Healthcare Reform and Behavioral Health Integration

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Agenda

• The Context: Behavioral health integration nationally, regionally and state-based
• MA Healthcare Reform and Behavioral Health Integration Landscape
• Models of behavioral health integration
• Challenges & recommendations
• Summary
SAMHSA/HRSA Center for Integrated Health Solutions

- Created by National Council for Behavioral Health - Organization of Community Mental Health Centers
- Focus on bi-directional integration to serve people with Serious Mental Illness
- TA for the 100 Primary & Behavioral Health Care Integration grantees in the US
- Excellent website, integration resources, especially on issues of confidentiality/sharing
- Well funded and well staffed by Mental Health & Substance Abuse experts.
  - Not as strong on primary care
AHRQ - The Academy
Integrating Behavioral Health and Primary Care

• National Integration Academy Council
• Literature collection on behavioral health integration
• Lexicon for Behavioral Health and Primary Care Integration
• Atlas of Measures of Integration
• Coming – Competencies displayed in exemplar integrated primary care sites

http://integrationacademy.ahrq.gov
National, Regional & State Behavioral Health Integration Initiatives

- CMMI/CMS: Duals demonstration, Patient Centered Medical Home Initiatives, State Innovation Model grants
- Bureau of Primary Health Care – Behavioral Health Expansion grants for Federally Qualified Health Centers
- New England Region BHI Learning Community
- Behavioral Health Integration Network for Medicaid Directors – NESCSO
- California, Minnesota, Missouri initiatives
- Workforce training - Center for Integrated Primary Care, UMass
Measuring Behavioral Health Integration

• Academy Atlas of Measures of Integration and Integration Assessments
• National Quality Forum – Behavioral Health Measures Project 2011-2013
  • Screening for BH conditions
  • Prevention among patients with severe and persistent mental illness
  • Care plans after hospitalizations
  • Optimal diagnostic and medical management
• Patient experience measures
• Care coordination measures
MA Healthcare Reform & Behavioral Health Integration

MassHealth

OneCare

Primary Care Payment Reform

Health Homes

Behavioral Health Integration Task Force

MA Health Care Reform Legislation

Affordable Care Act

Health Policy Commission

Health Planning Council
Models of Behavioral Health Integration
## Elements of Behavioral Health Integration

<table>
<thead>
<tr>
<th>Relationship &amp; Communication Practices</th>
<th>Patient Care and Population Impact</th>
<th>Community Integration</th>
<th>Care Management</th>
<th>Clinic System Integration</th>
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<tr>
<td>Triaged access</td>
<td>BH screening and referral</td>
<td>Self help &amp; community resource connections</td>
<td>Coordination of integrated treatment plan</td>
<td>Schedule accessibility</td>
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<td>Smooth hand-offs</td>
<td>BH skills used by primary care team</td>
<td>Specialty mental health &amp; substance use referral</td>
<td>Use of behavioral health skills</td>
<td>Program Integration</td>
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<td>Team membership</td>
<td>Integrated clinical pathways</td>
<td>Community resources connections</td>
<td>Use of community resources</td>
<td>Health information exchange</td>
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<td>Program leadership</td>
<td>Health care team leader</td>
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<td>Coordinated scheduling and same day visits</td>
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<td>Sharing expertise</td>
<td>Family focused care</td>
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<td>Patient safety practices</td>
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<td>Patient feedback</td>
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<td>Supporting health behavior change</td>
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Behavioral Health Integration Toolkit

The seven elements of integration within the Community Integration domain focus on referral to and connection with behavioral health resources in the practice’s community. Engagement with the community-based behavioral health resources that exist outside of the primary care setting assists the patient in maintaining their emotional health in between primary care visits.

http://pcmhllearning.ehs.state.ma.us
Behavioral Health Integration: Approaches and Elements
Coordinated Care

*Primary care and behavioral health in separate locations*

- Coordinated care elements:
  - Appointment arrival notification
  - Clinical information exchange protocols
  - Coordinated treatment planning and problem solving for complex patients
- Original model advocated for PCMH – a specialty care model
- Massachusetts Child Psychiatry Access Project
  - Built on a consultative model
  - Back up psychiatry consultation needs to be part of the specialty/PC relationship
- Riverside Community Care
Co-Located Behavioral Health

Behavioral health in the same space with primary care
Involvement by referral
Separate behavioral health and medical treatment plans

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<th>Advantages</th>
<th>Challenges</th>
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<td>• Access</td>
<td>• Referrals don’t show</td>
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<td>• Case-loads fill up</td>
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<td>• Improved patient &amp; provider</td>
<td>• Slow PCP learning curve</td>
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<td>satisfaction</td>
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<td>• Cost effective</td>
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<td>• Improved clinical outcomes</td>
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Fully Integrated Primary Care

One treatment plan with medical and behavioral elements

Speciality Mental Health
(Co-located?)

Consulting Psychiatry
Psychotherapy
DBT
Other services

Linked by referral and collaborative programs

Primary Care Practice

Wellness

Universal Behavioral Health Screening

Mental Health

Substance Abuse

Linked by proximity and protocol
Figure 1: Comparison of CHS utilization with regional providers

- Primary Care Visits: 117% utilization level for other regional providers
- ER Visits: 32%
- Specialty Care: 58%
- Hospital Care: 63%
- Cost: 78%
Payment Models for Behavioral Health Integration

- Fee for Service, ± Health Behavior Codes
- Bundled payments
- Case rates
- Supplemental payments, eg, care management
- Pay for Performance
- Shared Savings
Challenges and Recommendations
Behavioral Health Integration Taskforce: Barriers to Integration

- Reimbursement issues
- Outdated regulations, based on separate systems of care
- Difficulty accessing behavioral treatment
- Need for significant training/education for PCPS and BH providers
- Lack of interoperability and connection of BH system to Electronic records
- Privacy concerns, real and perceived

Taskforce Recommendations

• Delivery Model
• Reimbursement
• Privacy
• Education and Training
• Workforce Development
Summary: Behavioral Health Integration

• Behavioral Health Integration is a focus of national, regional and state healthcare reform efforts
• Prompted, supported by ACA and MA Healthcare Reform Legislation
• Practice transformation comes hard – requires committed leadership and time to develop mature, exemplar programs
• Payment reform is an important, but not sufficient driver of transformation
• Need for systemic change highlighted by Taskforce
Discussion

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