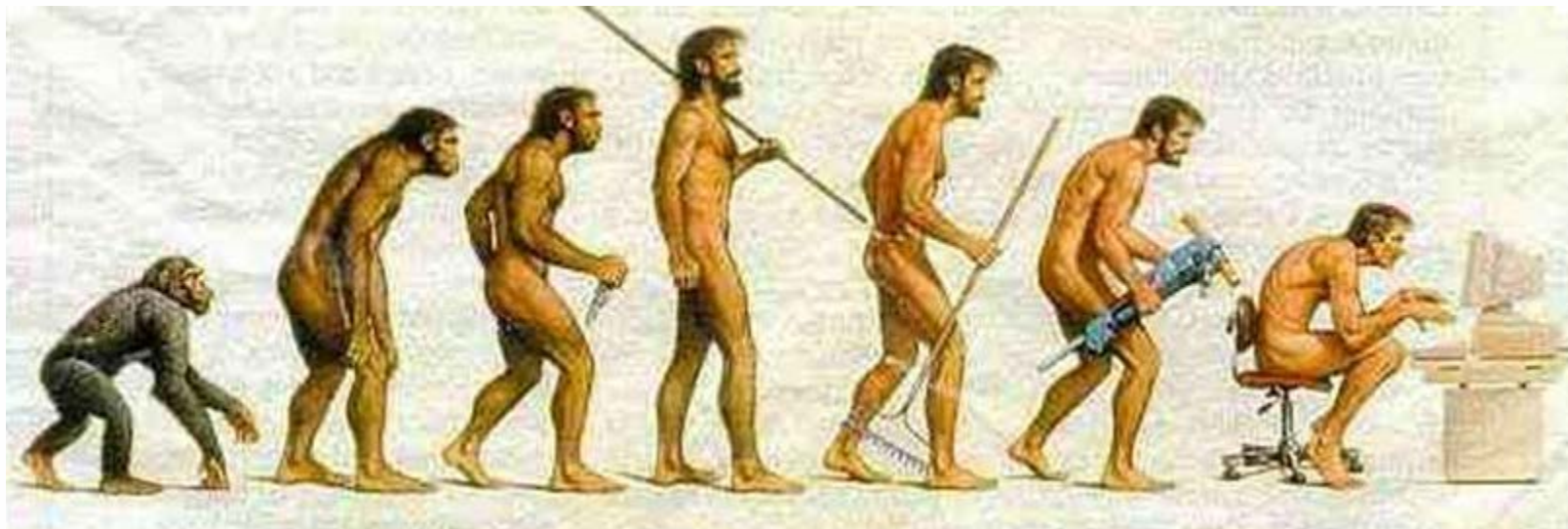


Behavioral Health Care of the Future?



NIMH

August 19, 2015

Linda Rosenberg MSW

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This morning...

- Context – the environment
- Changes for healthcare including specialty mental health and addiction
- Implications for practice and policy



Forces at Play

- Appetite for Change
- Monopoly Economy
- Technology Revolution
- Demand for Immediate Impact



Social Revolution?

Not since the 60's...liberal Warren and Burger courts, Civil Rights Act, Voting Rights Act, Roe v Wade ... addressing inequality

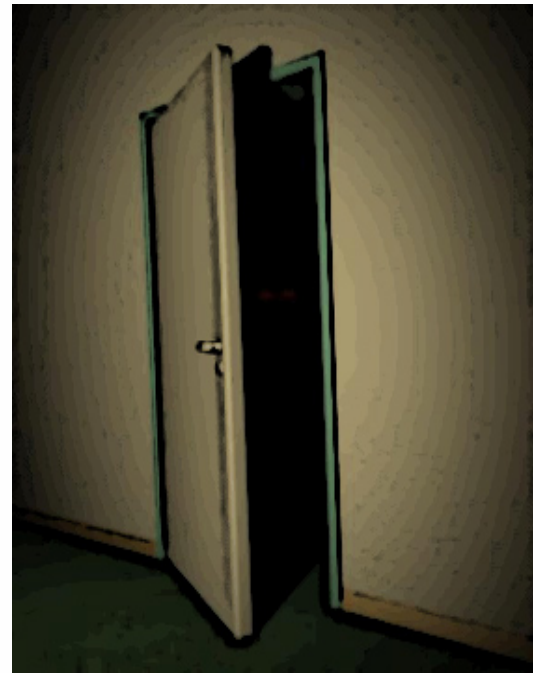
- African American President, Latina on the Supreme Court, woman as our next President
- Obamacare
- Marriage equality, homosexuality in the military, transgender rights
- Self representation via smart phones/social media
- Police reform aided by video cameras
- Reconsideration of the Confederate flag
- Criminal justice reform
- Addictions as a chronic medical conditions
- Youth culture taking on bullying, talking about mental illness



Behavioral Health is Out of the Closet

“ It really gives you the skills you need to identify—and ultimately help—someone in need. ”

- First Lady Michelle Obama
on being trained in Mental
Health First Aid





DESTINATION DIGNITY

MARCH FOR DIGNITY AND CHANGE IN MENTAL HEALTH

August 24, 2015 | Washington, DC

#MHDignityMarch



UNITE *to*
Face Addiction
10.04.15

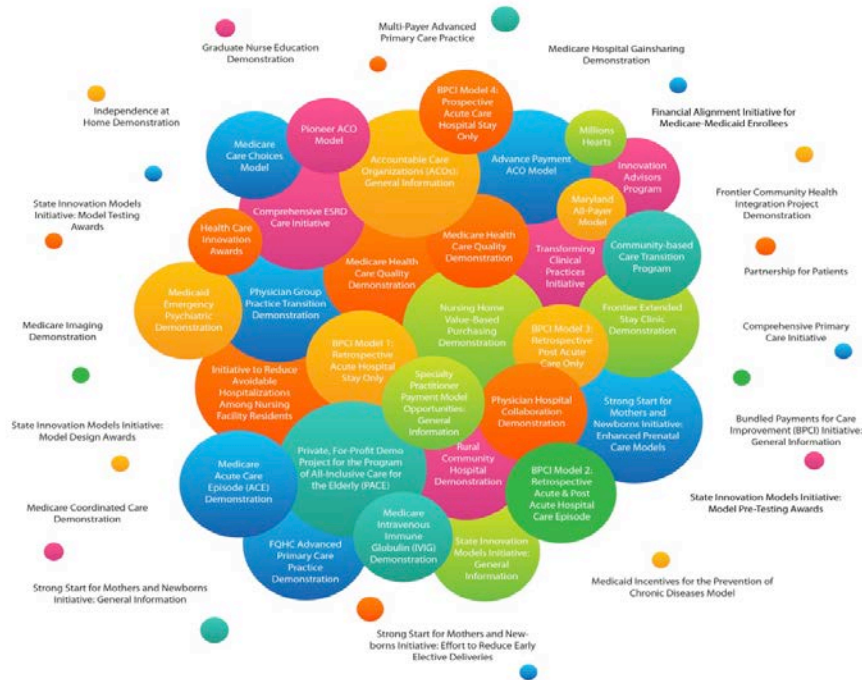


Parity and the ACA Working...



- **9.3 million more** have insurance
- Uninsured rate **down to 11.9%**
- Health spending historically low growth rate — **3.7%**
- **27 states + DC** expanded Medicaid

Appetite for Experimentation = Opportunity



CENTERS FOR MEDICARE & MEDICAID SERVICES

INNOVATION MODELS

- Accountable Care Organizations (ACOs) and Value Based Payment
- Dual Eligible Projects
- Medical/Health Homes
- State Medicaid Waivers



Some Progress but...Treatment Problems

- Ten leading causes of death - only one, suicide going up
- Brain – the last frontier
- 6 /10 get NO MH CARE
- More treated in primary care - 30 million get prescription for psychiatric medication



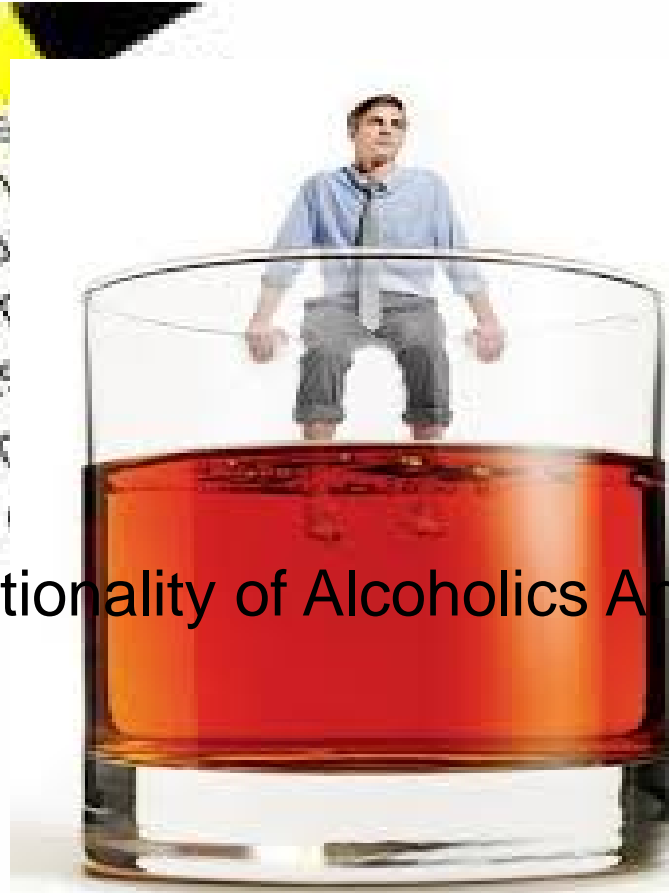
“Of course you feel great. These things are loaded with antidepressants.”

Addiction Approaches

Little change in 50 years

Chronic diseases

A chronic disease is a human health condition or long-lasting in nature. A chronic disease is usually a long-term condition that lasts for a long course of the disease, usually for three months. Common examples include asthma,



The Irrationality of Alcoholics Anonymous

Limited Access

- **2/3** of primary care reports poor access to mental health care for their patients.
- Even with insurance, average wait is **25 days** to see a mental health specialist.



“We couldn’t get a psychiatrist, but perhaps you’d like to talk about your skin. Dr. Perry here is a dermatologist.”

Implications

Untreated mental health conditions **and** in *primary care*

Untreated medical conditions in *specialty care*

- Clogged emergency rooms
- High hospital readmission rates
- High health care costs
- **Disability**
- **Death**





Practice Change

everyone wants better.
no one wants change.

Change for both...
Primary Care
and
Specialty Behavioral Healthcare

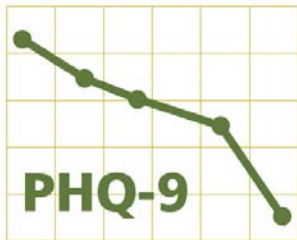
Collaborative Care

for behavioral health conditions in primary care



Primary Care Practice

- Primary Care Provider
- Patient
- +
- Behavioral Health Care Manager
- Psychiatric Consultant



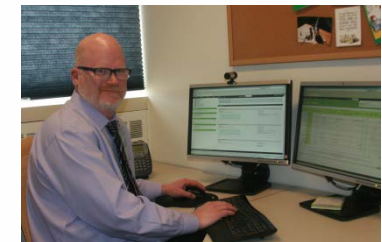
Outcome Measures

Problem Solving Treatment (PST)
Behavioral Activation (BA)
Motivational Interviewing (MI)
Medications

Treatment Protocols

[ACTIVE PATIENTS]						
Flags	[Patient ID]	[Name]	[Encounter Date]	[Status]	[Initial Assessment Date]	[Page]
	0001	Test, Test	2/8/2013	[T]	8/24/2013	
	0008	Test, Suzy	4/2/2013	[T]	5/21/2013	32
+	0010	Test, Test	4/17/2012	[T]	4/25/2013	18
	0035	Test, Rpg Reminder	1/10/2013	[T]	1/18/2013	
+	0038	Test Patient, Mhvc	1/23/2014	[T]	1/23/2014	22
+	0041	Test, Test	3/4/2014	[T]	3/4/2014	
+	0043	Test, Test	3/7/2014	[T]	3/7/2014	

Population Registry



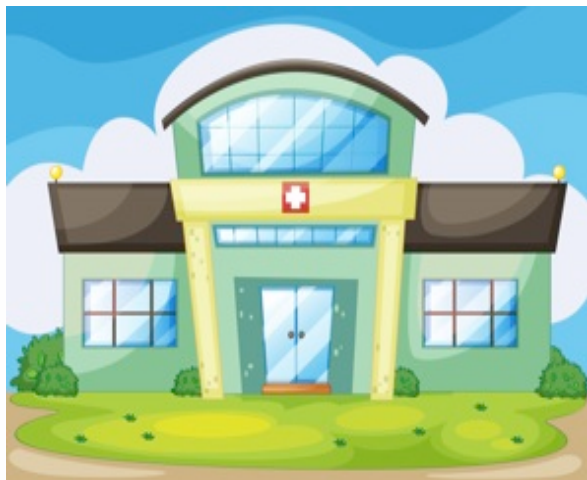
Psychiatric Consultation



Specialty Behavioral Health

Accept and Adapt

State Hospital



Specialized Community Services



Integrated Care

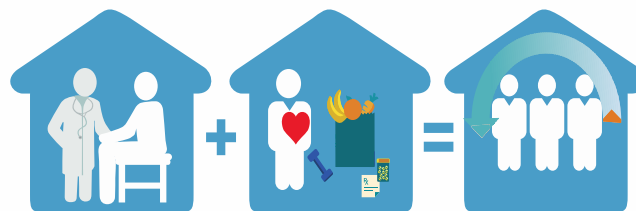


Specialty Care...

- **Specialty organization**— delivering **whole-health care to population** with complex psychiatric and addiction conditions (collaborating, co-locating or opening ambulatory health)



- **Inside medical homes/hospital systems/ACOs:** addressing prevention & early intervention, behaviors & disorders





Talk a different language with unfamiliar colleagues

What can I help you with?



Harvard Business Review: Cross-cultural Communication

Understand All Care Will Be Managed



- Carved In not Out
- Payments Bundled/Capitated
- Shared Risk

Prepare for Competition

Follow the Money



*Geography is not Destiny
Colleagues do Compete*

- Hospitals as Health Systems/insurance companies
- Insurance Co. as providers
- Mt Sinai and “ACT” to prevent re-admissions
- HRSA - \$100 million in 2016 to FQHCs to expand SUD services including MAT
- Caron and private equity-backed Sunspire Health reached deal

Deliver World Class Customer Service

Brand?

Streamlining Access...

- Patients and families
- Health care
- Public Safety
- Policy makers
- Media



What are They
Saying
About
You?



Implement Measurement Based Care

If you don't measure it, you can't improve it



Adopt Technology



myStrength.com

The health club for your mind.™

© 2012 myStrength, Inc. All rights reserved.



Coordinate Care
Transparency & Benchmarking
Replace & Extend Staff



Leadership

Fearless but not reckless in the Face of Change



Solutions in support of success ...



“Centers of Excellence”

- Become a FQHC
- Same Day Access
- Adolescent SUD
- Tobacco Cessation
- Measurement Based Care
- Trauma
- First Episode
- **Leadership Programs**

- 25-30 initiatives
- 1,500 organizations
- Interconnected with policy
- Outcomes-oriented— it’s about the end user



Policy in support of practice



The Beltway



Offense and Defense

- Congress
- CMS/Medicaid Directors
- SMHSA
- **SAMHSA/HRSA PCBHI grant program**
- **Medical/Health Homes**
(16 states operating 20, 3 SUD)



Tragedies ...



Sandy Hook



Grand Rapids



Aurora



Tucson



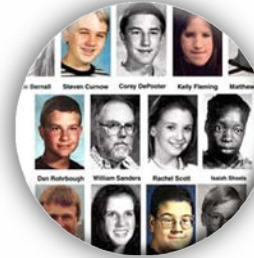
Red Lake



Fort Hood



Virginia Tech



Columbine





MENTAL HEALTH FIRST AID

www.MentalHealthFirstAid.org

- **30 Million** to SAMHSA for Grants to Communities
- MHFA ACT



Quality...

Parity in the safety net?

- Slim to no margins –for facility improvements, HIT
- No capital for new service lines
- Implementing EBPS
- 24/7 availability
- Skilled staff





- Creates **criteria** for “Certified Community Behavioral Health Clinics” (CCBHC)
- 8 states 2-year 1.1 billion demo
- 24/7 - Evidence based practices
- Standardized reporting
- Prospective Payment System
- Bonus for outcomes

Mental Health Legislation

Helping Families in Mental Health Crisis Act (H.R. 2646)

- Extends Excellence in Mental Health Act
- Behavioral Health IT Act
- CIT; MH awareness in schools – including MHFA
- Codifies 5% early intervention in Block Grant
- Same day billing for physical/mental health
- HIPAA
- IMD
- SAMHSA
- AOT

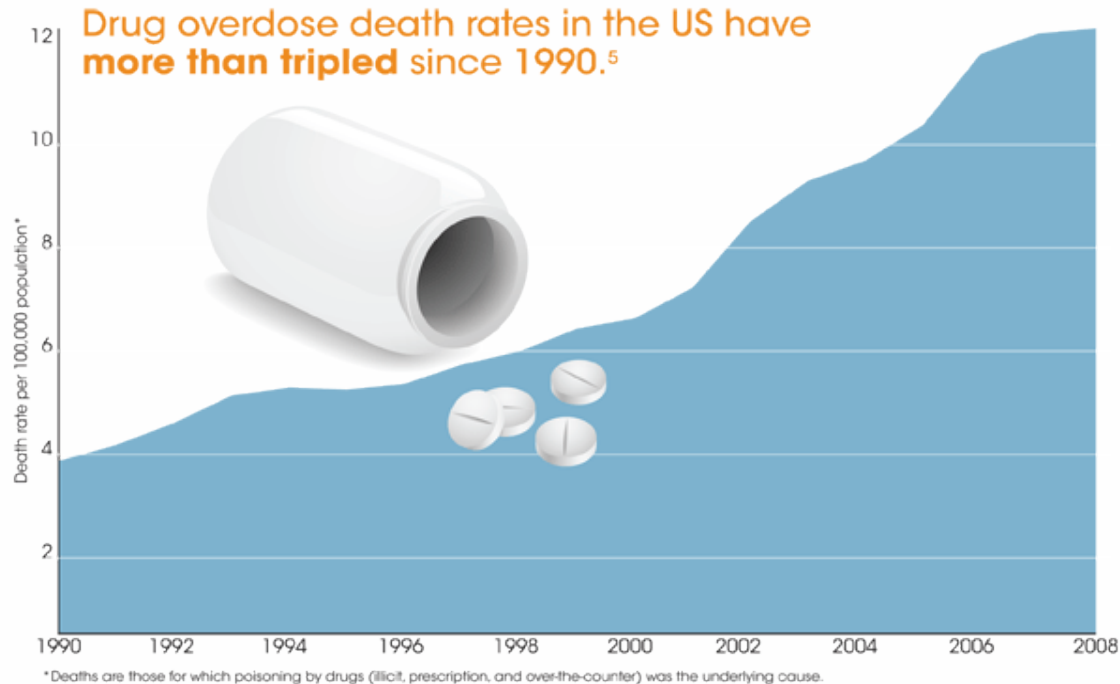


Rep Tim Murphy (R-PA)

The Mental Health Reform Act of 2015 (Senate)



Comprehensive Addiction and Recovery Act



Addiction is a Chronic Condition Building Capacity



July 27th CMS letter: Section 1115 waivers for Medicaid coverage of a full continuum of addiction treatment settings, **including settings that would otherwise be prohibited under the Institutions for Mental Disease (IMD) exclusion.**

First Episode Psychosis



- New, disease-based category of Medicaid eligibility under 42 USC1396a (section 1902(a) of SS Act
- Creating Medicaid wrap-around benefit for those who have private insurance coverage
- Extending Medicaid benefit to whatever age the individual continues to need treatment (i.e. for the duration of the disease)
- Creating a grant program to educate providers/practitioners about the new Medicaid option and the prodromal/early signs of schizophrenia



Hill Day 2015



National Council

NAMI, Mental Health America, Depression and Bipolar Support Alliance, International Bipolar Foundation, Hazelden Betty Ford Institute for Recovery Advocacy, NAADAC, Legal Action Center, Association for Behavioral Health and Wellness, and Psychiatric Rehabilitation Association,

Washington, D.C. October 5-6, 2015

