Mental Health & Rehabilitation Needs of TANF Recipients

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Reaching for Success Project Purpose

❖ Determine prevalence of mental health and substance abuse disorders among TANF recipients

❖ Examine social, psychological, and economic barriers to work

Study Inclusion Criteria

❖ Single mother

❖ 18 to 59 years

❖ 1 or more dependent children (under age 18)

❖ Residing in Cook County

❖ Classified as "available to work"

❖ Receiving TANF entitlements & case assistance

❖ U.S. citizen

❖ English speaking

❖ Within the final 24 months of lifetime TANF eligibility

Recruitment Methods

- A random sample of 1000 women meeting study inclusion criteria was drawn from the DHS data base in November, 2003

- 1000 women were sent a letter from UIC via U.S. mail inviting them to participate in the study

- Non-respondents with valid addresses were sent a follow-up mailing

- Two additional DHS data base runs (March, 2004; May, 2004) were used to identify women no longer eligible

- All non-responding potential subjects received 10 or more phone calls and 1 or more home visits

Study Recruitment Results

Of the random sample of 1000 women drawn from the DHS data base in November, 2003…

- 333 completed interviews
- 11 partial interviews were conducted
- 378 were disqualified (did not meet inclusion criteria at time of sampling or upon initial contact)
- 113 refused participation
- 165 were not contacted:
  - ✓ 10 phone attempts were made with all women in this category who had working phone numbers
  - ✓ all women in this category received 1 or more home visits

Study Response Rate

- 75% of locatable, eligible women
- 55% of eligible women
- 34% of original sample drawn
- Respondents did not differ statistically from non-respondents in terms of age, race/ethnicity, language, geographic region, or remaining TANF months

Geographical distribution of respondents' home addresses

- 51% South Side
  - (roughly areas east of Western Ave and near south, including zip codes: 60609, 60615-21, 60628, 60636, 60637, 60643, 60649, 60653)

- 39% West Side
  - (roughly areas west of Western Ave. and between Diversey and Pershing, including zip codes: 60607, 60608, 60612, 60622-60624, 60639, 60644, 60651)

- 2% North Side
  - (zip codes: 60610, 60625, 60641, 60640, 60660)

- 8% Suburban Cook County

Study Participant Characteristics

- Gender: 100% female
- Average Age: 32 years (range=21-53)
- Race/Ethnicity: 96% African American, 2% Hispanic/Latina; 2% Caucasian; <1% other
- Average # Children: 4 (range from 1 to 12)
- Marital Status (ever): 87% never married; 7% separated; 5% divorced; 1% married
- Current Partner Status: 20% cohabiting; 80% not living with intimate partner
- Ever in a physically, emotionally, or sexually abusive relationship: 32%

Study Participant Characteristics (cont.)

- Years of Schooling Completed
  - 57% < high school
  - 22% high school/GED
  - 21% post-high school
- Still in School: 14%
- Employment Status: 39% currently employed
  - Of those Working: 55% full time: 45% part time
- Average # Months Worked Past Year = 4 (min/max 0-12)
  - 45% 0 months; 28% 1-6 months; 27% 7-12 months
- Average # TANF Months Remaining = 15 (min/max 2-24)
  - 11% 1-6 months; 21% 7-12 months; 67% 13-24 months

Composite International Diagnostic Interview (CIDI)

❖ A comprehensive, fully standardized, computer-assisted interview used to assess mental disorders according to the definitions and criteria of the DSM-IV.

❖ The CIDI is modular and covers somatoform disorders, anxiety disorders, depressive disorders, mania, schizophrenia, cognitive impairment, and substance use disorders.

❖ In February 2002, five NRTC employees completed CIDI training, provided through the University of Michigan, a WHO-designated CIDI training center.

World Health Organization. (1997). *Composite International Diagnostic Interview Auto - Version 2.1.* Geneva: WHO

Results Reported Today

- Women's Background Characteristics
- DSM-IV Mental Disorder Diagnoses
- DMS-IV Substance Use Diagnoses
- KFAST Assessment of Functional Academic Skills
- Relationships Between Demographic Characteristics, DSM-IV Diagnoses, Academic Skills, & Employment
- Mental Health & Substance Abuse Service Utilization

DSM-IV Diagnoses (N=333)

#	Mental Health (MH)				Substance Abuse (SA)				Total			
	Current		Lifetime		Current		Lifetime		Current		Lifetime	
	%	N	%	N	%	N	%	N	%	N	%	N
0	55	182	45	150	91	303	71	236	52	174	38	126
1	18	61	19	64	7	24	15	51	19	63	18	61
2	16	54	19	62	1	3	7	24	15	50	16	53
3	7	22	9	31	<1	2	3	10	7	22	8	26
4	3	9	5	15	0	0	3	9	5	15	8	27
5	1	5	3	9	0	0	<1	1	2	8	7	23
6+	0	0	1	2	<1	1	< 1	2	<1	1	5	17

Any DSM-IV Disorder

Current Disorder

45% with Any Current MH Disorder

9% with Any Current SA Disorder

48% with Any Current MH or SA Disorder

7% with Both Current MH & SA Disorders

Lifetime Disorder

55% with Any Lifetime MH Disorder

29% with Any Lifetime SA Disorder

62% with Lifetime MH or SA Disorder

22% with Both Lifetime MH & SA Disorders

Type of Mental Disorder

	Lifetime		Current	
	<u>%</u>	<u>N</u>	<u>%</u>	<u>N</u>
Schizophrenia Spectrum	4	12	2	8
Major Depression	25	83	17	58
Bipolar Disorder	3	9	3	9
Dysthymia	2	8	1	3
Delusional/Psychotic Disorder	3	9	2	5
Anxiety Disorder	9	29	8	27
Somatoform Disorder	2	5	2	5
PTSD	20	65	9	31
Phobias	33	110	30	99
OCD	2	6	2	5
Conversion/Hypochondriasis	2	5	2	5

Type of Substance Use Disorder

	Lifetime		Current	
	<u>%</u>	<u>N</u>	<u>%</u>	<u>N</u>
Alcohol Dependence or Abuse	19	62	5	17
Cocaine Dependence or Abuse	11	35	3	9
Cannabis Dependence or Abuse	14	45	2	7
Opioid Dependence or Abuse	7	23	2	6
Sedative Dependence or Abuse	2	6	<1	2
Amphetamine Dep or Abuse	1	4	<1	1
PCP Dependence or Abuse	2	5	<1	1
Sedative Dependence or Abuse	2	6	0	0
Hallucinogen Dep or Abuse	<1	1	0	0
Inhalant Dependence or Abuse	0	0	0	0

Prevalence of DSM-IV Disorders in Study Population vs. General U.S. Population

U.S. Population[a][b]

20% with MH disorder

9% with SA disorder

3% with co-occurring MH
    & SA disorder

Study Population[b]

45% with MH disorder

9% with SA disorder

7% with co-occurring MH
    & SA disorder

*   *   *

6% with major depression

4% with PTSD

15% with phobia

1% with schizophrenia

17% with major depression

9% with PTSD

30% with phobia

1% with schizophrenia

[a] Source: 1999 Surgeon General's Report on MH   [b]12 month prevalence

Prevalence of Mental Health Problems in Illinois TANF Cohorts: 3 Studies

- *Lewis Study* – stratified random sample of families on TANF caseload [9/98-11/98] in Cook Co. and 8 downstate counties; N=1225

  22.6% depressive symptoms (CES-D)

- *Mathematica Study* – stratified random sample of single-parent TANF cases [11/2001] in Cook Co. and remainder of state; N=416

  25% mental health problems (K6)

- *UIC Study* – random sample of women single-parent TANF cases in Cook Co. receiving cash benefits [11/2003] and eligible to work, with 2 years or less of eligibility remaining; N=333

  45.3% with 12-month mental disorder (CIDI)

Kaufman Functional Academic Skills Test

(K-FAST)

❖ A brief, individually administered test designed to determine performance in reading and mathematics as applied to daily life situations

❖ Developed to assess functional reading and mathematics skills that are often overlooked by more traditional ability tests

Kaufman, A. S., & Kaufman, N. L. (1994). The functional Academic Skills Test. Circle Pines, MN: American Guidance Services

KFAST Arithmetic Score

	%	N
Lower Extreme	18	56
Well Below Average	36	110
Below Average	27	83
Average	19	58
Above Average	<1	1

N=308   81% have sub-average math scores

KFAST Reading Score

	%	N
Lower Extreme	9	28
Well Below Average	20	60
Below Average	31	96
Average	38	118
Above Average	2	6

N=308   60% have sub-average reading scores

Math or Reading Deficits

❖54% with Any Math Deficit

❖29% with Any Reading Deficit

❖23% with Deficits in Both

❖60% with Deficits in Either

Deficit refers to scores that were well below average or lower extreme.

Significant Associations with the Presence of Lifetime DSM-IV Disorders

- Women with any DSM-IV disorder were less likely to be cohabiting (p<.01)

- Women with any DSM-IV disorder were likely to have more children (p<.05)

- Women with any DSM-IV disorder were more likely to have experienced abuse (p<.01)

- Women with an MH disorder were more likely to have ever been married (p<.03)

- Women with an MH disorder were less likely to have completed high school or a GED (p<.05)

- Women with a SA disorder were likely to be older (p<.01)

Significant Associations with Functional Academic Skills

Women with higher *math skills*…

- Had more years of education (p<.01)
- Were more likely to be HS graduates (p<.001)
- Had more months remaining on TANF (p<.01)
- Had higher reading skills (p<.001)

Significant Associations with Functional Academic Skills

Women with higher _reading skills_…

- Were more likely to be currently working (p<.05)
- Had more years of education (p<.001)
- Were more likely to be HS graduates (p<.001)
- Had more months remaining on TANF (p<.01)
- Had higher math scores (p<.001)

Significant Associations with Current or Recent Employment

- Women's characteristics generally were not significantly associated with employment at the time of the assessment, except…
  - Older women were more likely to have worked more months in the past year (p<.02)
  - Women with average or better reading skills were more likely to be currently working (p<.05)

Proportion of Women Reporting Any Recent MH Service Use

Type of MH Service Use	All Women	Any Current MH or SA Diagnosis	Any Current MH Diagnosis	Any Current SA Diagnosis
Any MH Services, %	11.5%	20.0	21.1	34.5
Inpatient, %	1.5	3.2	3.4	6.9
Outpatient,%	10.4	18.1	19.0	34.5
Psychiatric Medications, %	7.1	13.6	14.4	31.0

Proportion of Women Reporting Any Recent SA Service Use

Type of SA Service Use	All Women	Any Current MH or SA Diagnosis	Any Current MH Diagnosis	Any Current SA Diagnosis
Any SA Services, %	9.5%	17.4	15.6	41.4
Alcohol Treatment, %	5.8	10.3	10.2	27.6
Drug Treatment, %	8.6	15.5	13.6	34.5

Proportion of Women Reporting Any Recent Non-Traditional (NT) Service Use

Type of NT Service Use	All Women	Any Current MH or SA Diagnosis	Any Current MH Diagnosis	Any Current SA Diagnosis
Any NT Services, %	13.9%	20.8	19.9	34.5
Peer Support Group, %	12.7	18.8	17.8	34.5
Crisis Hotline, %	1.9	3.2	3.4	3.4

Proportion of Women Reporting Any Recent Service Use

- Women with a current DSM-IV diagnosis were more likely to report any service use than those without (33% vs. 12% (p<.001)

- Women with a current MH diagnosis were more likely to report any service use than those without (32% vs. 13% (p<.001)

- Women with a current SA diagnosis were more likely to report any service use than those without (59% vs. 18% (p<.001)

- Women with a current MH diagnosis reported an average of 1 type of service use, while women with a current SA diagnosis reported an average of 2 types of services used.

Conclusions

- ✓ There was a high prevalence of lifetime & current DSM-IV mental health & substance abuse diagnoses in the cohort, & a high rate of co-morbid disorders.

- ✓ The 12-month prevalence of MH & SA disorders in the cohort was higher than in the general U.S. population, & higher than in prior studies of IL TANF cohorts.

- ✓ The majority of the cohort had functional math & reading abilities that were below average.

- ✓ There were some significant relationships between women's diagnoses, background characteristics, & work.

- ✓ Most women with mental health disorders were not receiving services; women with substance abuse disorders were more likely to receive services than women with MH disorders alone.

Questions Still to be Answered

- How were these women doing 1 year after they were assessed?

- Are MH & SA diagnoses associated with…
  - Employment status?
  - Employment characteristics (earnings, hours, etc.)?
  - TANF beneficiary status?
  - Exiting and re-entering beneficiary rolls?

- What other factors are associated with work & beneficiary status?
  - social support, child care, physical health, # children, transportation problems, unstable housing, services