

Mental Well-Being: What is Serious and Persistent Mental Illness (SPMI)?

Education is important in the fight against mental health stigma. The members of CommUNITY Adult Mental Health Initiative's (CAMHI) Anti-Stigma Committee have brought forward a variety of topics related to mental health to education people.

One topic that has not been discussed is the topic of serious and persistent mental illness, also known as SPMI. The definition of SPMI* is an adult who has a mental illness and meets at least one of the following criteria:

1. The adult has had two or more episodes of inpatient care for a mental illness with the preceding 2 years;
2. The adult has had continuing psychiatric hospitalizations or residential treatment exceeding 6 month duration within the preceding 12 months;
3. The adult has been treated by a crisis team two or more times within the preceding 2 years;
4. The adult:
 - a. Has the diagnosis of:
 - i. Schizophrenia
 - ii. Schizoaffective Disorder
 - iii. Major Depressive Disorder
 - iv. Borderline Personality Disorder
 - v. Bipolar Disorder
 - b. Indicates a significant impairment in functioning.
 - c. Has a written opinion from a mental health professional in the last three years, stating the adult is reasonably requiring inpatient or residential treatment.
5. The adult has, in the last three years, been committed by the court as a person who is mentally ill; or
6. The adult was eligible as a child under Minnesota Statute 245.4871, subdivision 6, Child with Severe Emotional Disturbance, and is age 21 or younger.

The Anti-Stigma Committee wanted to share this information because they feel it is important for people to know what SPMI is. Sharing information is always a way to bring an understanding and it could potentially help someone who is struggling with their diagnosis or someone who is having difficulty understanding a friend or family member's diagnosis.

This information is also important to know because eligibility for different programs including, but not limited to housing, vocational support, and a variety of other mental health services may depend on it. Area providers such as the VA, Central MN Mental Health Center, Goodwill, and the County have different eligibility requirements for their programs; please contact them directly to see if you would qualify.

References

Revisor of Statutes, State of Minnesota. (2017). 2017 Minnesota Statutes. Retrieved from: <https://www.revisor.mn.gov/statutes/?id=245.462>

Vail Place. (n.d.). SPMI defined. Retrieved from: <https://www.vailplace.org/about-us/spmi-defined/>

* Please note that the definition of SPMI is subject to change and may vary between states. This definition is according to the State of Minnesota as of the publication of this article.