

Access to Behavioral Health Care in Michigan

Medicaid Population, 2022

Project Summary

Access to behavioral health care in Michigan remains a significant concern, with unmet needs leading to delays in care, financial strain, and reduced health and wellbeing. This study updates the assessment of mental health and substance use disorder (SUD) treatment access using 2022 administrative claims data for those with private insurance, Medicaid, or Medicare. Access is measured by the percentage of individuals with behavioral health needs who received at least one treatment in the study year. While this measure doesn't evaluate care quality or completeness, it offers an updated view to track changes since 2019 and establishes a new benchmark for future evaluations of behavioral health needs after the pandemic.

Unmet Need for Behavioral Health Care in Michigan – Medicaid Enrollees

- ▲ Almost half of the 599,200 Medicaid enrollees that experience any mental illness (AMI) are not receiving care. The most common unmet needs for mental illnesses are *Anxiety Disorders* and *Depressive Episode*.
- ▲ Despite a rise in the number of individuals experiencing AMI from 2019 to 2022, increases in treatment have resulted in the number of untreated people remaining relatively steady, increasing from 220,000 to 250,400.
- ▲ Among the 174,600 Medicaid enrollees with a SUD, over half did not receive treatment in 2022, leaving 101,000 with an unmet need for care. Alcohol, cannabis, and opioids are the most common substances resulting in a use disorder.
- ▲ Prevalence of AMI are highest among Medicaid enrollees. In general men are at greater risk for SUD, with the highest prevalence among men aged 18 to 24. Overall, women have a higher prevalence of AMI, but male children had a higher prevalence of AMI than female children.

2022 Unmet Need for Mental Illness		2022 Unmet Need for SUD	
Received Care	Untreated	Received Care	Untreated
348,800 58%	250,400 42%	73,600 42%	101,000 58%

Barriers to and Recommendations for Access for Behavioral Health Care

- ▲ While Michigan has made meaningful progress in maintaining and enhancing behavioral health service delivery, ongoing attention to the needs of Medicaid enrollees that are young people and strategic policy development will be essential for future success.
- ▲ Opportunities exist across the state of Michigan to increase access to treatment for AMI and SUD for Medicaid enrollees. Providing financial incentives to Medicaid providers to integrate behavioral health and physical health visits may increase access to treatment opportunities.
- ▲ To expand access, state policymakers and other stakeholders can continue to act to: reduce administrative barriers within schools, strengthen workforce development efforts for healthcare professionals, remove restrictions on scope of practice to fully leverage all members of the health care team specifically among nurse practitioners, and work to expand the number of Medicaid providers.

Details on specific findings and recommendations are available in the full report.

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