

Behavioral Health and the Beltway: Politics, Policy, and Practice



TAMHO
December 13, 2016

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Progress...



2008: Mental Health and
Addiction Parity Equity

2012: Affordable Care Act

2014: Excellence in
Mental Health Act

2015: Mental Health First Aid
Act

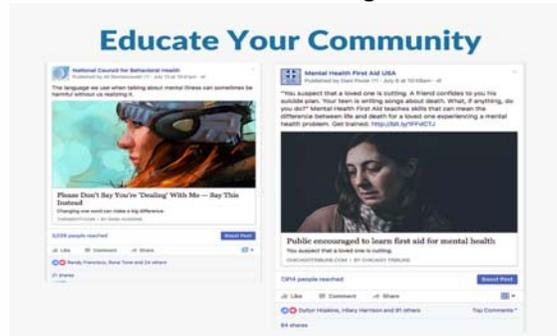
2016: Comprehensive
Addiction and Recovery

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The Public Mental Health First Aid 725,813 Strong



- All but three counties in Tennessee voted for Donald Trump. (Vote: 61.1% Trump vs. 34.9% Clinton) - also won Tennessee Primary
- Governor, both Senators (**Chairman of the Senate Help, Education, Labor and Pensions Committee Lamar Alexander** and Bob Corker) and 7 of 9 Representatives are Republican.
- Republicans control both chambers of the Tennessee legislature.

Available, effective services is still our true north



Health Agenda



- 115th Congress – January - health care focus will be “repeal and replace” Affordable Care Act (ACA)
 - Reconciliation repeal parts (requires 50 votes)
 - Individual tax subsidy
 - **Medicaid expansion**
 - Individual mandate penalty
 - Development of bill/package of bills to reform the remaining parts of law and replace policies eliminated



Medicare and Medicaid Reform

- Republican reforming entitlement programs could happen given control of legislative and executive branch.
- Medicare and Medicaid overhaul difficult without 60 vote Senate margin, but more likely than in recent history.
- House Republicans move Medicare from defined benefits to defined-contribution, subsidy to help buy coverage.
 - Changing Medicare needs bipartisan support, doesn't have now, campaigning, Trump opposed change
- **Converting Medicaid entitlement to fixed dollar, block grant or per capita cap - could advance portions via reconciliation, Trump supports**

We've been here before

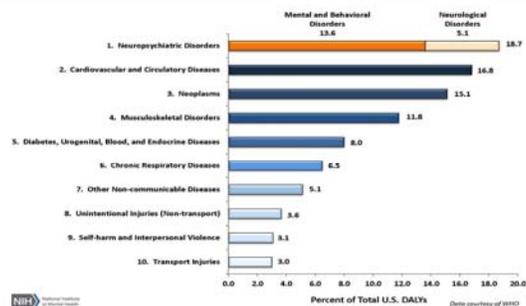
- This is not the first time we've seen an incoming Congress and Administration propose to roll back coverage, financing, or benefits.
- We know how to play defense, and we can do it.
- Number of healthcare packages likely advance next year, including must-pass bills (CHIP Extension and Medicare Extenders) - could be **vehicles for mental health/addictions**



We know the FACTS



Fact: US Burden of Disease

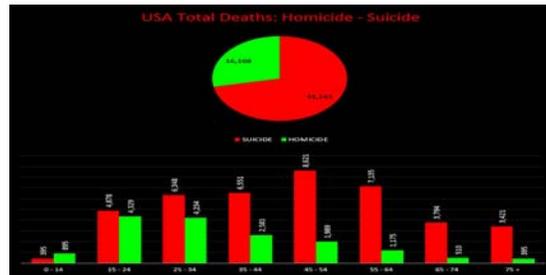


- Mood disorders 1st in work loss costs
- Most common reason for SSD
- ¼ of adult stays in U.S. hospitals involved mental or substance use disorders –readmission driver



Fact: Climbing suicide rates

Suicide deaths jumped 24% from 1999 to 2014



Angus Deaton, ...Mortality rate for white, middle-aged men and women with no more than a high school education increased markedly between 1999 and 2013, largely because of drugs, alcohol, and suicide.

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Fact: Addictions... change in 50 years?

- 1980+ 600,000 died of AIDS, 3.3 million SUD
- 23.5 million addicted to alcohol and drugs
- One in ten, population of Texas.
- 11 percent receive treatment.

Chronic diseases

A chronic disease is a disease or human health condition that is or long-lasting in nature. The chronic is usually applied when the course of the disease lasts three months. Common chronic diseases include asthma, cancer,



The Irrationality of Alcoholics Anonymous

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Fact: Unmet Need



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

Fact: Working people have little access to care

- Escalating deductibles/copays make treatment for mental illness (OCD, anxiety, depression - conditions responsive to medication and cognitive interventions) out of reach.
- Equally destructive are stagnant insurance reimbursement that make behavioral health cash only businesses.



Fact: Disparities persist



Generational:

- 8x more women in prison than in 1980
- 2/3 for non violent offenses
- 43% mental illness; 82% alcohol or drugs
- 60% have children – 6.2 m children

Fact: Children are suffering

- Same rates of mental health issues, black and Hispanic children and young adults receive **half the treatment**
- Children and youth of color ... psychiatric/behavioral problems result in **suspension/expulsion or incarceration,**
- Black young adults receive **one-seventh** the substance abuse counseling
- Private and residential schools for those with lawyers.



Fact: Prisons are de-facto hospitals



Fact: No Equality in the Safety Net

Hospitals

FQHCs

BHOs



We know the FACTS

We know where to FOCUS

7 Areas of Focus

- Integration
- Access
- Addictions
- Clinical excellence – first episode, families, trauma, risk - measurement based care
- Workforce and Technology
- Financing
- Leadership

Focus: Integration

Bi-directional Integration - Standard of Practice

Talking a different language with unfamiliar colleagues



Harvard Business Review: Cross-cultural Communication

Collaborative Care *new codes



- Primary Care Provider
- Patient
- +
- Behavioral Health Care Manager
- Psychiatric/Addiction Consultant
- +
- Measurement Based Care

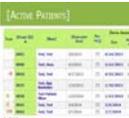


PHQ-9

Outcome Measures



Treatment Protocols



Population Registry

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Hospitals

Population Health Strategies



Social determinants of health status – employment and economic stability, housing, nutrition, and neighborhood context

Accountable Care Organizations (ACOs) – strategies refocus away from high-cost procedures to high need consumers include:

- Global Budget - fixed reimbursements for population over designated period, allowing “a unique plan
- Inpatient/Outpatient Resource Shift - partner?
- Emergency Medical Centers/Urgent Care – provide emergency services, transportation, outpatient, and post-acute
- Virtual Care – align technology, regulation, and financing

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Specialty Behavioral Health

- Integrated inside medical homes/hospital systems/ACOs
- Independent health homes but partnered with insurance companies, hospital systems/ACOs as preferred provider for whole health of populations with most serious addictions and mental illnesses

National Council

- 2005 – present - Learning Collaborative
- 2009 \$7 million grant program
- 2012 ACA \$50 million grant program and Medicaid Health Homes



Focus: Access

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



What are They
Saying
About
You?



MTM Learning Communities and Consultation



Focus: Addictions

Surgeon General's Report
Addiction is a Chronic Condition

Capacity

- Prevention
- Treatment
- Recovery supports
- Housing



National Council



1 Billion in CURES/MH Bill

- Toolkit based on Surgeon General's Report
- Relias Certificate of Excellence
- Hilton Foundation collaboration disseminate SBIRT, standardizing implementation
- Opioid Addiction and State Medicaid Directors
- Co-hosting National Cannabis Summit



Focus: Clinical Excellence and Measurement Based Care

First Episode
Families
Trauma
Risk assessment and management



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

- Using patient-specific data to examine progress or lack of progress
- Using registries and monitoring to benchmark staff variance in clinical practice standards



PHQ9; DLA20



Focus: Workforce and Technology

Need:

- Physicians, RNs, APNs, PAs?
- Psychologists? Assessment/ management of risk?
- Training in family involvement and support?
- Experts for new science based practice?
- Supervisors and Mentors??

Shortage by 2025:

- Shortages **more than 10,000 FTEs** - psychiatrists, psychologists, social workers, SUD counselors, mental health counselors, & school counselors

Technology solving ...



Limited Access
too few providers, working
their schedules

Closed doors
no transparency,
effectiveness?

Staff deployment
inefficient

Focus: Financing

ACA and/or Service and Payment Redesign (Reform?)

- Integrating care
- Focusing on populations (“high user” 5% spend 50%)
- Reducing specialist and institutional care

ACO Operating Model



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Medicaid's big player: Managed Care



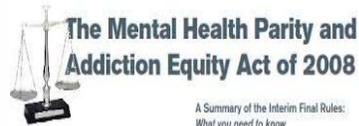
- Medicaid Managed Care: State downloads responsibility and risk
- Integration and Medicaid –market opportunity
 - Integrate primary & behavioral health care clinically at site of service – improve outcomes
 - Integrate financially take from Paul and give Peter ... No evidence ... easier
 - Medicaid expansion versus exchanges
- It's business: PR; contract driven; RFP opportunity

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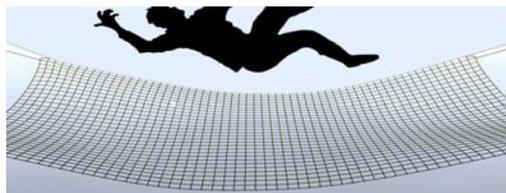
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Follow the Money



- Venture and private equity investments - inpatient, residential, methadone, 7 cups
- 2011 to 2015, insurers' payments to hospitals, laboratories, treatment from \$32 million to \$446 million — a 1,375% increase.

The Fragile Behavioral Health Safety Net



- No parity in the safety net: Hospitals and FQHCs cost based reimbursement
- State withdrawal of general funds
- No reserves, no margins
- No access to capital
- Payment risk continuum – few are able to bear risk

“Value Based Purchasing”



100 articles/15 empirical studies on value-based care, *Psychiatric Services*.

- behavioral health process and outcome measures lag behind those for physical health
- hard to justify shared savings for participating behavioral health providers
- no way to identify when consumers are receiving substandard care.

Solutions:

- Measure treatment response
- Measure acute behavioral health service use
- For critical outcomes, measure key treatment processes:



Can you go it alone?



Leadership

Smart, fearless, team-based leadership



National Council and Leadership:

- Middle Management Academy
- Executive Leadership Program
- Mastering Supervision
- **Addressing Health Disparities**
- Medical Directors Institute

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THE INTERSECTION OF INNOVATION AND ACTION

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NATCON
CONFERENCE

APRIL 3–5
SEATTLE

Health Care's Behavioral Health Conference: 5,000 executives, board members, thought leaders, consumers, and behavioral health professionals from the nation's health, mental health and addiction care organizations

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We know the FACTS.
We know where to FOCUS
We know how to use our VOICE



Our Voice: Keep Medicaid intact

- **Advocacy will be needed to ward off major changes to Medicaid financing:**
 - Per-capita caps
 - Block grant
 - Medicaid expansion repeal
 - Others?
- **Reducing federal share of Medicaid results in cost-cutting actions that include:**
 - Provider pay cuts
 - Coverage rollbacks/limitations
 - Benefit reductions



Our Voice: Playing Offense
Funding needed!

Excellence Act Expansion

Substance Abuse
Prevention and
Treatment Block
Grant/**Mental
Health Block
Grant**



Primary-
Behavioral Health
Care Integration
and Technical
Assistance

**Mental Health
First Aid**

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“When I feel the heat, I see the light”
Everett Dirksen Former Senate Majority Leader



Senator Lamar Alexander
Protect Medicaid – Support the Excellence Act



**Join us at Hill Day
October 2 & 3, 2017**



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Our Voice: Media

Voice of Expertise on Addictions



A First-Aid Class for Mental Health



"Elsewhere, groups or networks have formed to spread the knowledge... They include the National Council on Behavioral Health's Trauma-Informed Care Learning Community..."



Trying to make mental health first aid as familiar as CPR



Shortage Of Addiction Counselors Further Strained By Opioid Epidemic



Can treating past trauma lead to big US health savings?

Dan Mangan | @DanMangan
Thursday, 21 Jan 2016 12:00 PM ET



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Our Voice: National Council Ambassador Club



As a National Council Ambassador, you'll become a resource for your legislators and an influential voice in the halls of Congress – and it only takes a few hours a year.

Contact Michael Petruzzelli (michaelp@thenationalcouncil.org) [to learn more.](#)

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Our Voice: Member outreach

we are updating materials and will encourage members to reach out to lawmakers during the lame duck – start the ball rolling now with stories about why we need to protect Medicaid...



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We will start a major Get Out the Vote push, including materials to help members register clients to vote and get them to the polls – GOTV activities will continue through the election in 2018.

**GET OUT THE
VOTE!**

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Our Voice: Coalitions



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- Post-election briefing webinar on Thursday, December 15, 2016 at 1pm (eastern)
- 2 x month webinars beginning January. Up to date information on Congressional negotiations and opportunities for advocacy
- Mid-late January political messaging webinar on communicating impact of Medicaid/importance of investing in MH/SUD to new wave of legislators.
- Re-release of advocacy guide providing techniques for advocacy –Dec/Jan

Washington Updates



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