

Minnesota 10x10:

Better health for people with serious mental illness

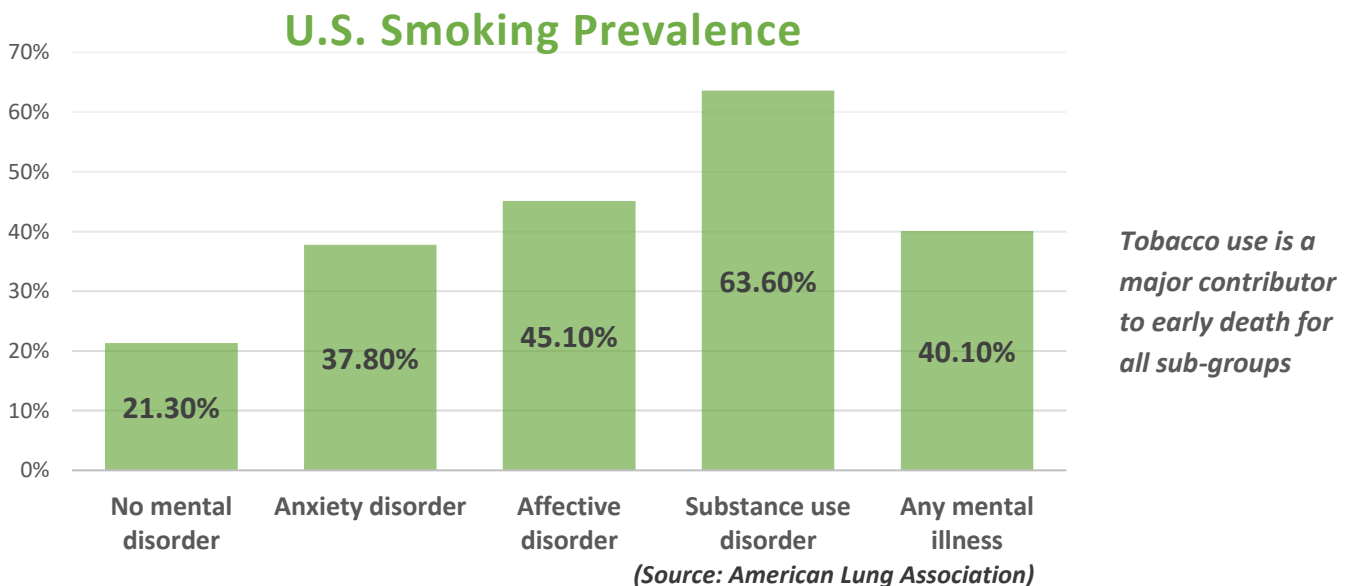
Findings from a number of recent national studies indicate that adults with a serious mental illness (SMI) are dying, on average, 25 years earlier than the general public. The leading causes of these premature deaths are heart disease, lung disease, diabetes and cancer.

Minnesota 10x10 (otherwise known as SMI Lifespan) seeks to address this issue. 10x10 began in 2011 with the goal to increase the average lifespan of Minnesotans with serious mental illness by 10 years within 10 years.

Situation

A 2017 analysis by DHS in conjunction with Alina Health and HealthPartners Medical Group found that:

- People with Bipolar Affective Disorder lost an average of 30 years of life and died from 1. Unintentional injuries, 2. Cardiovascular disease and 3. Suicide.
- People with Schizophrenia died an average of 17 years earlier and died from 1. Cancer, 2. Heart disease, and 3. COPD (chronic obstructive pulmonary disease).
- People with Schizoaffective Disorder lost an average of 24 years of life and died from 1. Heart disease, 2. Cancer, and 3. Unintentional injuries and COPD (tie)
- Fifty-five percent of people with Bipolar Affective Disorder and 26% of people with Schizophrenia have Substance Use Disorder compared to 11% of people in a comparison group without SMI.
- Approximately 1 in 4 (or 25%) of adults in the U.S. have some form of mental illness or substance use disorder, and these adults consume almost 40% of all cigarettes smoked by adults. (CDC)



MN 10x10 is formed

Between 2011 and 2012, a group of public and private professionals and payers met to develop an initiative to improve the average lifespan of Minnesotans with serious mental illness. Following the 2006, 2007, and 2009 publication by the Substance Abuse and Mental Health Services Administration of reports highlighting the early mortality of people with SMI, a group of Minnesota psychiatric leaders felt a strong need to see if this applied to their patients. To investigate, a broad-based public/private workgroup was created:

- University of Minnesota
- Optum
- Minnesota Department of Human Services
- Minnesota Department of Health
- Allina
- Mental Health Minnesota
- HealthPartners

10x10 work

Minnesota 10x10's primary strategy consisted of educating, engaging, and activating individuals, groups and agencies including: consumers/families, providers (mental Health and primary care), advocates, community mental health centers, case managers, Assertive Community Treatment (ACT) teams, health plans, outpatient mental health professionals, and hospitals with psychiatric units.

Activities have included:

- A summit in 2019 of key partners to review work underway and opportunities for collaboration
- Psychiatric units in hospitals embedding Minnesota 10x10 approach into a best practice white paper on transitions
- Educating via newsletters, using telephonic care managers and engage patient/families, and using claims data to measure compliance recommended primary care physicians visits
- Health plans, Minnesota NAMI, Minnesota Psychiatric Society and the Mental Health Association of Minnesota educating their members and providers
- Andrew's Residence (a large group home) ran a nutrition program, exercise program and tracked Minnesota 10x10 measures
- Embedding Minnesota 10x10 in routine discharge bundles
- A number of the health care delivery systems developing tools and processes to monitor provider performance as a quality improvement measure
- Participation in the Minnesota Leadership Academy Collaborative. In December of 2016, leaders and advocates in public health, behavioral health, and tobacco control came together to continue collaboration and integration among the fields focused on reducing smoking prevalence among people with mental illnesses and substance use disorders in Minnesota. The American Lung Association is taking the lead with this Collaborative
- Coordinating with Minnesota DHS Behavioral Health Home (BHH) staff in the monitoring of health risks for the clients with serious mental illness who are served by the BHHs.

Going forward, 10x10 will continue to work to keep this issue at the forefront of mental health services while building meaningful partnerships across sectors.

Find out more:

mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/minnesota-10x10/