

The text 'RESULTS FIRST' is written in a large, bold, dark blue, sans-serif font. It is centered over a background image showing several hands pointing at various charts and documents on a table, suggesting a collaborative business meeting.

RESULTS FIRST

Results First Initiative

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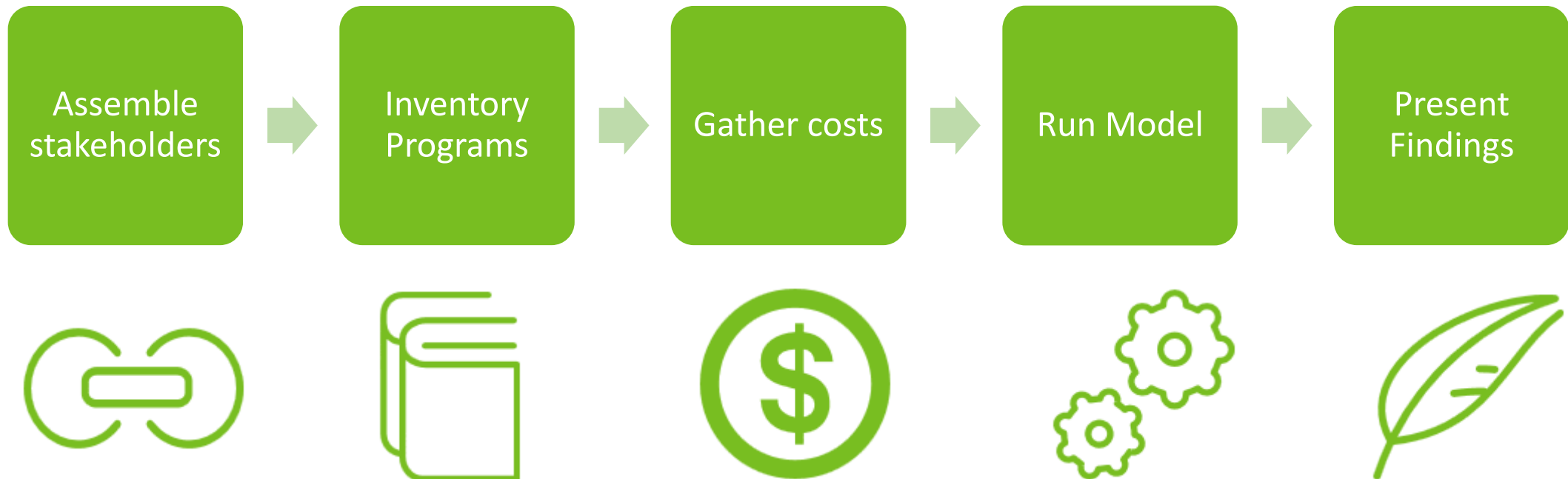
What is Results First?

Results First partners with agencies, counties, providers, and other stakeholders to answer:

- What services do we offer in a programmatic area?
- What do those services cost?
- If we deliver the service correctly, what outcomes can we anticipate?



The Approach



Adult Mental Health – Inventory of Services

Service/Practice	Description	Impact on outcomes	Source of evidence	Continuum of care category
Mobile Crisis Services	Mobile crisis services provide face-to-face, short-term, intensive mental health services during a mental health crisis or emergency. They help the recipient cope, identify resources, avoid hospitalization, develop an action plan and begin a baseline level of functioning.	Proven effective	WSIPP	Crisis Response Services
Certified Peer Specialist (CPS)	Qualified individuals with a lived experience of mental illness are trained to educate, engage, encourage, advocate and support individuals with a mental illness. Assertive Community Treatment (ACT), Adult Rehabilitative Mental Health Services (ARMHS) and Intensive Residential Treatment services include CPS.	Promising	WSIPP	Community Services & Supports
Urgent Care for Adult Mental Health	Provides immediate care for an individual experiencing a crisis. An on-site team of psychiatrists, nurses, social workers, and trained peer support staff provide care. This is often combined with detoxification, crisis services, and referrals to other mental health services.	Theory-based		Crisis Response Services
Acute Care Hospital (inpatient setting)	Medical and psychosocial services in a hospital setting. Mental health professionals supervise patients 24 hours a day. Services include stabilization, medical care, therapy, patient education, and discharge planning. Examples include Community hospitals, Community Behavioral Health Hospitals (CBHHs), and Anoka-Metro Regional Treatment Center (ARMTC).	Category of services		Inpatient & Residential Treatment

Adult mental health findings

- Returns range from \$3.90 - \$0.80
 - Examined one care protocol, Cognitive-Behavioral Therapy, delivered to clients with three diagnoses.
- Benefits range from \$66.00 - \$30.80.
- Most benefits accrue to participants
- Two services have taxpayer returns in excess of investment

Comparison of estimated benefits and costs for Crisis Response Services

Service	Per participant benefit minus cost	Benefit-cost ratio	Taxpayer benefits	Other societal benefits
Mobile Crisis Response	\$1,280	\$3.90	\$1.20	\$2.70

Comparison of estimated benefits and costs for Community Services & Supports

Service	Per participant benefit minus cost	Benefit-cost ratio	Taxpayer benefits	Other societal benefits
Behavioral Health Home Services	\$50	\$1.40	\$0.80	\$0.60
Certified Peer Specialist	\$1,310	\$3.60	\$0.50	\$3.10
Illness Management Recovery	\$370	\$1.40	\$0.30	\$1.10
Individual Placement and Supports	\$810	\$2.10	\$0.30	\$1.80
Wellness Recovery Action Plan	(\$90)	\$0.80	\$0.10	\$0.70

Assumption: Benefits only accrue in the year of treatment for these six services.

The benefit-cost ratios in Table 1 assume that benefits only accrue in the year of treatment. For Cognitive Behavioral Therapy, research shows it can have a lasting impact on persistence of the underlying condition with benefits accruing over the lifetime of the participant.

Table 2: Summary of benefit-cost analysis – Cognitive Behavioral Therapy

Comparison of estimated benefits and costs for Basic Clinical Services

Service	Per participant benefit minus cost	Benefit-cost ratio	Taxpayer benefits	Other societal benefits
Cognitive Behavioral Therapy Adult Anxiety	\$36,930	\$66.00	\$8.80	\$57.20
Cognitive Behavioral Therapy PTSD	\$16,920	\$30.80	\$8.30	\$22.50
Cognitive Behavioral Therapy Adult Depression	\$20,120	\$36.40	\$5.00	\$31.40

Assumption: Benefits continue to accrue throughout the lifetime of the participant.

Source: Minnesota Management & Budget

Results First: a tool for evidence-based policymaking



Questions & Comments

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