

Medicaid & Mental Health Toolkit

Nearly 58 million adults across the United States are affected by mental illness. Mental health conditions have long-lasting consequences, especially for minority populations and underserved communities, who tend to face a disproportionately high burden of disability from mental health challenges.

Everyone deserves access to effective and affordable mental health support and counseling. As the [single largest payer](#) for mental health services, Medicaid plays a unique role in the lives of many Americans with mental health challenges – and it's more important than ever that we continue to strengthen this vital program.

Modern Medicaid Alliance partners are working to address these challenges and support those who need it most. The Alliance is committed to improving access to mental health support for every patient who needs it, and we will work to ensure Medicaid is strong and sustainable to support the millions of Americans who rely on it.

Key statistics about Medicaid and mental health:

- Mental illness impacts more than [1 in 5 Americans](#) (57.8 million people).
- [13.9 million Medicaid enrollees](#) have a mental health condition or substance abuse disorder.
- Medicaid is the [single largest payer](#) of services for Americans with mental health conditions.
- Many services to treat [substances use disorder \(SUD\)](#) are covered by Medicaid, including [services](#) like peer support and other programs that support those in recovery from SUD.
- Many states provide [home and community-based services](#) that help people with behavioral health conditions live independently in their communities.
- Americans covered by Medicaid are [much more likely](#) to receive behavioral health treatment than uninsured adults.
- Studies have found that Medicaid expansion [increased access](#) to care for adults with mental health conditions such as depression.
- [Most states](#) rely on Medicaid managed care plans to deliver inpatient and outpatient behavioral health services for beneficiaries, recognizing the value of Medicaid managed care plans to provide quality care and help control costs.

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Template Social Media Posts

We encourage Modern Medicaid Alliance partners to utilize the sample social media posts below, tailoring as you see fit.

- #DYK? Medicaid is the single largest payer for mental health services in the country and plays a critical role in the lives of Americans managing mental health challenges.
- 🙌 #Medicaid is a critical safety net for millions of Americans managing mental health conditions. We need to ensure a strong and sustainable Medicaid program to help address the mental health crisis.
- Mental illness impacts 1 in 5 Americans. #Medicaid increases access to mental health services – and is essential for a growing number of Americans to receive the care they need.
- As states continue the redeterminations process, it's important to underscore the critical role #Medicaid plays in providing mental health treatment and services to Americans who need it most.
- 💊 Medicaid covers a variety of essential mental health services, including counseling and prescription medications. A strong and sustainable #Medicaid program is critical for the millions of Americans managing mental health conditions who rely on it.

May is Mental Health Awareness Month. Use the hashtags #MHAM and #Together4MH to engage in the conversation.

Children in Medicaid are covered by the Early, Periodic Screening, Diagnosis and Treatment (EPSDT) benefit, which helps to screen and diagnose mental health conditions early in life so they can be properly treated.



Many substance use disorder services are covered by Medicaid, helping people access treatment they need to curb substance abuse and addiction.

Medicaid is the single largest payer of services for Americans with mental health conditions.

Over 13 million Americans with mental health conditions are covered by Medicaid.



[Click here to download these and other social media graphics.](#)

Modern Medicaid Alliance Partners Support Maternal and Mental Health

Every May, in addition to celebrating Mother's Day, we recognize Maternal Mental Health Month and Mental Health Awareness Month.

As we look back on the month, the Modern Medicaid Alliance is showcasing the work of our partners to support pregnant women, new mothers, and individuals with mental health conditions.

Advocating for Maternal and Mental Health

Modern Medicaid Alliance partner National Alliance on Mental Illness (NAMI) has been [advocating](#) for maternal mental health Medicaid coverage, highlighting how access to the high-quality services Medicaid provides is critical to enhancing maternal mental health and addressing our nation's maternal health crisis.

NAMI's More Than Enough [campaign](#) celebrating Mental Health Awareness Month invited people to promote the message on social media and attend events throughout the month.

Additionally, NAMI published a Medicaid redeterminations [resource](#) that walks through the steps Medicaid enrollees should take to ensure a smooth redeterminations process.

Combating Mental Health Stigmas

The Association for Behavioral Health and Wellness is leading the [Stamp Out Stigma](#) initiative, which aims to change perceptions and reduce stigma of mental illness and substance use disorders by encouraging people to talk about them openly. Participants can [take a pledge](#) to reduce the stigma and read stories from individuals living in recovery.

Throughout Mental Health Awareness Month, Stamp Out Stigma hosted [Twitter chats](#) each week on different topics, including suicide prevention and teen mental health. These conversations brought attention to and provided a safe space for people to discuss important mental health topics.

Addressing Maternal Health Disparities

AmeriHealth Caritas is committed to addressing Black maternal health disparities through its mission to help people get care, stay well, and build healthy communities. As a part of these efforts, AmeriHealth Caritas developed [infographics](#) on interventions to improve health outcomes for Black mothers.

AmeriHealth Caritas' Bright Start program helps to reduce

pregnancy-related complications through early prenatal education and intervention. Throughout the year, it holds [community baby showers](#) to connect mothers-to-be with local obstetricians and community organizations to provide health information and resources on topics such as infant health, postpartum care, and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Supporting Women and Children During Medicaid Redeterminations

The Association of Maternal & Child Health Programs (AMCHP) has been working closely with its members and partner organizations to support Medicaid beneficiaries throughout the Medicaid redeterminations process, including developing [resources](#), [hosting webinars](#), and educating and engaging members through town halls and regional calls.

AMCHP regularly shares communications through [social media](#), internal member briefs, and a member newsletter. The organization is also working closely with federal partners to share concerns, challenges, and stories from those impacted by Medicaid renewal.

Raising Awareness Around Racial Inequities

Throughout the past year, Blue Shield of California convened a [series of circles](#), in partnership with the Black Wellness and Prosperity Center, that provided a safe space for women to share pregnancy experiences and discuss solutions to inequities in maternal health care. The initiative is part of Blue Shield's [Maternal Child Health Equity Initiative](#), which focuses on investing in a comprehensive support system for pregnancy and postpartum communities through the inclusion of community-based organization services, doulas, and technology.

In addition to spotlighting the work of our partners, throughout May, the Modern Medicaid Alliance showcased Medicaid's critical role in providing maternal and mental health services for enrollees:

- [Medicaid's Role in Addressing the Maternal Health Crisis](#)
- [Medicaid and Mental Health Fact Sheet](#)
- [ONE DAY: The Impact of Medicaid on Children and Mothers](#)

For more information about Modern Medicaid Alliance partners, check out our [Medicaid Spotlight](#) program.

[View the Modern Medicaid Alliance's blog post here.](#)

Medicaid and Mental Health Fact Sheet

Every May, we recognize Mental Health Awareness Month, which marks an important opportunity to educate the public and advocate for policies that support millions of Americans affected by mental illness. This effort is critical right now as mental health challenges are heightened among vulnerable communities, including children, seniors, people of color, and pregnant women, in the aftermath of the COVID-19 pandemic.

Medicaid is an essential part of American health care for people with low incomes and/or disabilities and plays a large role in the effort to support people with mental health conditions. Here are 8 key facts that demonstrate how Medicaid helps individuals with mental health challenges successfully manage their condition and get the treatment they need.

1. Medicaid is the [single largest payer](#) for mental health services in the United States.
2. Mental health conditions, including substance use disorder (SUD), are [especially common among Medicaid enrollees](#) and only increased during the COVID-19 crisis. For example, [nearly 12% of Medicaid beneficiaries](#) over 18 have a substance use disorder.
3. Research has shown that individuals with mental health issues in states that expanded Medicaid experienced improved health outcomes. For example, among adults with depression, Medicaid expansion led to [significant increases](#) in the insured rate as well as improved access to care.
4. Many underserved communities struggle to access mental health services. Minority communities experience [greater barriers](#) to accessing mental health treatment, and more than 25 million rural Americans live in a [Mental Health Professional Shortage Area](#), where there are too few providers to meet demand.
5. All state Medicaid programs cover certain mental health services, including medically necessary inpatient hospital services, outpatient hospital services, rural health clinic services, nursing facility services, home health services, and physician services.
6. Americans enrolled in a Medicaid managed care plan have [significantly better access to care and preventive services](#) than people with no health coverage. Adults were more than 4 times more likely, and children were 2 to 3 times more likely to receive certain preventive care services than people with no health insurance.
7. [Most states](#) rely on Medicaid managed care plans to deliver inpatient and outpatient behavioral health services for beneficiaries, recognizing the value of Medicaid managed care plans to provide quality care and help control costs.
8. Medicaid's Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) benefit [requires](#) states to provide all medically necessary services available under federal Medicaid law for children with a diagnosed mental health condition, even if those services are not included in the Medicaid state plan.

Download our [Medicaid & Mental Health Toolkit](#) to learn more about how Alliance partners are addressing mental health challenges across the country.

[View the Modern Medicaid Alliance's fact sheet here.](#)

Medicaid Is Critical to Addressing the Mental Health Needs of Black, Indigenous, and People of Color (BIPOC)

July is [National Minority Mental Health Awareness Month](#), and the Modern Medicaid Alliance is committed to raising awareness about the mental health needs of minority communities throughout the country.

This year, the observance carries added significance as communities continue to work through the COVID-19 crisis and the additional challenges that impact health and wellness, including isolation and increased stress.

Nearly [52 million adults](#) across the U.S. are affected by mental illness each year. These conditions can be particularly prevalent in minority populations and underserved communities due to geographic challenges with accessing care, cultural stigma, and economic barriers to receiving care.

According to [recent data](#) from Modern Medicaid Alliance partner Mental Health America, minority communities experience the following prevalence of mental health conditions:

- Native American/Alaskan Native: 830,000, or 23%
- African Americans: 6.8 million, or 17%
- Latinx/Hispanic Americans: 8.9 million, or 15%
- Asian Americans/Pacific Islanders: 2.2 million, or 13%

Improving mental health care across the country means that everyone – no matter their background, culture, ethnicity, or identity – can get the appropriate support and quality of care to live healthy, fulfilling lives.

As the [single largest payer](#) for mental health services in the country, serving [26%](#) of all adults living with a serious mental health disease, Medicaid plays an important role in expanding access to mental health services and making that care more equitable.

Medicaid programs provide [a range of mental health services](#), including social work services, counseling, peer support, substance use disorder treatment, and inpatient and outpatient psychiatric care. Services that enable people with mental health conditions to work, including job coaching and transportation, are also covered by Medicaid. Telehealth is also playing a critical role in offering mental health services to more people. Many Medicaid managed care organizations are [promoting access to telehealth](#), providing on-demand behavioral health programs via telemedicine, and helping

Medicaid enrollees access Wi-Fi and digital devices to take advantage of telehealth services.

These mental health services offered by Medicaid are critical in reducing health disparities.

Research has found that Medicaid expansion was associated with [significant increases in mental health treatment](#) among all racial and ethnic groups, although disparities persist. Additionally, addiction treatment [programs that accept Medicaid payments play a significant role in eliminating](#) disparities in treatment completion among Latinx/Hispanic Americans. Medicaid has also been associated with a [suppression of racial disparities in reported need for mental health services](#) for children and the families of children with special health care needs.

Improving the accessibility and quality of Medicaid mental health services will lead to better mental health outcomes for people of color and underserved and at-risk communities. For more information on the mental health services Medicaid covers, visit [this link](#).

View the Modern Medicaid Alliance's [blog post here](#).

Supporting the Mental Health of New and Expectant Mothers Through Medicaid

May marks [National Mental Health Month](#) – an important month of commemoration, considering that an estimated [1 in 5 adults across the U.S. lives with mental illness](#). May is also a month of celebration of women, through [Women's Health Month](#), and of mothers, through [Mother's Day](#).

Mental health is a critical part of the overall well-being of new and expectant mothers. Sadly, it's been an issue of even greater significance during the COVID-19 crisis. As the [single largest payer](#) for mental health services, Medicaid plays a unique role in the lives of women with mental health challenges – and it's important we continue to strengthen this vital program now more than ever.

New and expectant mothers face [major life changes](#) and many experience physical and mental health hardship. Depression and a range of other mental health disorders impact women most often in the perinatal period – which spans from when a woman is pregnant through the first year after the baby's birth.

Modern Medicaid Alliance partners have carried out initiatives from innovative care models to communications efforts to support maternal mental health. Here are some examples of the work of our partners.

Convening Thought Leaders

As the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness, Alliance partner [Mental Health America](#) is acutely aware of the prevalence of mental health issues for new and expectant mothers, particularly [during the COVID-19 crisis](#).

Earlier this month, Mental Health America hosted a [webinar](#) on maternal and family mental health with panelists from Therapy for Black Kids, Postpartum Support International, and 2020Mom. Further, Mental Health America maintains numerous essential resources on maternal mental health, including a [screening](#) for postpartum depression and a [guide](#) to navigating the mental health challenges that may arise from pregnancy and childbirth.

Leveraging Expertise to Improve Health Outcomes

Last December, Alliance partner [Nurse-Family Partnership](#) joined forces with [Child First](#), a national, evidence-based intervention model which stabilizes families and improves the health and wellbeing of both parents and children. Child First supports caregivers so that they can develop and sustain

nurturing, consistent, and responsive relationships with their children.

By combining their organizations' expertise, Nurse-Family Partnership and Child First are employing an [evidence-based home visiting model](#) with a team- and relationship-based approach in 4 states – North Carolina, Florida, Connecticut, and Colorado – to help meet the emotional needs of the family. The model, which uses child-parent psychotherapy and weaves in other approaches to mental health, features a care coordinator who works with the caregiver to identify the unique needs and stressors of the family then links them with services to help meet those needs. The program is funded in part by Medicaid and includes many families who qualify for the program.

The program is showing specific and strong outcomes in decreasing depression or mental health problems in mothers receiving the intervention, reducing caregiver stress and depression and child behavioral problems, as well as positive outcomes on addressing child communications challenges.

Harnessing Innovation and Disseminating Best Practices

As a national resource, partner, and advocate for state public health leaders, the [Association of Maternal & Child Health Programs](#) (AMCHP) is committed to disseminating best practices, providing technical assistance and convening leaders to share experiences to reach the common goal of healthy children, families, and communities.

A core part of this effort is the [AMCHP Innovation Hub](#), an online platform that provides health care professionals with tools and resources to explore, build, and share successful and effective practices from the maternal and child health field. The Innovation Hub has numerous resources and best practices guides related to maternal mental health, including:

- [Mothers Rising Home Visiting Program](#)
- [The JJ Way Model of Maternity Care – Easy Access Clinic](#)
- [MotherWoman: Community-based Perinatal Support Model](#)

While more work is needed to dispel stigmas around mental health and provide new and expectant mothers with the mental health resources they need, Modern Medicaid Alliance partners are at the forefront of this vital issue.

[View the Modern Medicaid Alliance's blog post here.](#)

How Medicaid Strengthens Mental Health Services for Veterans



How Medicaid Strengthens Mental Health Services for Veterans

Veterans have a higher likelihood of mental and behavioral illness related to their military experience and are among those who benefit from Medicaid coverage of mental health treatment. In fact, more than 1 in 10 veterans have been diagnosed with substance use disorder (SUD),¹ and more than 3 out of every 10 veterans returning from Iraq and Afghanistan report having a mental health or cognitive condition.² Medicaid coverage provides support for veterans who suffer from these and other mental health conditions.

1. Nearly 2 million veterans rely on their Medicaid coverage for routine checkups and mental health services, especially if they live far from a Veteran's Administration (VA) facility.³
2. Veterans with Medicaid coverage have complex health needs. For example:⁴
 - 54% have a disability
 - 11% have a severe mental illness
 - 12% have a substance use disorder
 - 35% describe their health as fair or poor
3. Among veterans covered by Medicaid, nearly 40% have Medicaid as their only source of health care coverage. For the remaining 60%, Medicaid supplements other coverage, helping to improve both their health and financial security.⁵
4. Many state Medicaid programs cover services that aim to address mental illness and substance use like peer support services – where individuals use their own lived experience recovering from SUD to support others in recovery – and other programs that promote productivity for adults.⁶
5. Veterans make up 12% of people experiencing homelessness in the United States. Medicaid has been found to improve access to care and overall health for veterans experiencing homelessness, who often lack access to other sources of coverage and have high rates of chronic health conditions, disabilities, mental health issues, and alcohol or substance use disorder.⁷
6. State Medicaid programs often cover behavioral health benefits for enrollees experiencing mental illness or SUD – including many veterans – such as psychiatrist services, inpatient psychiatric care, and inpatient SUD treatment. Some states' Medicaid programs also cover supported employment services like personal care, transportation, and job coaching, that help people with mental illness obtain and maintain employment.⁸

1 <https://www.drugabuse.gov/publications/drugfacts/substance-use-military-life>

2 https://www.rand.org/pubs/research_briefs/RB9336.html

3 <https://familiesusa.org/resources/cutting-medicaid-would-hurt-veterans/>

4 <https://www.cbpp.org/veterans-with-medicaid-have-complex-health-needs>

5 <https://www.kff.org/infographic/medicaids-role-in-covering-veterans/>

6 <https://www.gao.gov/assets/710/708685.pdf>

7 <https://www.kff.org/medicaid/issue-brief/the-role-of-medicaid-and-impact-of-the-medicaid-expansion-for-veterans-experiencing-homelessness/>

8 <https://www.kff.org/medicaid/issue-brief/medicaids-role-in-financing-behavioral-health-services-for-low-income-individuals/>

[Download the infographic here.](#)