Who is accessing both mental health and drug and alcohol services?

Mapping the overlap to identify opportunities for improving specialised care

Sara Farnbach, Catherine Foley, Grant Sara, Anthony Shakeshaft, Julie Lappin, Julaine Allan, Ryan Courtney, Michael Farrell and Timothy Dobbins
I would like to acknowledge the Traditional Owners of the land on which this meeting takes place and pay my respect to Elders, past, present and future.
Background

• Prevalence and impact of co-occurring disorders
• A shift towards person-centred, coordinated care
• Benefits and challenges of treatment delivery
• Integrated treatment

• *Is there an overlap between use of specialist services?*
Aims and approach

Is there an overlap between use of specialist services?

Aims:
1. Conduct retrospective data linkage on mental health and drug and alcohol treatment datasets
2. Investigate the overlap: who uses one or both services? Characteristics?
3. Describe service use patterns
Methods – generating cohorts

**Cohort 1**
Individuals attending **MH services**
July 2015 to June 2016

**Cohort 2**
Individuals attending **MH and DA services**
July 2015 to June 2016

**Cohort 3**
Individuals attending **DA services only**
July 2015 to June 2016

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMB (MH)</td>
<td>APDC (MH)</td>
<td>MDS (DA)</td>
<td>ED</td>
<td>RBDM</td>
<td>COD</td>
</tr>
<tr>
<td>NSW Mental Health Ambulatory Data Collection</td>
<td>NSW Admitted Patient Data Collection</td>
<td>NSW Minimum Dataset for Drug and Alcohol Treatments</td>
<td>NSW Emergency Department Data Collection</td>
<td>NSW Registry of Births, Deaths and Marriages</td>
<td>NSW Registry of Births, Deaths and Marriages</td>
</tr>
</tbody>
</table>
Who is accessing both mental health and drug and alcohol services?

**Cohort 1**
Individuals attending MH services

**Cohort 2**
Individuals attending MH & DA

**Cohort 3**
Individuals attending DA services

- **AMB (MH)**
  NSW Mental Health Ambulatory Data Collection
- **APDC (MH)**
  NSW Admitted Patient Data Collection
- **MDS (DA)**
  NSW Minimum Dataset for Drug and Alcohol Treatments
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  NSW Registry of Births, Deaths and Marriages
Who is accessing both mental health and drug and alcohol services?

**Cohort 1**
MH only
N= 134,108 (80%)

**Cohort 2**
DA and MH
N= 8,799 (5%)

**Cohort 3**
DA only
N= 25,447 (15%)
Characteristics of study population, grouped by service attendance cohort

**Age**

<table>
<thead>
<tr>
<th>Service</th>
<th>Median</th>
<th>IQR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Services</td>
<td>36</td>
<td>29</td>
</tr>
<tr>
<td>Both Services</td>
<td>36</td>
<td>17</td>
</tr>
<tr>
<td>Drug and Alcohol Services</td>
<td>39</td>
<td>18</td>
</tr>
</tbody>
</table>

**Sex**

<table>
<thead>
<tr>
<th>Cohort</th>
<th>Female</th>
<th>Male</th>
<th>Indeterminate/Intersex</th>
<th>Not stated/unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cohort 1 (MH only)</td>
<td>51%</td>
<td>49%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cohort 2 (DA and MH)</td>
<td>63%</td>
<td>37%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cohort 3 (DA only)</td>
<td>67%</td>
<td>33%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Country of Birth

<table>
<thead>
<tr>
<th>Country</th>
<th>Cohort 1 (MH only)</th>
<th>Cohort 2 (DA and MH)</th>
<th>Cohort 3 (DA only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>82%</td>
<td>91%</td>
<td>88%</td>
</tr>
<tr>
<td>Other Oceania &amp; Antarctica Group</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Americas</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>North Africa and the Middle East</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Sub-Saharan Africa</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>North-East Asia</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>South-East Asia</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Southern and Central Asia</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>North-West Europe</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Southern and Eastern Europe</td>
<td>4%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Unknown</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>
Socio Economic Index

Principal drug of concern/gambling at first visit
Diagnosis type at first visit

Cohort 1 (MH only)
- Mental Health Diagnosis not yet allocated
- Affective disorder
- Psychoses
- Anxiety & somatoform
- Substance use
- Childhood disorders
- Personality and behaviour
- Psychological development
- Behavioural syndromes
- Organic mental disorders
- Mental Health Diagnosis not applicable
- Developmental disability
- CNS
- Digestive
- Accident
- Suicide
- Homicide
- Missing or unknown
- Other

Cohort 2 (DA and MH)
- F00-F99 ICD codes
- Other ICD codes

Cohort 3 (DA only)
Indigenous Status

- 8% Indigenous
- 83% Non-Indigenous
- 9% Missing/Unknown

Marital Status

Cohort 1 (MH only):
- Never married
- Married/De Facto
- Separated
- Divorced
- Widowed
- Declined to respond
- Unknown

Cohort 2 (DA and MH):
- Never married
- Married/De Facto
- Separated
- Divorced
- Widowed
- Declined to respond
- Unknown

Cohort 3 (DA only):
- Never married
- Married/De Facto
- Separated
- Divorced
- Widowed
- Declined to respond
- Unknown
Total service use

<table>
<thead>
<tr>
<th>Visits to Services / Cohort</th>
<th>Cohort 1 (MH only)</th>
<th>Cohort 2 (DA and MH)</th>
<th>Cohort 3 (DA only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Services</td>
<td>3,887,573</td>
<td>445,112</td>
<td>72,097</td>
</tr>
<tr>
<td>AMB</td>
<td>▲ 3,466,081</td>
<td>374,094</td>
<td>-</td>
</tr>
<tr>
<td>APDC</td>
<td>▲ 219,519</td>
<td>20,917</td>
<td>13,736</td>
</tr>
<tr>
<td>ED</td>
<td>▲ 201,973</td>
<td>35,405</td>
<td>24,291</td>
</tr>
<tr>
<td>DA / MDS</td>
<td>-</td>
<td>14,696</td>
<td>▲ 34,070</td>
</tr>
</tbody>
</table>

Rate of service use (per 1,000 population)
Length of activity/episode at first visit

- Cohort 1 (MH only)
- Cohort 2 (DA and MH)
- Cohort 3 (DA only)

AMB Services (out-patient)

APDC Services (in-patient)

MDS Services (specialised AoD)

Length of Activity/Episode (AMB= minutes; APDC & MDS= days)
Key learnings and practical implications

Key learnings

• Most people used mental health services only – expected
• Few people used both services – surprising
• Higher rate of service use amongst people who accessed both services (Cohort 2)

Practical implications?

• Unmet treatment need or is it happening?
• Opportunity to improve coordination of care?
Next steps

- Advisory group
- Qualitative
- Five-year look-back period
- Predictive analyses
- Case studies by location

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Thank you to Marta Fredes Torres!

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