

Behavioral Health Integration in Medical/Health Homes

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René Descartes - Late 1500's, mind and body are separate

The Goal

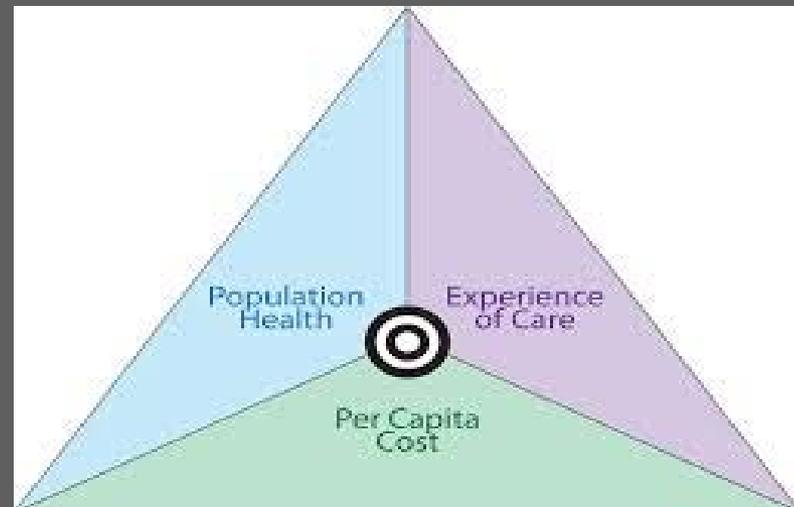
The Triple Aim of Healthcare Reform:

Improved Health of Populations

Improved Patient Experience

Reduced Cost

-Institute for healthcare Improvement



What is Integrated Care?

- ⇒ Behavioral health including substance use, primary care medical, oral health, public health strategies and social services operating in one system towards the same triple aim
- ⇒ Close collaboration preferably co-location so there is “no wrong door” to receiving comprehensive services -
- ⇒ Patients/clients/consumers are integrated into decision making

Key Facts – Primary Care is the “de-facto” mental health system

- ⇒ 84% of the time the 14 most common physical complaints have no identifiable organic etiology
- ⇒ 50% of all behavioral health disorders are treated in primary care
- ⇒ 60% of all psychotropic medications are prescribed in primary care
- ⇒ 2/3 of primary care physicians reported not being able to access outpatient behavioral health for their patients

Prevalence of Behavioral Health Problems in Primary Care

Problem	PHQ-3000	Marrilac 500	Concord 500
Major Depression	10%	24%	17%
Anxiety	6%	16%	17%
Substance Abuse	7%	21%	10%
Somatic	7%	17%	13%
Sub-Threshold	28%	52%	45%

The “Gap” Population

- ➔ Those who do not qualify for specialty mental health services but have significant medical comorbidities and psychosocial needs
- ➔ Medicaid utilizes 10% of the budget for mental health care, commercial insurance is 3%

Prevalence of Behavioral Health Problems in Primary Care

Health Behavior Change

- ⇒ Smoking = 25%
- ⇒ Obesity = 30%
- ⇒ Sedentary lifestyle = 50%
- ⇒ Non-adherence = 20 - 50%

What's Wrong with our Current System

- ⇒ Limited training to all providers in providing team based and interdisciplinary care – Creates silos
- ⇒ Primary care/Specialty mental health care has what each other needs but there are operational and financial barriers to providing a unified approach
- ⇒ Financial barriers include same day billing issues, billing for consultations and care coordination, billing for health and behavior codes

Benefits of a Shift to Integrated Care

- ⇒ Reduce costs - provides the right service or combination of services at the right time – care coordinators, stepped care
- ⇒ It promotes comprehensive care in one location or system
- ⇒ New innovative models of care – Reducing ER utilization and preventing hospital readmissions

Link between Physical and Mental Health

- ⇒ Persons with severe and persistent mental illness die 25 years younger than their same age cohorts
- ⇒ Most frequent drivers of utilization of medical services are mental disorders, substance use disorders, and lack of social support,

The Impact On Cost

- ➔ Psychotropic prescriptions are projected to be 30% of mental health spending by 2014.

(Kuthol, R.G., et al, 2008)

- ➔ Citizens Health Initiative All Claims Payer Database BH pilot with CLM demonstrates the drastic increase in total healthcare spending for patients involved in behavioral health.

The Opportunity

- ➔ The three MCOs understand the issues and the Triple Aim.
- ➔ ACA section 2703; Health Homes is a viable option for NH.
- ➔ The Balanced Incentive Payment Program could be utilized to set the foundation for Health Homes.

Opportunities Continued

- ➔ Payment methodologies can be crafted to provide an enhanced PMPM rate that will cover integrated care inclusive of behavioral health and embedded case management for at risk populations.
- ➔ The state has an opportunity to create a network of primary and specialty care behavioral health through a bi-directional model.

The Barriers

- ➔ The current fee for service structure does not allow behavioral health to address barriers to health by locking us into a traditional psychotherapy practice model.
- ➔ Barriers include: restrictions on same day billing, overlapping service times, inability to bill Health and Behavior interventions.

Barriers Continues

- ➔ Inability to bill for screenings/outcome assessments.
- ➔ Inability to Achieve Sustainability. CLM has been providing behavioral health in 2 Medical Homes for about three years and runs a 40% deficit in these programs annually.



Questions and Discussion