Census Data
 - Mental Disability
 - National Average – 108 per 1000 individuals over the age of 65
 - Iowa Average – 76 per 1000 individuals over the age of 65
 - Range – 36 – 106 individuals with mental illness per 1000 individuals over the age of 65

Prevalence of mental disability



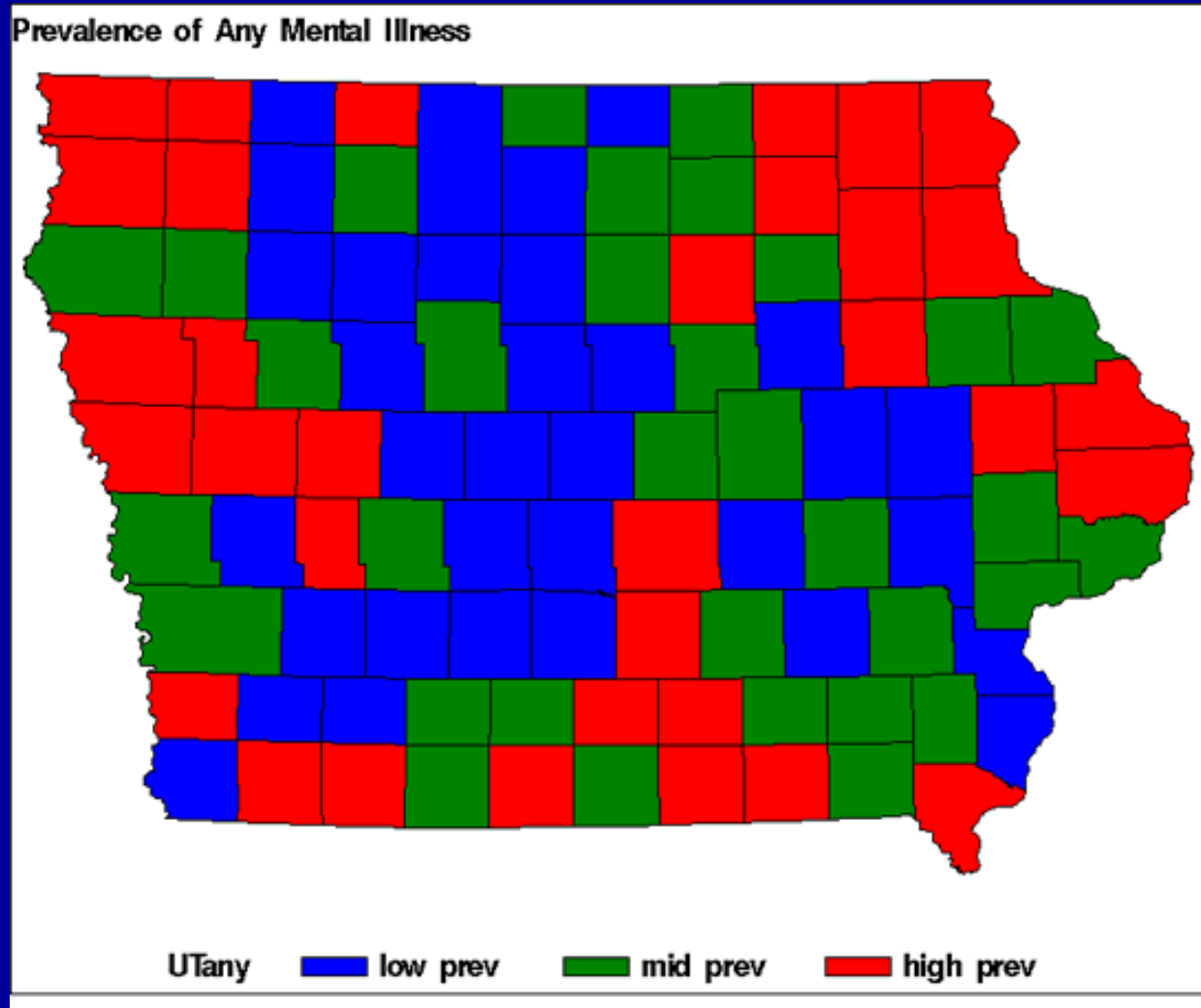
Prevalence rates continue

- University of Texas Medical Branch
 - Any mental health illness
 - State average – 127 individuals per 1000 residents over the age of 65
 - Range 109 – 138 individuals per 1000 residents
 - Any affective disorder
 - State average – 29 individuals per 1000 residents over the age of 65
 - Range 26 – 31 individuals per 1000 residents
 - Schizophrenia
 - State average – 1 individuals per 1000 residents over the age of 65
 - Range 1 – 2 individuals per 1000 residents

Prevalence rates continue

- University of Texas Medical Branch
 - Cognitive impairment
 - State average – 19 individuals per 1000 residents over the age of 65
 - Range 10 – 24 individuals per 1000 residents
 - Alcohol / Substance abuse
 - State average – 13 individuals per 1000 residents over the age of 65
 - Range 10 – 15 individuals per 1000 residents

Prevalence of any mental illness



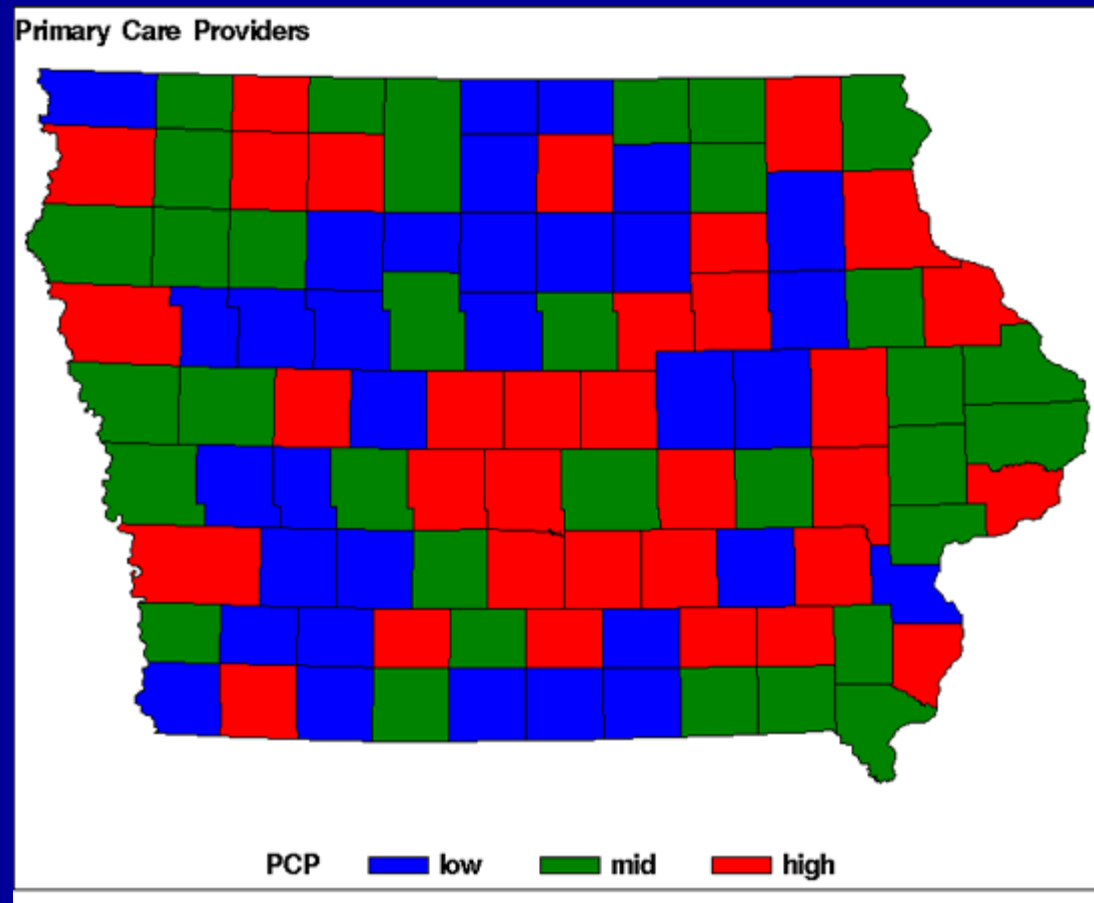
Prevalence rates continue

- Minimum Data Set Repository (MDS)
 - Depression
 - National Average – 150 individuals per 1000 nursing home residents
 - Iowa Average – 170 individuals per 1000 nursing home residents
 - Range – 37 – 404 individuals per 1000 nursing home residents
 - Delirium***
 - National Average – 30 individuals per 1000 nursing home residents
 - Iowa Average – 50 individuals per 1000 nursing home residents

Iowa Mental Health Providers

- Primary Care Providers
 - Family practice, geriatric medicine, internal medicine, family medicine
 - State average -- 6 PCP per 1000 residents over the age of 65
 - Range <1 – 111 PCP per 1000 residents over the age of 65
- Mental Health Specialist
 - Neurology/psychiatry, psychiatry, geriatric psychiatry
 - State average – .7 mental health specialists per 1000 residents over the age of 65
 - Range – 0 – 22 mental health specialists per 1000 residents over the age of 65

Primary care providers



Mental Health Service Use

- A survey was sent to CPC administrators
- CPC administrators responded from 23 different counties
- The goal of the survey was to identify basic mental services used by the elderly

Services available through CPC or CMHC

- Crisis support / emergency treatment – 21 counties
- Mental health assessment – 23 counties
- Evaluation by psychiatrist – 20 counties
- Individual treatment/therapy – 23 counties
- Group treatment/therapy – 19 counties
- Family therapy – 13 counties
- Medication management – 20 counties
- Case management – 11 counties
- Self help groups – 10 counties
- Partial day / night treatment – 4 counties
- Other services included peer programs, elderly outreach programs

Community locations which host county mental health providers

- Senior center – 2 counties
- Congregate housing community – 2 counties
- Congregate meal plans – 2 counties
- Religious social services – 2 counties
- Substance abuse treatment center – 6 counties
- In home health – 4 counties
- Adult day care – 5 counties
- Assisted living facility – 4 counties
- Nursing home facility – 6 counties
- Other locations included individuals homes and outreach programs

Programs targeting older adults

- 5 counties reported programs directly targeting older adults
 - Alzheimer support groups
 - Mental health outreach
 - Residential care facility

Training/educational opportunities

- 8 counties had professional training seminars targeted towards older adults
 - Included depression, alcohol abuse, dementia
- 10 counties had education programs for the community geared towards older adults
 - Included dementia, depression, elderly peer program

Methods to improve mental health services

- Increase the number of clinicians
- Improve transportation issues
- Increase mental health educational opportunities for the community and physicians
- Increase public awareness of programs

Future data to be obtained

- Hospital Data – Iowa Hospital Association
- Medicare Data – CMS
- Survey of individuals providers under contract with CPC

Conclusions

- Nursing home depression rates are lower in communities where services are available
- Metro areas have highest number of primary care providers
- Rural counties lack specialists
- Outreach service programs within counties are not readily available

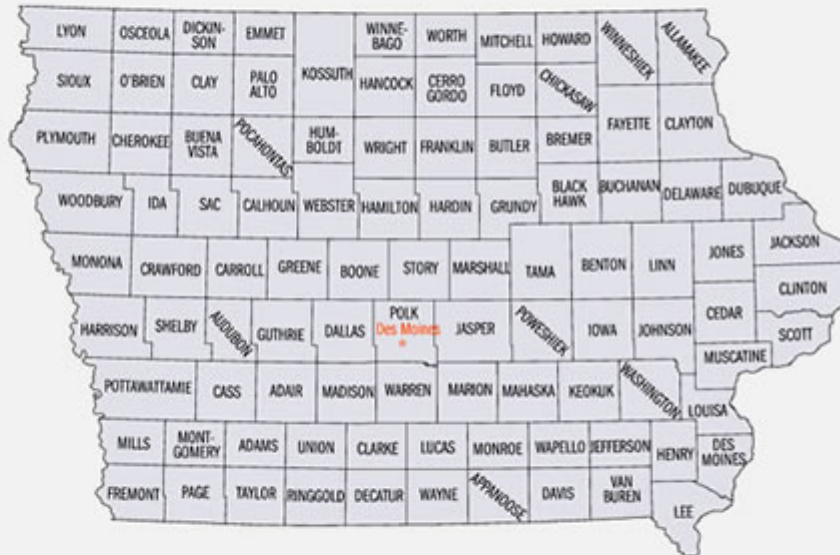


IOWA COALITION on Mental Health & Aging



- OVERVIEW →
- MEMBERS →
- WORK GROUPS →
- LINKS & INFORMATION →
- ARCHIVES →
- MESSAGE BOARDS
- CONTACTS / LEADERSHIP
- HOME


Iowa State Statistics



This data was collected from the following sources: The University of Texas, The US Census Bureau, and the Medicare.Gov website.

Member Login

OVERVIEW	→ Iowa State Statistics - County Detail
MEMBERS	→
WORK GROUPS	→ Polk County
LINKS & INFORMATION	→ Population: 37680
ARCHIVES	→ ERS Metro: 1
MESSAGE BOARDS	ERS Code: 2
CONTACTS/LEADERSHIP	Mental Health Catchment Area: 9
HOME	Census Data

Member Login 

Mental disability prevalence per 1000 residents: **84.79**

Provider Information Data

Primary care per 1000 residents: **21.28**

Specialists per 1000 residents: **1.70**

Nursing Home Data

Prevalence of nursing home patients depressed per 1000 nursing home residents: **124.6**

Prevalence of short term nursing home patients suffering from delirium per 1000 nursing home residents: **0.8**

University of Texas Data

Any mental health disorder prevalence per 1000: **119.32**

Any affective disorder prevalence per 1000: **29.43**

Major depression prevalence per 1000: **11.25**

Depression/dysthymia prevalence per 1000: **17.62**

Phobia/som/pan/anorx/obcom prevalence per 1000: **73.54**

Cognitive impairment prevalence per 1000: **16.69**


Schizophrenia/Schizophreniform prevalence per 1000: **1.17**

Somatization prevalence per 1000: **0.42**

Anxiety/somatization prevalence per 1000: **66.93**

Substance use/alcohol abuse prevalence per 1000: **11.44**

OVERVIEW	→ Iowa State Statistics - County Detail
MEMBERS	→
WORK GROUPS	→ Mills County
LINKS & INFORMATION	→ Population: 1811
ARCHIVES	→ ERS Metro: 1
MESSAGE BOARDS	ERS Code: 2
CONTACTS / LEADERSHIP	Mental Health Catchment Area: 13
HOME	Census Data

Member Login 

Mental disability prevalence per 1000 residents: **92.77**

Provider Information Data

Primary care per 1000 residents: **3.31**

Specialists per 1000 residents: **0.55**

Nursing Home Data

Prevalence of nursing home patients depressed per 1000 nursing home residents: **236.2**

Prevalence of short term nursing home patients suffering from delirium per 1000 nursing home residents: **0**

University of Texas Data

Any mental health disorder prevalence per 1000: **136.94**

Any affective disorder prevalence per 1000: **30.37**

Major depression prevalence per 1000: **12.15**

Depression/dysthymia prevalence per 1000: **17.67**

Phobia/som/pan/anorx/obcom prevalence per 1000: **83.93**

Cognitive impairment prevalence per 1000: **20.98**

Schizophrenia/Schizophreniform prevalence per 1000: **1.66**

Somatization prevalence per 1000: **0.55**

Anxiety/somatization prevalence per 1000: **75.65**

Substance use/alcohol abuse prevalence per 1000: **12.70**

References

- Merck Manual of Geriatrics
- Minimum Data Set Repository
- United States Census
- University of Iowa Geriatric Education
- University of Texas Medical Branch