STRATEGY. DATA. RESEARCH.

We are Oklahoma’s mental health and addiction policy action team.

Healthy Minds Policy Initiative is a nonpartisan team of policy and mental health experts who collaborate with policy and community leaders to develop and advance innovative, capacity-building, taxpayer-minded strategies for reducing the costly effects of mental health and addiction on our communities.

WHAT WE WANT

• Data-informed policy opportunities
• More efficient use of resources
• More accessible, better-funded treatment
• More focused policy conversations

WHERE HAVE WE BEEN?

April 2019
Healthy Minds Policy Initiative launched by The Anne and Henry Zarrow Foundation

May 2019
Healthy Minds begins producing research for policymakers

November 2019
Website launches with new policy and data resources

January 2020
Two policy analysts added to staff

January 2020
Online mental health data dashboard (beta) launched

February 2020
Four bills proposed in first state legislative session

April 2020
COVID-19 research drives state solutions

May 2020
SB 1718 signed by Gov. Stitt, seeking mental health parity transparency

August 2020
Mental Health Policy Fellowship re-launched

OUR TEAM

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WHAT COULD CHANGE?

EDUCATION
- Better student performance, teacher retention and school climate
  > Strong social and emotional learning boosts test scores by 11 percentile points, per one study

ECONOMY
- Increased economic base, workforce productivity and taxpayer spending
  > Employees experiencing depression miss an average 31 work days annually, but treatment supports productivity

CRIME AND SAFETY
- Savings from avoided incarceration, fewer repeat crimes
  > 82% of Oklahomans who enter prison with nonviolent offenses have mental health needs

HEALTH CARE
- Lower costs of chronic illness treatment, and insurance savings
  > Overall health care costs can be 2X-3X greater for people with an untreated mental health condition

BUDGET
- Economic activity generates tax revenue, while efficiencies increase in health, education and corrections
  > Untreated mental illness and addiction account for lost revenue for other core services

OUR BELIEFS FOR CHANGE

1. Mental and physical health care are inseparable, and deserving of the same urgency and dignity in practice, funding and policy.

2. Oklahomans deserve access to high-quality, accessible mental health treatment and support well before a life-altering crisis.

3. Mental health resources should be used efficiently, effectively and with accountability for outcomes and costs.

4. The solutions to our public mental health challenges will come from trust and cooperation, informed by data and research-backed evidence.

5. The future is bright. Our public mental health crisis is not insurmountable.
COVID-19 AFTERMATH: POLICY SOLUTIONS FOR THE NEXT WAVE

The mental health consequences of COVID-19 and its economic disruption will be with us for years. Early in the outbreak, Healthy Minds released cutting-edge research on the situation facing policymakers, including key policy recommendations Oklahoma ultimately implemented.

OUR REPORT PROJECTED:
• 30,000+ Oklahomans experiencing suicidal ideation
• 9,000+ suicide attempts
• 14,000+ new substance use disorders

2020 POLICY SUCCESSES
• Public mental health treatment funds held level despite budget crunch
• The treatment system managed by the Department of Mental Health and Substance Abuse Services allowed to work without untimely administrative disruptions
• Passage of SB 1718, ensuring compliance with federal mental health parity law

NEXT STEPS FOR OKLAHOMA
• Increased data collection and coordination for school mental health services
• Expanded telehealth opportunities for rural Oklahoma
• Continued funding protections
• Innovative uses of federal CARES Act funding

UP TO 9,000 COVID-RELATED SUICIDE ATTEMPTS COULD BE PREVENTED

VIEW THE REPORT
healthymindspolicy.org/covidresearchpage
PARITY: LEVELING THE PLAYING FIELD

President Bush’s 2008 parity law requires insurers to treat illnesses of the brain the same way they treat other illnesses of the body. Ensuring compliance with this law is essential to addressing Oklahoma’s opioid crisis and rising suicide rates.

THE PROBLEM

• Oklahomans must go out of network for outpatient care 9X more often than for other health services and 7X more for inpatient care.
• Provider reimbursements are skewed against mental health, limiting access and provider availability.
• Providers and people needing treatment report ever-changing and burdensome hurdles to accessing care, saddling families with extra costs and delays.

2020 POLICY SUCCESSES

  > Critically-needed reporting and transparency allowing Oklahoma to make headway in reducing treatment barriers

NEXT STEPS FOR OKLAHOMA

• Creating infrastructure for consumer navigation
• Telehealth parity to ensure fairness for rural Oklahomans
• Sustain progress made as part of COVID-19 emergency measures
• Successful implementation of SB 1718

LEARN MORE
healthymindspolicy.org/parity

AN ACTIVE LEGISLATIVE SESSION

The 2020 Oklahoma legislative session was cut short by global pandemic, and most bills filed by lawmakers were not passed. But in Healthy Minds’ first session, the organization proposed 4 bills, passed 1 bill, and contributed to the revisions, development and considerations of others that could return in 2021.

HEALTHY MINDS’ 2020 SLATE

SB 1350
Provides a thorough one-time reporting of all spending, funding and strategies associated with mental health in 11 state agencies.
Passed Senate 46-0

SB 1718
Reporting and transparency on mental health parity.
Signed by Governor

HB 2799
Expands the use of the Oklahoma Prevention Needs Assessment (OPNA), an evidence-based survey on school risk factors that lead to poor education, health and behavioral outcomes.
Passed House, 86-7

HB 3028
Protections for medical practitioners, law enforcement, tribes and registered social service entities who administer harm reduction programs for the purposes of reducing the proliferation of dirty needles and increasing treatment.
Passed House, 73-9
A CITY AGAINST METH: A MODEL FOR TREATMENT

In 2019, national media highlighted Oklahoma’s growing methamphetamine addiction problem — specifically, in Tulsa.

In response to the need, Healthy Minds collaborated with state and city leaders, provider organizations and law enforcement to design and begin launching a plan for building Tulsa’s ability to handle this problem. With enough time, it’s a model that could be replicated far and wide.

2020 SUCCESSES

• New bed capacity for enhanced meth treatment at 12&12, funded by ODMHSAS
• Intensive detox beds funded by ODMHSAS, allowing for medically-assisted detox
• Procurement of federal grant dollars to fund police-focused transportation service
• Development of gender-specific wraparound programming in partnership with Women in Recovery, Family & Children’s Services and George Kaiser Family Foundation
• Ongoing development of treatment model working toward full-fledged launch

THOUGHT POWER AT WORK: RESEARCH WORKHORSES

To date, Healthy Minds has published nearly two-dozen relevant policy research papers, databanks, resource collections and legislative fact sheets. Even more happens behind the scenes, as we work directly with lawmakers and community leaders on specific priorities.

A SELECTION OF 2019-2020 RESEARCH

• Analyses and recommendations for 3 state health care waiver proposals
• Review of state’s experiences with mental health agency consolidation
• Mental health impacts of COVID-19 in Oklahoma
• Impact of COVID-19 on children’s mental health
• State of mental health parity in Oklahoma
• State of early mortality and self-harm in Oklahoma
• Research briefs of mental health impacts in key policy areas:
  > Impact on health care costs
  > Impact on businesses and the economy
  > Public safety and law enforcement impacts
  > Stigma’s effect on outcomes and treatment access
  > Addressing racial discrimination to improve treatment

LEARN MORE
healthymindspolicy.org/resources
HEALTHYMINDSPOLICY.ORG: A SOURCE FOR POLICY AND DATA

Healthy Minds is quietly building a repository of Oklahoma-relevant data and policy research. Beginning with the launch of www.healthymindspolicy.org in late 2019 and continuing with the beta launch of a data dashboard in 2020, Healthy Minds’ online presence will only continue growing.

2020 SUCCESSES
• Website launched in 2019
• Nearly two-dozen relevant policy research papers, databanks, resource collections and legislative fact sheets
• Beta launch of an online data dashboard
• Assembled one of Oklahoma’s largest collections of COVID-19 resources for policy and help-seeking

LAYING A FOUNDATION

HEALTHY MINDS FELLOWSHIP: THOUGHT POWER FOR THE FUTURE

In 2020, Healthy Minds assumed management of the Mental Health Policy Fellowship, Oklahoma’s premier mental health and addiction policy research and data fellowship. Here, fresh policy minds can learn the nuances of this field and set up their career of the future by working to make an impact here and now. Through the Healthy Minds Fellowship, we are seeding Oklahoma with a new wave of intellectual capital.

2020 SUCCESSES
• Launched redesigned Healthy Minds Fellowship
• Second wave of policy fellows expected in fall 2020

LEARN MORE
healthymindspolicy.org/fellowship
WHAT WILL WE THINK OF NEXT?
We’re just getting started. Look for plenty more from us in 2021 and beyond. New and emerging areas of work include:

• Unifying strategic voices in mental health policy efforts
• Annualized policy opportunities
• Expanded data dashboard
• Mental health workforce recommendations
• Strengthening school-based mental health services
• Mental health insurance parity
• Law enforcement transportation
• Stigma and help-seeking in Oklahoma
• Understanding racial inequities in mental health care