

The Impact of Self-Directed Care on Disability, Functioning, and the Social Determinants of Health among Adults with Serious Mental Illnesses



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An exploration of the mechanisms by which Self-Directed Care meets functional status needs of people with serious mental illnesses.

Background

- Self-directed care (SDC) is a model of service delivery in which users identify goods and services needed to achieve functional recovery goals.
- Goods and services that complement or replace traditional clinical care are purchased from personal budget accounts supported by the program.
- Randomized controlled trials (RCTs) of SDC for adults with mental illnesses have shown it to be cost neutral and associated with improved recovery outcomes compared to traditional clinical services.^{1,2}
- Less is known about how SDC might meet disability, function, and social determinant of health needs that are often unmet by traditional clinical services.

Methods

- Data are from an SDC RCT for adults with mental illnesses that took place in Texas between 2009 and 2013, with 114 SDC and 102 control condition participants.¹
- SDC participant purchases were coded using the International Classification of Functioning, Disability and Health (ICF) activity and participation codes, following published methods for identifying medically necessary rehabilitation services.³
- Two research staff independently coded 1,417 purchases with 90% consensus. A third coder resolved the differences.
- Bivariate analyses (independent t-tests and chi-square tests) explored the relationship of SDC expenditure type with outcomes that were associated with SDC participation in the RCT.

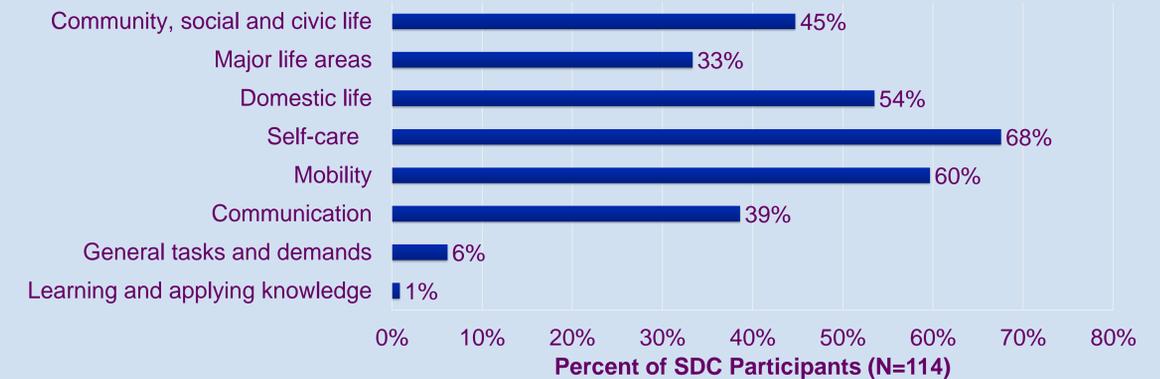
Results

SDC participants primarily made purchases related to functional areas of self-care, followed by mobility, domestic life, community life, communications, major life areas, and general tasks.

ICF Codes, Types, Subcategories, Examples

Parent Code #	Label/Description	Related Sub-Categories	Examples
d110-199	Learning and applying knowledge	<ul style="list-style-type: none"> Purposeful sensory experiences Basic learning Applying knowledge 	<ul style="list-style-type: none"> Learning to write/writing Learning how to play a game Focusing attention
d210-299	General tasks and demands	<ul style="list-style-type: none"> Undertaking a single task Understanding multiple tasks Carrying out daily routine Handling stress and other psychological demands 	<ul style="list-style-type: none"> Organizing time Adapting to changes in daily activities Handling crisis
d310-399	Communication	<ul style="list-style-type: none"> Communicating – receiving Communicating – producing Conversation and use of communication devices and techniques 	<ul style="list-style-type: none"> Using telephones or computers to communicate Discussion with multiple people Sustaining a conversation
d410-499	Mobility	<ul style="list-style-type: none"> Changing and maintaining body position Carrying, moving and handling objects Walking and moving Moving around using transportation 	<ul style="list-style-type: none"> Driving Biking Using public transportation
d510-499	Self-care	<ul style="list-style-type: none"> Washing oneself Caring for body parts Toileting Dressing Eating Drinking Looking after one's health 	<ul style="list-style-type: none"> Choosing appropriate clothing Managing diet and fitness Showering Grooming
d610-699	Domestic life	<ul style="list-style-type: none"> Acquisition of necessities Household tasks Caring for household objects and assisting others 	<ul style="list-style-type: none"> Renting and/or furnishing an apartment Preparing meals Making car/bike repairs
d710-799	Interpersonal interactions & relationships	<ul style="list-style-type: none"> General interpersonal interactions Particular interpersonal relationships 	<ul style="list-style-type: none"> Regulating behaviors within interactions Forming relationships Parent-child relationships
d810-899	Major life areas	<ul style="list-style-type: none"> Education Work and employment Economic life 	<ul style="list-style-type: none"> Vocational education Seeking employment Budgeting
d910-999	Community, social and civic life	<ul style="list-style-type: none"> Community life Recreation and leisure Religion and spirituality Human rights Political life and citizenship 	<ul style="list-style-type: none"> Registering to vote Engaging in a hobby Going to worship Participating in group associations

Percent of SDC Participants Using Functioning Supports by ICF Type



Association of Functional Support and Outcomes

In the RCT, compared with the control group, self-directed care participants had significantly greater improvement over time in recovery, self-esteem, coping mastery, autonomy support, somatic symptoms, employment, and education.

Among SDC participants (n=114) at study follow-up, enhanced overall recovery was associated with self-care purchases (p=.016); self-esteem was associated with major life area purchases (p=.046); coping was associated with mobility purchases (p=.059); autonomy support was associated with mobility purchases (p=.049), domestic life purchases (p=.019), and major life area purchases (p=.012); reduced somatic symptoms were associated with major life area purchases (p=.063); and employment status was associated with major life area purchases (p=.018).

Conclusions

SDC supports participants in making purchases that can improve their functioning in self-care, mobility, domestic life, community life, and communication.

Purchases were associated with significantly enhanced measures of recovery and functioning when compared to those who did not make such purchases.

¹Cook, J. A., Shore, S., Burke-Miller, J. K., Jonikas, J. A., Hamilton, M., Ruckdeschel, B., et al. (2019). Mental health self-directed care financing: Efficacy in improving outcomes and controlling costs for adults with serious mental illness. *Psychiatric Services*, 70(3), 191–201. <https://doi.org/10.1176/appi.ps.201800337>.

²Croft, B., Battis, K., Ostrow, L., & Salzer, M. (2019). Service costs and mental health self-direction: Findings from consumer recovery investment fund self-directed care. *Psychiatric Rehabilitation Journal*, 42(4), 401–406. <https://doi.org/10.1037/prj0000374>.

³Sneathen, G., Bilger, A., Maula, E. C., & Salzer, M. S. (2016). Exploring personal medicine as part of self-directed care: Expanding perspectives on medical necessity. *Psychiatric Services*, 67(8), 883–889.

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