

# Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Mental Health  
103 South Main Street, Waterbury, Vermont 05671

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani and Walter Ochs

DATE: May 20, 2011

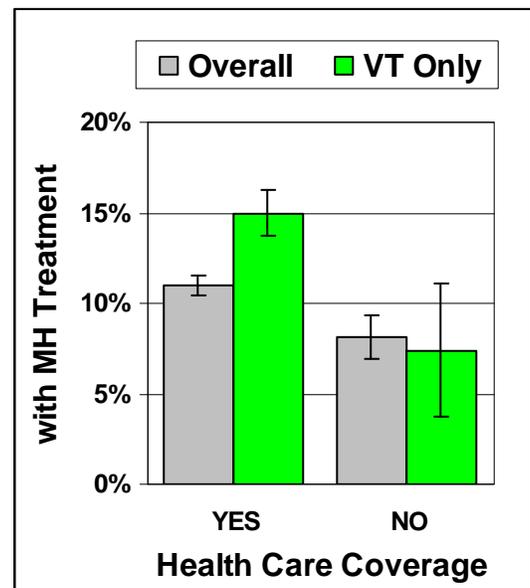
RE: Health Care Coverage and Mental Health Service Utilization in 8 States

This week's brief report provides information regarding mental health service utilization rates for individuals with health care coverage and for individuals with no health care coverage in Vermont and in seven other states during 2009. As such, this report provides information relevant to concerns regarding access to care and the relationship of access to care and health care coverage.

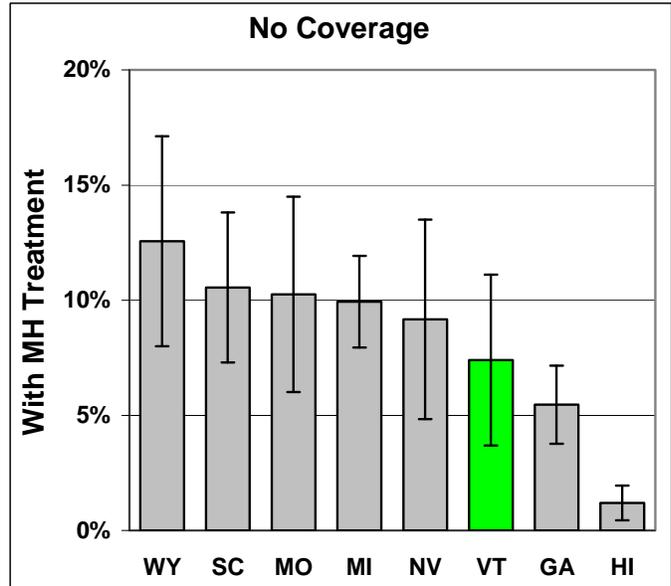
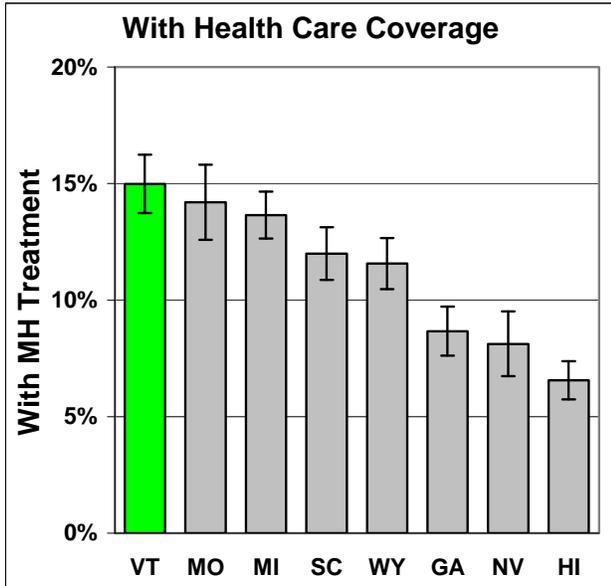
This report is based on analysis of responses to two questions in the U.S. Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System (BRFSS) surveys of random samples of non-institutionalized residents in each of the eight states during 2009. One question asked about health care coverage: "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?" The second question asked about mental health service utilization: "Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?"

As you will see, Vermont had the highest mental health utilization among these eight states for individuals with health care coverage, and Vermont's mental health utilization rate for individuals with health care coverage was significantly greater than the overall utilization rate for the eight states. Vermont ranked sixth among the eight states, however, in mental health utilization for individuals with no health care coverage, although Vermont's rate was not significantly different from the overall utilization rate for adults with no health care coverage in the seven states.

We look forward to your questions and comments about these findings, and your suggestions for further analyses of data regarding insurance coverage and mental health treatment. As always, we can be reached at [pip@ahs.state.vt.us](mailto:pip@ahs.state.vt.us) or 802-241-4049.



## Health Care Coverage and MH Service Utilization by State: 2009



### Percent of Adults with Mental Health Treatment

<u>with Health Care Coverage</u>		<u>with No Health Care Coverage</u>	
<b>Vermont</b>	<b>15.0% ± 1.2%</b>	Wyoming	12.6% ± 4.6%
Missouri	14.2% ± 1.6%	South Carolina	10.6% ± 3.3%
Mississippi	13.6% ± 1.0%	Missouri	10.3% ± 4.2%
South Carolina	12.0% ± 1.1%	Mississippi	9.9% ± 2.0%
Wyoming	11.6% ± 1.1%	Nevada	9.2% ± 4.3%
Georgia	8.7% ± 1.0%	<b>Vermont</b>	<b>7.4% ± 3.7%</b>
Nevada	8.1% ± 1.4%	Georgia	5.5% ± 1.7%
Hawaii	6.6% ± 0.8%	Hawaii	1.2% ± 0.8%
<b>Overall</b>	<b>11.0% ± 0.6%</b>	<b>Overall</b>	<b>8.1% ± 1.2%</b>

Analysis based on data collected by the Vermont Department of Health Behavior Risk Factor Surveillance System (BRFSS) survey during 2009. The BRFSS is an on-going telephone health survey system conducted by the health department of each state. The BRFSS surveys include residents and excludes institutionalized Vermonters. Health care coverage was indicated by the response to the question: "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?" Mental health treatment was indicated by the response to the question: "Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?"