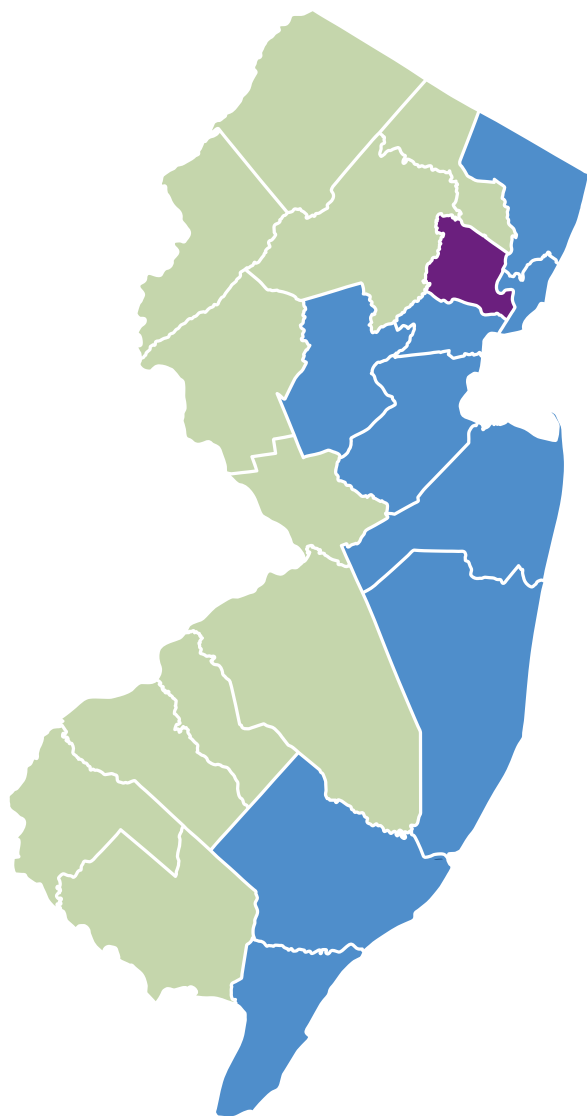


# Enhancing Coordination of Behavioral Health Services after Superstorm Sandy: Planning for Future Disasters

## *Identifying at-Risk Communities*



## Initial Data Profile: Essex County

*Demographics, Behavioral Health Conditions, and Utilization of Health Services (Medicare Fee-for-Service Beneficiaries)*

January 7, 2014

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## PREFACE

On October 29, 2012, Superstorm Sandy hit the Eastern Seaboard, impacting more than a dozen states. New Jersey, which took the brunt of the storm along its densely populated coastline, was devastated. Thousands of residents were displaced, their homes and communities damaged or destroyed.

Lessons learned from prior natural disasters showed that victims of storms like Superstorm Sandy are often at an elevated risk for acute or chronic behavioral health issues such as post-traumatic stress disorder (PTSD), depression, suicide, and alcohol abuse. While disaster-related issues subside over time, evidence shows that victims can experience a prolonged period of elevated risk, especially those with pre-existing chronic mental health issues. Older adults and disabled residents with chronic mental health conditions are at increased risk of deteriorating health, depression, increased isolation, and breakdown in the continuum of health care. Additionally, prior natural disasters show that access to informational resources on disaster-related mental health disorders, outcomes, and service utilization are important factors to consider.

This initial county profile – one of 10 being created for each of the Federal Emergency Management Agency (FEMA)-declared disaster counties in New Jersey – explores potential county and community level health status and health determinants of post-disaster spikes in behavioral health issues and treatments. Subsequent county profiles, to be produced in spring 2014, will include more comprehensive post-Sandy data and an analytic treatment of the predictive value of the initial county profiles in planning for and coordinating post-disaster response resources.

## PREFACE

## INTRODUCTION

*Enhancing Coordination of Behavioral Health Services after Superstorm Sandy: Planning for Future Disasters* is a Special Innovation Project funded by the Centers for Medicare & Medicaid Services (CMS). As part of this project, Healthcare Quality Strategies, Inc. (HQSI), the CMS quality improvement organization (QIO) for New Jersey, studied data on prevalence and incidence of selected behavioral health conditions, the utilization of health services, and demographic information from the Medicare claims database for Medicare Fee-for-Service (FFS) beneficiaries residing in the 10 New Jersey FEMA-declared disaster counties after Superstorm Sandy. These counties include Atlantic, Bergen, Cape May, Essex, Hudson, Ocean, Middlesex, Monmouth, Somerset, and Union.

From its analysis, HQSI created data profiles for each of these FEMA-designated counties. This is the initial profile for Essex County. Separate county profiles have been developed for each of the FEMA-declared disaster counties. The county profiles can be used to determine and compare the baseline prevalence of the selected behavioral health conditions and utilization of services among all 10 FEMA-declared disaster counties pre-Superstorm Sandy.

In January 2014, additional profiles will be released that will feature a subset of 10 communities. These communities were selected because they had high rates of Medicare FFS beneficiaries both with and at risk for depression or proxy disorders. The community profiles can be used to determine and compare the baseline prevalence of the selected behavioral health conditions and utilization of services in the selected communities compared to their counties.

The county and community profiles are based on Medicare FFS claims data and provide a glimpse into the prevalence and incidence of selected behavioral health conditions and risk factors for depression, as well as the utilization of Medicare-covered behavioral health services among Medicare beneficiaries residing in the selected counties or communities before and after Superstorm Sandy. Since patients with behavioral health conditions may receive other health services because of medical problems caused by their behavioral health conditions or they may avoid utilizing behavioral health services, this report also looks at the utilization of non-behavioral health services.

These profiles are being shared with state and local governments and agencies, healthcare providers, community-based organizations, and the research community to support a community-based approach to enhance the coordination of behavioral health services after a natural disaster, and to increase utilization of the Medicare depression screening benefit which became a covered service in January 2012.

## METHODOLOGY

Each county profile compares one county's statistics to the aggregate of the 10 counties and to the other nine counties. Primary data sources include Medicare FFS Part A and Part B claims, the Medicare enrollment database and U.S. Census data. The Medicare enrollment database includes basic demographic statistics such as age, gender, and race while the U.S. Census data provides a proxy indicator (average household income) for socio-economic status. Based on the ICD-9-CM (International Classification of Diseases, Ninth Revision, Clinical Modification), CPT (Current Procedural Terminology) or HCPCS (Healthcare Common Procedure Coding System) codes in Medicare Part A and Part B claims, beneficiaries were identified for chronic conditions including diseases/conditions related to behavioral health, such as depression. Appendices A through F contain documentation, technical notes, codes, algorithms, data sources, and references.

Medicare Part A claims were also used to analyze utilization of health services in or by acute care hospitals, skilled nursing facilities, medical rehabilitation facilities, home health agencies, hospice, and inpatient psychiatric facilities. Medicare Part A and Part B claims provide information on the utilization of mental health outpatient services for assessment (e.g., depression screening, diagnostic psychological tests) and treatment (e.g., individual psychotherapy, biofeedback therapy).

To identify beneficiaries with an elevated risk of depression after the storm, HQSI conducted a literature review on risk factors for depression (see Appendix B). Previous studies identified psychosocial and biological factors, increased age, history of cancer, Parkinson's disease, Alzheimer's disease, changes in mental function, and medication side effects as risk factors for developing depression. Based on findings from the literature review and factors available through Medicare claims, logistic regression analysis was conducted with Medicare claims, and the top five risk factors (Alzheimer's disease and related disorders or senile dementia, hip/pelvic fractures, amputations, substance or alcohol abuse or tobacco use, and sleep disturbance) were used to identify beneficiaries with high risk for developing depression or proxy disorders.

## MEASUREMENT TIME FRAMES

This profile includes data from January 1, 2011 through March 31, 2013. October 1, 2012 through December 31, 2012 (Q4 2012) is defined as the quarter during which Superstorm Sandy occurred. The post-storm quarter is defined as Q1 2013 (January 1 – March 31, 2013). Results are presented using three different measurement time frames as follows:

- The pre-Sandy time period was defined as January 1, 2011 through September 30, 2012. Statistics on demographics, prevalence of behavioral health conditions and utilization of health services are presented for this 21-month period. These statistics allowed for comparison across affected counties prior to Superstorm Sandy.

- Annual prevalence with rolling quarters of behavioral health conditions and utilization statistics are included to adjust for seasonal variation and to examine possible changes pre- and post-Superstorm Sandy. The time period used for this analysis was January 1, 2011 through March 31, 2013. This time period includes six data time points.
- Quarterly new incidence of the behavioral health conditions that includes five quarters of data from Q1 2012 (January 1, 2012 – March 31, 2012) through Q1 2013 (January 1, 2013 – March 31, 2013) allows the identification of new cases in a quarter when compared to the prior year. It also allows identification of possible changes after the storm when comparing Q1 2013 data against Q1 2012.

## DATA CONSIDERATIONS

The available data relating to behavioral health issues as a result of Superstorm Sandy are new, given that the disaster occurred recently. Currently, there is only one quarter of post-storm data available. To examine possible changes, profiles will be updated in 2014 (when another quarter of post-storm data will be available). Claims data processing lag (at least six months), coupled with the one-year project time frame, reduces the optimal time frame for more accurate estimation of post-Sandy effects.

Identification of beneficiaries with behavioral health conditions is based on diagnoses being reported in Medicare FFS claims and could result in underestimation. There is currently no accurate way to identify when certain health conditions began and ended.

According to the subject matter experts consulted for this project, unlike other conditions, behavioral health issues are often underdiagnosed in our society and the stigma associated with behavioral health conditions may prevent people from seeking care in mental health facilities.

This type of county profile can be used to provide a baseline for the prevalence and incidence rates of eight selected behavioral health conditions (see page 13) based on the ICD-9-CM codes through the Medicare claims database. Possibly, after further data collection and analytic development using post-Sandy data, it can also be used to prioritize and plan community and county preparation for the care, tracking, and monitoring of Medicare beneficiary behavioral health status and health care utilization patterns.

HQSI will produce updated profiles in spring 2014 that will include additional data for the post-Superstorm Sandy time period.



**Martin P. Margolies**  
Chief Executive Officer

**Mary Jane Brubaker, MCIS**  
Chief Operating Officer

**Diane Babuin, MS, CPHQ**  
Director, Quality Improvement and Communications

**Ya-ping Su, PhD**  
Director, Research and Analysis

**Suzanne Dalton, RN, BS, EdM**  
Project Manager

**Andrew Miller, MD, MPH**  
Medical Director

**Mona Abdalla, BA**  
Administrative Associate

**Zhengyu Bu, MS**  
Health Services Research Analyst

**Sue Chen, MS**  
Health Services Research Analyst

**Wei-Yi Chung, MS**  
Health Services Research Analyst

**Dawn Cullen, BA**  
Communications Specialist

**Kim Karnell, BS**  
Information Specialist

**Janet Knoth, BS, RN, CHPN**  
Quality Improvement Specialist

**Sai Loganathan, PhD**  
Health Services Research Analyst

**Judy Miller, MS, RN**  
Quality Improvement Specialist

**Barbara Perzyna, BS**  
Visual Communications Specialist

**Ziphora Sam, MPH**  
Health Services Research Analyst

**Marianne Sagarese, BSN, RN**  
Quality Improvement Specialist

**Nicole Skyer-Brandwene, MS, R.Ph, BCPS**  
Quality Improvement Specialist

**Ashley Strain, BA**  
Communications Specialist

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**Carol Benevy, MSW**

New Jersey Hope and Healing Project  
Barnabas Health Institute for Prevention

**Mary Ditri, MA, CHCC**

New Jersey Hospital Association

**Adrienne Fessler-Belli, MSW, LCSW**

New Jersey Department of Human Services  
Disaster & Terrorism Branch

**Mark Firth, MA, MSW**

New Jersey Department of Human Services  
Division of Mental Health and Addiction Services

**Mary Goepfert, MPA, APR, CPM**

New Jersey Group for Access and Integration Needs in Emergencies and Disasters

**Connie Greene, MA, CAS, CSW, CPS**

Barnabas Health Institute for Prevention

**Bob Kley**

Mental Health Association in New Jersey, Inc.

**Lynn Kovitch, MEd**

New Jersey Department of Human Services  
Division of Mental Health and Addiction Services

**Karen McCoy, RN, BSN**

Home Care Association of New Jersey

**Elyse Perweiler, MPP, RN**

NJ Institute for Successful Aging

**Lynn Stefanowicz, MA, LCSW**

Meridian Behavioral Health

**Megan Sullivan, LPC, LCADC, DRCC**

New Jersey Department of Human Services  
Disaster & Terrorism Branch

**Pete Summers**

The New Jersey Association of County and City Health Officials (NJACCHO)

**Vito Veneruso**

New Jersey Primary Care Association

## KEY OBSERVATIONS

1. In the 21 months prior to Superstorm Sandy, 24.3% of Medicare FFS beneficiaries (242.98 per 1,000 beneficiaries) in Essex County experienced depression or proxy disorders (anxiety and adjustment disorders) but Essex County residents had the lowest rate of anxiety disorders among the 10 counties.
2. In the 21 months prior to Superstorm Sandy, 17.8% of Medicare FFS beneficiaries (177.52 per 1,000 beneficiaries) in Essex County were at risk for depression or proxy disorders.
3. The utilization rate of the Medicare depression screening benefit was low among all 10 counties. In Essex County the rate was 0.83 per 1,000 Medicare FFS beneficiaries.
4. The most frequently used behavioral health assessment services in Essex County were psychiatric diagnostic procedures (8.8%) and neuropsychological testing (1.3%).
5. The most frequently used behavioral health therapy service in Essex County was individual psychotherapy (7.9%).
6. In the 21 months prior to Superstorm Sandy, Essex County had the highest rate of psychiatric hospital admissions (14.35 per 1,000 Medicare FFS beneficiaries), observation stays (53.5 per 1000 beneficiaries), 30-day hospital readmissions (142.86 per 1,000 beneficiaries), and observation stays within 30 days of discharge (21.39 per 1,000 beneficiaries) compared to all 10 counties.
7. Essex County also had the highest utilization of skilled nursing facility services (11.8%) and the lowest utilization of home health agency services (12.2%) compared to all 10 counties.

The *Snapshot of Essex County* (Figure 1) summarizes the prevalence of the behavioral health conditions, as well as risk factors for depression or proxy disorders, analyzed for this county profile. This *Snapshot* also lists the most frequently performed behavioral health assessments and therapies in Essex County compared to the average of the 10 counties included in this project. The non-behavioral health utilization measures that were calculated for this profile are not included in the *Snapshot*.

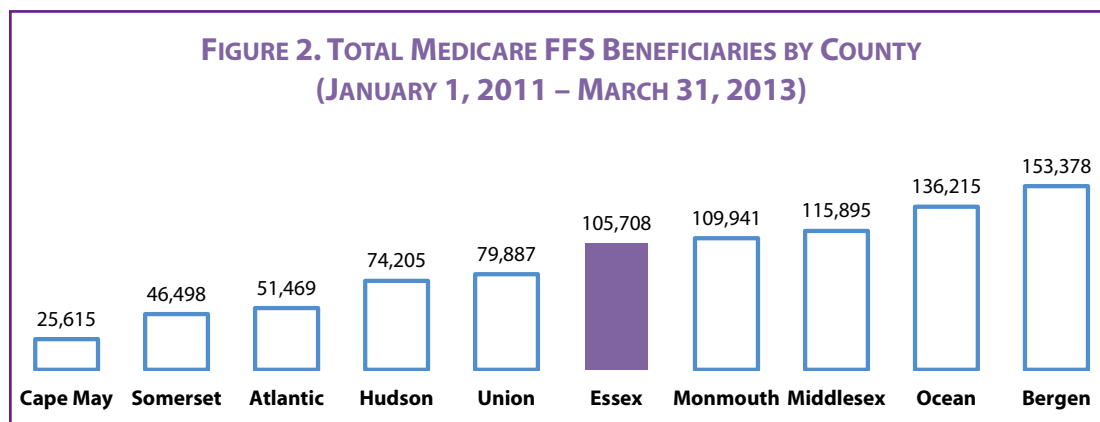
<b>Figure 1. Snapshot of Essex County</b>		
<b>Behavioral Health Disorders</b>	<b>Prevalence per 1,000 Beneficiaries (21 Months Prior to Superstorm Sandy)</b>	
	<b>Essex County</b>	<b>10 County Average</b>
Depression or Proxy Disorders	242.98	251.86
• Depression alone	158.79	164.75
• Anxiety Disorders alone	124.32	144.53
• Adjustment Disorders alone	54.16	43.45
PTSD	4.92	5.36
Alcohol or Substance Abuse	56.59	43.26
• Substance Abuse alone	33.80	23.75
Suicide and Intentional Self-Inflicted Injury	7.02	6.80
Top Five Risk Factors for Depression or Proxy Disorders*	177.52	175.56
• Alzheimer’s Disease and related disorders or Senile Dementia	51.75	49.25
• Sleep Disturbance	28.02	32.26
• Substance or Alcohol Abuse or Tobacco Use	110.05	104.94
• Hip/Pelvic Fractures	9.83	10.99
• Amputations	2.44	1.50
<b>Behavioral Health Services</b>	<b>Utilization per 1,000 Beneficiaries (21 Months Prior to Superstorm Sandy)</b>	
	<b>Essex County</b>	<b>10 County Average</b>
Assessments		
• Depression Screening	0.83	4.81
• Psychiatric Diagnostic Procedures	88.05	81.61
• Neuropsychological Test	12.77	14.18
Therapy		
• Individual Psychotherapy	78.83	69.31
• Family Psychotherapy	6.04	5.09
• Group Psychotherapy	3.23	3.88
Psychiatric Hospital Admissions	14.35	12.56

\* The top five risk factors were identified based on findings from a literature review (Appendix B) and factors available through Medicare claims. logistic regression analysis was conducted with Medicare claims.

Medicare FFS Demographics	Essex County										
<p><b>At A Glance</b></p> <p>Total Medicare FFS Population – 105,708</p> <hr/> <p>Females – 60,368 (57.11%)</p> <p>Males – 45,340 (42.89%)</p> <hr/> <table> <tr> <td>White</td> <td>(54.00%)</td> </tr> <tr> <td>Black</td> <td>(36.02%)</td> </tr> <tr> <td>Asian</td> <td>(1.81%)</td> </tr> <tr> <td>Hispanic</td> <td>(4.24%)</td> </tr> <tr> <td>Other</td> <td>(3.93%)</td> </tr> </table> <hr/> <p>Average Age 69.46</p> <hr/> <p><i>Source: Medicare Claims Database</i></p>		White	(54.00%)	Black	(36.02%)	Asian	(1.81%)	Hispanic	(4.24%)	Other	(3.93%)
White	(54.00%)										
Black	(36.02%)										
Asian	(1.81%)										
Hispanic	(4.24%)										
Other	(3.93%)										

## TOTAL MEDICARE FFS BENEFICIARY POPULATION BY COUNTY

The total Medicare FFS beneficiary population of Essex County is 105,708 (Figure 2).



## PERCENT OF MEDICARE FFS BENEFICIARY POPULATION BY GENDER BY COUNTY

Females make up 57.11% of the entire Medicare FFS population in Essex County and males 42.89% (Figure 3).

Figure 3. Percent of Medicare FFS Beneficiary Population by Gender by County (January 1, 2011 – March 31, 2013)		
County	Percent of Males	Percent of Females
Atlantic	45.03	54.97
Bergen	43.14	56.86
Cape May	46.10	53.90
<b>Essex</b>	<b>42.89</b>	<b>57.11</b>
Hudson	42.80	57.20
Middlesex	43.98	56.02
Monmouth	43.89	56.11
Ocean	43.01	56.99
Somerset	43.45	56.55
Union	43.04	56.96
<b>Average of 10 counties*</b>	<b>43.47</b>	<b>56.53</b>

\* Computing the average of all 10 counties in this table will not equal the average shown, as some beneficiaries moved from one county to another during this time frame.

## PERCENT OF MEDICARE FFS BENEFICIARY POPULATION BY RACE BY COUNTY

The majority of this population is White (54.00%) followed by Black (36.02%), Hispanic (4.24%), Other (3.93%), and Asian (1.81%) (Figure 4).

Figure 4. Percent of Medicare FFS Beneficiary Population by Race by County (January 1, 2011 – March 31, 2013)					
County	Percent of Whites	Percent of Blacks	Percent of Hispanics	Percent of Asians	Percent of Other
Atlantic	78.45	14.09	2.50	2.90	2.06
Bergen	83.43	4.85	2.46	4.57	4.69
Cape May	94.48	3.63	0.40	0.40	1.09
<b>Essex</b>	<b>54.00</b>	<b>36.02</b>	<b>4.24</b>	<b>1.81</b>	<b>3.93</b>
Hudson	61.15	12.20	14.82	5.29	6.54
Middlesex	77.29	7.65	3.48	6.26	5.32
Monmouth	87.67	7.01	0.80	1.55	2.97
Ocean	95.47	1.98	0.56	0.56	1.42
Somerset	82.59	6.77	1.37	4.36	4.91
Union	69.39	19.68	5.52	1.84	3.58
<b>10 counties*</b>	<b>78.42</b>	<b>11.21</b>	<b>3.49</b>	<b>3.08</b>	<b>3.80</b>

\* Computing the average of all 10 counties in this table will not equal the average shown, as some beneficiaries moved from one county to another during this time frame.

## PERCENT OF MEDICARE FFS BENEFICIARY POPULATION BY AGE BY COUNTY

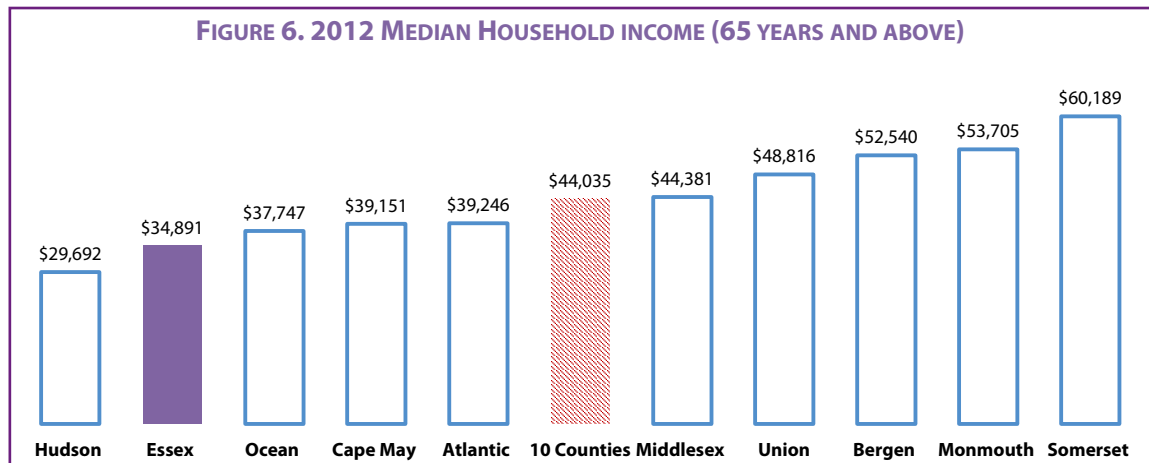
The Medicare FFS beneficiary population in Essex County varies by age group with the largest group between ages 65 and 74 years old followed by beneficiaries below 64 years old. The average age of beneficiaries in this county is 69.46 (Figure 5).

Figure 5. Percent of Medicare FFS Beneficiary Population by Age by County (January 1, 2011 – March 31, 2013)					Average Age by County (January 1, 2011 – March 31, 2013)
County	<65	65 – 74	75 – 84	85 and Above	
Atlantic	29.99	38.06	22.08	9.87	69.06
Bergen	21.57	38.27	26.67	13.49	72.08
Cape May	26.28	39.31	24.02	10.40	70.20
<b>Essex</b>	<b>29.31</b>	<b>36.96</b>	<b>22.34</b>	<b>11.39</b>	<b>69.46</b>
Hudson	28.69	37.76	23.29	10.26	69.55
Middlesex	26.36	37.27	24.57	11.80	70.51
Monmouth	26.33	38.08	23.62	11.97	70.59
Ocean	22.85	37.89	26.50	12.75	71.51
Somerset	23.73	39.98	24.28	12.01	71.15
Union	26.28	36.41	24.23	13.09	70.77
<b>10 counties*</b>	<b>25.56</b>	<b>37.86</b>	<b>24.56</b>	<b>12.02</b>	<b>70.72</b>

\* Computing the average of all 10 counties in this table will not equal the average shown, as some beneficiaries moved from one county to another during this time frame.

## SOCIOECONOMIC STATUS BY COUNTY

According to U.S. Census data from 2012, residents aged 65 and over in Essex County have a median household income of \$34,891. This was below the average income among all 10 counties (Figure 6).



Source: U.S. Census Bureau, American Community Survey (ACS), 2012 <http://www.census.gov/>.



## PREVALENCE AND INCIDENCE

Using Medicare FFS claims data, eight behavioral health conditions were analyzed: depression, depression or proxy disorders, adjustment disorder, anxiety disorder, post-traumatic stress disorder (PTSD), substance abuse, alcohol or substance abuse, and suicide and intentional self-inflicted injury.

Claims data can underestimate the real incidence of depression in the population and individuals with depression could be diagnosed as having anxiety or adjustment disorders, as noted by the subject matter experts consulted for this project. Therefore, HQSI created a combination measure for depression (depression or proxy disorders) which includes beneficiaries who were reported for either depression, anxiety, or adjustment disorders.

The behavioral health data from January 1, 2011 to March 31, 2013 for these different measures were calculated to quantify disease occurrence:

1. Prevalence of the condition for the pre-Sandy time frame (Q1 2011 – Q3 2012, or 21 months)
2. Quarterly new incidence compared to prior year (Q1 2012 – Q1 2013)
3. The yearly prevalence of the condition with quarterly rolling trends to account for seasonal variation

Refer to Appendix A for measurement calculation and Appendix E for quarterly time frames and formulae.

## Summary

Prevalence of the selected behavioral health conditions in the 21 months prior to Superstorm Sandy in the 10 counties is color coded with highest (red) and lowest (light blue) for each condition (Figure 7).

Essex County had the lowest prevalence of anxiety disorders among all 10 counties.

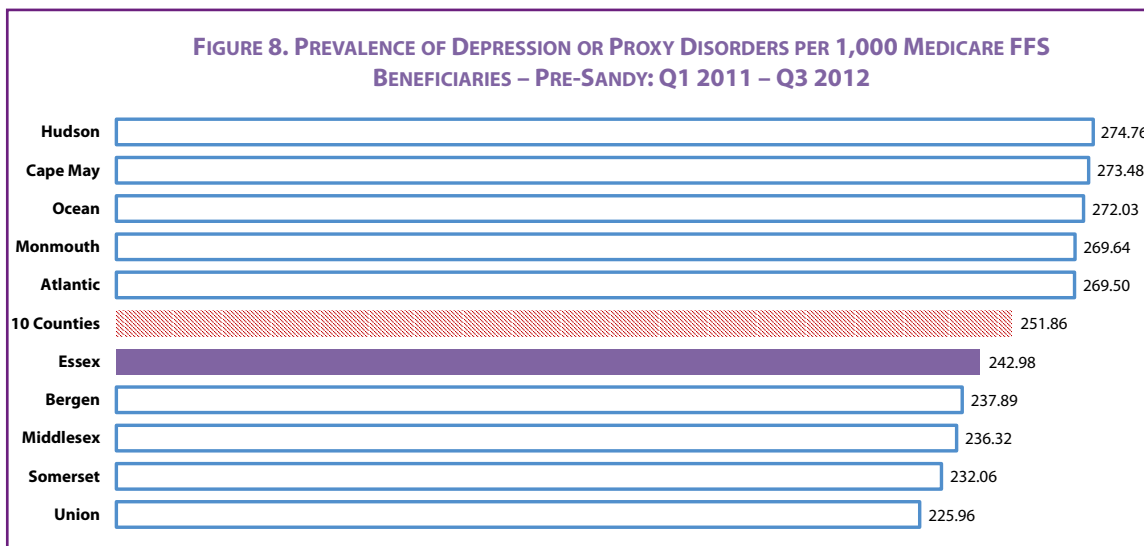
**Figure 7. Prevalence of Selected Behavioral Health Conditions per 1,000 Medicare FFS Beneficiaries – Pre-Sandy (Q1 2011 – Q3 2012)**

County	Depression or Proxy Disorders	Depression	Anxiety Disorder	Adjustment Disorder	PTSD	Alcohol or Substance Abuse	Substance Abuse	Suicide and Intentional Self-Inflicted Injury
Atlantic	269.50	171.36	163.83	45.32	7.13	60.37	34.67	9.24
Bergen	237.89	160.41	131.36	38.14	3.25	28.04	14.04	5.44
Cape May	273.48	169.64	168.71	36.62	6.74	55.75	28.95	6.22
Essex	242.98	158.79	124.32	54.16	4.92	56.59	33.80	7.02
Hudson	274.76	181.03	161.26	48.85	4.29	44.84	22.94	7.13
Middlesex	236.32	156.07	131.79	37.58	5.71	35.12	19.58	5.60
Monmouth	269.64	176.30	155.45	55.08	6.59	48.02	23.81	8.07
Ocean	272.03	173.97	170.82	42.95	7.48	50.61	30.52	8.47
Somerset	232.06	152.38	131.07	40.32	5.77	37.67	21.12	5.90
Union	225.96	148.14	126.46	31.27	3.32	34.96	17.45	5.12
<b>10 counties</b>	<b>251.86</b>	<b>164.75</b>	<b>144.53</b>	<b>43.45</b>	<b>5.36</b>	<b>43.26</b>	<b>23.75</b>	<b>6.80</b>



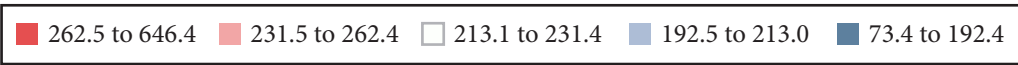
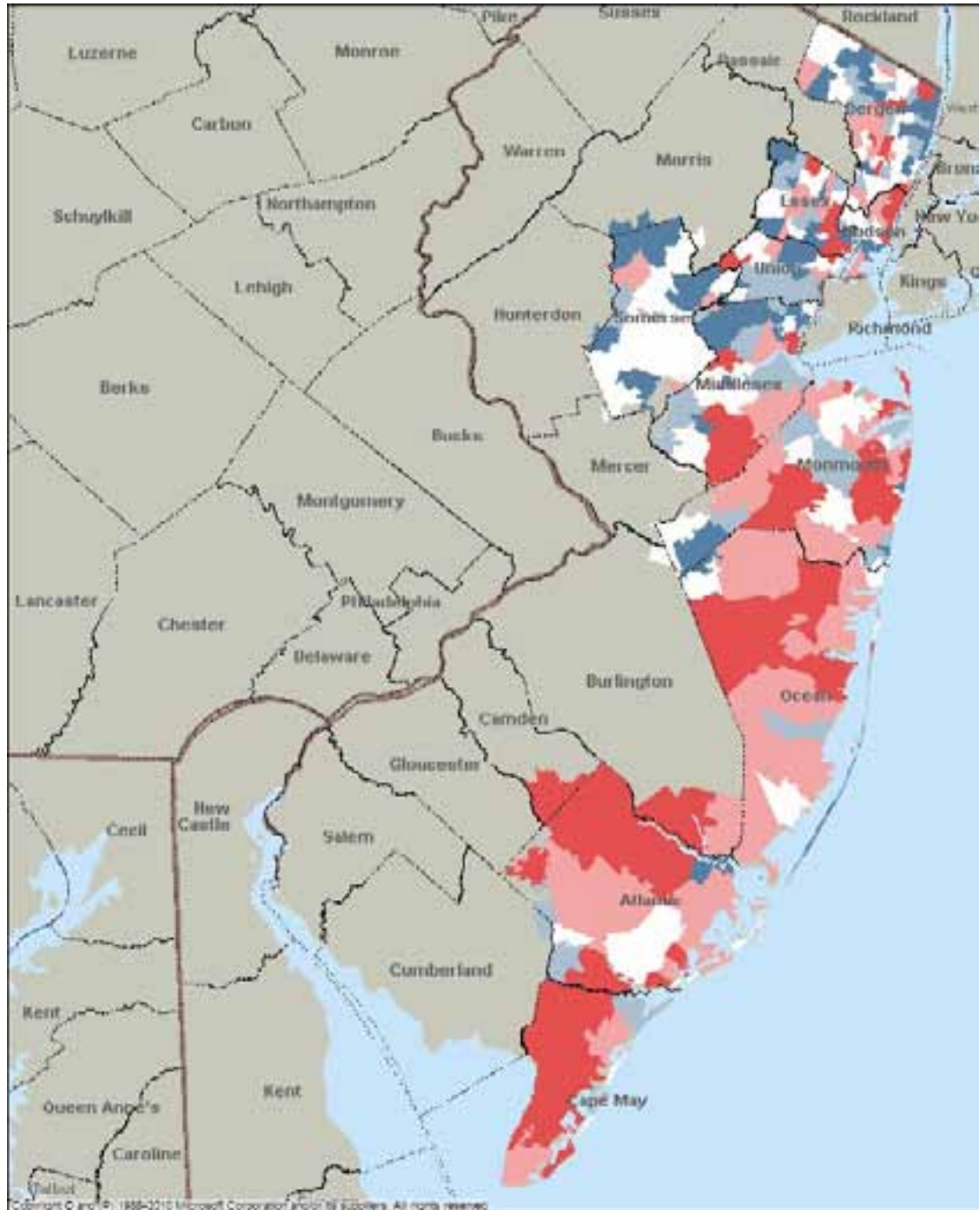
## Depression or Proxy Disorders

The prevalence rate of depression or proxy disorders in Essex County in the 21 months prior to Superstorm Sandy was 242.98 per 1,000 Medicare FFS beneficiaries. This was lower than the average prevalence rate among all 10 counties beneficiaries (Figure 8).



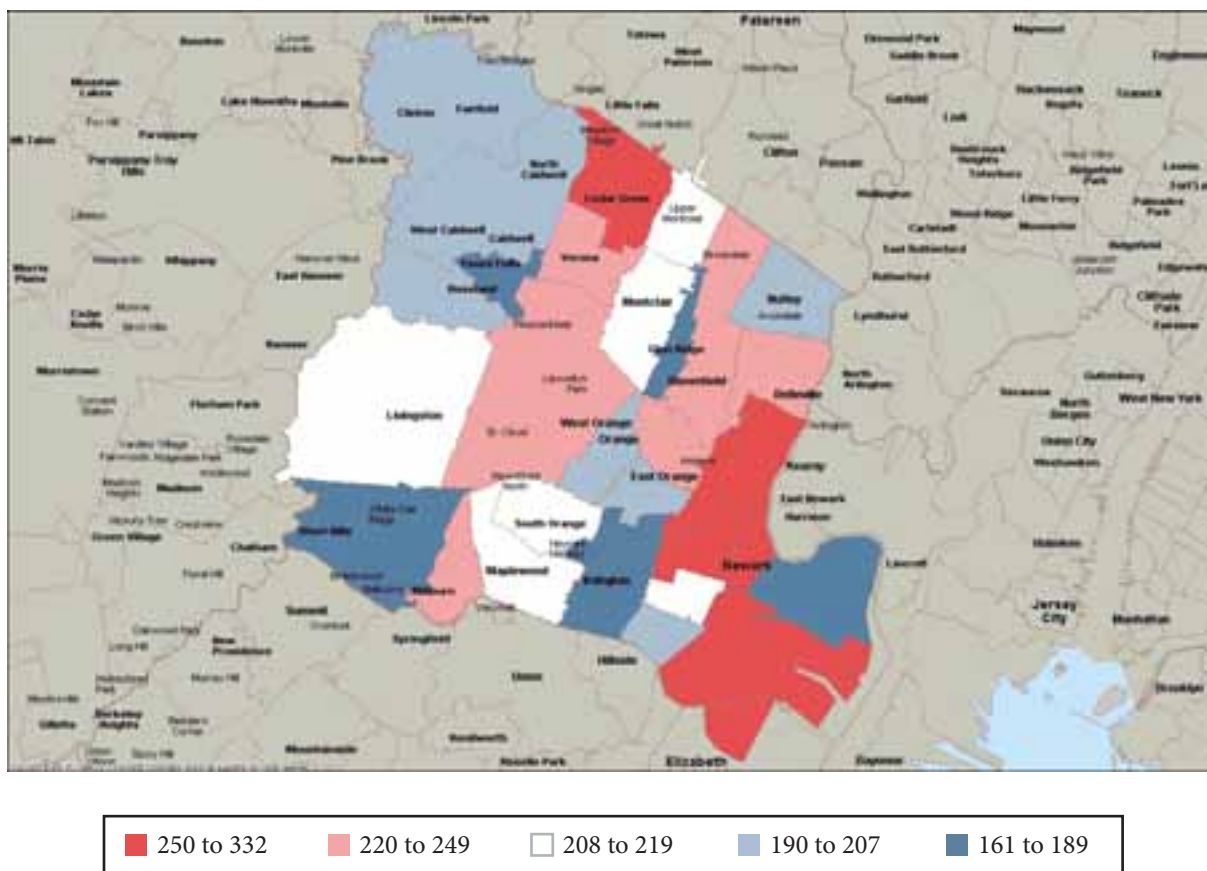
The color-coded map of New Jersey depicts pre-Sandy prevalence of depression or proxy disorders from high (red) to low (blue) in the 10 FEMA-declared disaster counties. This map shows that parts of Essex, along with Monmouth, Ocean, Atlantic, and Cape May Counties had a higher prevalence of depression or proxy disorders than the other counties (Figure 9).

**FIGURE 9. PREVALENCE OF DEPRESSION OR PROXY DISORDERS PER 1,000 MEDICARE FFS BENEFICIARIES IN 10 COUNTIES (PRE-SANDY: Q1 2011- Q3 2012)**

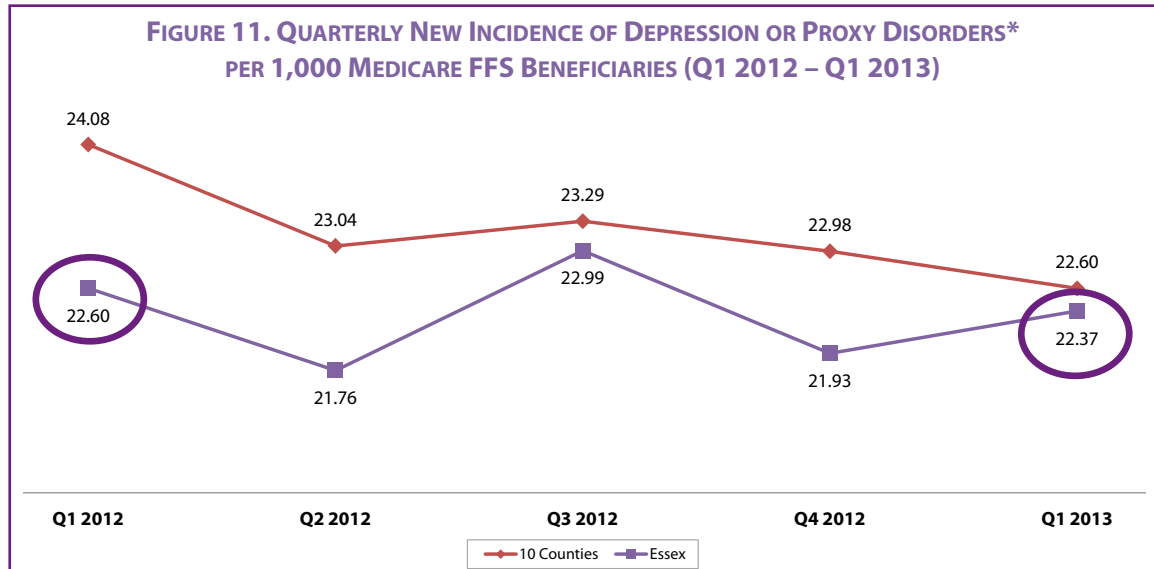


The color-coded map of Essex County depicts regional variation of pre-Sandy prevalence of depression or proxy disorders from high (red) to low (blue) (Figure 10).

**FIGURE 10. ESSEX COUNTY PREVALENCE OF DEPRESSION OR PROXY DISORDERS PER 1,000 MEDICARE FFS BENEFICIARIES (PRE-SANDY: Q1 2011- Q3 2012)**

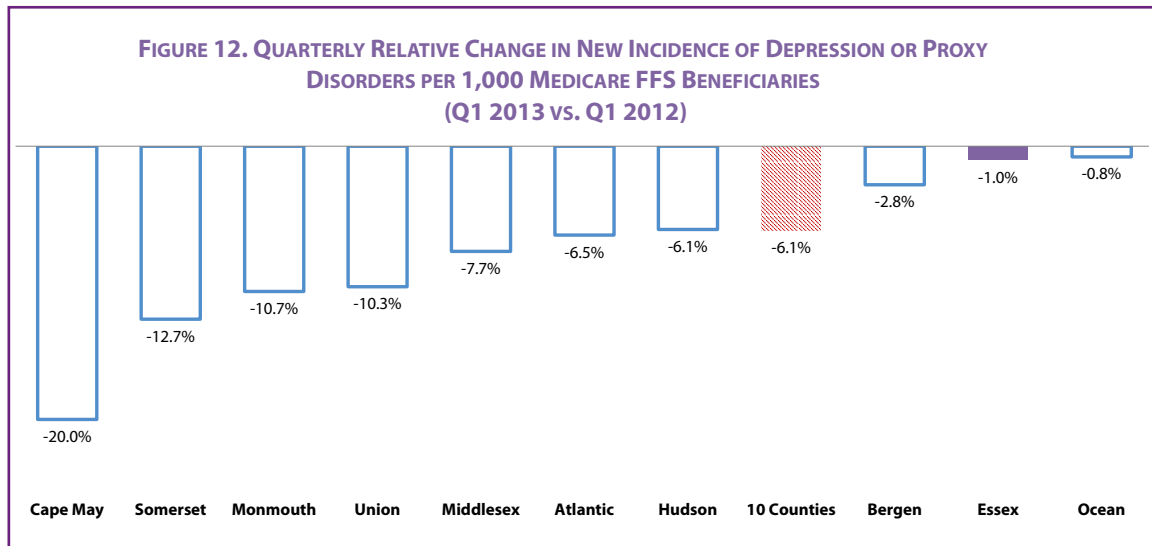


For Q1 2013, there were 22.37 Medicare FFS beneficiaries newly diagnosed with depression or proxy disorders per 1,000 beneficiaries in Essex County compared to Q1 2012, which was 22.60 per 1,000 beneficiaries. This was lower than the average rate of all 10 counties in Q1 2013 (Figure 11).

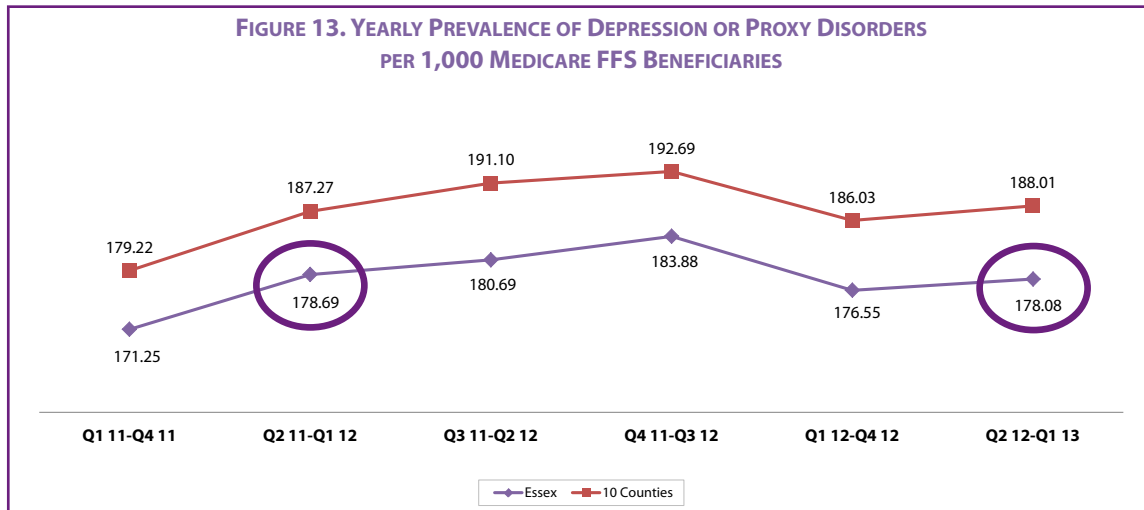


\* Quarterly new incidences compared to prior year.

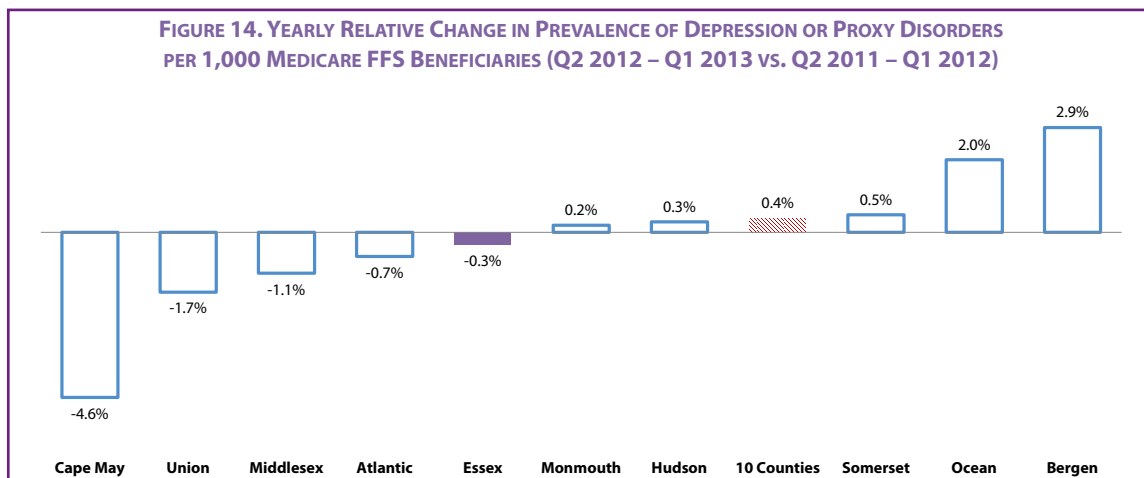
Comparing Q1 2013 to Q1 2012, there was a 1% relative decrease in new incidence of depression or proxy disorders in Essex County (Figure 12).



From Q2 2012 – Q1 2013, there was a 178.08 per 1,000 Medicare FFS beneficiaries yearly prevalence of depression or proxy disorders in Essex County compared to Q2 2011 – Q1 2012, which was 178.69 per 1,000 beneficiaries. Essex County’s yearly rate with rolling quarters was lower than the average for all 10 counties (Figure 13).

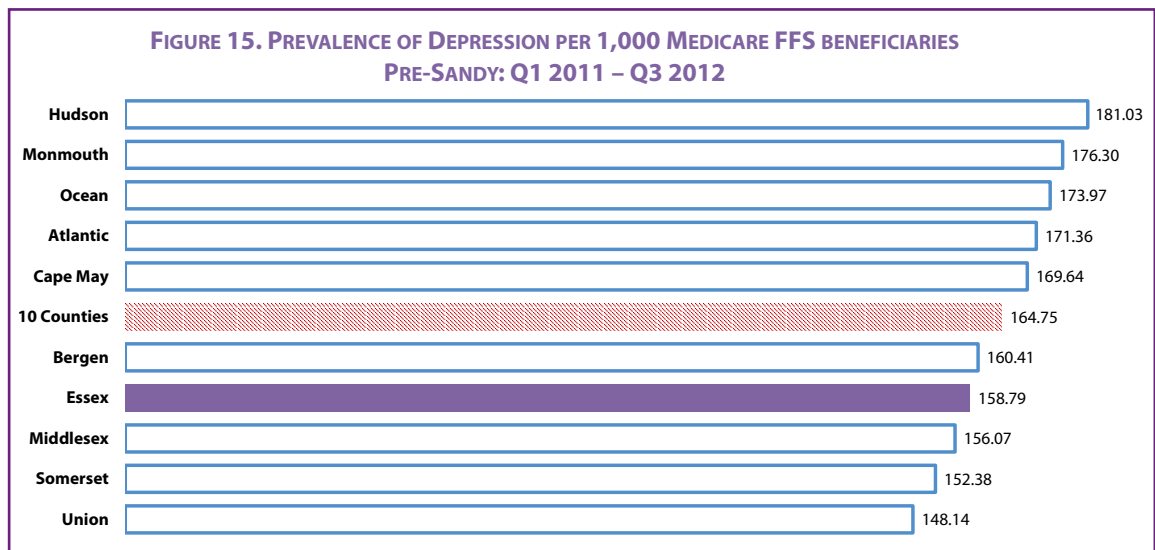


Comparing Q2 2012 – Q1 2013 to Q2 2011 – Q1 2012, there was a 0.3% relative decrease in depression or proxy disorders in Essex County (Figure 14).



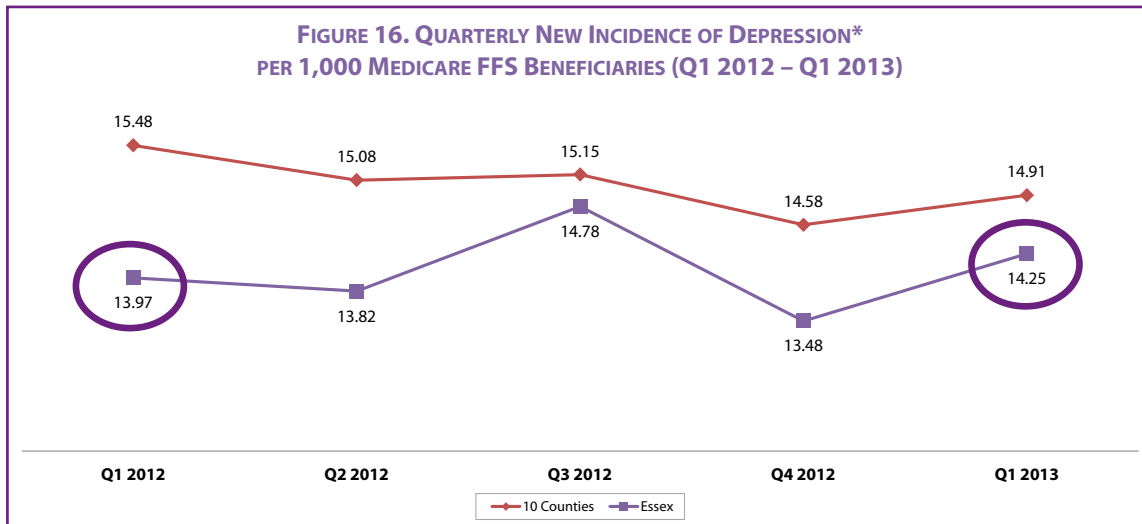
## Depression

The prevalence rate of depression in Essex County in the 21 months prior to Superstorm Sandy was 158.79 per 1,000 Medicare FFS beneficiaries. This was lower than the average prevalence rate among all 10 counties (Figure 15).



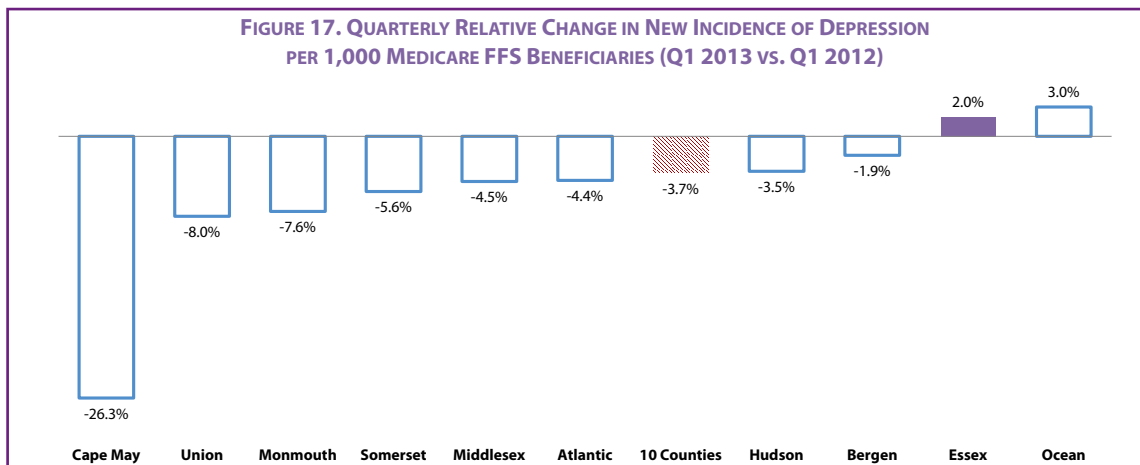


For Q1 2013, there were 14.25 Medicare FFS beneficiaries newly diagnosed with depression per 1,000 beneficiaries in Essex County compared to Q1 2012, which was 13.97 per 1,000 beneficiaries. This was lower than the average quarterly rate of all 10 counties in Q1 2013 (Figure 16).

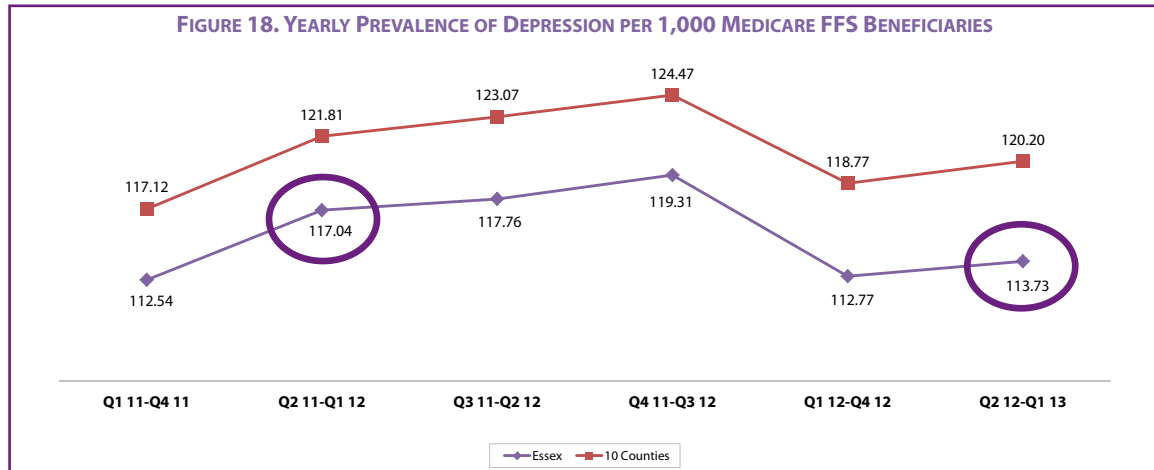


\* Quarterly new incidences compared to prior year.

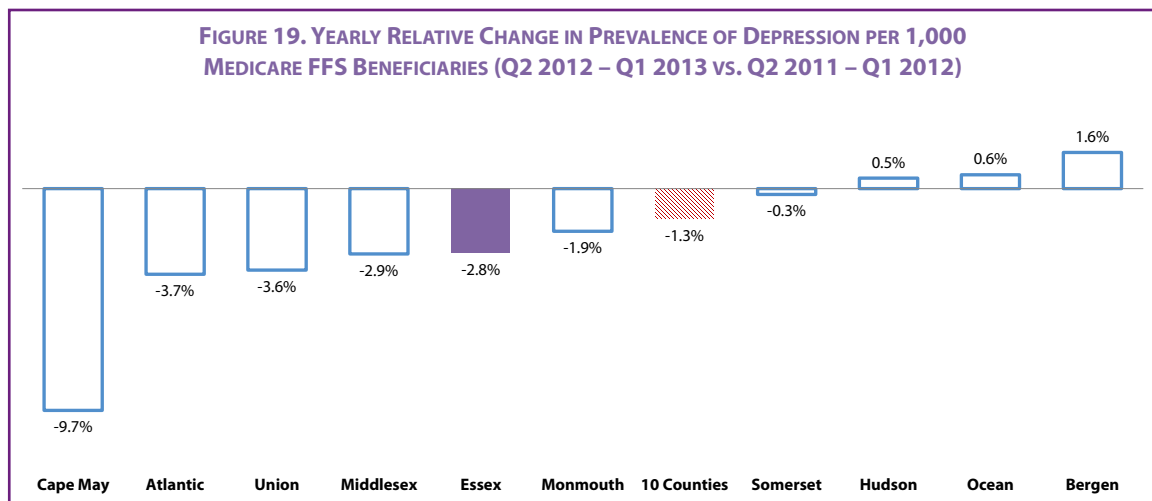
Comparing Q1 2013 to Q1 2012, there was a 2% relative increase in new incidence of depression in Essex County (Figure 17).



From Q2 2012 – Q1 2013, there was a 113.73 per 1,000 Medicare FFS beneficiaries yearly prevalence of depression in Essex County compared to Q2 2011 – Q1 2012, which was 117.04 per 1,000 beneficiaries. Essex County’s yearly rate with rolling quarters was lower than the average for all 10 counties (Figure 18).

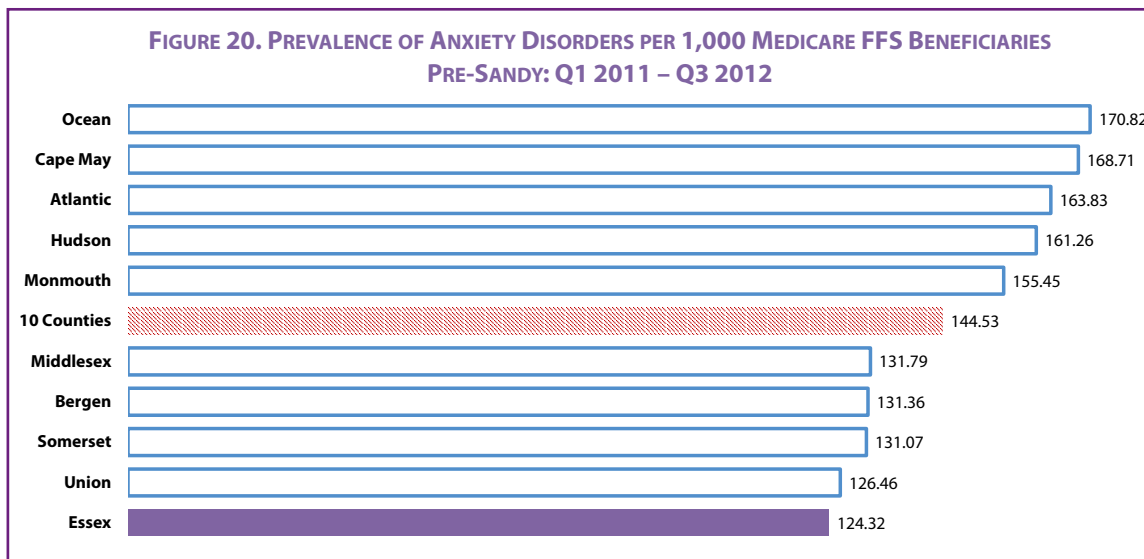


Comparing Q2 2012 – Q1 2013 to Q2 2011 – Q1 2012, there was a 2.8% relative decrease in depression in Essex County (Figure 19).



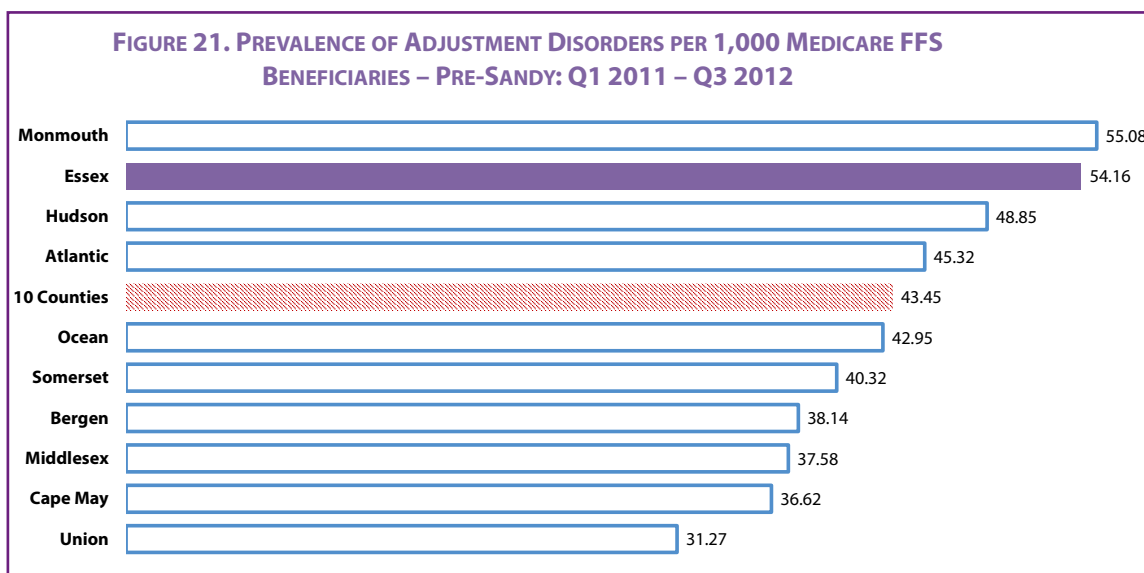
## Anxiety Disorders

The prevalence rate of anxiety disorders in Essex County in the 21 months prior to Superstorm Sandy was 124.32 per 1,000 Medicare FFS beneficiaries. This was the lowest rate among all 10 counties (Figure 20).



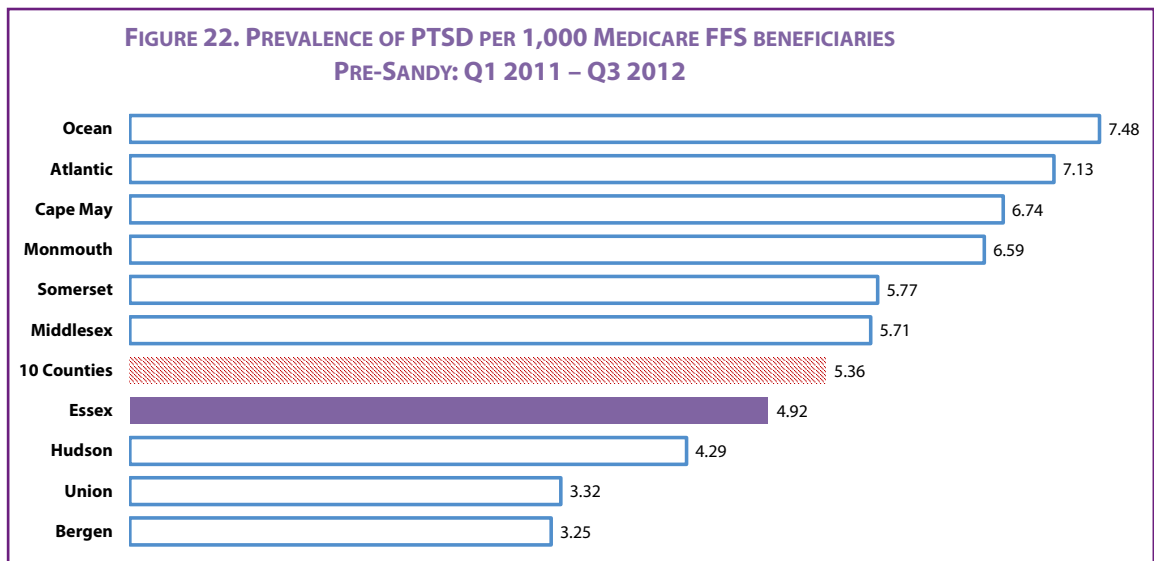
## Adjustment Disorders

The prevalence rate of adjustment disorders was 54.16 per 1,000 Medicare FFS beneficiaries in Essex County in the 21 months prior to Superstorm Sandy. This was higher than the average prevalence rate among all 10 counties (Figure 21).

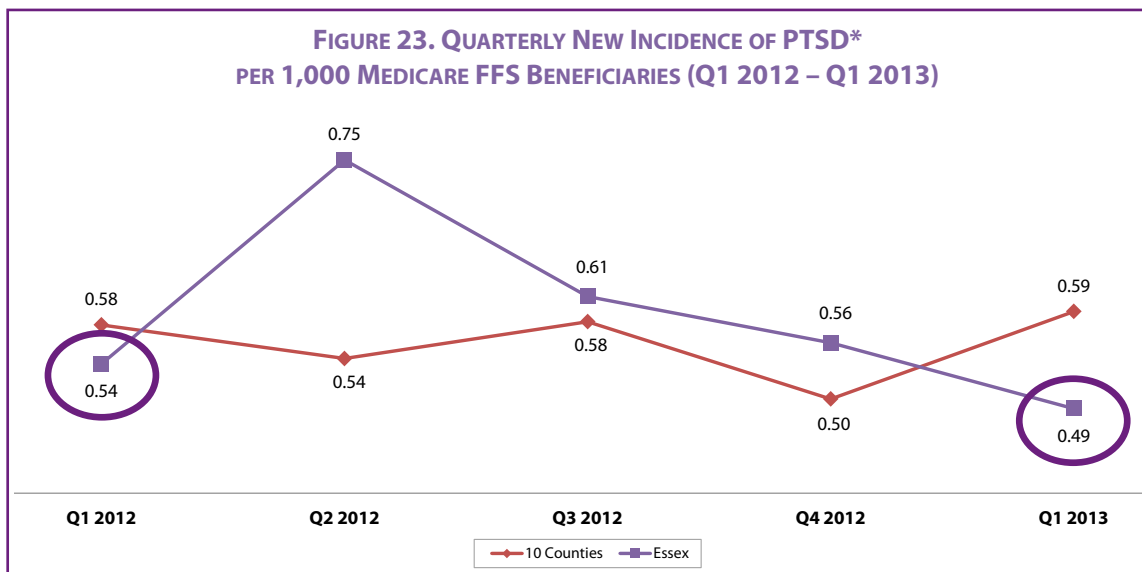


### Post-Traumatic Stress Disorder (PTSD)

The prevalence rate of PTSD in Essex County in the 21 months prior to Superstorm Sandy was 4.92 per 1,000 Medicare FFS beneficiaries. This was lower than the average prevalence rate among all 10 counties (Figure 22).

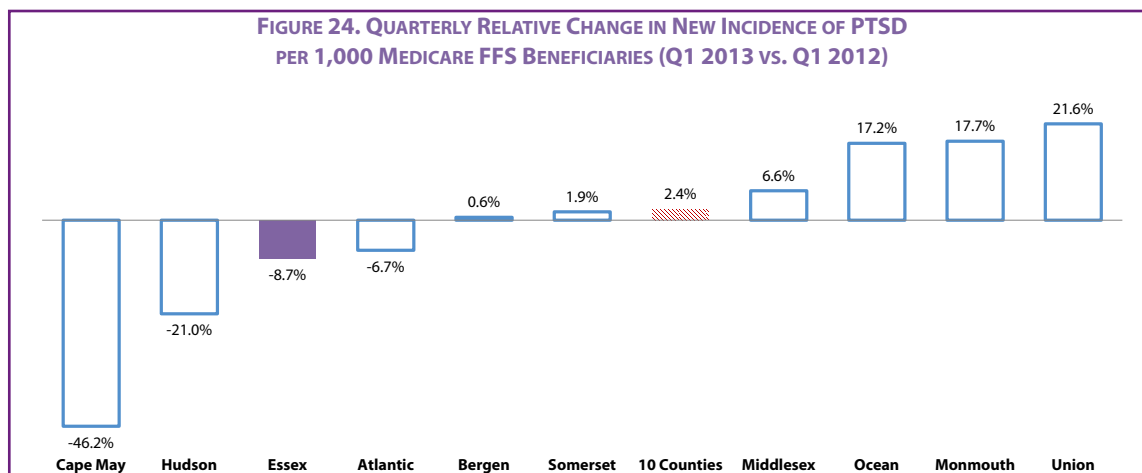


For Q1 2013, there were 0.49 Medicare FFS beneficiaries newly diagnosed with PTSD per 1,000 beneficiaries in Essex County compared to Q1 2012, which was 0.54 per 1,000 beneficiaries. This was lower than the average rate of all 10 counties in Q1 2013 (Figure 23).

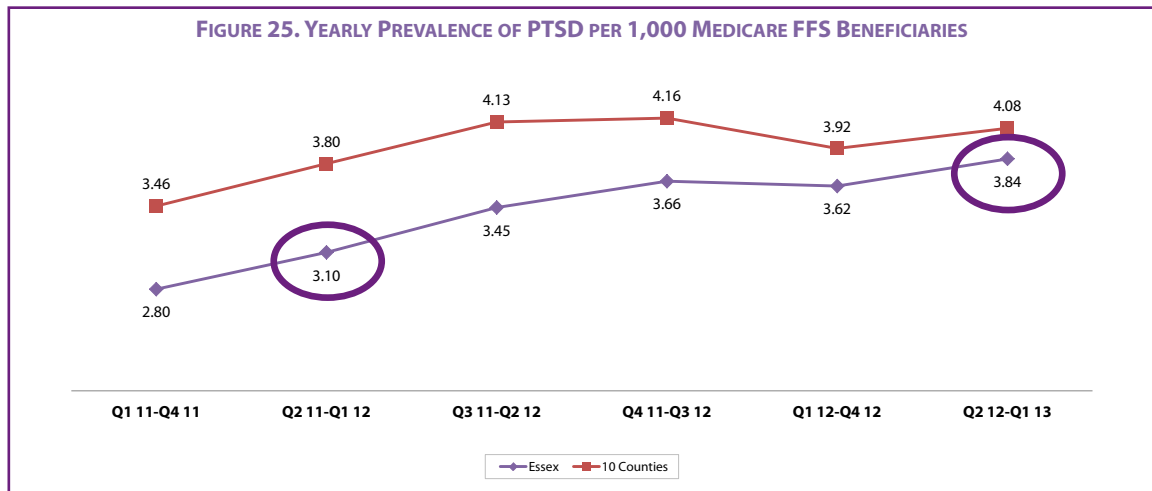


\* Quarterly new incidences compared to prior year.

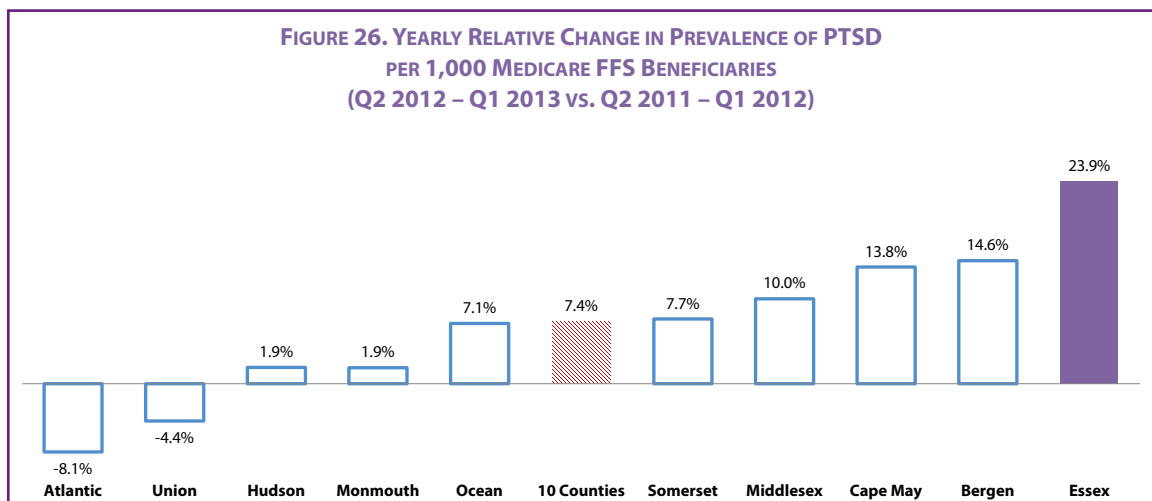
Comparing Q1 2013 to Q1 2012, there was an 8.7% relative decrease in new incidence of PTSD in Essex County (Figure 24).



From Q2 2012 – Q1 2013, there was a 3.84 per 1,000 Medicare FFS beneficiaries yearly prevalence of PTSD in Essex County compared to Q2 2011 – Q1 2012, which was 3.10 per 1,000 beneficiaries. The yearly rate of PTSD with rolling quarters was lower than the average for 10 counties (Figure 25).



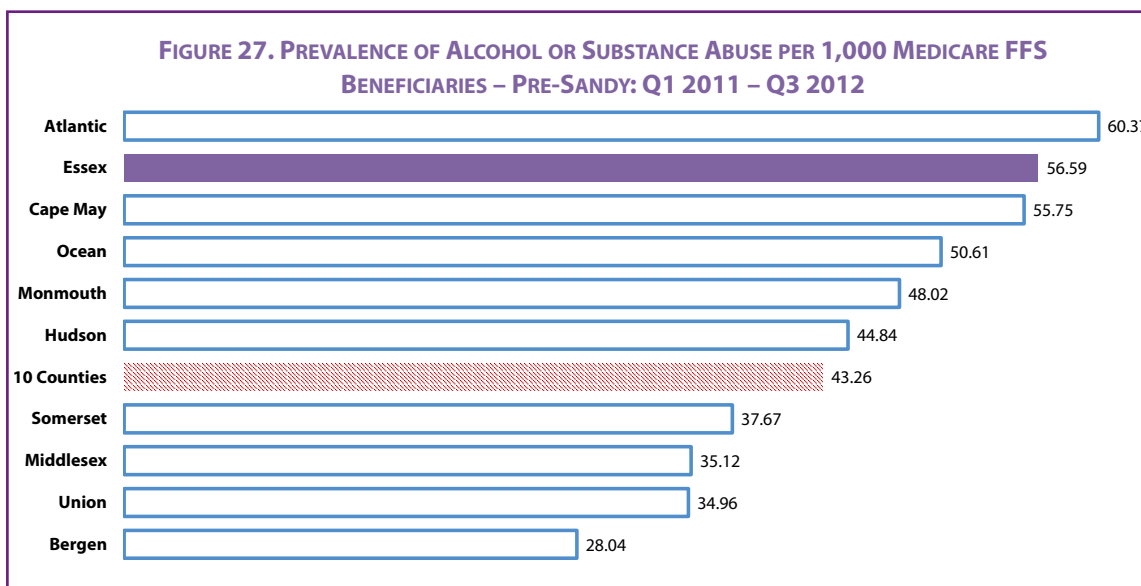
Comparing Q2 2012 – Q1 2013 to Q2 2011 – Q1 2012, there was a 23.9% relative increase in PTSD in Essex County. This was the largest increase among all 10 counties (Figure 26).



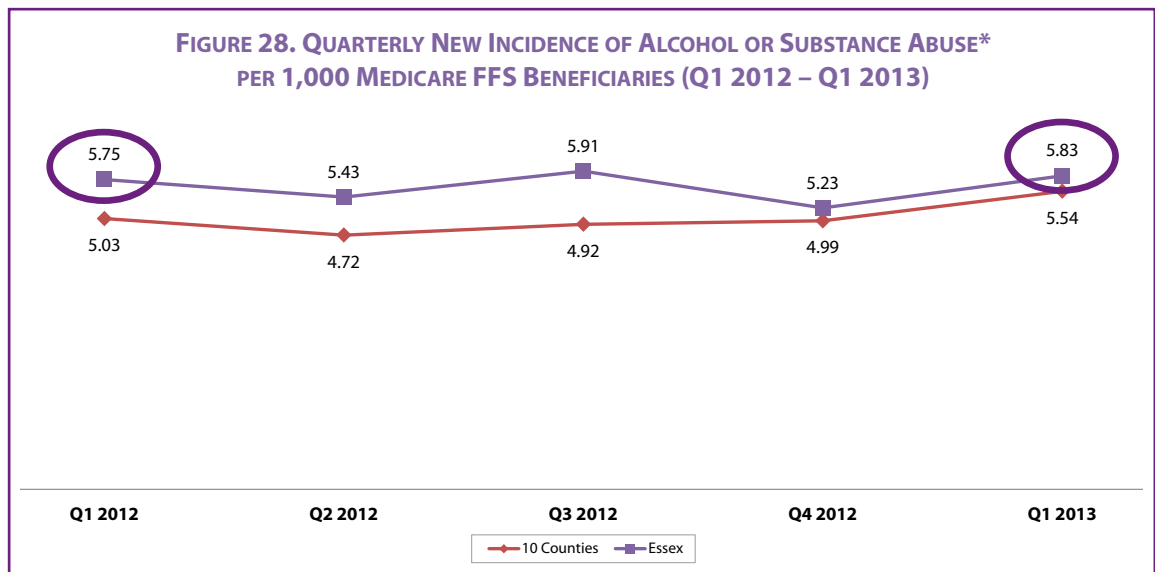
## Alcohol or Substance Abuse

The alcohol or substance abuse measure includes Medicare FFS beneficiaries who were reported for either alcohol abuse or substance abuse.

The prevalence rate of alcohol or substance abuse in Essex County in the 21 months prior to Superstorm Sandy was 56.59 per 1,000 Medicare FFS beneficiaries. This was higher than the average prevalence rate among all 10 counties (Figure 27).

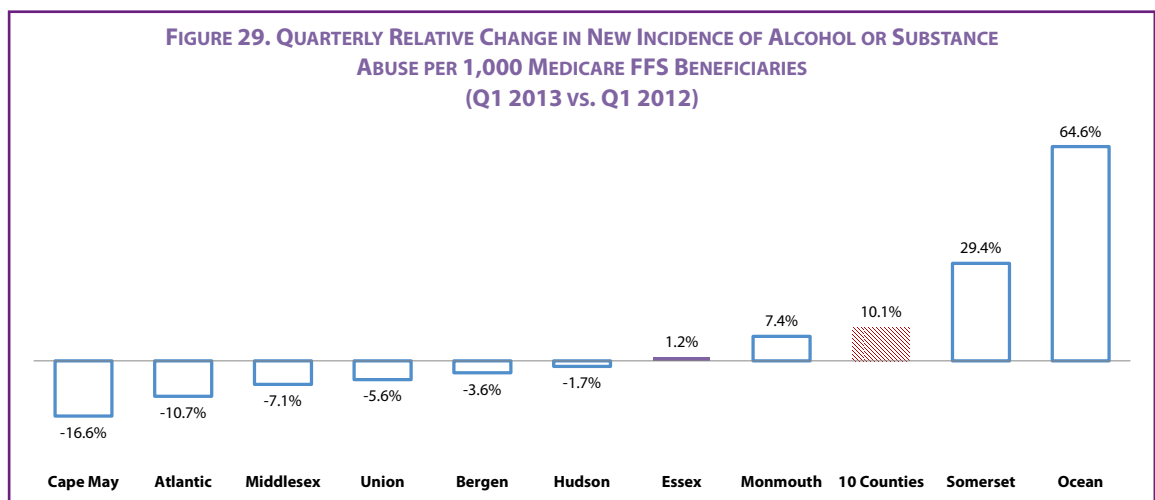


For Q1 2013, there were 5.83 Medicare FFS beneficiaries newly diagnosed with alcohol or substance abuse per 1,000 beneficiaries in Essex County compared to Q1 2012, which was 5.75 per 1,000 beneficiaries. This was higher than the average quarterly rate of all 10 counties in Q1 2013 (Figure 28).



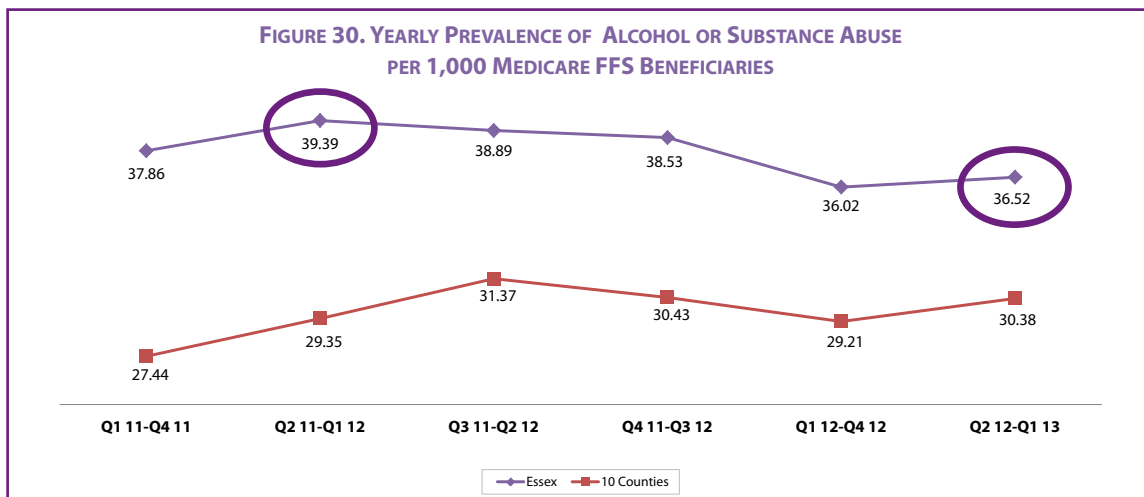
\* Quarterly new incidences compared to prior year.

Comparing Q1 2013 to Q1 2012, there was a 1.2% relative increase in new incidence of alcohol or substance abuse in Essex County (Figure 29).

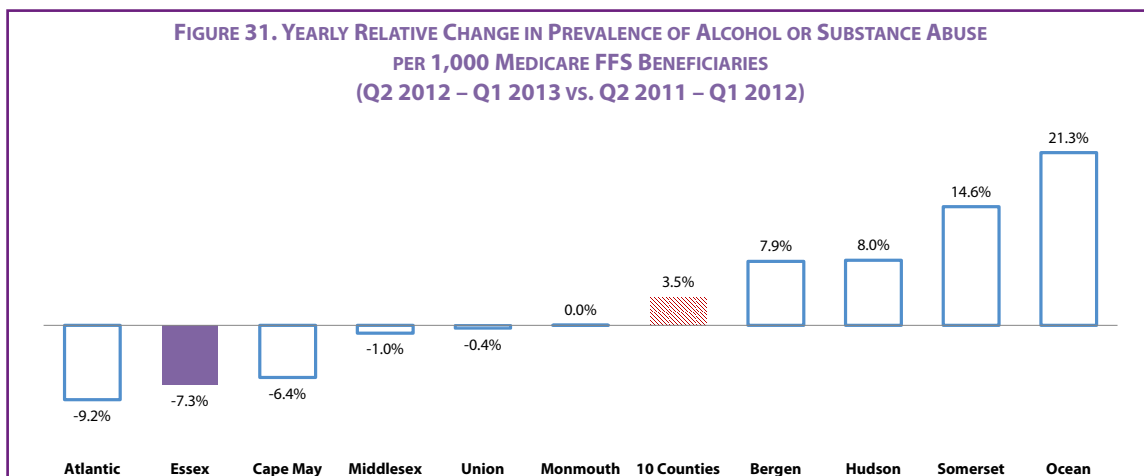




From Q2 2012 – Q1 2013, there was a 36.52 per 1,000 Medicare FFS beneficiaries yearly prevalence of alcohol or substance abuse in Essex County compared to Q2 2011 – Q1 2012, which was 39.39 per 1,000 beneficiaries. The yearly rate with rolling quarters was higher than the average for all 10 counties (Figure 30).

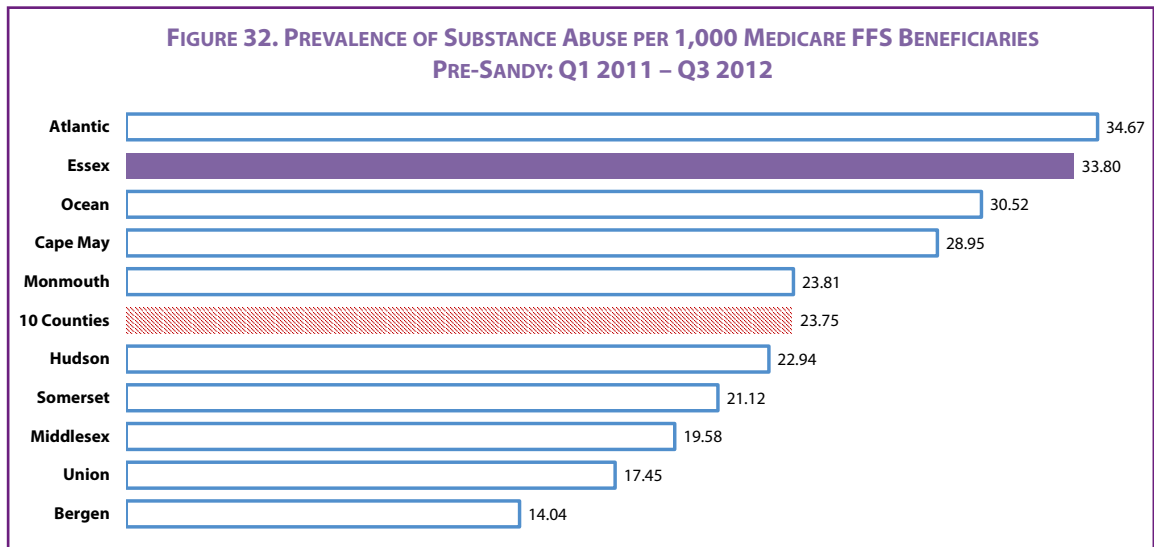


Comparing Q2 2012 – Q1 2013 to Q2 2011 – Q1 2012, there was a 7.3% relative decrease in alcohol or substance abuse in Essex County (Figure 31).

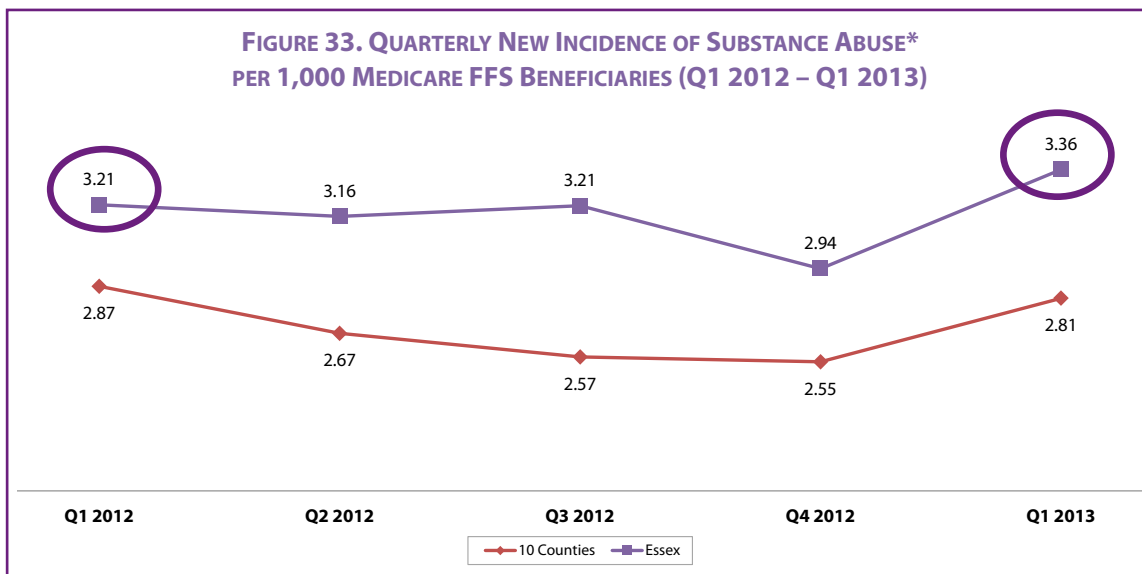


### Substance Abuse

The prevalence rate of substance abuse in Essex County in the 21 months prior to Superstorm Sandy was 33.80 per 1,000 Medicare FFS beneficiaries. This was higher than the average prevalence rate among all 10 counties (Figure 32).

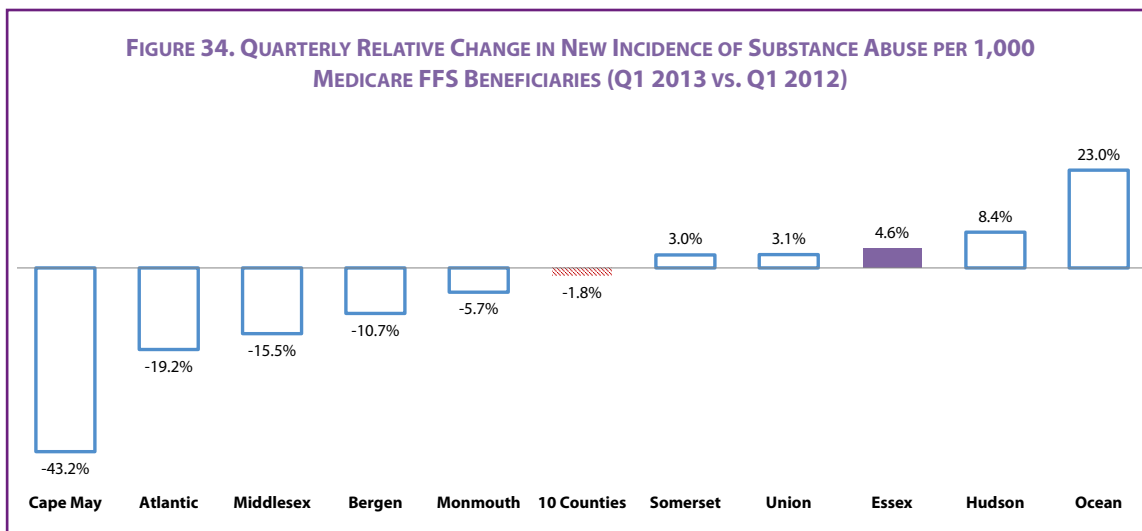


For Q1 2013, there were 3.36 Medicare FFS beneficiaries newly diagnosed with substance abuse per 1,000 beneficiaries in Essex County compared to Q1 2012, which was 3.21 per 1,000 beneficiaries. This was higher than the average quarterly rate of all 10 counties in Q1 2013 (Figure 33).

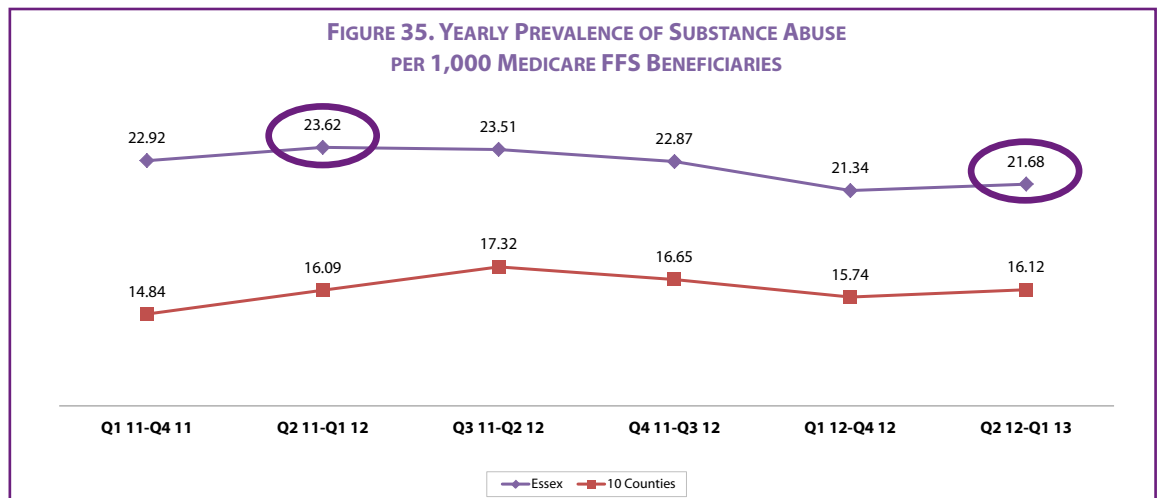


\* Quarterly new incidences compared to prior year.

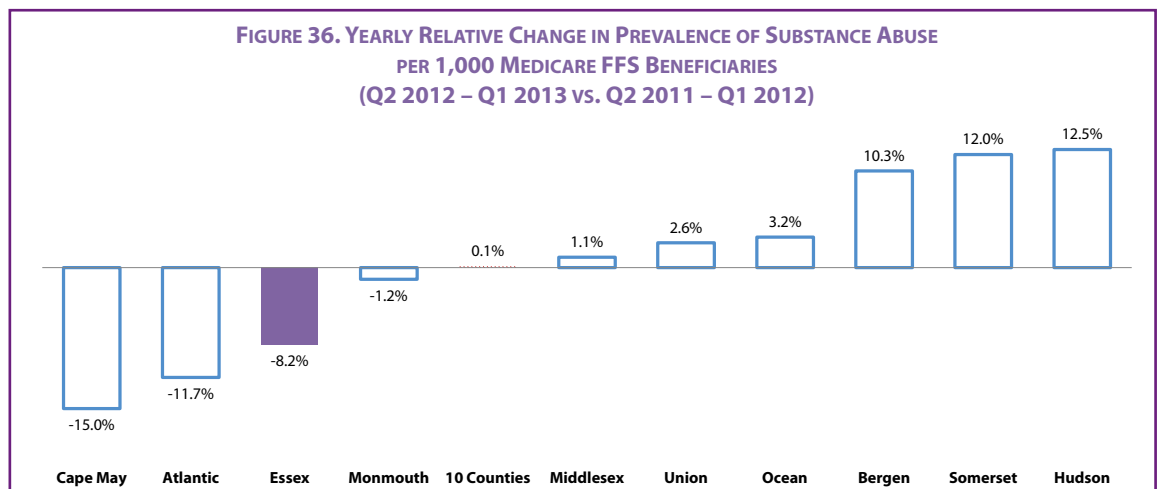
Comparing Q1 2013 to Q1 2012, there was a 4.6% relative increase in new incidence of substance abuse in Essex County (Figure 34).



From Q2 2012 – Q1 2013, there was a 21.68 per 1,000 Medicare FFS beneficiaries yearly prevalence of substance abuse in Essex County compared to Q2 2011 – Q1 2012, which was 23.62 per 1,000 beneficiaries. The yearly rate with rolling quarters was higher than the average for all 10 counties (Figure 35).

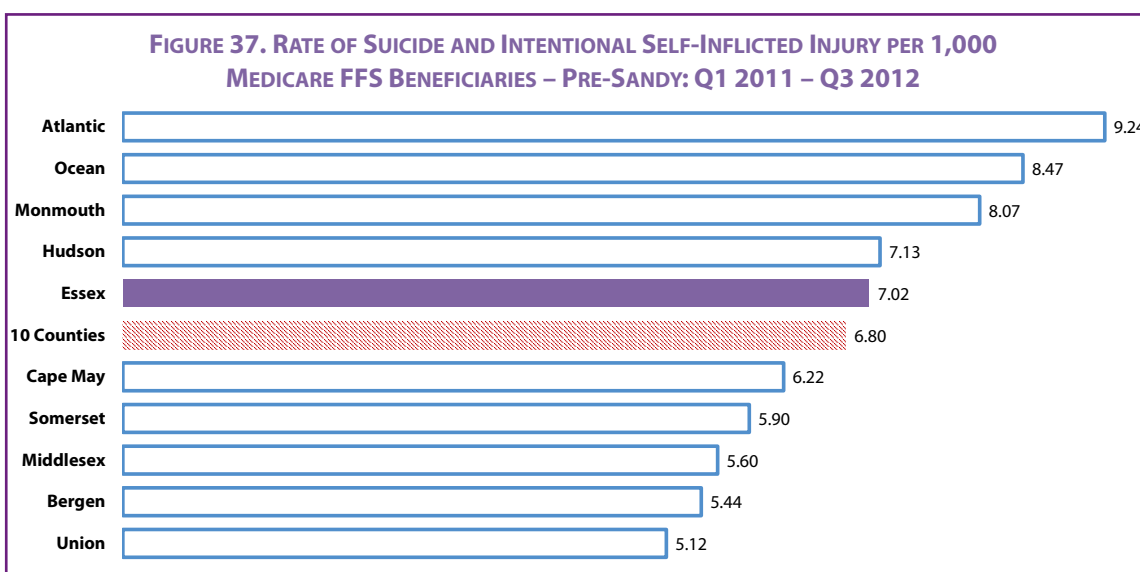


Comparing Q2 2012 – Q1 2013 to Q2 2011 – Q1 2012, there was an 8.2% relative decrease in substance abuse in Essex County (Figure 36).

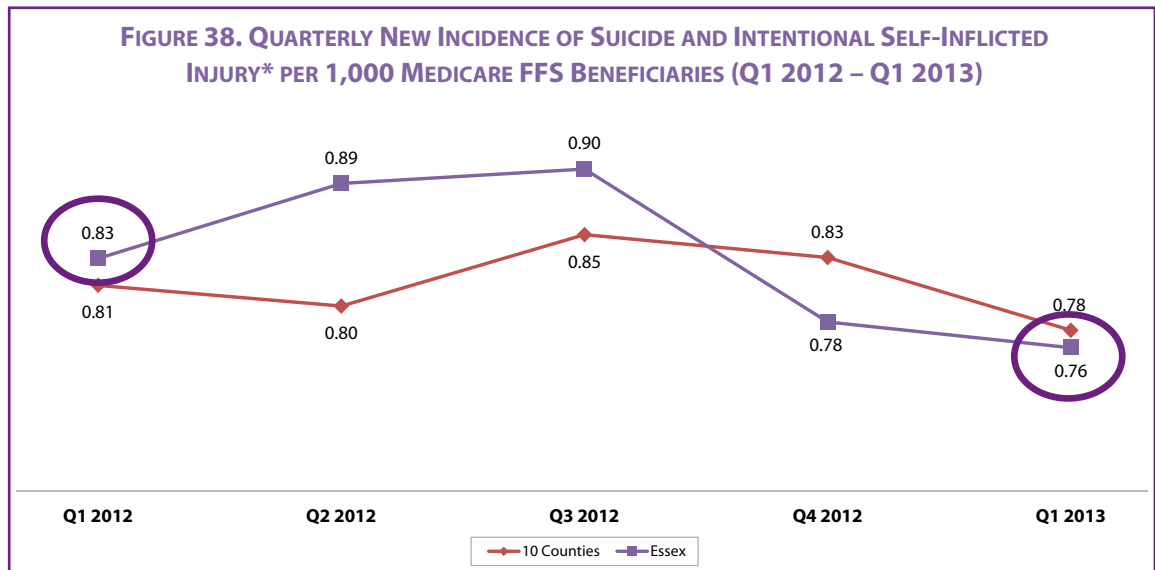


## Suicide and Intentional Self-Inflicted Injury

The rate of suicide and intentional self-inflicted injury in Essex County in the 21 months prior to Superstorm Sandy was 7.02 per 1,000 Medicare FFS beneficiaries. This was higher than the average rate among all 10 counties (Figure 37).

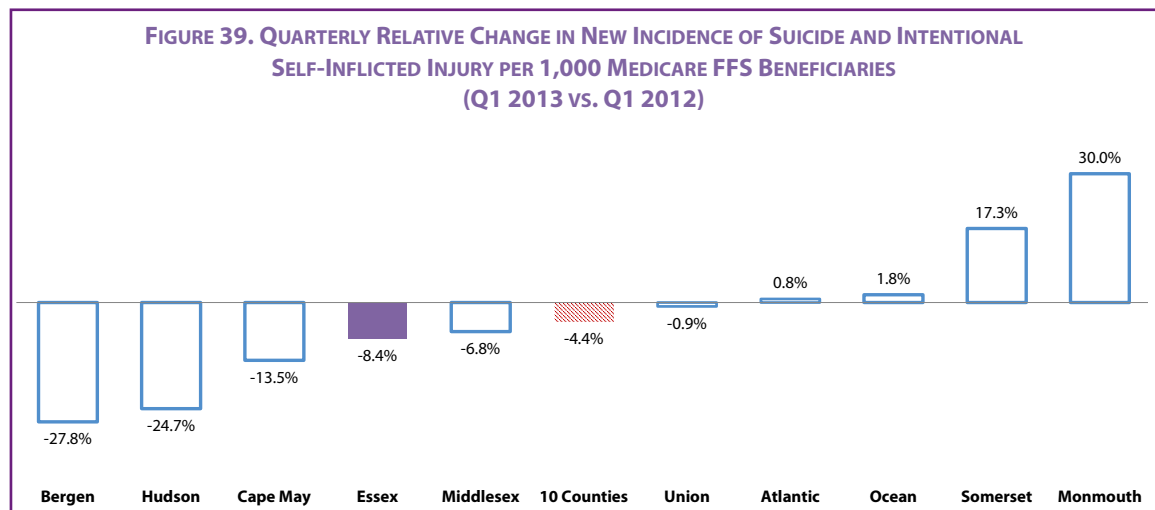


For Q1 2013, there were 0.76 Medicare FFS beneficiaries newly diagnosed with suicide and intentional self-inflicted injury per 1,000 beneficiaries in Essex County compared to Q1 2012, which was 0.83 per 1,000 beneficiaries. This was lower than the average quarterly rate of all 10 counties in Q1 2013 (Figure 38).

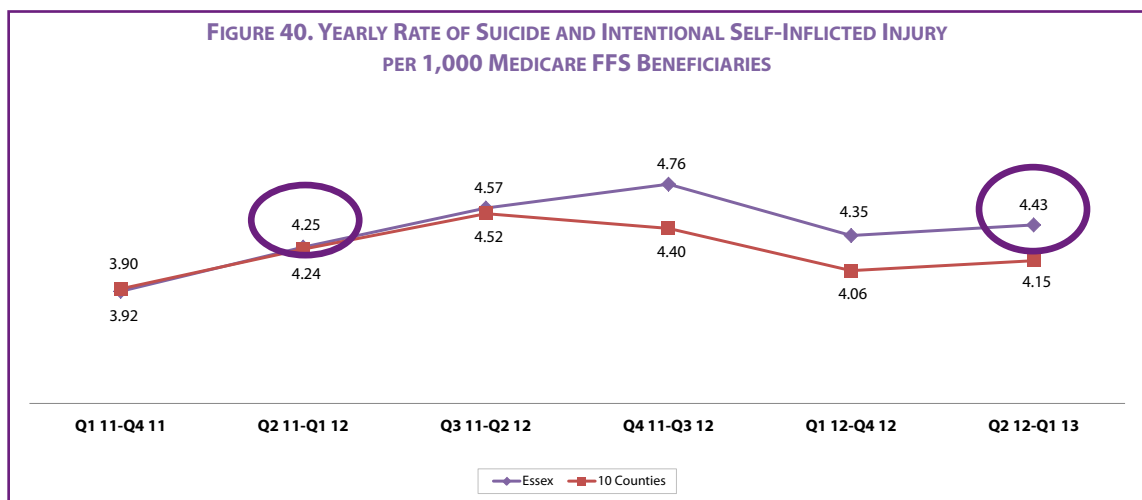


\* Quarterly new incidences compared to prior year.

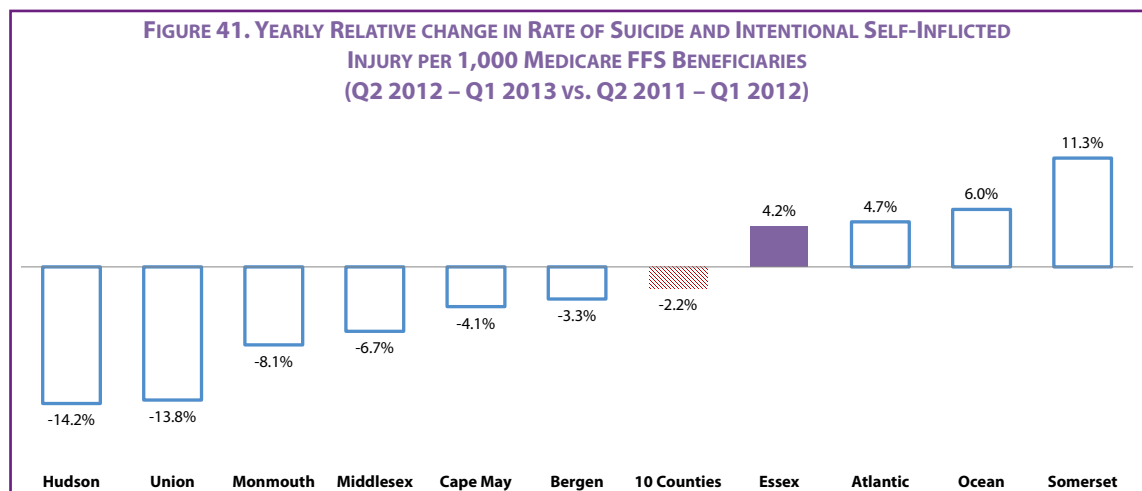
Comparing Q1 2013 to Q1 2012, there was an 8.4% relative decrease in new incidence of suicide and intentional self-inflicted injury in Essex County (Figure 39).



From Q2 2012 – Q1 2013, there was a 4.43 per 1,000 Medicare FFS beneficiaries yearly rate of suicide and intentional self-inflicted injury in Essex County compared to Q2 2011 – Q1 2012, which was 4.25 per 1,000 beneficiaries. The yearly rate with rolling quarters was higher than the average for all 10 counties (Figure 40).



Comparing Q2 2012 – Q1 2013 to Q2 2011 – Q1 2012, there was a 4.2% relative increase in suicide and intentional self-inflicted injury in Essex County (Figure 41).



## RISK FACTORS FOR DEPRESSION OR PROXY DISORDERS

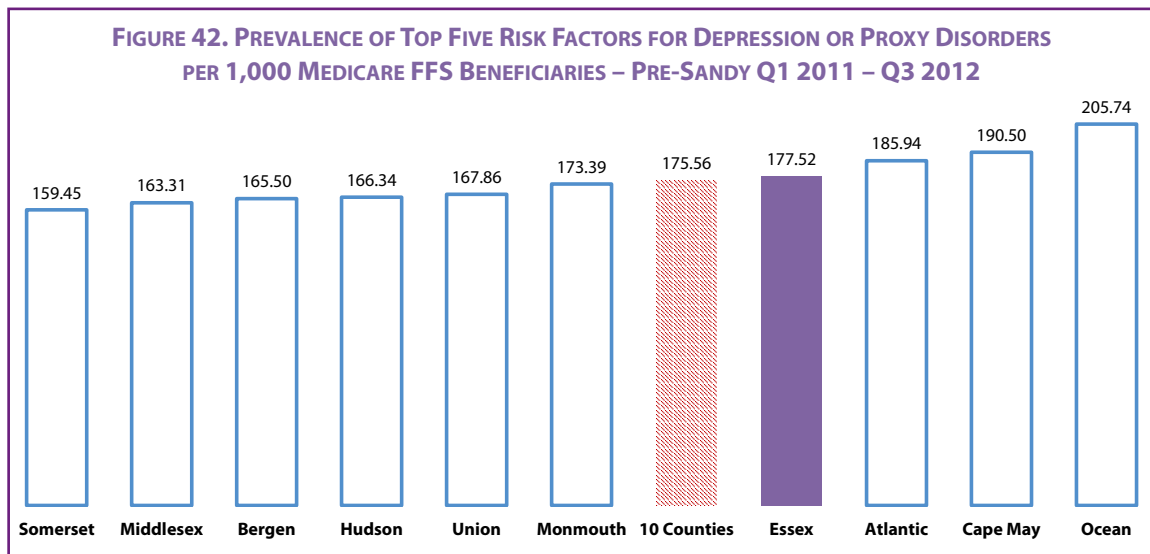
To identify beneficiaries at risk of developing depression or proxy disorders, HQSI initially conducted a literature review on the potential risk factors for depression or proxy disorders. Previous studies suggested that psychosocial factors, biological factors, deteriorating physical functioning, and medication side effects could increase the risk of depression or proxy disorders.

Based on the literature review and running models using factors available through Medicare claims data, the top five risk factors for depression or proxy disorders were identified as: Alzheimer's disease and related disorders or senile dementia, sleep disturbance, substance or alcohol abuse or tobacco use, hip/pelvic fractures, and amputations (see Appendix B).

These risk factors were reported prior to the diagnosis of depression or proxy disorders thus indicating development of risk factors before diagnosis. The following figures show the prevalence rates for these five conditions in the 21 months prior to Superstorm Sandy.

## TOP FIVE RISK FACTORS FOR DEPRESSION OR PROXY DISORDERS

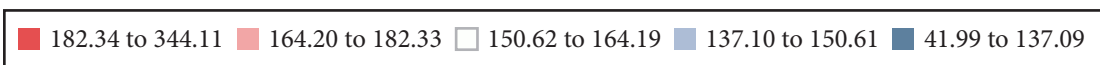
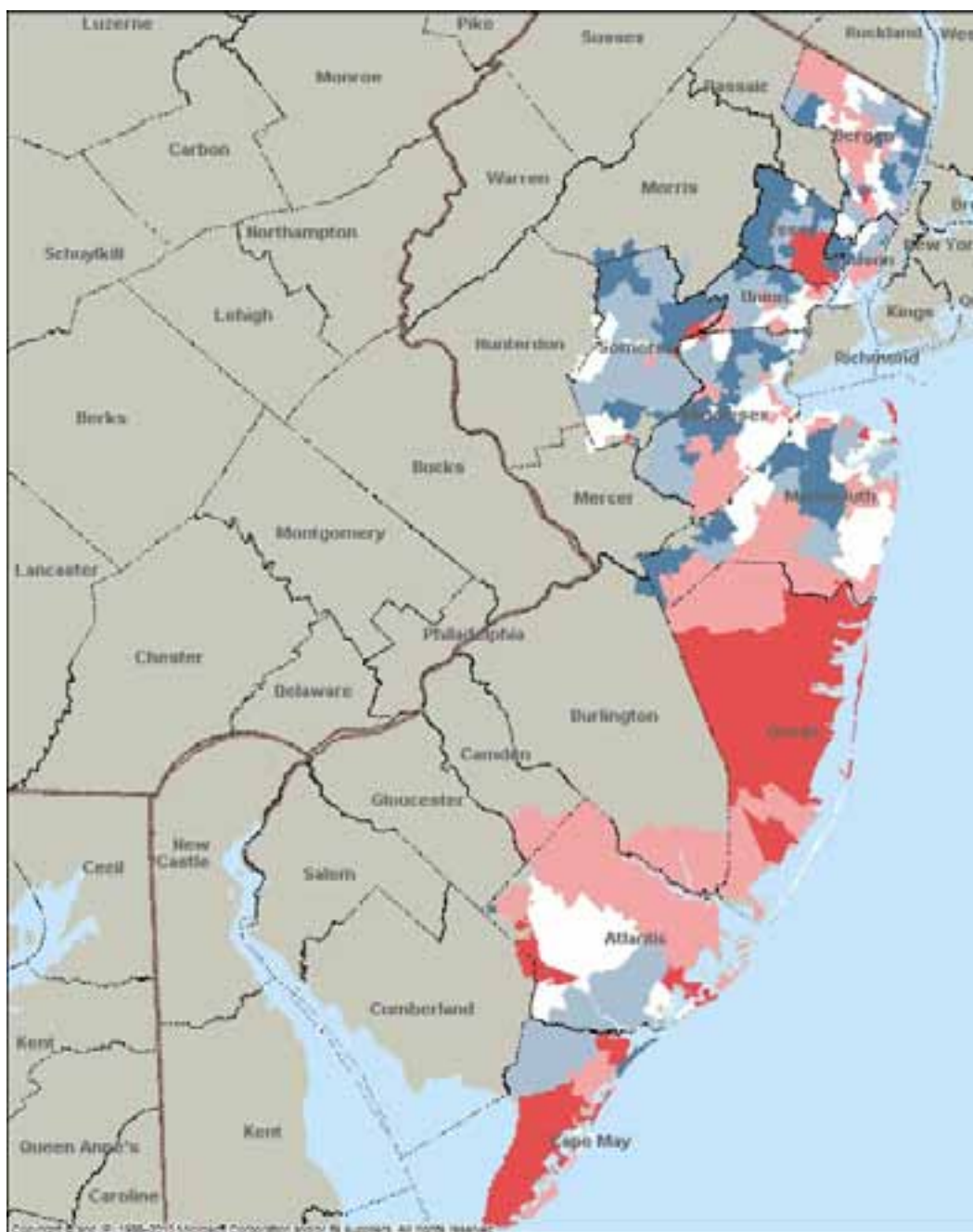
The prevalence rate of Medicare FFS beneficiaries with one or more of the top five risk factors for depression or proxy disorders in Essex County in the 21 months prior to Superstorm Sandy was 177.52 per 1,000 beneficiaries. This was higher than the average prevalence rate among all 10 counties (Figure 42).





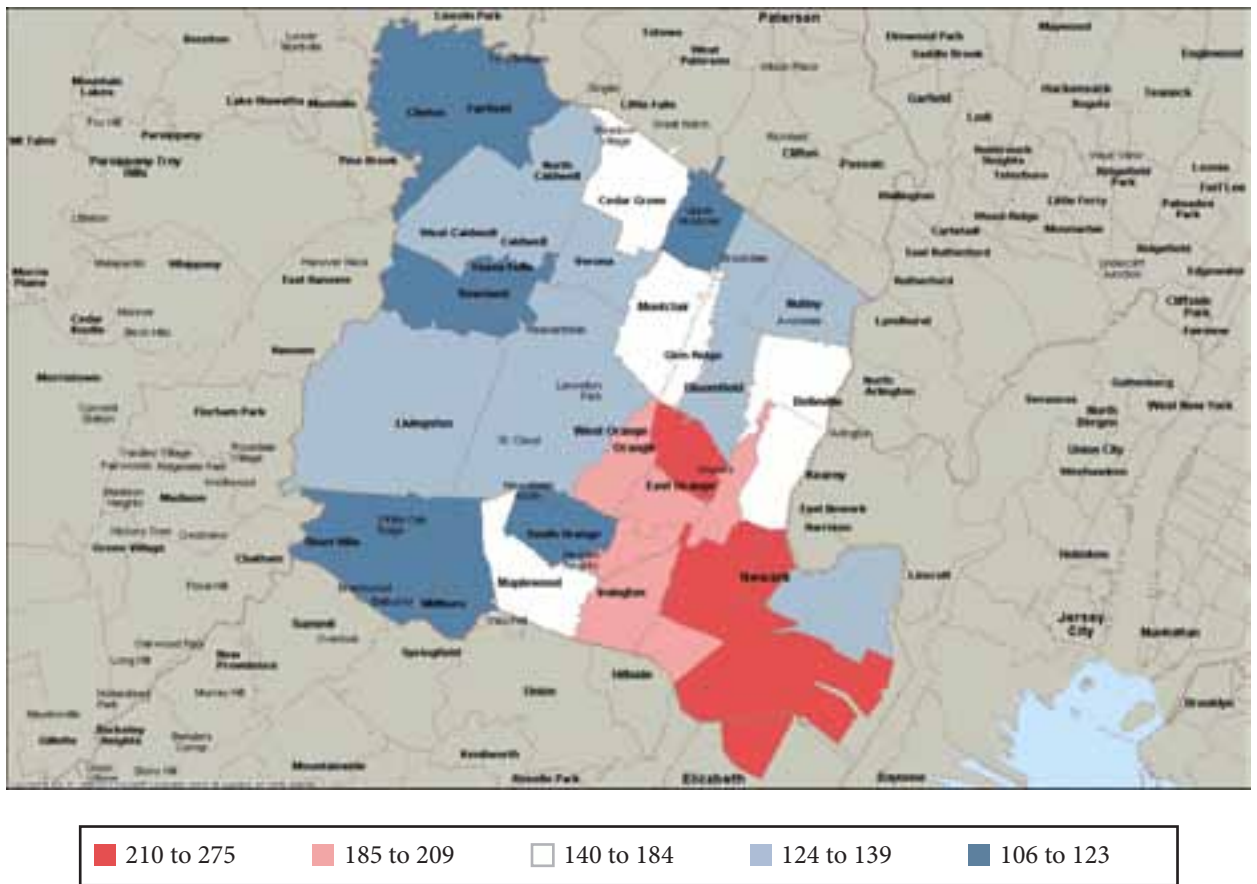
The color-coded map of New Jersey depicts prevalence of any of the top five risk factors from high (red) to low (blue) in the 10 FEMA-declared disaster counties. This map shows that parts of Essex, along with Monmouth, Ocean, Atlantic, and Cape May Counties had higher prevalence of one or more of the top five risk factors for depression or proxy disorders (Figure 43).

**FIGURE 43. PREVALENCE OF TOP FIVE RISK FACTORS FOR DEPRESSION OR PROXY DISORDERS PER 1,000 MEDICARE FFS BENEFICIARIES IN 10 COUNTIES (PRE-SANDY: Q1 2011 – Q3 2012)**



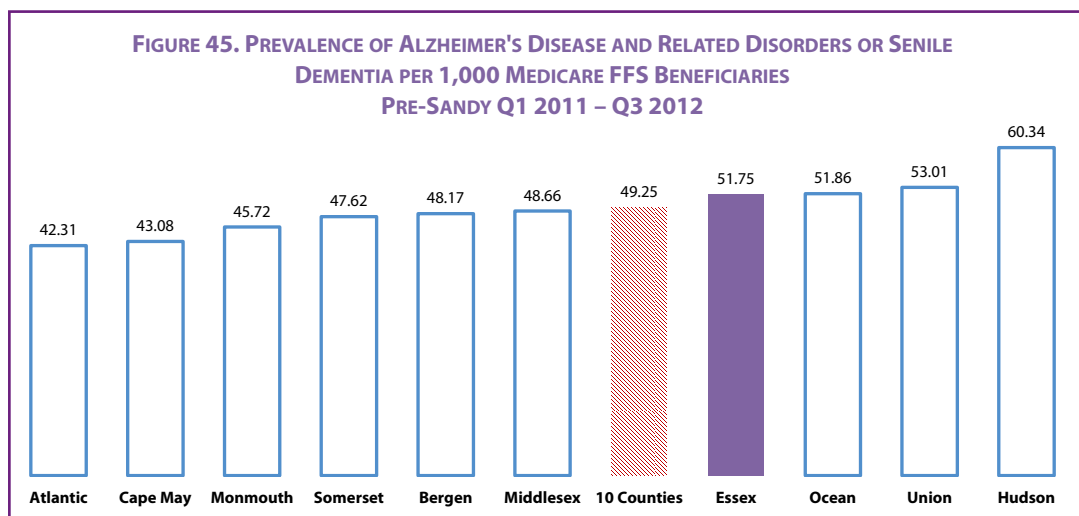
The color-coded map of Essex County depicts regional variation of prevalence of any of the top five risk factors from high (red) to low (blue) (Figure 44).

**FIGURE 44. ESSEX COUNTY PREVALENCE OF TOP FIVE RISK FACTORS FOR DEPRESSION OR PROXY DISORDERS PER 1,000 MEDICARE FFS BENEFICIARIES (PRE-SANDY: Q1 2011 – Q3 2012)**



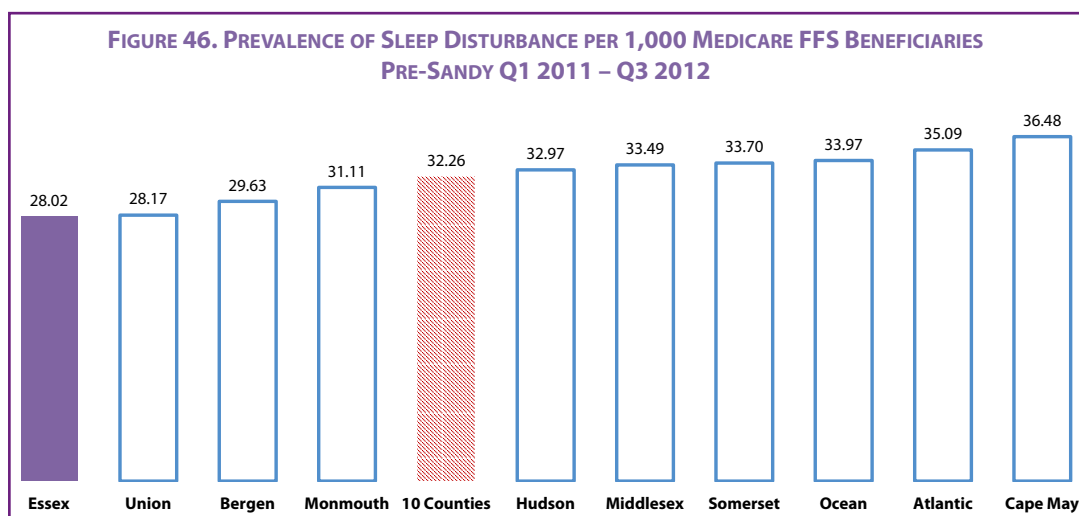
## Alzheimer's Disease and Related Disorders or Senile Dementia

The prevalence rate of Alzheimer's disease and related disorders or senile dementia in Essex County in the 21 months prior to Superstorm Sandy was 51.75 per 1,000 Medicare FFS beneficiaries. This was higher than the average prevalence rate among all 10 counties (Figure 45).



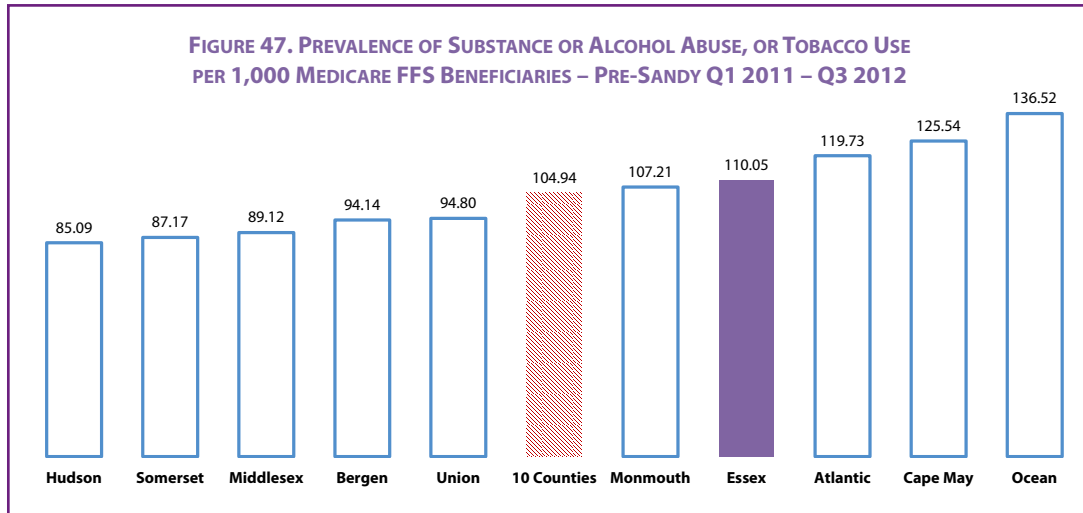
## Sleep Disturbance

The prevalence rate of sleep disturbance in Essex County in the 21 months prior to Superstorm Sandy was 28.02 per 1,000 Medicare FFS beneficiaries. This was the lowest rate among all 10 counties (Figure 46).



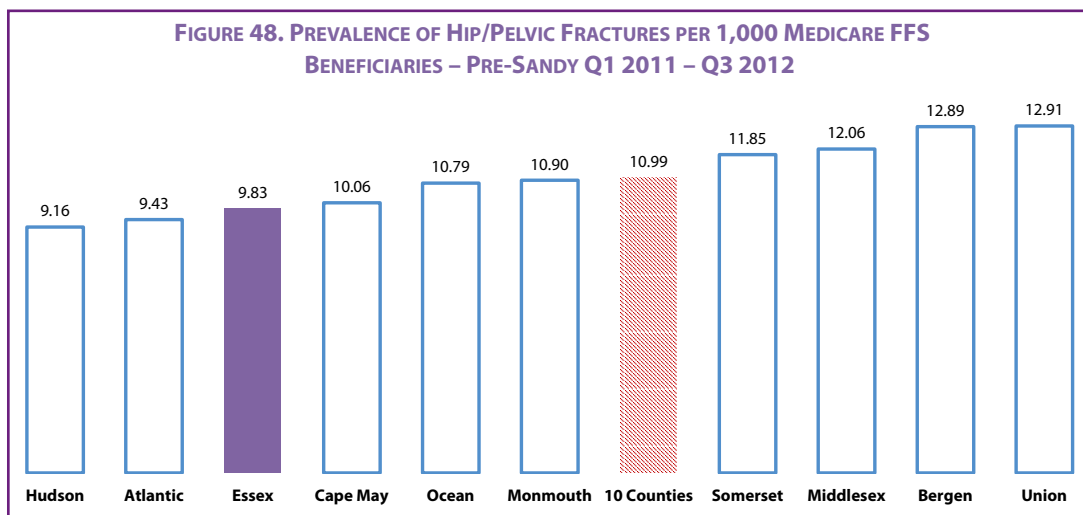
### Substance or Alcohol Abuse or Tobacco Use

The prevalence rate of substance or alcohol abuse or tobacco use in Essex County in the 21 months prior to Superstorm Sandy was 110.05 for every 1,000 Medicare FFS beneficiaries. This was higher than the average prevalence rate among all 10 counties (Figure 47).



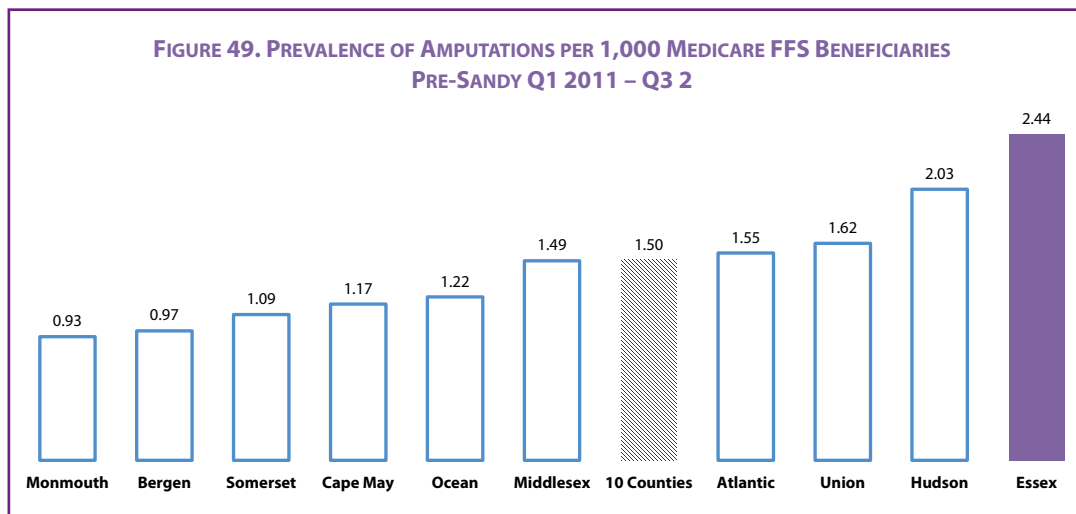
### Hip/Pelvic Fractures

The prevalence rate of hip/pelvic fractures in Essex County in the 21 months prior to Superstorm Sandy was 9.83 per 1,000 Medicare FFS beneficiaries. This was lower than the average prevalence rate among all 10 counties (Figure 48).



## Amputations

The prevalence rate of amputations in Essex County in the 21 months prior to Superstorm Sandy was 2.44 per 1,000 Medicare FFS beneficiaries. This was the highest rate among all 10 counties (Figure 49).



# —BEHAVIORAL HEALTH CONDITIONS—

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## OUTPATIENT BEHAVIORAL HEALTH SERVICES

### Summary

HQSI analyzed five behavioral health assessment services and five behavioral health therapies. Utilization of outpatient health services is color coded with lowest (red) and highest (light blue).

The most frequently used behavioral health assessment services in Essex County was psychiatric diagnostic procedures (Figure 50).

Figure 50. Utilization of Outpatient Behavioral Health Services per 1,000 Medicare FFS Beneficiaries – Pre-Sandy Q1 2011 – Q3 2012					
Assessments					
County	Depression Screening*	Diagnostic Psychological Tests	Health and Behavior Assessment/ Intervention	Neuropsychological Tests	Psychiatric Diagnostic Procedures
Atlantic	1.12	4.59	1.46	12.04	90.99
Bergen	4.33	4.12	0.82	15.55	79.98
Cape May	0.65	2.71	0.94	8.98	72.68
Essex	0.83	7.81	0.97	12.77	88.05
Hudson	2.83	8.92	0.96	24.69	78.45
Middlesex	7.50	6.39	1.58	11.22	74.20
Monmouth	4.71	8.23	1.36	15.42	94.74
Ocean	9.49	4.39	1.03	14.83	82.92
Somerset	7.11	2.36	1.48	10.37	72.93
Union	3.02	2.63	1.33	10.60	71.56
<b>10 counties</b>	<b>4.81</b>	<b>5.53</b>	<b>1.16</b>	<b>14.18</b>	<b>81.61</b>

\* Depression screening rates are for Calendar Year 2012.



The most frequently used behavioral health therapy service in Essex County was individual psychotherapy (Figure 51).

**Figure 51. Utilization of Outpatient Behavioral Health Services  
per 1,000 Medicare FFS Beneficiaries – Pre-Sandy Q1 2011 – Q3 2012  
Therapies**

County	Biofeedback Therapy	Electroconvulsive Therapy	Family Psychotherapy	Group Psychotherapy	Individual Psychotherapy
Atlantic	1.20	<b>0.40</b>	4.02	7.83	69.00
Bergen	1.56	0.54	5.89	2.81	79.79
Cape May	0.89	0.98	<b>1.64</b>	<b>2.01</b>	<b>50.28</b>
Essex	0.88	0.63	6.04	3.23	78.83
Hudson	1.78	0.52	8.27	2.70	71.79
Middlesex	2.18	0.70	4.60	6.69	68.07
Monmouth	<b>0.45</b>	0.99	5.39	4.37	68.01
Ocean	0.80	0.84	3.76	2.11	61.53
Somerset	0.88	1.07	6.08	5.46	73.16
Union	0.84	0.54	3.25	3.29	55.35
<b>10 counties</b>	<b>1.19</b>	<b>0.70</b>	<b>5.09</b>	<b>3.88</b>	<b>69.31</b>





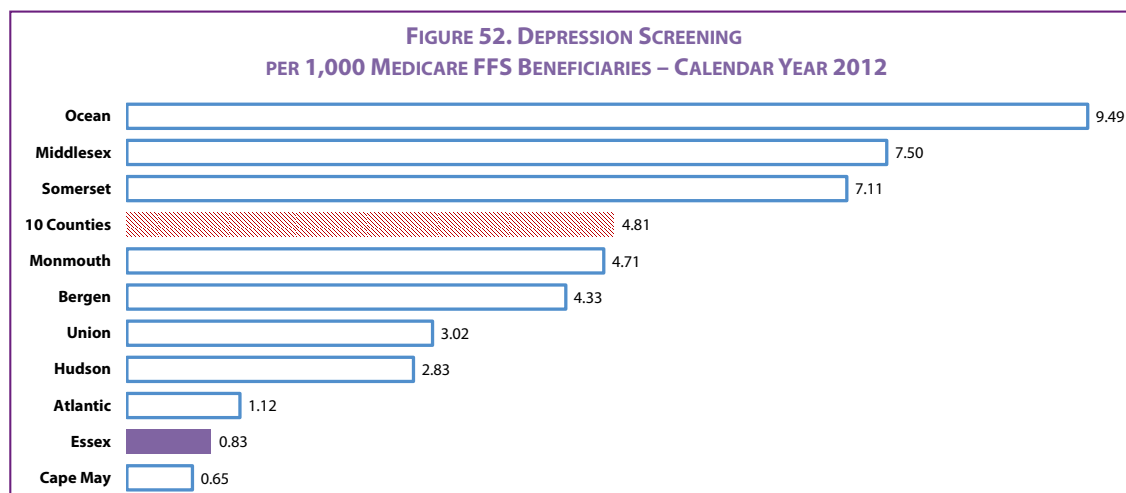
## Assessments

### Depression Screening

One of the long-term goals of this project is to increase the awareness and use of Medicare-covered depression screening among at-risk Medicare FFS beneficiaries residing in the 10 counties during Superstorm Sandy. The depression screening utilization rates have been low in all 10 counties.

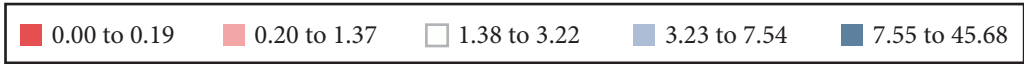
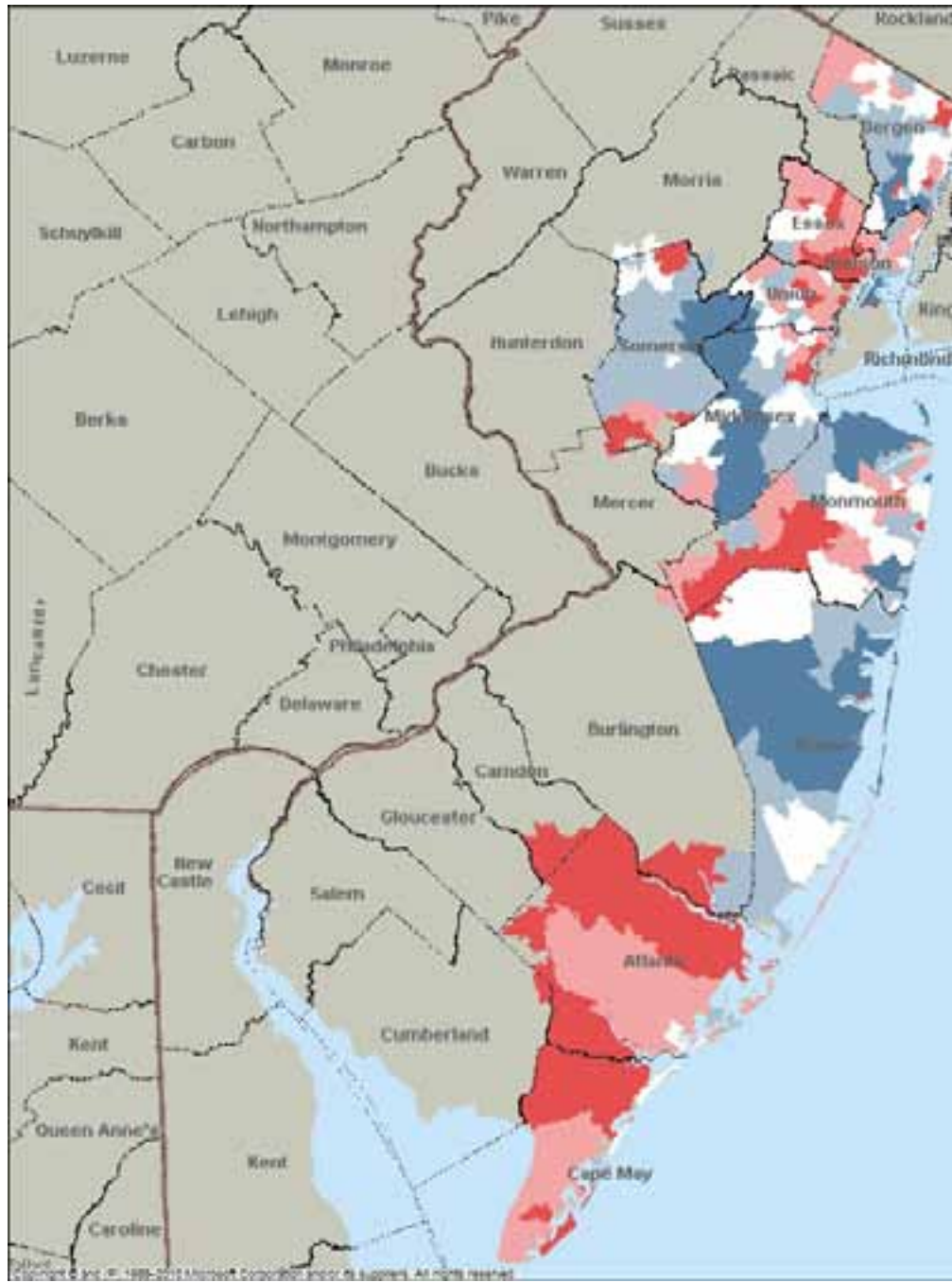
Beginning January 2012, depression screening became a Medicare-covered service. According to the CMS Screening for Depression booklet, Medicare Part B covers an annual 15-minute screening for depression for Medicare FFS beneficiaries in primary care settings when staff-assisted depression care supports are in place to assure accurate diagnosis and effective treatment and follow-up.

The rate of depression screening in Essex County for calendar year 2012 was 0.83 per 1,000 Medicare FFS beneficiaries. This was lower than the average rate among all 10 counties (Figure 52).



The color-coded map of New Jersey depicts the use of depression screening from low (red) to high (blue) in the 10 FEMA-declared disaster counties (Figure 53).

**FIGURE 53. DEPRESSION SCREENING PER 1,000 MEDICARE FFS BENEFICIARIES IN 10 COUNTIES (CALENDAR YEAR 2012)**



The color-coded map of Essex County depicts regional variation in the rates of the use of the depression screening benefit from low (red) to high (blue) (Figure 54).

**FIGURE 54. ESSEX COUNTY DEPRESSION SCREENING PER 1,000 MEDICARE FFS BENEFICIARIES (CALENDAR YEAR 2012)**

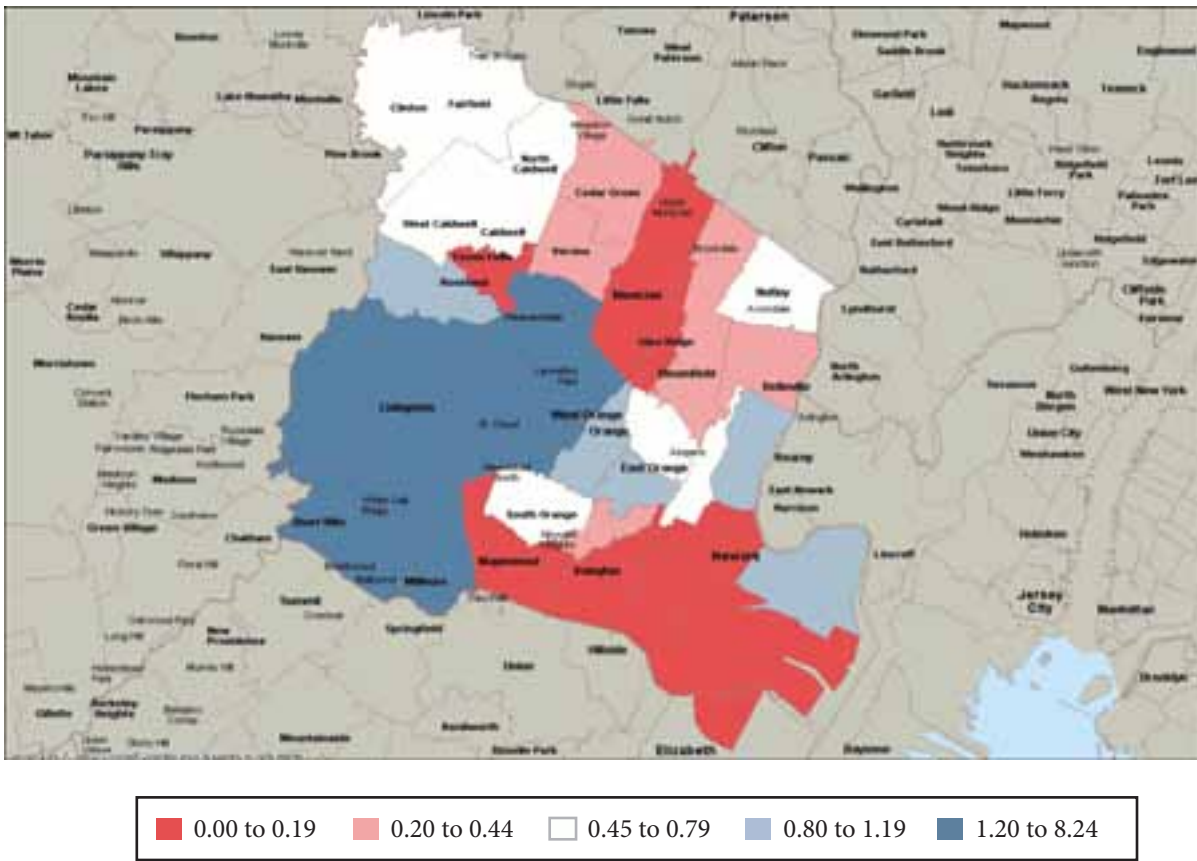
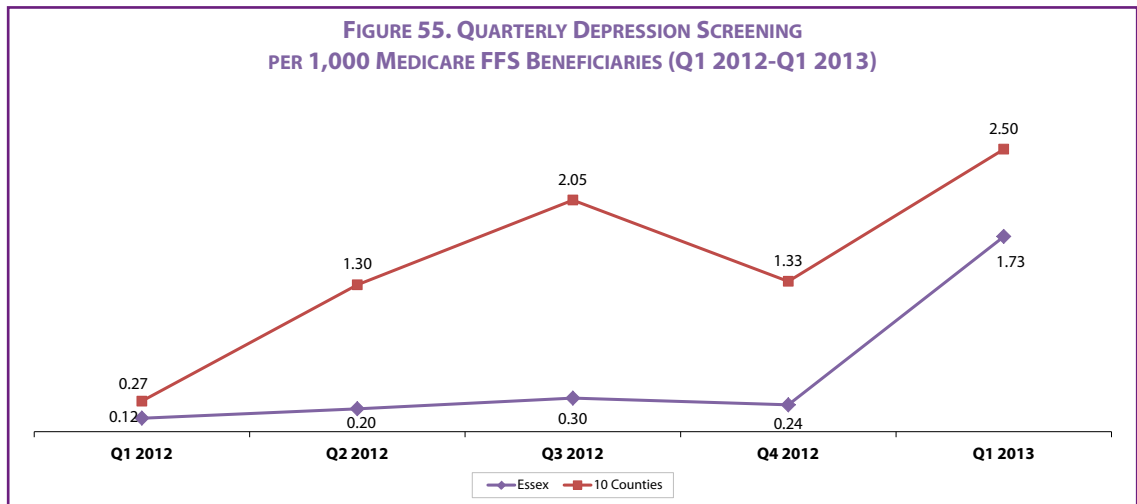


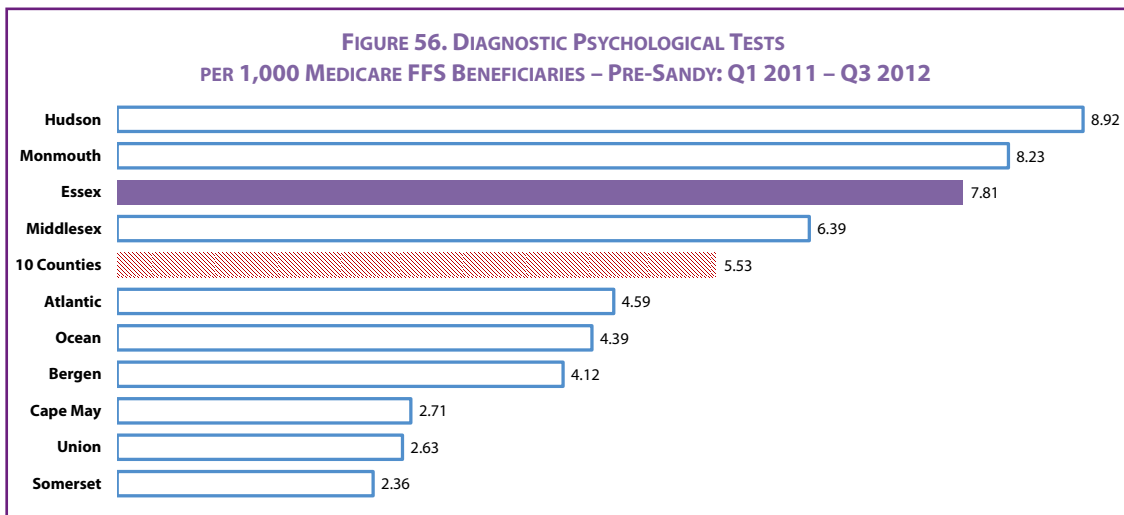
Figure 55 shows five quarters of data to reflect trending in the use of the depression screening benefit per 1,000 Medicare FFS beneficiaries in Essex County and in the 10 FEMA-declared disaster counties.



### Diagnostic Psychological Tests

According to the CMS Mental Health Services Billing Guide, psychological testing includes psychodiagnostic assessment of emotionality, intellectual abilities, personality, and psychopathology (e.g., Minnesota Multiphasic Personality Inventory, Rorschach, or Wechsler Adult Intelligence Scale).

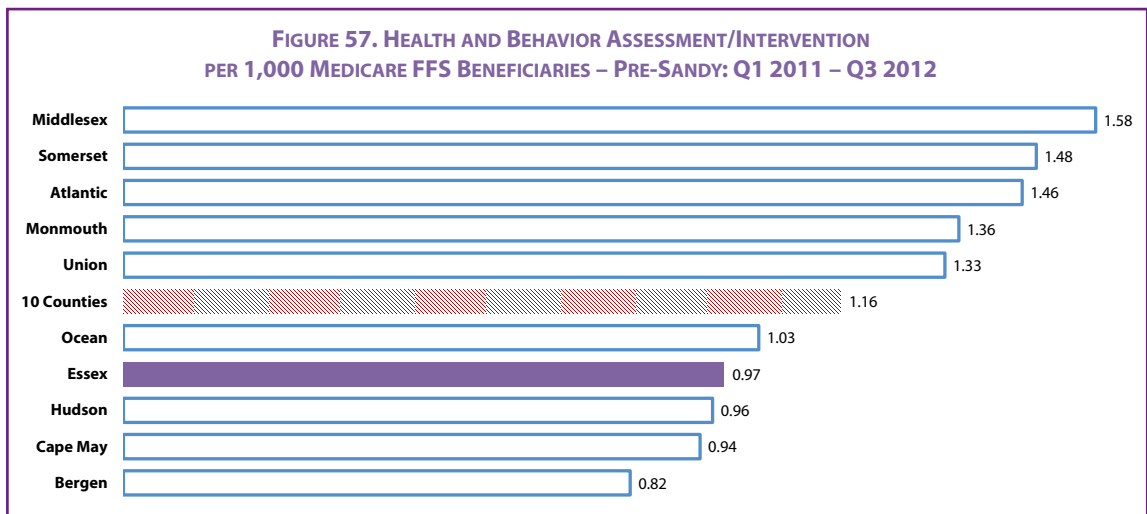
The rate of psychological testing in Essex County in the 21 months prior to Superstorm Sandy was 7.81 per 1,000 Medicare FFS beneficiaries. This was higher than the average rate among all 10 counties (Figure 56).



### Health and Behavior Assessment/Intervention

According to the CMS Mental Health Services Billing Guide, health and behavior assessments are used to identify the psychological, behavioral, emotional, cognitive, and social factors important to the prevention, treatment, or management of physical health problems.

The rate of health and behavior assessment in Essex County in the 21 months prior to Superstorm Sandy was 0.97 per 1,000 Medicare FFS beneficiaries. This was lower than the average rate among all 10 counties (Figure 57).



### Neuropsychological Tests

According to the CMS Mental Health Services Billing Guide, neuropsychological tests are evaluations designed to determine the functional consequences of known or suspected brain injury through testing of the neurocognitive domains responsible for language, perception, memory, learning, problem solving, and adaptation.

The rate of neuropsychological testing in Essex County in the 21 months prior to Superstorm Sandy was 12.77 per 1,000 Medicare FFS beneficiaries. This was lower than the average rate among all 10 counties (Figure 58).

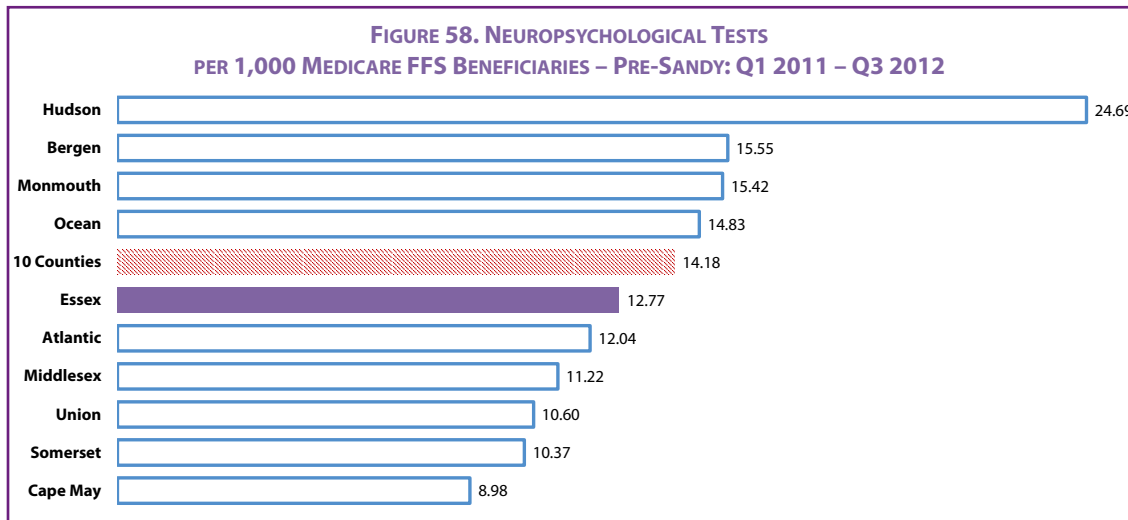
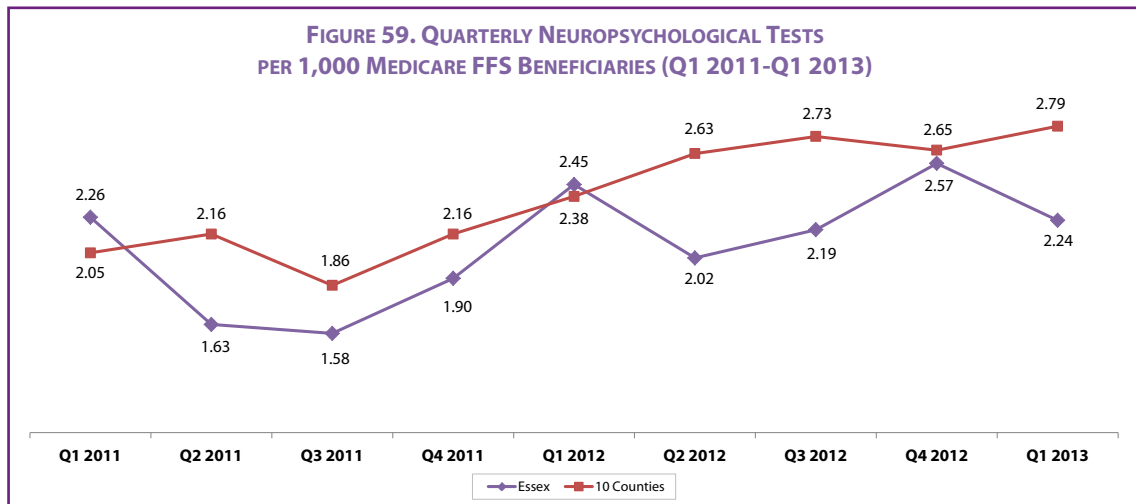


Figure 59 shows nine quarters of data to reflect trending in the use of neuropsychological testing per 1,000 Medicare FFS beneficiaries in Essex County and in the 10 FEMA-declared disaster counties.





## Psychiatric Diagnostic Procedures

According to the CMS Mental Health Services Billing Guide, psychiatric diagnostic evaluation is an integrated biopsychosocial assessment, including history, mental status, and recommendations. The evaluation may include communication with family or other sources and review of diagnostic studies.

The utilization rate of psychiatric diagnostic procedures in Essex County in the 21 months prior to Superstorm Sandy was 88.05 per 1,000 Medicare FFS beneficiaries. This was higher than the average of all 10 counties (Figure 60).

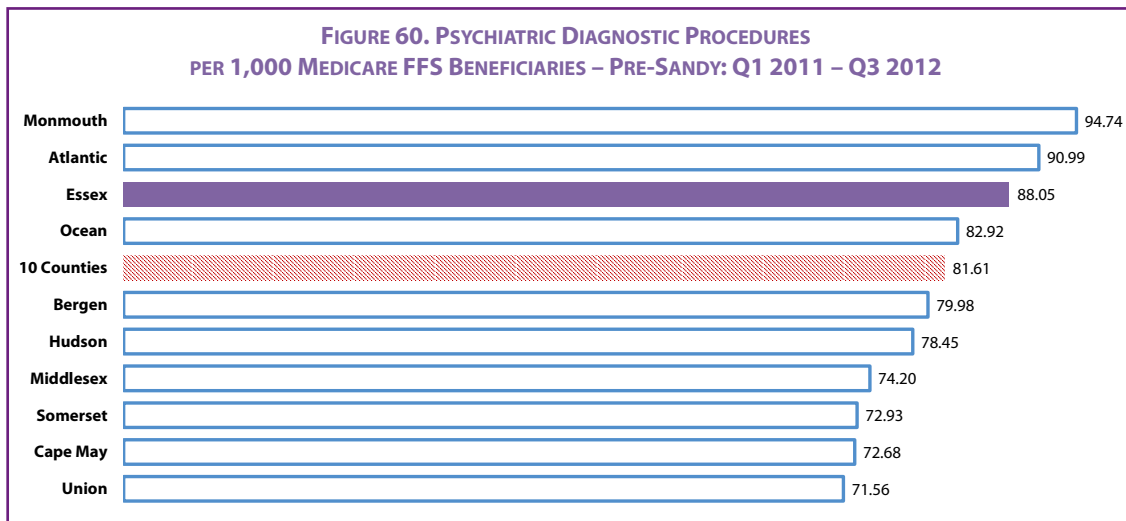
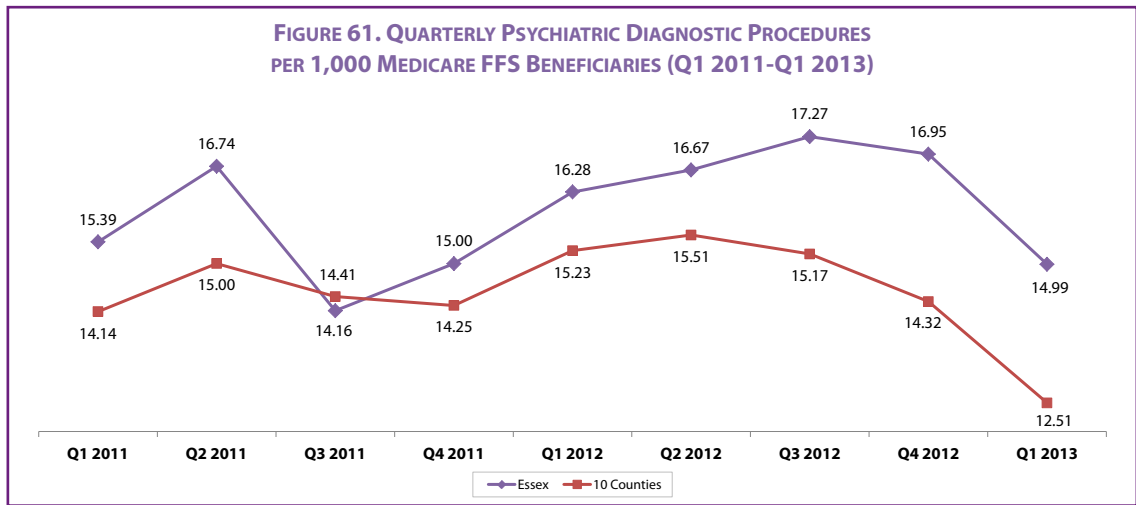


Figure 61 shows nine quarters of data to reflect trending in the use of psychiatric diagnostic procedures per 1,000 Medicare FFS beneficiaries in Essex County and in the 10 FEMA-declared disaster counties.



## Therapies

### Individual Psychotherapy

According to the CMS Mental Health Services Billing Guide, individual psychotherapy is the treatment of mental illness and behavioral disturbances where the physician or other qualified health professional attempts to alleviate the emotional disturbances, reverse or change maladaptive patterns of behavior, and encourage personality growth and development. This is done through the use of definitive therapeutic communication.

The utilization rate of individual psychotherapy was 78.83 per 1,000 Medicare FFS beneficiaries in Essex County in the 21 months prior to Superstorm Sandy. This was higher than the average of all 10 counties (Figure 62).

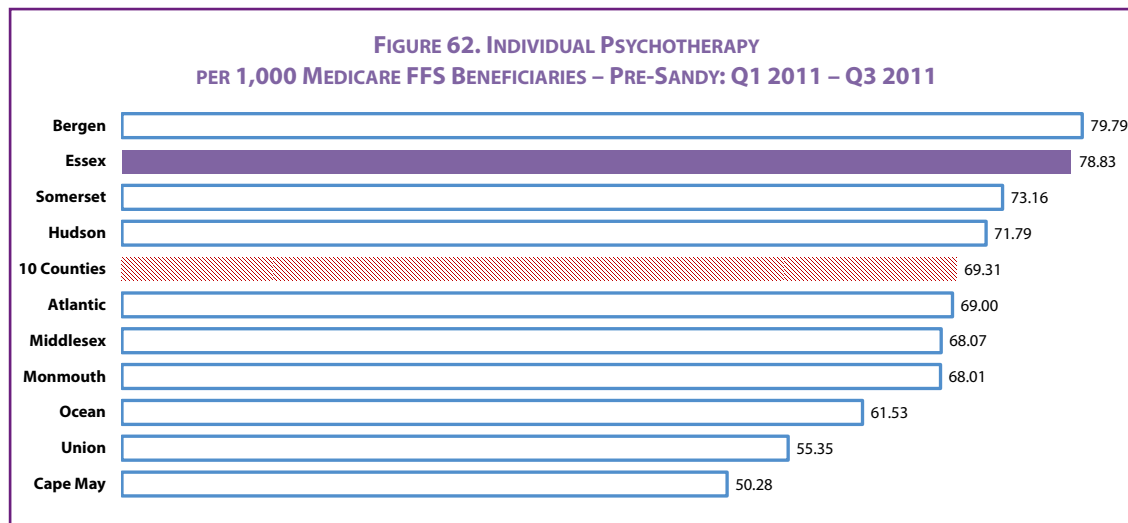
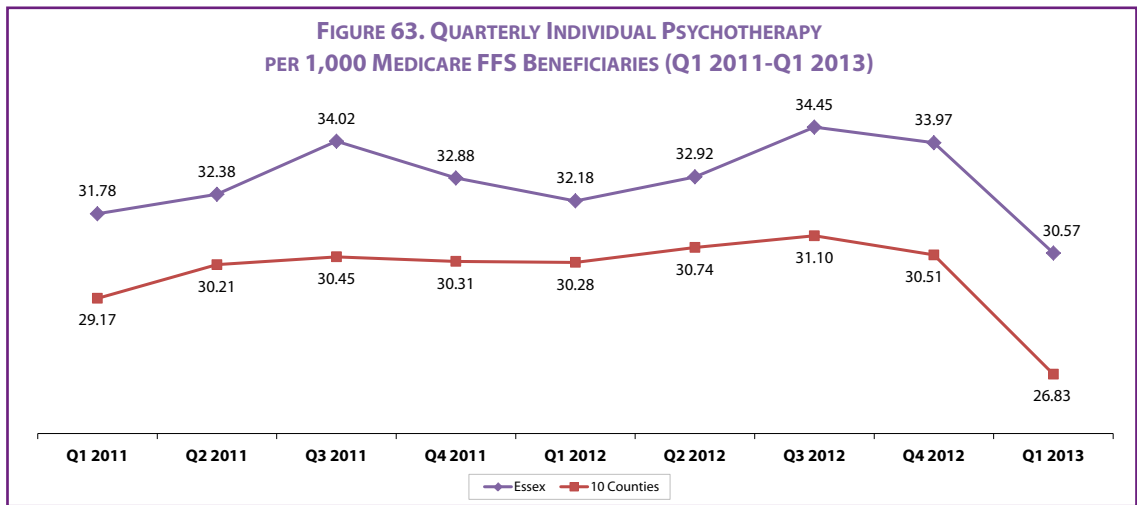


Figure 63 shows nine quarters of data to reflect trending in the use of individual psychotherapy per 1,000 Medicare FFS beneficiaries in Essex County and in the 10 FEMA-declared disaster counties.

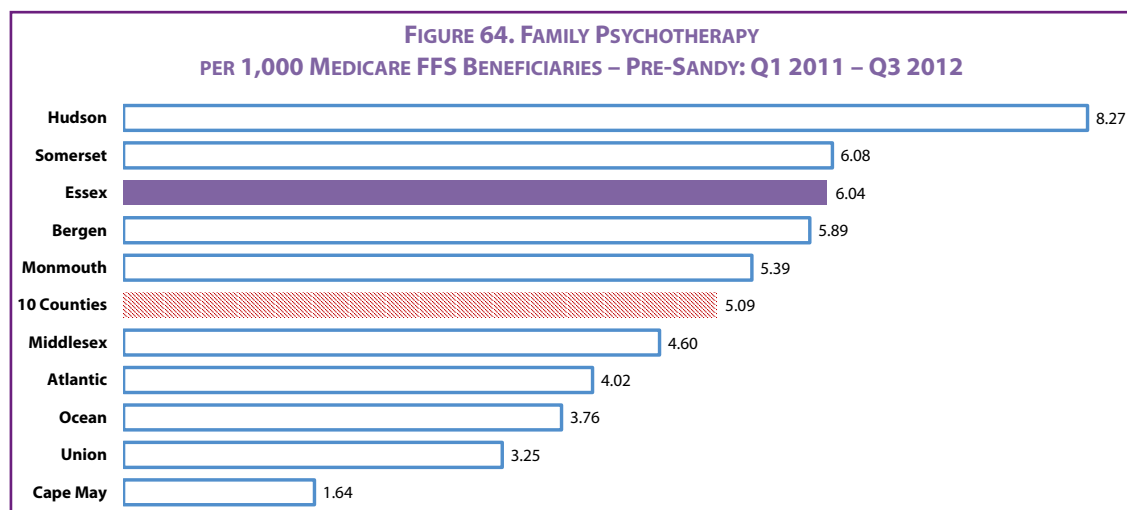


## Family Psychotherapy

According to the CMS Mental Health Services Billing Guide, family psychotherapy describes the treatment of the family unit when maladaptive behaviors of family members are exacerbating the beneficiary’s mental illness or interfering with treatment. It can also be used to assist the family in addressing the maladaptive behaviors of the patient and improve treatment compliance.

The utilization rate of family psychotherapy was 6.04 per 1,000 Medicare FFS beneficiaries in Essex County in the 21 months prior to Superstorm Sandy. This was higher than the average of all 10 counties (Figure 64).

Due to these low numbers, no quarterly trending data has been provided for this therapy.

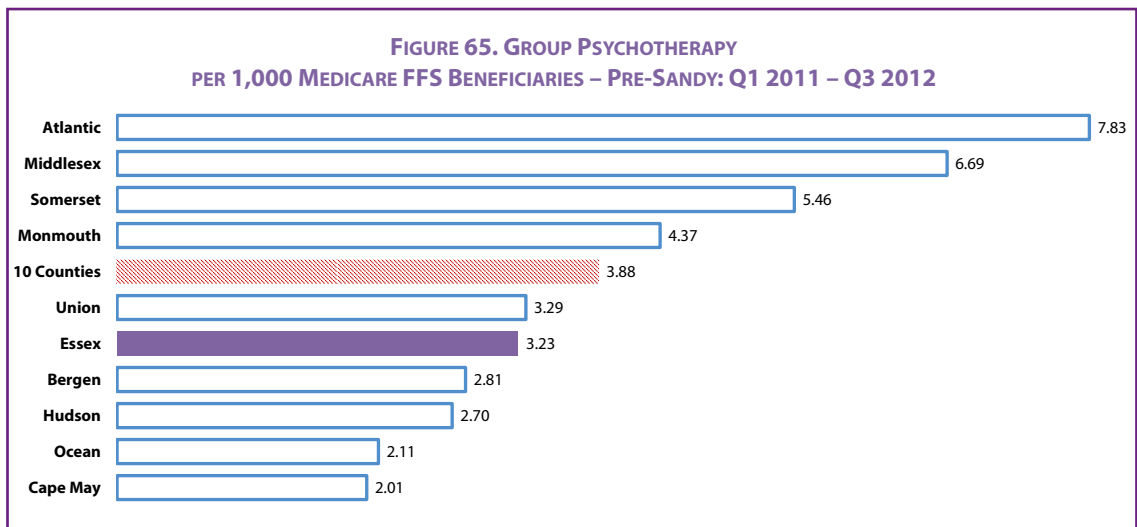


### Group Psychotherapy

According to the CMS Mental Health Services Billing Guide, group psychotherapy is a form of treatment where a selected group is guided by a licensed psychotherapist to help change maladaptive patterns that interfere with social functioning and are associated with a diagnosable psychiatric illness.

The utilization rate of group psychotherapy was 3.23 per 1,000 Medicare FFS beneficiaries in Essex County in the 21 months prior to Superstorm Sandy. This was lower than the average of all 10 counties (Figure 65).

Due to these low numbers, no quarterly trending data has been provided for this therapy.

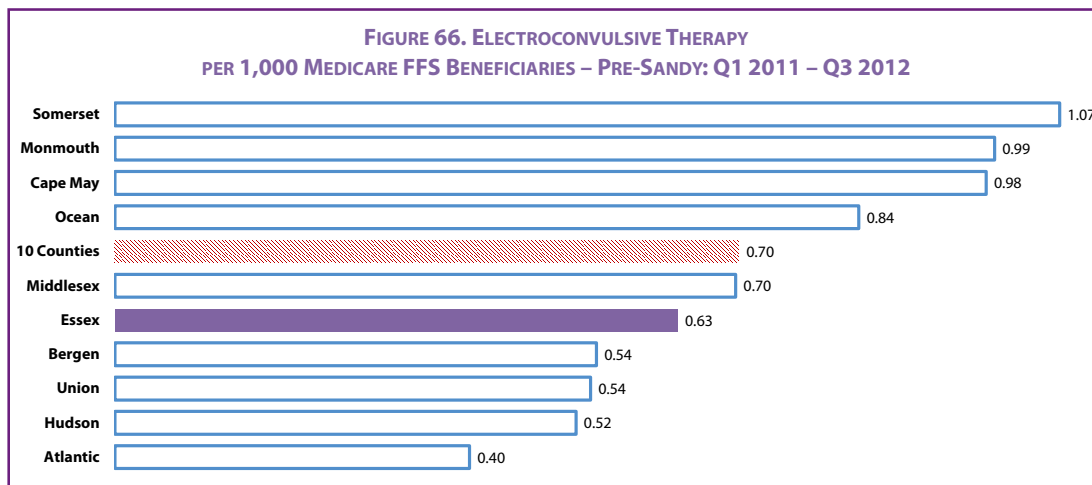


### Electroconvulsive Therapy

According to the CMS Mental Health Services Billing Guide, electroconvulsive therapy (ECT) is the application of electric current to the brain through scalp electrodes to induce a single seizure to produce a therapeutic effect. It is used primarily to treat major depressive disorders when antidepressant medication should not be used because it may be harmful to the patient. This type of therapy can be used for certain other clinical conditions as well.

The utilization rate of ECT was 0.63 per 1,000 Medicare FFS beneficiaries in Essex County in the 21 months prior to Superstorm Sandy (Figure 66).

Due to these low numbers, no quarterly trending data has been provided for this therapy.

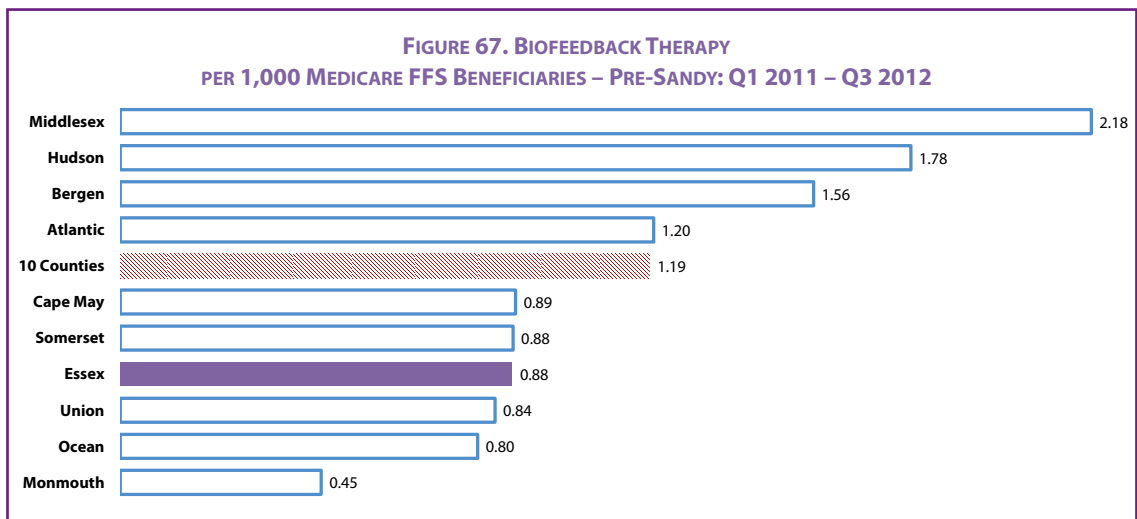


*Biofeedback Therapy*

According to the CMS Mental Health Services Billing Guide, biofeedback therapy provides visual, auditory, or other evidence of the status of certain body functions so a person can exert voluntary control over those functions, and thereby alleviate an abnormal bodily condition.

The utilization rate of biofeedback therapy was 0.88 per 1,000 Medicare FFS beneficiaries in Essex County in the 21 months prior to Superstorm Sandy (Figure 67).

Due to these low numbers, no quarterly trending data has been provided for this therapy.





# INPATIENT SERVICES

## Summary

Utilization of inpatient health services per 1,000 Medicare FFS beneficiaries in the 21 months prior to Superstorm Sandy in the 10 counties is color coded with highest (red) and lowest (light blue) for each measure. These additional services were analyzed because beneficiaries with underlying behavioral health issues may seek non-behavioral health services.

Inpatient services included four measures of service utilization: inpatient psychiatric facilities, acute care hospital admissions, observation stays with or without a subsequent hospital admission, and emergency department visits with or without a subsequent hospital admission. The second set of measures is tied to utilization of services within 30 days of an acute care episode, often used as proxy indicators of care coordination, and include all-cause 30-day hospital readmissions, observation stays within 30 days of discharge, and emergency department visits within 30 days of discharge.

Essex County had the highest psychiatric hospital admissions and observation stays than the average of the 10 counties (Figure 68).

**Figure 68. Utilization of Inpatient Health Services per 1,000 Medicare FFS Beneficiaries – Pre-Sandy (Q1 2011-Q3 2012)**

County	Psychiatric Hospital Admissions	Acute Care Hospital Admissions	Observation Stays	Emergency Department Visits
Atlantic	10.58	642.49	25.54	510.52
Bergen	13.31	514.96	11.18	390.06
Cape May	7.81	639.80	8.00	474.60
Essex	14.35	625.28	53.49	502.88
Hudson	14.25	611.20	34.01	459.27
Middlesex	10.33	535.00	25.09	427.85
Monmouth	13.96	575.84	8.23	448.58
Ocean	12.34	602.84	7.82	455.17
Somerset	12.58	502.79	8.34	392.45
Union	11.77	500.74	12.13	395.58
<b>10 counties</b>	<b>12.56</b>	<b>567.94</b>	<b>19.45</b>	<b>440.57</b>



Essex County also had the highest rate of 30-day hospital readmissions and observation stays within 30 days of discharge among all 10 counties (Figure 69).

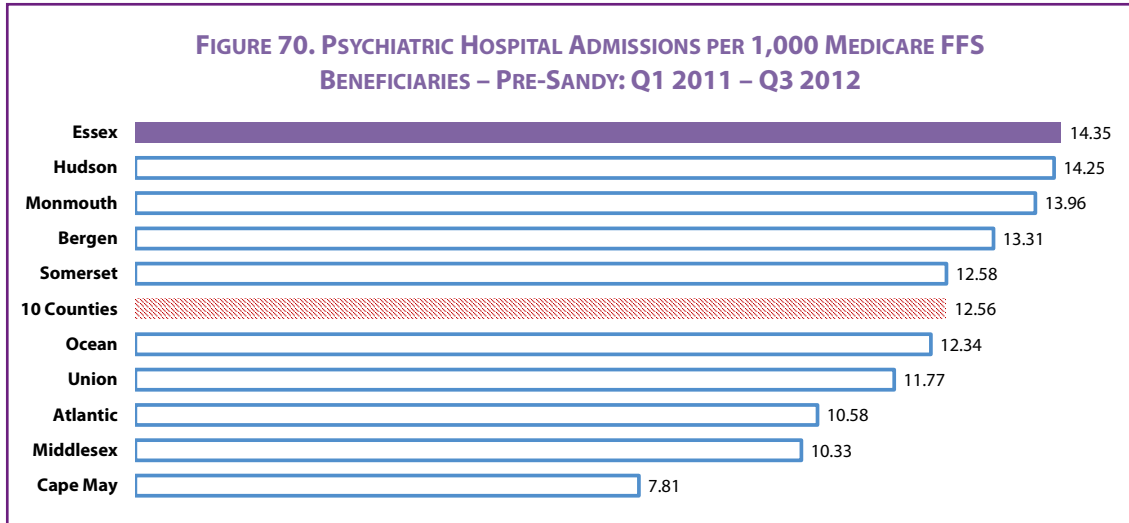
**Figure 69. Utilization of Inpatient Health Services per 1,000 Medicare FFS Beneficiaries Within 30 Days of Discharge Pre-Sandy (Q1 2011-Q3 2012)**

County	30-Day Hospital Readmissions	Observation Stays	Emergency Department Visits
Atlantic	129.80	14.35	<b>167.45</b>
Bergen	96.03	7.45	112.75
Cape May	117.17	10.66	150.19
Essex	<b>142.86</b>	<b>21.39</b>	164.37
Hudson	139.88	19.76	155.26
Middlesex	104.29	12.81	124.80
Monmouth	109.54	9.46	132.57
Ocean	115.31	11.52	143.97
Somerset	93.09	7.72	112.03
Union	92.61	9.08	110.27
<b>10 counties</b>	<b>112.70</b>	<b>12.25</b>	<b>134.83</b>

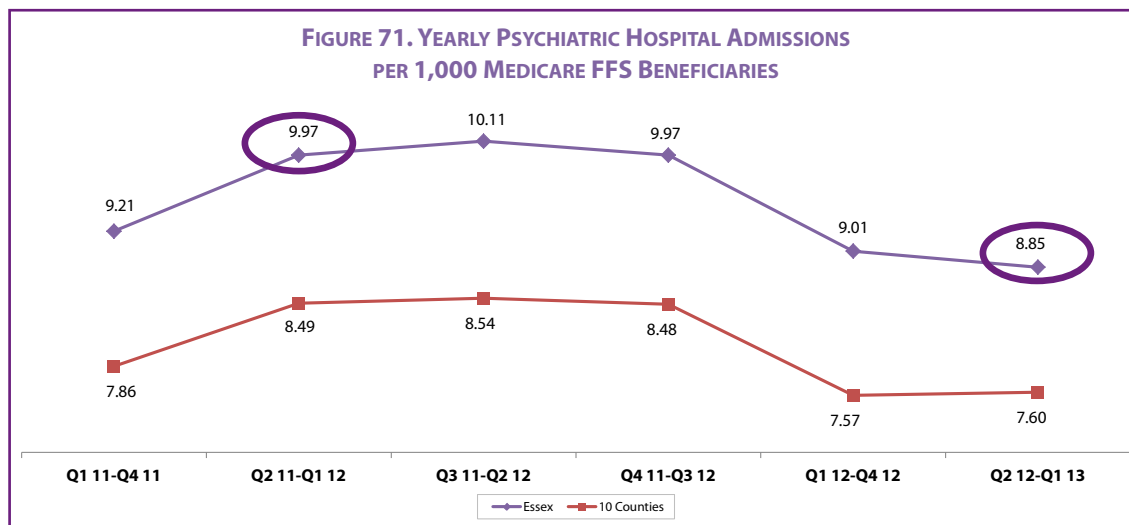
■ Highest    □ Lowest

## Psychiatric Hospital Admissions

Standalone psychiatric hospitals or distinct part psychiatric units in acute care hospitals in Essex County in the 21 months prior to Superstorm Sandy had an admission rate of 14.35 per 1,000 Medicare FFS beneficiaries. This was the highest rate among all 10 counties (Figure 70).



From Q2 2012 – Q1 2013, there were 8.85 per 1,000 Medicare FFS beneficiaries admitted to psychiatric hospitals in Essex County compared to Q2 2011 – Q1 2012, which was 9.97 per 1,000 beneficiaries. The yearly average of psychiatric hospital admissions with rolling quarters was higher than the average for all 10 counties (Figure 71).

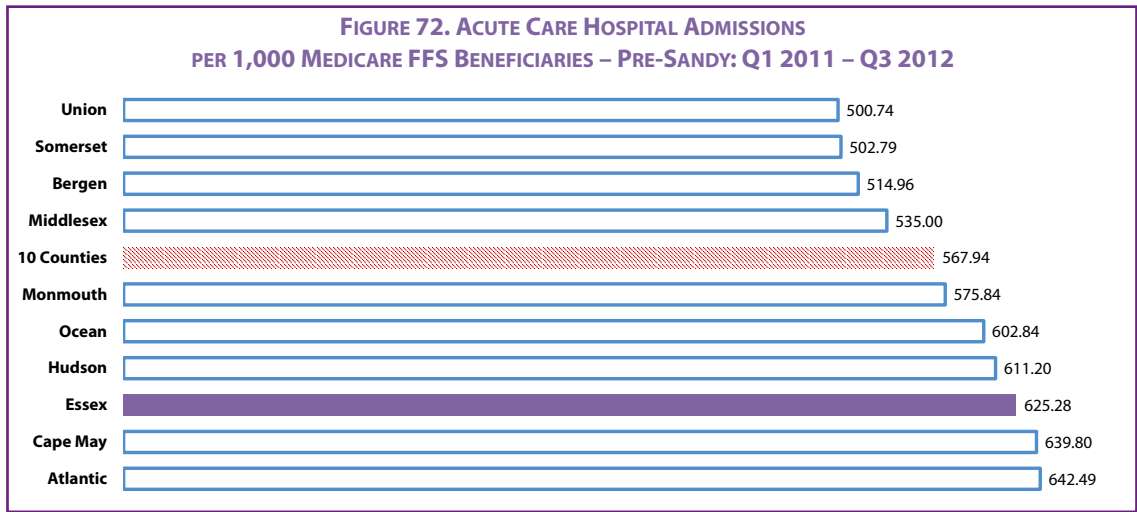


## Acute Care Hospitals

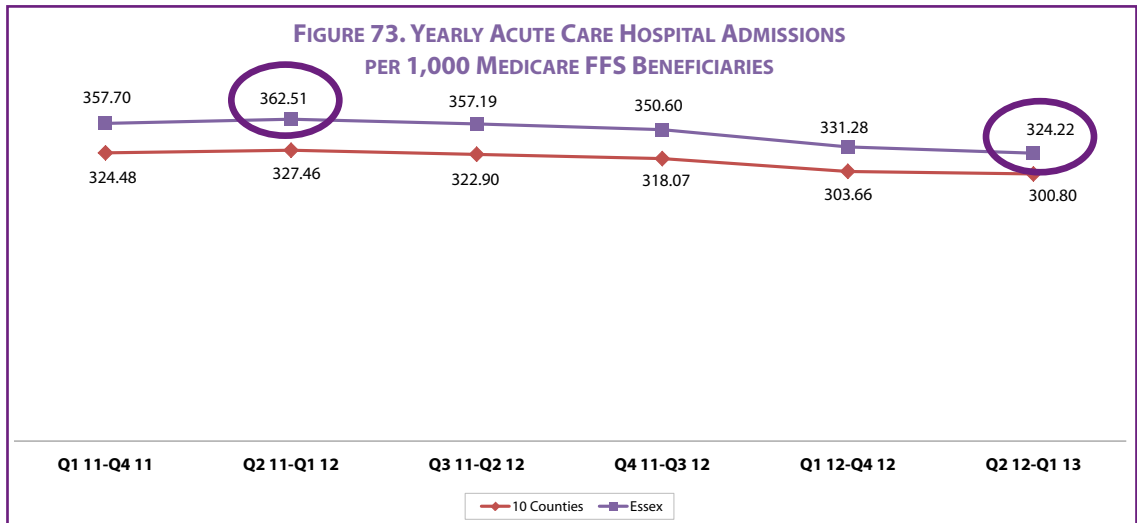
### Admissions

The following data shows all-cause utilization measures and includes all Medicare FFS beneficiaries, not just beneficiaries with behavioral health conditions. The data are ranked from the lowest utilization (top) to the highest utilization (bottom).

The rate of hospital admissions in Essex County in the 21 months prior to Superstorm Sandy was 625.28 per 1,000 Medicare FFS beneficiaries. This was higher than the average rate among all 10 counties (Figure 72).



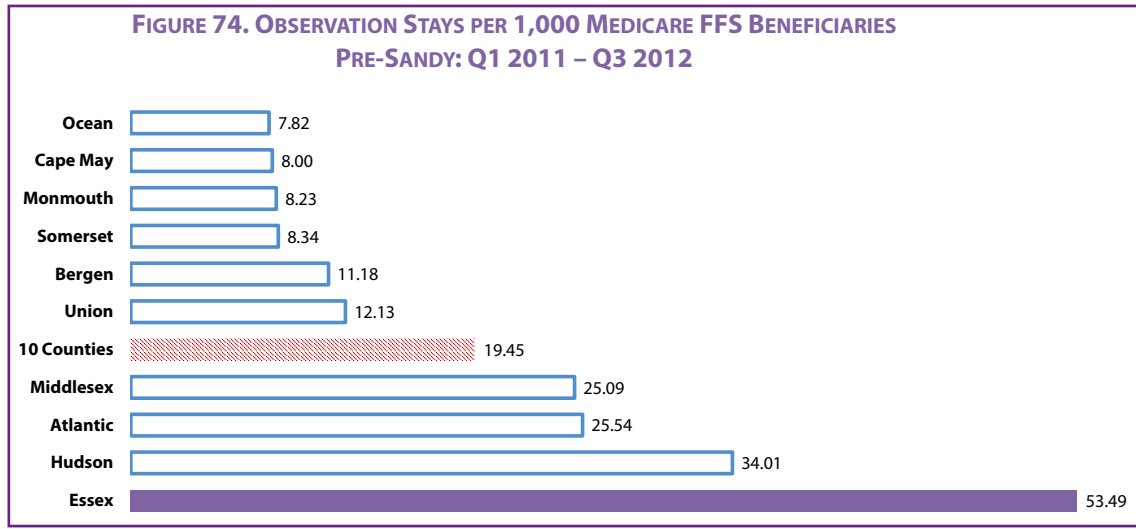
From Q2 2012 – Q1 2013, the hospital admissions rate was 324.22 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 362.51 per 1,000 beneficiaries. The yearly average rate with rolling quarters was higher than the average for all 10 counties (Figure 73).



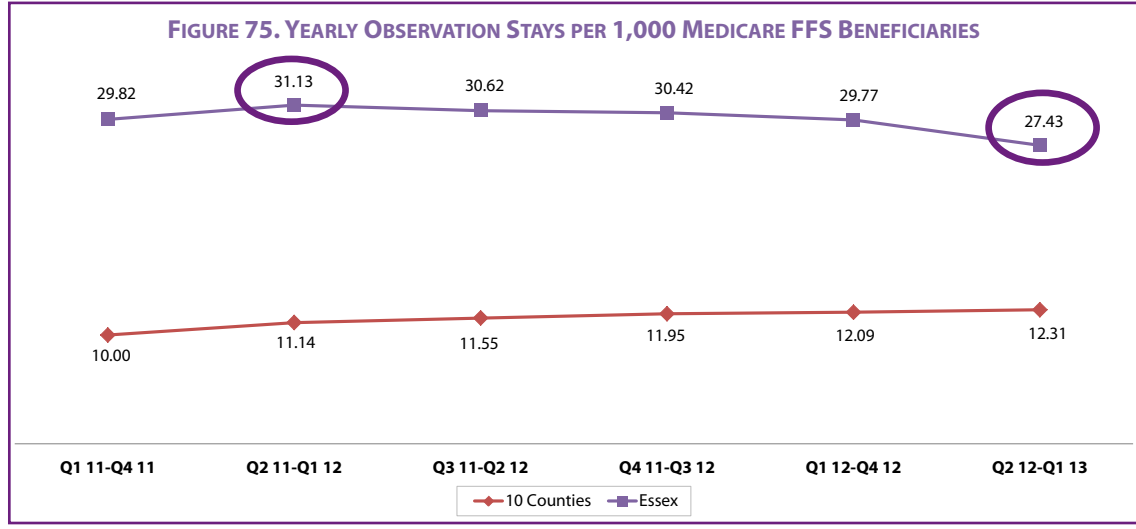
### Observation Stays

According to the U.S. Department of Health and Human Services, observation stays are short-term treatments and assessments provided to outpatients to determine whether Medicare FFS beneficiaries require further treatment as inpatients or can be discharged.

The rate of observation stays in Essex County in the 21 months prior to Superstorm Sandy was 53.49 per 1,000 Medicare FFS beneficiaries. This was the highest rate among all 10 counties (Figure 74).

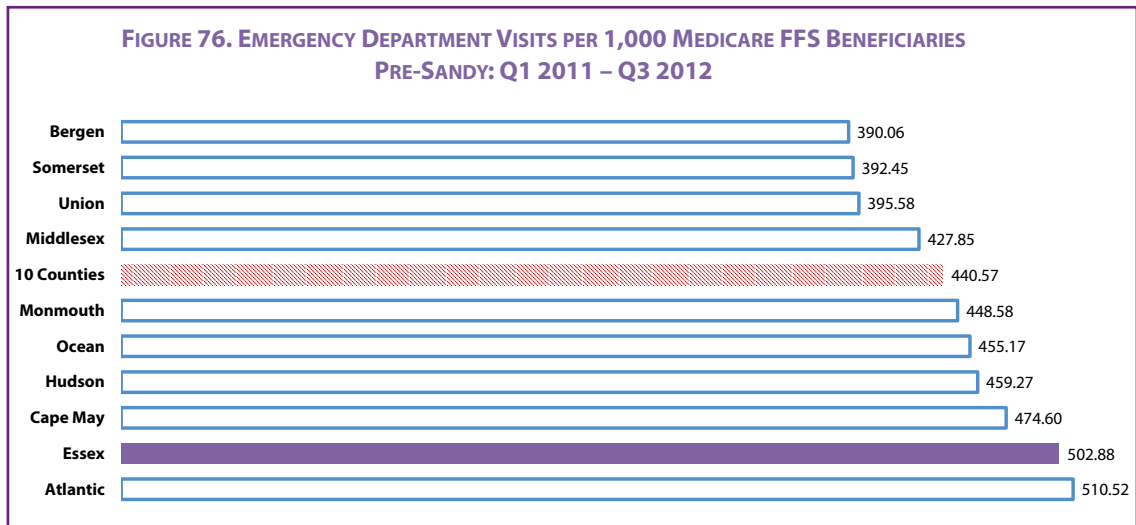


From Q2 2012 – Q1 2013, the observation stays rate was 27.43 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 31.13 per 1,000 beneficiaries. The yearly average rate with rolling quarters was higher than the average for all 10 counties (Figure 75).

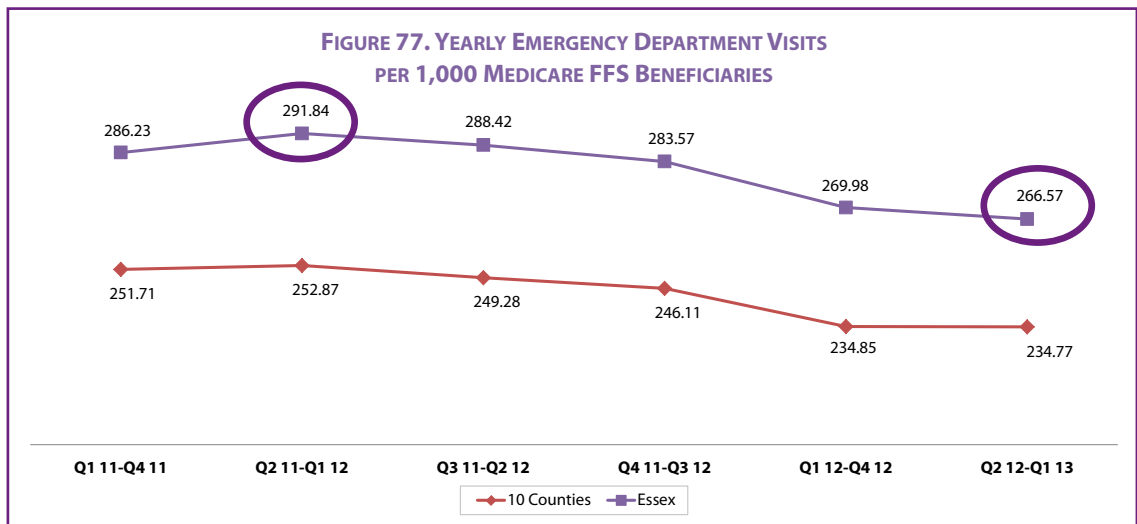


### Emergency Department Visits

The rate of emergency department visits in Essex County in the 21 months prior to Superstorm Sandy was 502.88 per 1,000 Medicare FFS beneficiaries. This was higher than the average rate among all 10 counties (Figure 76).

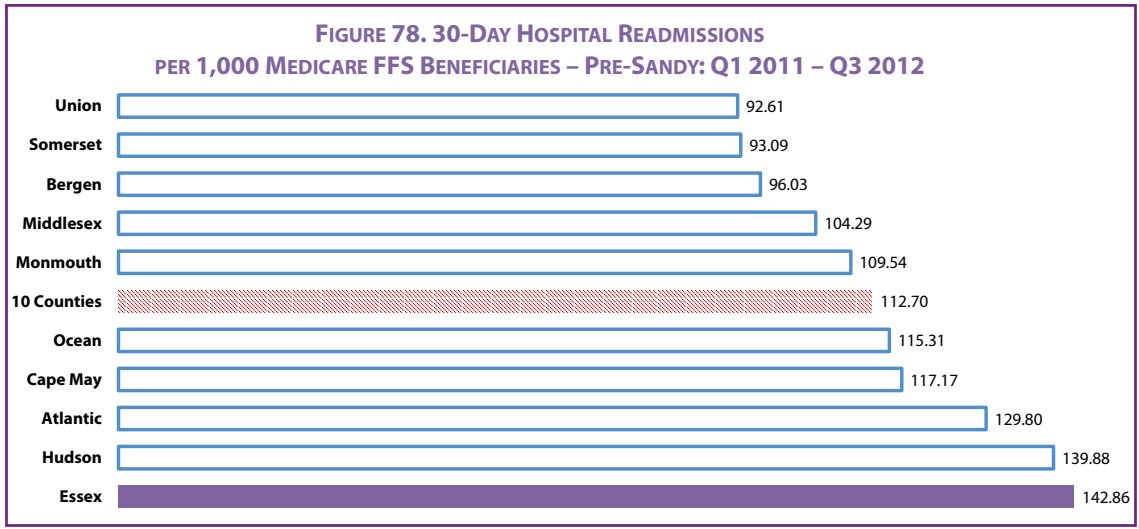


From Q2 2012 – Q1 2013, the emergency department visit rate was 266.57 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 291.84 per 1,000 beneficiaries. The yearly average rate with rolling quarters was higher than the average for all 10 counties (Figure 77).

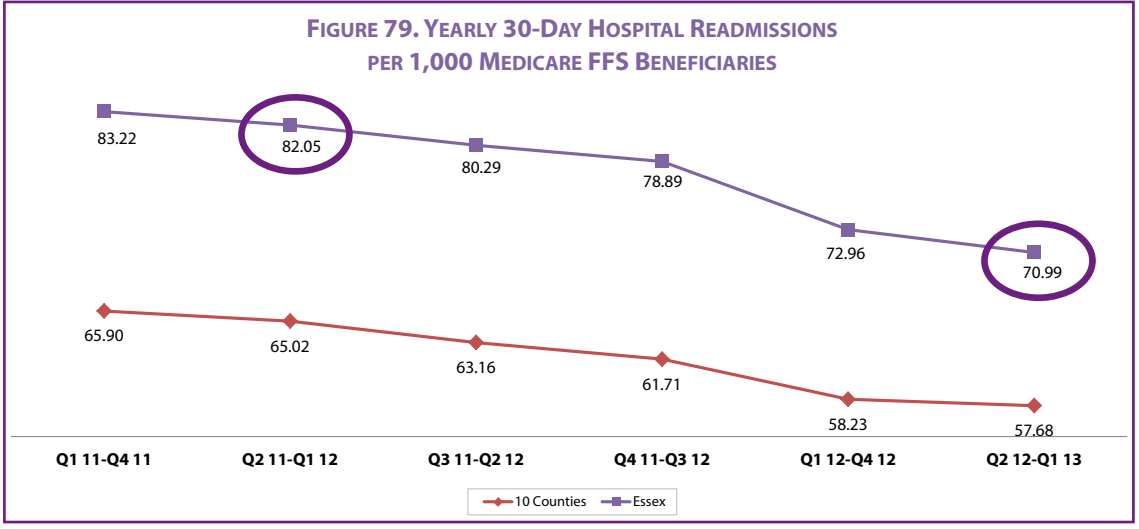


### 30-Day Hospital Readmissions

The rate of 30-day hospital readmissions in Essex County in the 21 months prior to Superstorm Sandy was 142.86 per 1,000 Medicare FFS beneficiaries. This was the highest rate among all 10 counties (Figure 78).

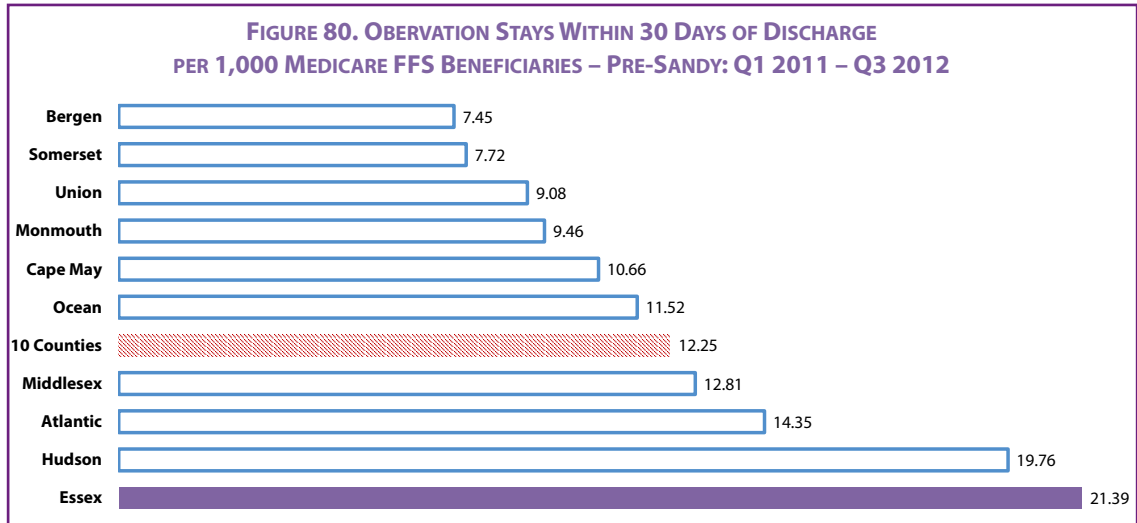


From Q2 2012 – Q1 2013, the rate of hospital readmissions within 30 days of discharge was 70.99 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 82.05 per 1,000 beneficiaries. The yearly average rate with rolling quarters was higher than the average for all 10 counties (Figure 79).

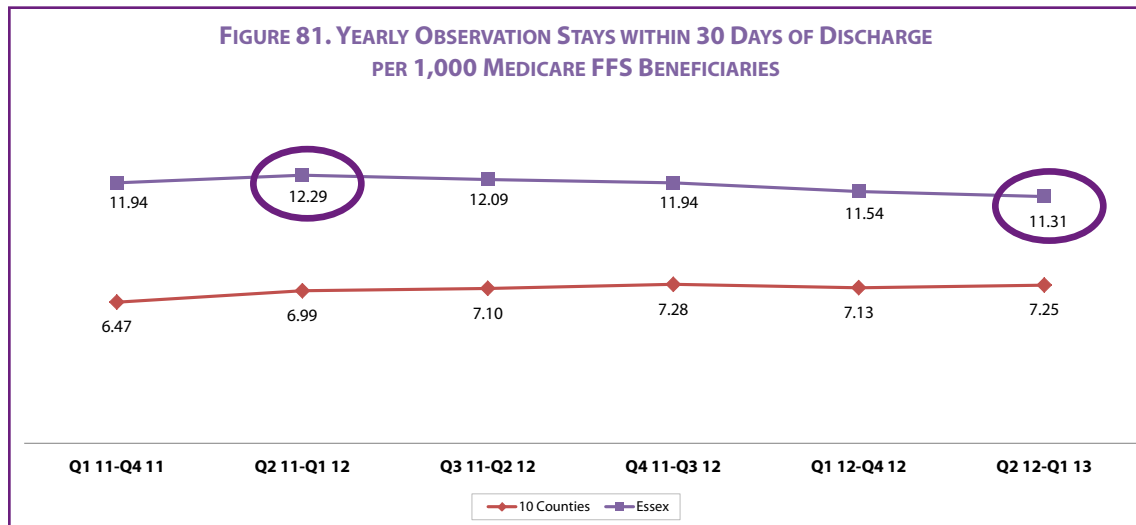


### Observation Stays Within 30 Days of Discharge

The rate of observation stays within 30 days of discharge in Essex County in the 21 months prior to Superstorm Sandy was 21.39 per 1,000 Medicare FFS beneficiaries. This was the highest rate among all 10 counties (Figure 80).



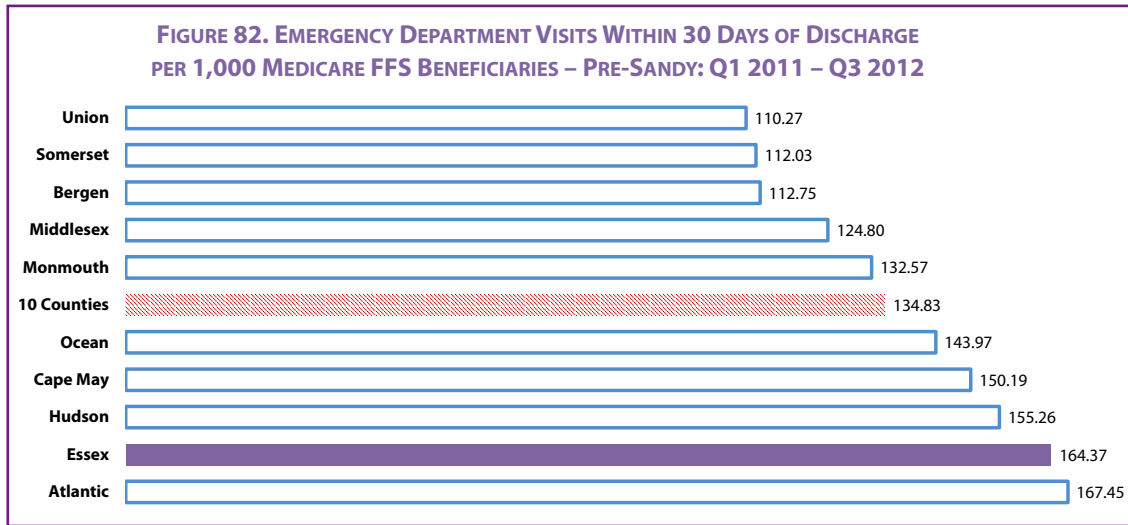
From Q2 2012 – Q1 2013, the rate of observation stays within 30 days of discharge was 11.31 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 12.29 per 1,000 beneficiaries. The yearly average rate of observation stays within 30 days of discharge with rolling quarters was higher than the average for all 10 counties (Figure 81).



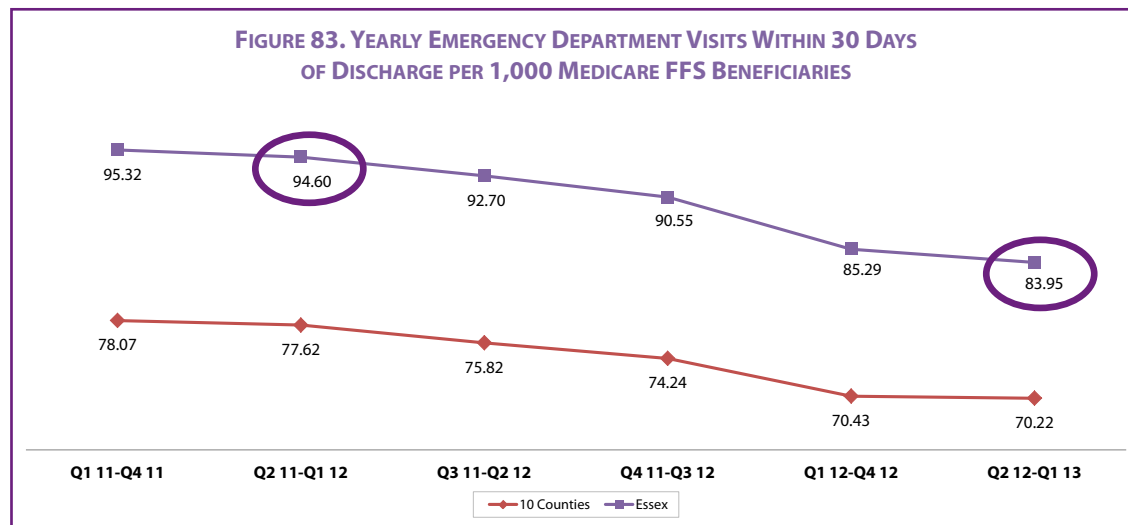


### Emergency Department Visits Within 30 Days of Discharge

The rate of emergency department visits within 30 days of discharge in Essex County in the 21 months prior to Superstorm Sandy was 164.37 per 1,000 Medicare FFS beneficiaries. This was higher than the average rate among all 10 counties (Figure 82).



From Q2 2012 – Q1 2013, the rate of emergency department visits within 30 days of discharge was 83.95 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 94.60 per 1,000 beneficiaries. The yearly average rate of emergency department visits within 30 days of discharge with rolling quarters was higher than the average for all 10 counties (Figure 83).



## Other Settings

### Summary

This profile also looks at the utilization of home health agency, skilled nursing facility, hospice, and medical rehabilitation services. These additional services were analyzed because Medicare FFS beneficiaries with underlying behavioral health issues may seek these non-behavioral health services. Utilization of health services per 1,000 Medicare FFS beneficiaries for these settings in the 21 months prior to Superstorm Sandy in the 10 counties is color coded with highest (red) and lowest (light blue) for each measure.

Essex County had the lowest utilization rate of home health agency services and was one of two counties with the highest utilization rate of skilled nursing facility services among all 10 counties (Figure 84).

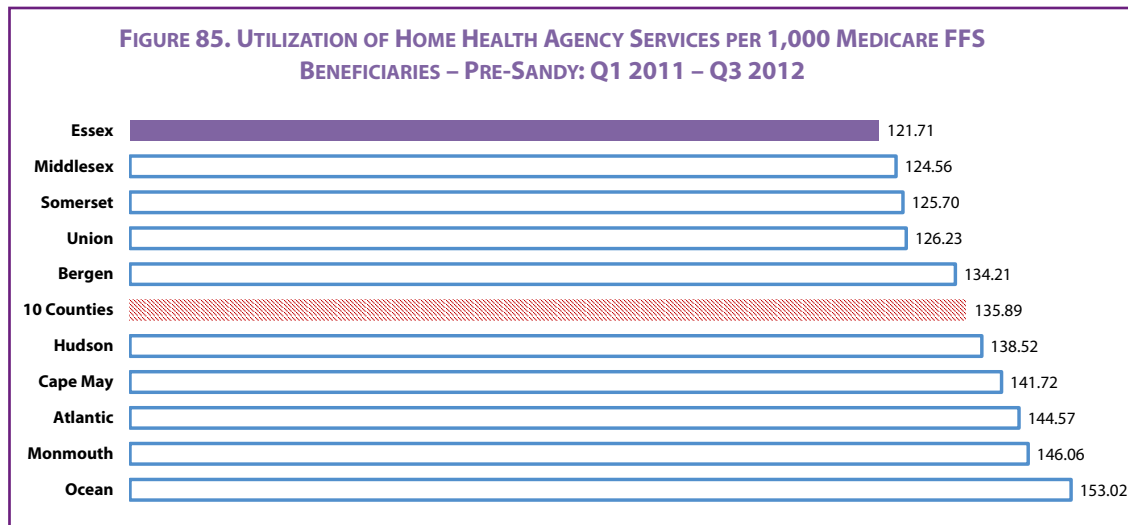
**Figure 84. Utilization of Health Services  
per 1,000 Medicare FFS Beneficiaries – Pre-Sandy (Q1 2011-Q3 2012)**

County	Home Health Agency Services	Skilled Nursing Facility Services	Hospice Services	Medical Rehabilitation Services
Atlantic	144.57	99.09	44.90	22.65
Bergen	134.21	103.49	34.63	18.52
Cape May	141.72	106.74	46.96	13.94
Essex	121.71	<b>118.04</b>	31.68	15.32
Hudson	138.52	110.10	27.96	13.43
Middlesex	124.56	107.09	34.23	15.01
Monmouth	146.06	112.50	48.77	26.61
Ocean	<b>153.02</b>	<b>118.04</b>	<b>49.43</b>	<b>36.49</b>
Somerset	125.70	103.72	39.73	16.60
Union	126.23	109.34	33.87	15.52
<b>10 counties</b>	<b>135.89</b>	<b>109.87</b>	<b>38.86</b>	<b>20.79</b>

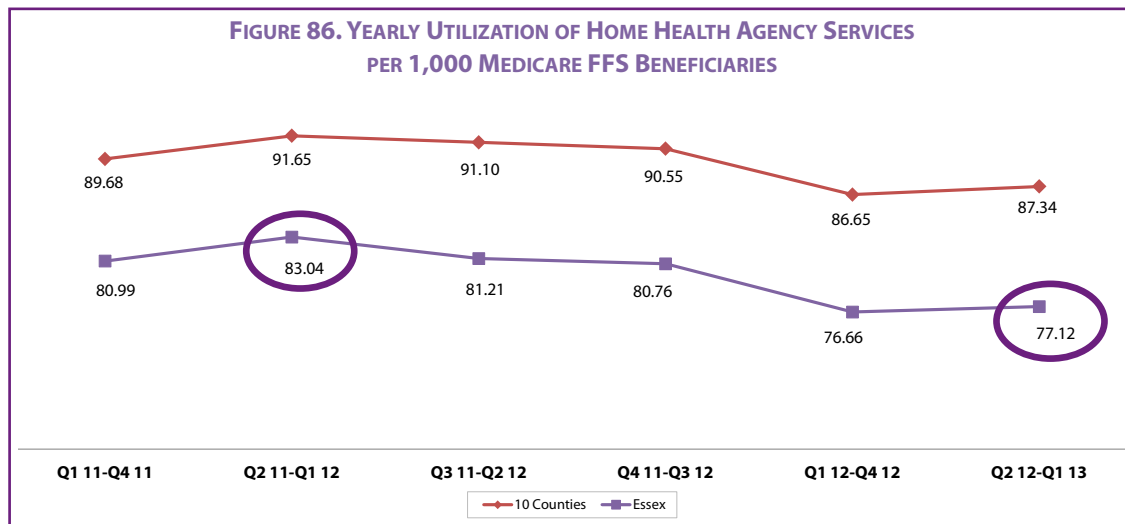
Highest
  Lowest

## Home Health Agency Services

The rate of home health agency use in Essex County in the 21 months prior to Superstorm Sandy was 121.71 per 1,000 Medicare FFS beneficiaries. This was the lowest rate among all 10 counties (Figure 85).

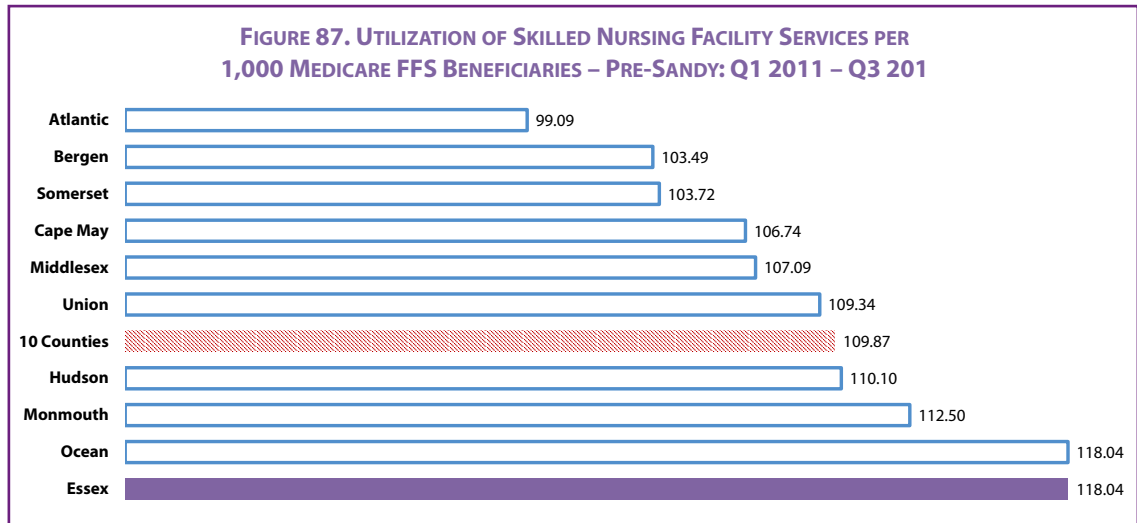


From Q2 2012 – Q1 2013, the rate of home health agency services utilization was 77.12 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 83.04 per 1,000 beneficiaries. The yearly average rate of home health agency use with rolling quarters was lower than the average for all 10 counties (Figure 86).

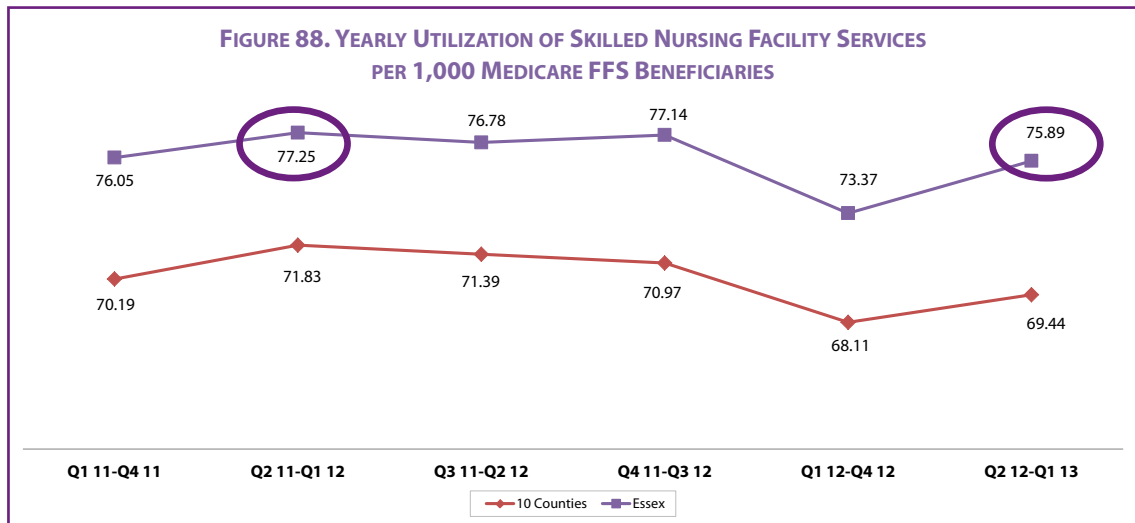


### Skilled Nursing Facility Services

The rate of skilled nursing facility services in Essex County in the 21 months prior to Superstorm Sandy was 118.04 per 1,000 Medicare FFS beneficiaries. This was the highest rate among all 10 counties (Figure 87).

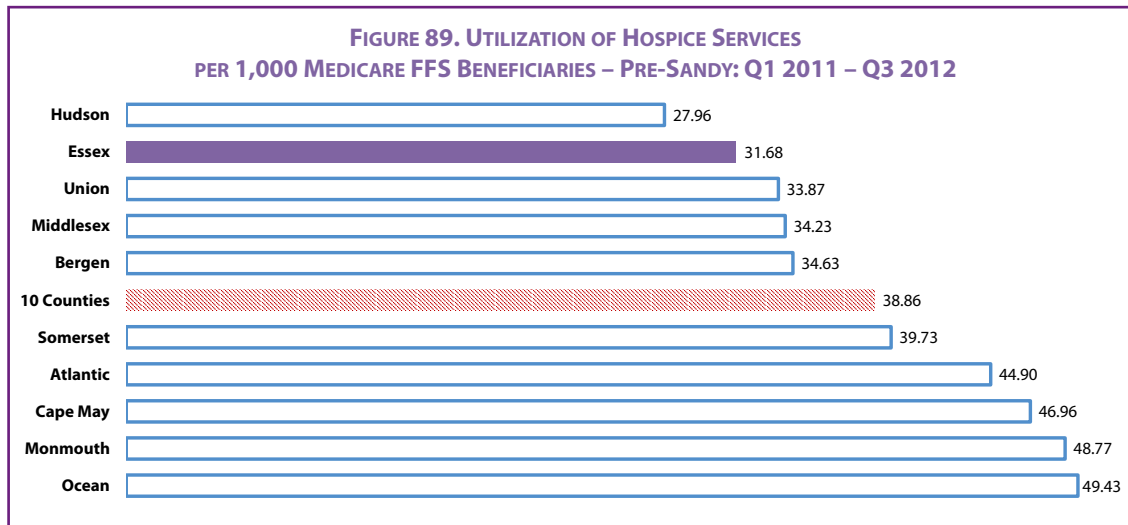


From Q2 2012 – Q1 2013, the rate of skilled nursing facility services was 75.89 per 1,000 Medicare FFS beneficiaries compared to Q2 2011 – Q1 2012, which was 77.25 per 1,000 beneficiaries. The yearly average rate of skilled nursing facility use in Essex County with rolling quarters was higher than the average for all 10 counties (Figure 88).

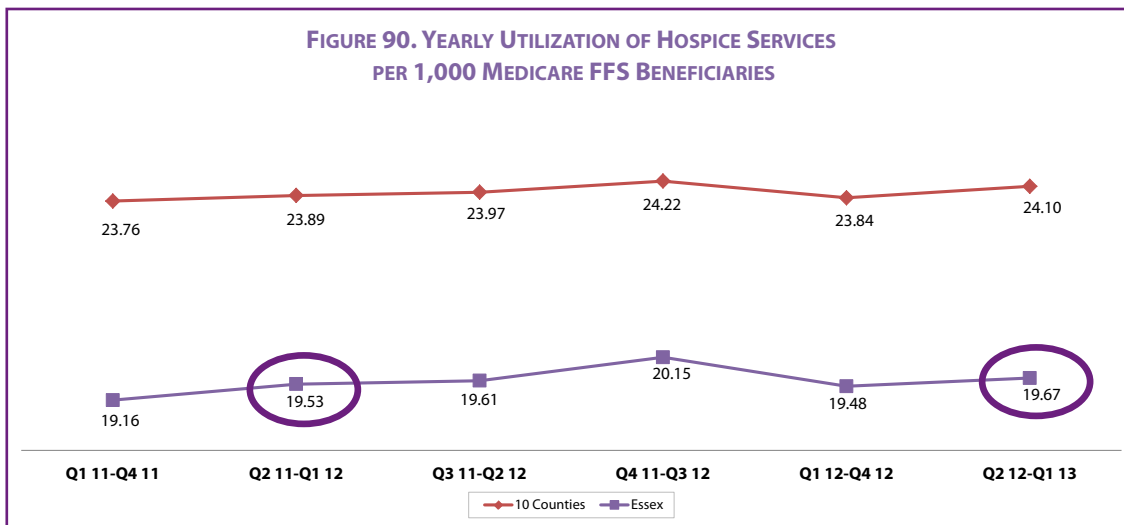


### Hospice Services

The rate of hospice use in Essex County in the 21 months prior to Superstorm Sandy was 31.68 per 1,000 Medicare FFS beneficiaries. This was lower than the average rate among all 10 counties (Figure 89).

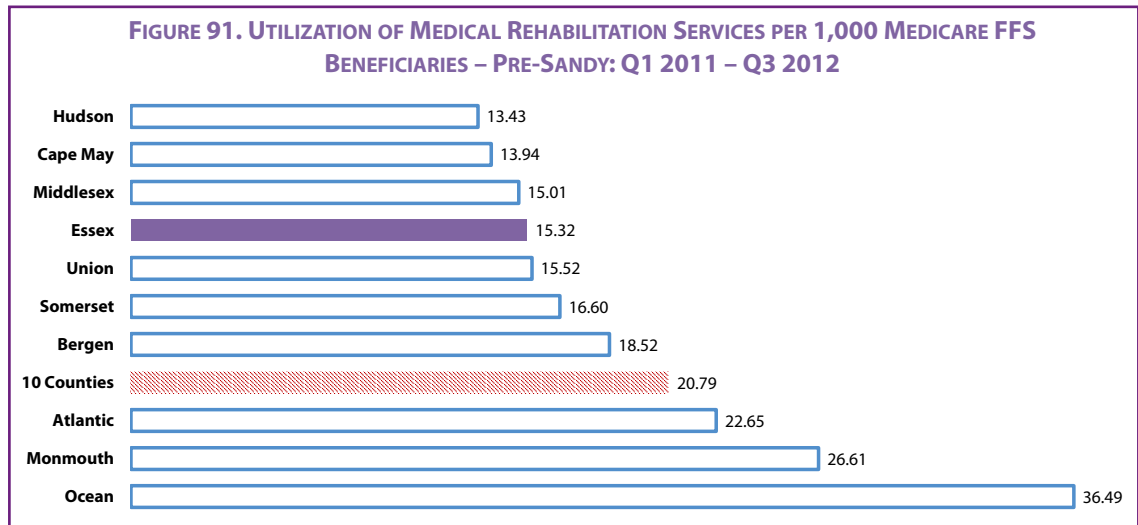


From Q2 2012 – Q1 2013, the rate of hospice use was 19.67 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 19.53 per 1,000 beneficiaries. The yearly average rate with rolling quarters was lower than the average for all 10 counties (Figure 90).

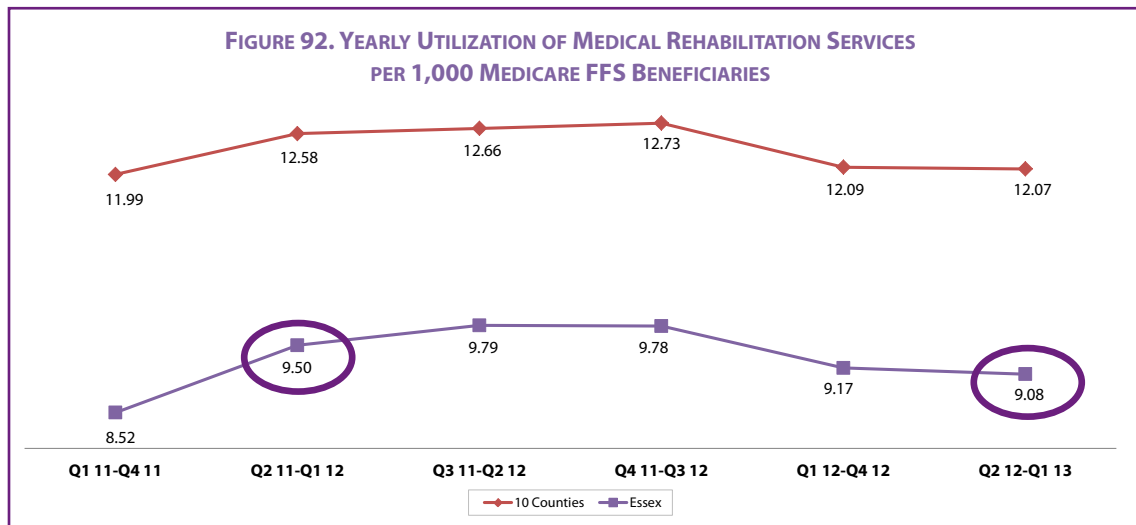


### Medical Rehabilitation Services

The rate of medical rehabilitation use in Essex County in the 21 months prior to Superstorm Sandy was 15.32 per 1,000 Medicare FFS beneficiaries. This was lower than the average rate among all 10 counties (Figure 91).



From Q2 2012 – Q1 2013, the rate of medical rehabilitation use was 9.08 per 1,000 Medicare FFS beneficiaries in Essex County compared to Q2 2011 – Q1 2012, which was 9.50 per 1,000 beneficiaries. The yearly average rate with rolling quarters was lower than the average for all 10 counties (Figure 92).



# APPENDIX A: BEHAVIORAL HEALTH CONDITIONS

## Documentation and Technical Notes

The following defines the study population, the time frames, and the exclusion and inclusion criteria:

### *Data Source*

- New Jersey Medicare Part A and Part B FFS claims data and denominator file

### *Reference Time Period*

- Prevalence of the condition for the pre-Sandy time frame (Q1 2011- Q3 2012 or 21 months)
- Yearly prevalence of the condition with quarterly rolling (Q1 2011-Q1 2013)
- Quarterly new incidence of conditions that were not existent (not reported) in the prior year

### *Denominator*

- All Medicare beneficiaries who were in CMS denominator file during measurement time frame
- With FFS coverage AND eligible enrollment in FFS days/total measurement days > 0

### *Numerator*

- Unique beneficiaries with disease-specific inpatient OR outpatient claim during the time frame
- CCW and AHRQ disease diagnosis code match (ICD-9-CM codes) Part A dgns\_cd\_1-25 and dgns\_e\_cd\_1-3; Match Part B dgns\_cd\_1\_12

### *Exclusions*

- HMO coverage period
- Age <18 or >= 110
- Eligible FFS days/total measurement days = 0

### *Resources*

More information on the classification codes, requirements, and processing of the behavioral health conditions highlighted in this profile can be located at the following links:

- [https://www.ccwdata.org/cs/groups/public/documents/document/clin\\_cond\\_algo\\_req\\_proc.pdf](https://www.ccwdata.org/cs/groups/public/documents/document/clin_cond_algo_req_proc.pdf)
- <http://www.hcup-us.ahrq.gov/toolssoftware/ccs/ccs.jsp>

# APPENDIX A

The following table shows the ICD-9-CM codes for the eight behavioral health conditions:

Behavioral Health Conditions	Numerator: Valid ICD-9-CM Codes
Depression or Proxy Disorders (Depression, Anxiety Disorders or Adjustment Disorders)	29384, 29620, 29621, 29622, 29623, 29624, 29625, 29626, 29630, 29631, 29632, 29633, 29634, 29635, 29636, 30000, 30001, 30002, 30009, 30010, 30020, 30021, 30022, 30023, 30029, 3003, 3004, 3005, 30089, 3009, 3080, 3081, 3082, 3083, 3084, 3089, 3090, 3091, 30922, 30923, 30924, 30928, 30929, 3093, 3094, 30981, 30982, 30983, 30989, 3099, 311, 3130, 3131, 31321, 31322, 3133, 31382, 31383, V790
Depression	29620, 29621, 29622, 29623, 29624, 29625, 29626, 29630, 29631, 29632, 29633, 29634, 29635, 29636, 3004, 311, V790
Anxiety Disorders	29384, 30000, 30001, 30002, 30009, 30010, 30020, 30021, 30022, 30023, 30029, 3003, , 3005, 30089, 3009, 3080, 3081, 3082, 3083, 3084, 3089, 3130, 3131, 31321, 31322, 3133, 31382, 31383
Adjustment Disorders	3090, 3091, 30922, 30923, 30924, 30928, 30929, 3093, 3094, 30981, 30982, 30983, 30989, 3099
Post-Traumatic Stress Disorder (PTSD)	30981
Alcohol or Substance Abuse	2920, 29211, 29212, 2922, 29281, 29282, 29283, 29284, 29285, 29289, 2929, 30400, 30401, 30402, 30403, 30410, 30411, 30412, 30413, 30420, 30421, 30422, 30423, 30430, 30431, 30432, 30433, 30440, 30441, 30442, 30443, 30450, 30451, 30452, 30453, 30460, 30461, 30462, 30463, 30470, 30471, 30472, 30473, 30480, 30481, 30482, 30483, 30490, 30491, 30492, 30493, 30520, 30521, 30522, 30523, 30530, 30531, 30532, 30533, 30540, 30541, 30542, 30543, 30550, 30551, 30552, 30553, 30560, 30561, 30562, 30563, 30570, 30571, 30572, 30573, 30580, 30581, 30582, 30583, 30590, 30591, 30592, 30593, 64830, 64831, 64832, 64833, 64834, 65550, 65551, 65553, 76072, 76073, 76075, 7795, 96500, 96501, 96502, 96509, V6542 Alcohol Abuse: 2910, 2911, 2912, 2913, 2914, 2915, 2918, 29181, 29182, 29189, 2919, 30300, 30301, 30302, 30303, 30390, 30391, 30392, 30393, 30500, 30501, 30502, 30503, 76071, 9800
Substance Abuse	2920, 29211, 29212, 2922, 29281, 29282, 29283, 29284, 29285, 29289, 2929, 30400, 30401, 30402, 30403, 30410, 30411, 30412, 30413, 30420, 30421, 30422, 30423, 30430, 30431, 30432, 30433, 30440, 30441, 30442, 30443, 30450, 30451, 30452, 30453, 30460, 30461, 30462, 30463, 30470, 30471, 30472, 30473, 30480, 30481, 30482, 30483, 30490, 30491, 30492, 30493, 30520, 30521, 30522, 30523, 30530, 30531, 30532, 30533, 30540, 30541, 30542, 30543, 30550, 30551, 30552, 30553, 30560, 30561, 30562, 30563, 30570, 30571, 30572, 30573, 30580, 30581, 30582, 30583, 30590, 30591, 30592, 30593, 64830, 64831, 64832, 64833, 64834, 65550, 65551, 65553, 76072, 76073, 76075, 7795, 96500, 96501, 96502, 96509, V6542
Suicide and Intentional Self-Inflicted Injury	E9500, E9501, E9502, E9503, E9504, E9505, E9506, E9507, E9508, E9509, E9510, E9511, E9518, E9520, E9521, E9528, E9529, E9530, E9531, E9538, E9539, E954, E9550, E9551, E9552, E9553, E9554, E9555, E9556, E9557, E9559, E956, E9570, E9571, E9572, E9579, E9580, E9581, E9582, E9583, E9584, E9585, E9586, E9587, E9588, E9589, E959, V6284



## APPENDIX B: RISK FACTORS FOR DEPRESSION OR PROXY DISORDERS

### Documentation and Technical Notes

The following defines the study population, the time frame, the exclusion and inclusion criteria, and the literature review references:

#### *Data Source*

- New Jersey Medicare Part A and Part B FFS claims data and denominator file

#### *Reference Time Period*

- Prevalence of the condition for the pre-Sandy time frame (January 2011 – September 2012 or 21 months)

#### *Denominator*

- All Medicare beneficiaries who were in CMS denominator file during measurement time frame
- With FFS coverage AND eligible enrollment in FFS days/total measurement days > 0

#### *Numerator*

- Unique beneficiaries with disease-specific inpatient OR outpatient claim during the time frame
- CCW and AHRQ disease diagnosis code match (ICD-9-CM codes) Part A dgns\_cd\_1-25 and dgns\_e\_cd\_1-3; Match Part B dgns\_cd\_1\_12

#### *Exclusions*

- HMO coverage period
- Age <18 or >= 110
- Eligible FFS days/total measurement days = 0

#### *Model*

- Logistic Regression Models were used to determine the top five risk factors with the highest Odds Ratios (OR) ( $p < 0.001$ )

#### *Resources*

More information on the classification codes, requirements, and processing of the combination measure of depression or proxy disorders which includes beneficiaries reported for either depression, anxiety, or adjustment disorders can be located at the following links:

- [https://www.ccwdata.org/cs/groups/public/documents/document/clin\\_cond\\_algo\\_req\\_proc.pdf](https://www.ccwdata.org/cs/groups/public/documents/document/clin_cond_algo_req_proc.pdf)
- <http://www.hcup-us.ahrq.gov/toolssoftware/ccs/ccs.jsp>

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# APPENDIX B

The following table shows the ICD-9-CM codes for the top five risk factors for depression or proxy disorders:

Top Five Risk Factors for Depression or Proxy Disorders*	Numerator: Valid ICD-9-CM Codes
Alzheimer's Disease and Related Disorders or Senile Dementia	3311, 33111, 33119, 3312, 3317, 2900, 29010, 29011, 29012, 29013, 29020, 29021, 2903, 29040, 29041, 29042, 29043, 2940, 2941, 29410, 29411, 2948, 797
Sleep Disturbance	04672, 29182, 29285, 30740, 30741, 30742, 30748, 30749, 32700, 32701, 32702, 32709, 78050, 78051, 78052, 78059
Substance or Alcohol Abuse or Tobacco Use	2910, 2911, 2912, 2913, 2914, 2915, 2918, 29181, 29182, 29189, 2919, 2920, 29211, 29212, 2922, 29281, 29282, 29283, 29284, 29285, 29289, 2929, 30300, 30301, 30302, 30303, 30390, 30391, 30392, 30393, 30400, 30401, 30402, 30403, 30410, 30411, 30412, 30413, 30420, 30421, 30422, 30423, 30430, 30431, 30432, 30433, 30440, 30441, 30442, 30443, 30450, 30451, 30452, 30453, 30460, 30461, 30462, 30463, 30470, 30471, 30472, 30473, 30480, 30481, 30482, 30483, 30490, 30491, 30492, 30493, 30500, 30501, 30502, 30503, 3051, 30510, 30511, 30512, 30513, 30520, 30521, 30522, 30523, 30530, 30531, 30532, 30533, 30540, 30541, 30542, 30543, 30550, 30551, 30552, 30553, 30560, 30561, 30562, 30563, 30570, 30571, 30572, 30573, 30580, 30581, 30582, 30583, 30590, 30591, 30592, 30593, 33392, 3575, 4255, 5353, 53530, 53531, 5710, 5711, 5712, 5713, 64830, 64831, 64832, 64833, 64834, 65550, 65551, 65553, 76071, 76072, 76073, 76075, 7795, 7903, 96500, 96501, 96502, 96509, 9800, V110, V111, V112, V113, V114, V118, V119, V154, V1541, V1542, V1549, V1582, V6285, V6542, V663, V701, V702, V7101, V7102, V7109, V790, V791, V792, V793, V798, V799
Hip/Pelvic Fractures	73314, 73315, 73396, 73397, 73398, 8080, 8081, 8082, 8083, 80841, 80842, 80843, 80849, 80851, 80852, 80853, 80859, 8088, 8089, 82000, 82001, 82002, 82003, 82009, 82010, 82011, 82012, 82013, 82019, 82020, 82021, 82022, 82030, 82031, 82032, 8208, 8209
Amputations	8870, 8871, 8872, 8873, 8874, 8875, 8876, 8877, 8960, 8961, 8962, 8963, 8970, 8971, 8972, 8973, 8974, 8975, 8976, 8977, 9059, 99760, 99761, 99762, 99769

\* Other risk factors for depression or proxy disorders analyzed include Acute Myocardial Infarction (AMI), Stroke/Transient Ischemic Attack, Coronary Artery Bypass Graft Surgery (CABG), Parkinson's Disease, Chronic Obstructive Pulmonary Disease and Bronchiectasis (COPD), Diabetes, Chronic Kidney Disease, Rheumatoid Arthritis/Osteoarthritis (RA/OA), Macular Degeneration, Disability, History of Cancer, Heart Failure, and Acquired Hypothyroidism.

## APPENDIX C: UTILIZATION OF OUTPATIENT MENTAL HEALTH SERVICES

### Documentation and Technical Notes

The following defines the study population, the time frame, and the exclusion and inclusion criteria:

#### *Data Source*

- New Jersey Medicare Part A and Part B FFS claims data and denominator file

#### *Reference Time Period*

- Utilization during pre-Sandy time frame (January 2011 – September 2012 or 21 months)
- Depression Screening: Calendar Year (CY) 2012
- Quarterly utilization (January 2011 – March 2013 or nine quarters)

#### *Denominator*

- All Medicare beneficiaries who were in CMS denominator file during measurement time frame
- With FFS coverage AND eligible enrollment in FFS days/total measurement days > 0

#### *Numerator*

Unique beneficiaries with specific outpatient mental health service claims

#### *Exclusions*

- HMO coverage period
- Age <18 or >= 110
- Eligible FFS days/total measurement days =0

#### *Resources*

More information on the definitions and uses of the outpatient mental health services highlighted in this profile can be located at <http://www.medicarenhic.com/providers/pubs/REF-EDO-0012MentalHealthBillingGuide2013.pdf>.

# APPENDIX C

The following table shows the CPT/HCPCS codes for the outpatient mental health services:

Mental Health Services	Numerator: CPT/HCPCS Codes
<b>Assessments</b>	
Depression Screening	G0444
Diagnostic Psychological Tests	96101, 96102, 96103, 96105, 96110, 96111
Health and Behavior Assessment/Intervention	96150, 96151, 96152, 96153, 96154, 96155
Neuropsychological Tests	96116, 96118, 96119, 96120
Psychiatric Diagnostic Procedures	90801, 90802, 90791, 90792
<b>Therapies</b>	
Individual Psychotherapy	90804, 90805, 90832, 90833, 90806, 90807, 90834, 90836, 90808, 90809, 90810, 90811, 90812, 90813, 90814, 90815, 90816, 90817, 90818, 90819, 90821, 90822, 90823, 90824, 90826, 90827, 90828, 90829, 90837, 90838, 90839, 90840
Family Psychotherapy	90846, 90847
Group Psychotherapy	90849, 90853, 90857
Electroconvulsive Therapy	90870
Biofeedback Therapy	90901, 90911

## APPENDIX D: UTILIZATION OF SERVICES – INPATIENT AND OTHER SETTINGS

### Documentation and Technical Notes

The following defines the study population, the time frame, and the exclusion and inclusion criteria:

#### *Data Source*

New Jersey Medicare Part A and Part B FFS claims data and denominator file

#### *Reference Time Period*

- Utilization during pre-Sandy time frame (January 2011 – September 2012 or 21 months)
- Quarterly utilization of services (January 2011 – March 2013 or nine quarters)
- Yearly utilization of services with quarterly rolling (January 2011 – March 2013)

#### *Denominator*

- All Medicare beneficiaries who were in CMS denominator file during measurement time frame
- With FFS coverage AND eligible enrollment in FFS days/total measurement days > 0

#### *Exclusions*

- HMO coverage period
- Age < 18 or >= 110
- Eligible FFS days/total measurement days = 0

#### *Utilization Measure*

Refer to Appendix E.

*Numerator*

Utilization Measure Description	Numerator
Psychiatric Hospital Admissions	Number of eligible beneficiaries with at least one psychiatric hospital admission claim
Acute Care Hospital Admissions	Number of acute care hospital admissions
Observation Stays	Number of observation stays
Emergency Department Visits	Number of emergency department visits
30-Day Hospital Readmissions	Number of 30-day hospital readmissions
Observation Stays Within 30 Days of Hospital Discharge	Number of observation stays within 30 days of hospital discharge
Emergency Department Visits Within 30 Days of Hospital Discharge	Number of emergency department visits within 30 days of hospital discharge
Home Health Agency Services	Number of eligible beneficiaries with at least one home health agency claim
Skilled Nursing Facility Services	Number of eligible beneficiaries with at least one skilled nursing facility claim
Hospice Services	Number of eligible beneficiaries with at least one hospice claim
Medical Rehabilitation Services	Number of eligible beneficiaries with at least one medical rehabilitation claim



## APPENDIX E: TIME FRAMES AND FORMULAE

Time Frames	
Quarters	Dates
Q1	January 1 to March 31
Q2	April 1 to June 30
Q3	July 1 to September 30
Q4	October 1 to December 31

### Formulae

$$\text{Incidence} = \frac{\text{(Number of new cases in a time frame, not present in prior year)}}{\text{(Total beneficiaries at risk during the time frame)}}$$

$$\text{Prevalence} = \frac{\text{(Number of cases in a time frame)}}{\text{(Total beneficiaries in the population during the time frame)}}$$

$$\text{Utilization} = \frac{\text{(Number of beneficiaries or measures with specific service utilization )}}{\text{(Total beneficiaries )}}$$

$$\text{Relative change} = \frac{\text{(Current rate-Former rate)}}{\text{(Former rate)}}$$

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557 Cranbury Road, Suite 21  
East Brunswick, NJ 08816  
T 732-238-5570 • F 732-238-7766  
[www.hqsi.org](http://www.hqsi.org)