Substance Abuse and Mental Health Services Administration

SAMHSA

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DEPARTMENT OF HEALTH & HUMAN SERVICES • USA

Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover

Behavioral Health Integration in the Era of Health Reform

Dr. Jeffrey Coady
SAMHSA Regional Administrator
HHS Region V

ICCMHC Quarterly Meeting

Indianapolis, IN   February 13, 2014

Behavioral Health: A National Priority

- SAMHSA's Mission: Reduce the impact of substance abuse and mental illness on America's communities

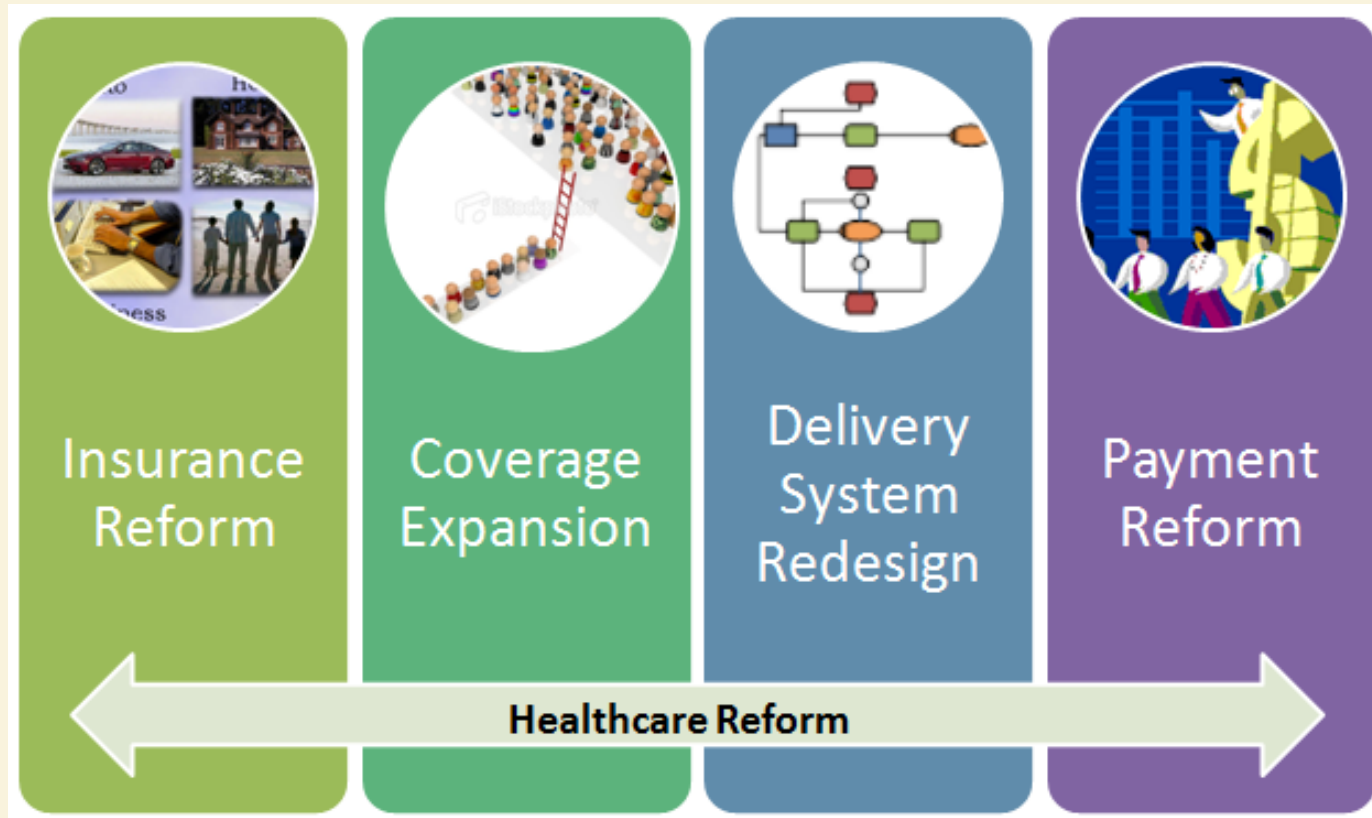**Behavioral health is essential to health**

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SAMHSA Focus: ACA & Health Reform

The Affordable Care Act: Four Key Strategies

SAMHSA ENROLLMENT STRATEGY

→ Collaborate w/national organizations whose members/constituents interact regularly w/individuals who have M/SUDs to create and implement enrollment communication campaigns
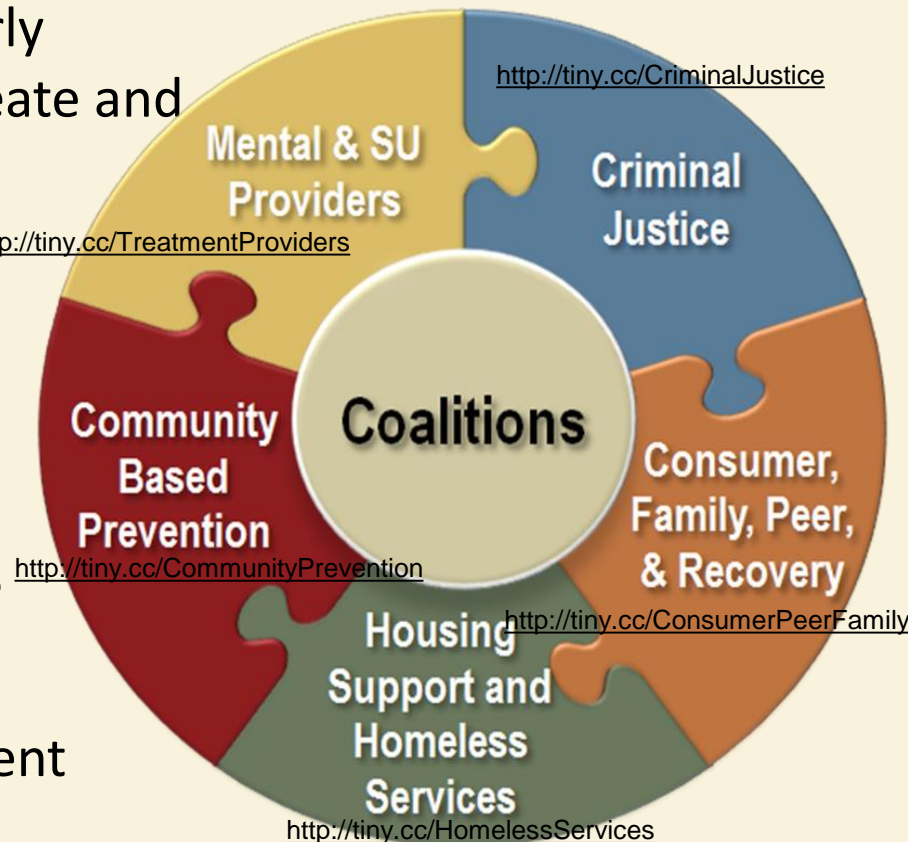
→ Promote and encourage use of CMS marketing materials

→ Provide T/TA in developing enrollment communication campaigns using these materials

→ Provide training to design and implement enrollment assistance activities

→ Channel feedback and evaluate success

http://tiny.cc/GettingReady

http://tiny.cc/CriminalJustice

http://tiny.cc/TreatmentProviders

http://tiny.cc/CommunityPrevention

http://tiny.cc/ConsumerPeerFamily

http://tiny.cc/HomelessServices

Mental & SU Providers

Criminal Justice

Coalitions

Community Based Prevention

Consumer, Family, Peer, & Recovery

Housing Support and Homeless Services

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PBHCI Integration

- Blending the primary care and behavioral health cultures

- Workforce training around teams in an integrated model

- Development of clinical skills for PC/BH staff

- Blending/cross training of CHW's and CRS's (Community Health Workers and Certified Recovery Specialist /peer support)

Staffing Resources

Traditional Thinking

- There aren't enough (ANP's, MD's, LCSW's)

- There's not enough time to spare to collaborate

New Approach

- Who has them that we could partner with?

- Future Return on Investment
  – Improved Consumer Outcomes
  – Improved staff productivity
  – Improved retention

Clinical Skills for BH Staff

- Care Management

- Change Management Skills

- Health Behavioral Change Tools

  - Motivation Interviewing

  - Short Term Solution Focused Therapy

  - Trauma Informed Care

  - Working with Peers

Blended/Cross Training for Peers

- Mental Health Peers Supports + Whole Health Action Management

- Recovery Coaches

- Community Health Workers

- Can we have one training?

Workforce Development

SAMHSA Workforce Initiatives

- Development of Peer Specialists/ Advocates/Recovery Coaches
  - ATR grant; State Block Grant
- Training/TA – Technology Transfer & Evidence-Based Practices
  - Regional ATTCs, SBIRT Medical Residency Training, TA Centers, Provider Webinars
- Resources – Written and Electronic
  - Publications, TIPS, TAPS, Websites, Facebook, Texting, Archived Webinars
- Learning Collaboratives
  - National Network to Eliminate Disparities in BH
- Minority Fellowship Program

National Dialogue on Mental Health

The second-ever White House Conference on Mental Health, held in January, led to the launch of **mentalhealth.gov** and the National Dialogue on Mental Health, which includes an effort to start **conversations about mental health** across communities.

Federal Investment in Integrated Care

Federal investment in integrated care included $50 million through HRSA in expanded **funding for community health centers** to provide mental health services, a new group of SAMHSA **Primary and Behavioral Health Care Integration grantees**, and tobacco cessation support from the CDC for providers helping people with severe mental illness.

A Window of Opportunity

Grantmakers in Health and the Hogg Foundation for Mental Health released the report, **A Window of Opportunity**, which highlights the role philanthropy can play in eliminating health disparities through supporting integrated care

Coalitions and Community Health

The Community Anti-Drug Coalitions of America and CIHS developed **Coalitions and Community Health: Integration of Behavioral Health and Primary Care** to outline how the nation's 5,000+ community substance abuse prevention coalitions can help to reduce substance use in ways that complement healthcare providers' integration efforts.

Innovations in Addictions Treatment

Innovations in Addictions Treatment report shares insights and perspectives from pioneering addiction organizations that integrated primary care services.

Substance Use Treatment Resources

New substance use treatment resources from SAMHSA included **Systems Level Implementation of Screening, Brief Intervention and Referral to Treatment (SBIRT)** and **Managing Chronic Pain in Adults with or in Recovery from Substance Use Disorders**, a SAMHSA Treatment Improvement Protocol (TIP 54).

Atlas of Integrated Health Measures

The Agency for Health Research and Quality's Academy for Integrating Behavioral Health and Primary Care released several resources, including the **Atlas of Integrated Health Measures**, a user-friendly guide that helps integrated health settings achieve the Affordable Care Act's triple aim.

Standard Framework for Levels of Integrated Healthcare

CIHS **Standard Framework** for Levels of Integrated Healthcare helps primary and behavioral healthcare provider organizations improve outcomes by helping them understand where they are on the integration continuum.

Growth in Medicaid Health Homes

We saw growth in the number of **Medicaid Health Homes**, specifically those addressing behavioral health. As of November 2013, nine states have approved state plan amendments for behavioral health homes: Alabama, Idaho, Iowa, Maine, Missouri, New York, Ohio, Oregon, and Rhode Island.

Telebehavioral Health Training Series

Telebehavioral Health Training and Technical Assistance Series is designed to help safety net providers and rural health clinics understand and adopt telebehavioral health services. The implementation of these services for mental health and substance use allows for increased access, particularly in rural or underserved areas

Center for Integrated Health Solutions

Transition to ICD-10

Transition to ICD-10: What it Entails and Why It's Important to Behavioral Health Providers

Technical Assistance Resources

Great Lakes ATTC:

www.attcnetwork.org/regcentersindex_greatlakes.asp

Central CAPT:

http://captus.samhsa.gov/explore-capt-regionscentral

Resources and Opportunities

- HRSA National Health Service Corps Loan Repayment Program: http://nhsc.hrsa.gov

- Area Health Education Centers: http://bhpr.hrsa.gov/grants/areahealtheducationcenters/index.html

- Midwest AIDS Training and Education Centerhttp://www.matec.info

What Will Be Needed To Succeed

- Size Matters
  - Build, Merge, Partner or Create Alliances
  - Economies of Scale to Afford Infrastructure
  - Ability to partner as an equal
- Core Expertise In Running A Business
  - Mission without margin is not sustainable
  - Partnership opportunities require this
- Strategic vision for how to align mission with business realities of changing environment
- Board of Directors Support For Transition

Strategic Planning To Support Needed Changes

- Environmental Analysis
  - Each market is different and changing at different pace
  - Each organization has strengths and voids
    - Infrastructure
    - Staffing
    - Market base and potential
    - Product mix

- Who Competes, Who Potentially Partners With You
  - Do competitors share same or similar mission and perspective?
  - Are there organizations that offer complementary services?
  - Are there organizations with contracts that you want to be a part of?

Strategic Planning To Support Needed Changes

- Is Your Board Ready for Change?
  - What does it hold sacred?
  - Will it consider mergers, partnering, affiliation?
  - Does it have leadership to help create and support change?
- Understanding and Enhancing One's Strengths
  - Do you offer something unique in terms of capabilities, quality, staffing, outcomes, access to the market, etc.?
  - Do you have capacity to grow?
  - Are you strong at things that are profitable?
- Does Your Structure and Capabilities Fit Well With Potential Partners?
  - Hospitals, Medical Groups, Other Service Providers

Strategic Planning To Support Needed Changes

- Understanding Your Potential Value To Others
  - Who else can do what you do in your community?
  - Could others build capacity well in your community?
  - Are you viewed as a reliable potential partner?

- Understanding What You Need
  - Where are your gaps, who can help to fill them?
  - What can you change or give up in order to merge or partner?
    - Leadership and Staffing
    - Board Membership
    - Mission Definition
    - Products and Services Offered
    - Control of Endowment

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How These Changes Alter
The Business Environment

- Need for Infrastructure
  - Billing, Documentation, Quality Assessment and Improvement
  - Credentialing of staff, supervision
  - Policies and procedures, fidelity to evidence based models

- Need to Contract
  - Legal analysis
  - Determining partners
  - Cost analysis

- Streamlining Business and Operations
  - Identifying what is sustainably profitable or breakeven
  - Identifying and moving on growth potential

Questions?

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