



MHANYS
Creating Change That Matters
October 28, 2016



“... importance of mental health and substance use...

great work being led by the Council working with Congress ...

initiatives across the country that focus on the needs of the individuals we serve while achieving positive outcomes under a more cost-efficient system of health care”



Importance...



- **Parity**
- Young and old, famous and not - **telling stories of recovery**
- New York Times to Huffington Post, **media focus on our issues**
- **700,000 MHFAs**
- Office of National Drug Control Policy **led by man in recovery— Michael Botticelli**
- **ACA – healthcare reform**



ACA ...expanded coverage

Expansion states



Non-expansion states



Source: Gallup-Healthways Well-Being Index, August 2015

- Reduce uninsured 8% in expansion states; 5% in non expansion
- 31 states (plus DC); Not Adopting 19 states

Medicaid is success



ACA ... Cost and Quality



- 1% of the population accounts for 23% of healthcare spending (\$88,000)
- 5% accounts for 50% (\$41,000)

Contain cost and improve quality by...

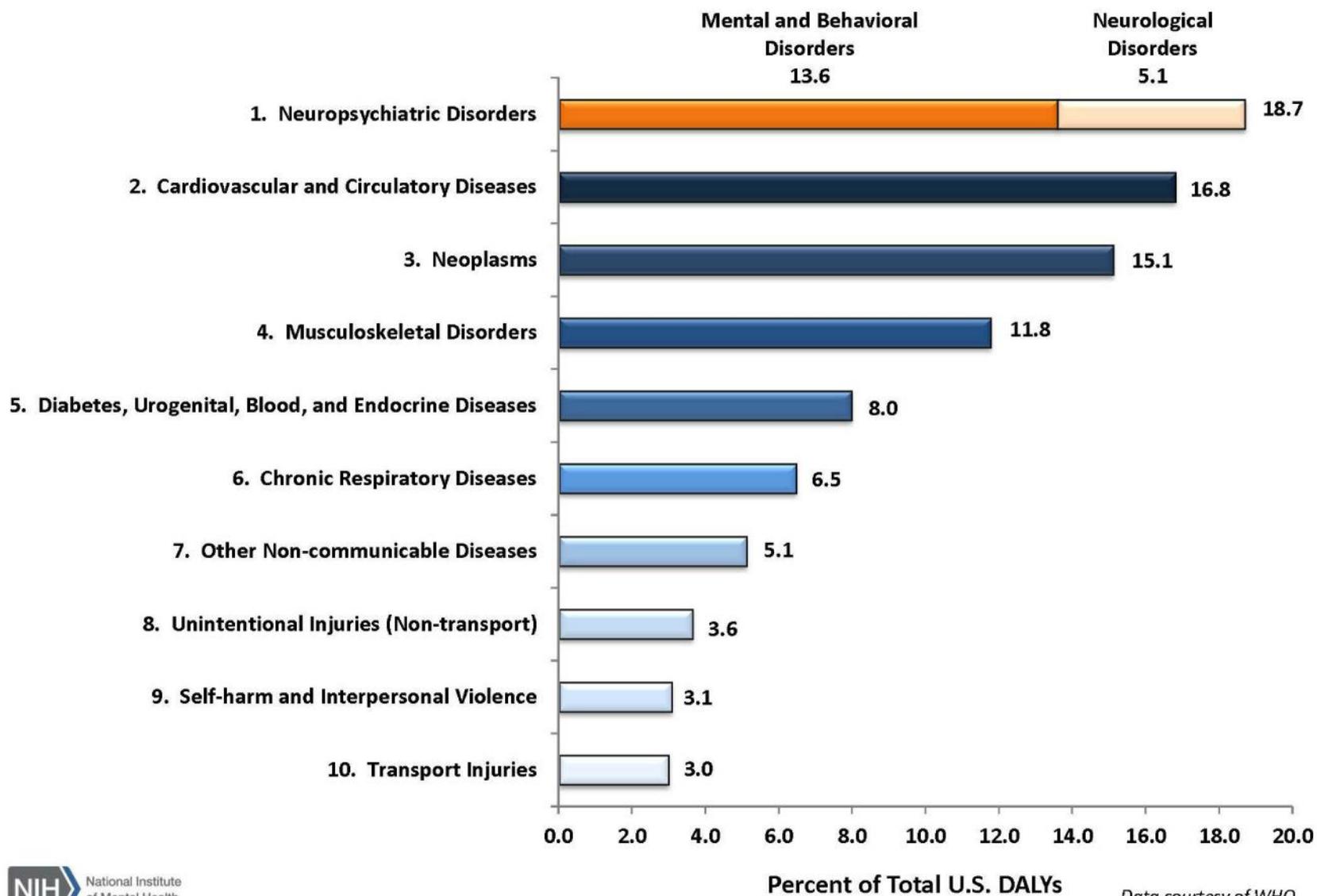
- Integrating care
- Focusing on “high user” populations
- Reducing specialist and institutional care

Service and Payment Redesign

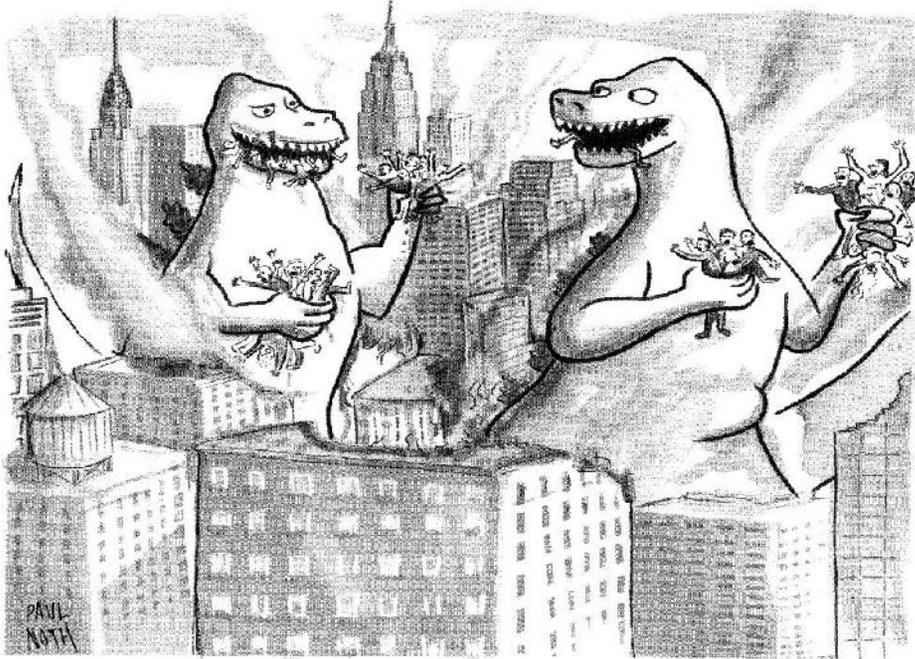
ACO Operating Model



MH Front and Center: U.S. Burden of Disease



Limited Access



*The Irrationality of
Alcoholics Anonymous*

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



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

Talking a different language with unfamiliar colleagues



Harvard Business Review: Cross-cultural Communication



Collaborative Care

for behavioral health conditions in primary care

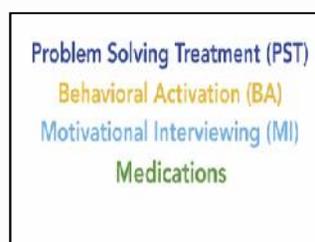


- Primary Care Provider
- Patient
- +
 - Behavioral Health Care Manager
 - Psychiatric/Addiction Consultant
- +
 - Measurement Based Care

***new codes**



Outcome Measures



Treatment Protocols

[ACTIVE PATIENTS]						
Line	Member ID	Phone	[Behavioral Health]	Start Date	Current Date	Days in Care
1	0001	123-4567	[BA]	1/1/2018	1/15/2018	14
2	0002	123-4567	[MI]	1/1/2018	1/15/2018	14
3	0003	123-4567	[Med]	1/1/2018	1/15/2018	14
4	0004	123-4567	[PST]	1/1/2018	1/15/2018	14
5	0005	123-4567	[BA]	1/1/2018	1/15/2018	14
6	0006	123-4567	[MI]	1/1/2018	1/15/2018	14
7	0007	123-4567	[Med]	1/1/2018	1/15/2018	14
8	0008	123-4567	[PST]	1/1/2018	1/15/2018	14

Population Registry



Specialty Care...

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



Getting Our share of Attention?



Policy and



Working with Congress...



“Eighty percent of life is **showing up,**”

Woody Allen



Policy Institute and Hill Day
October 2&3, 2017

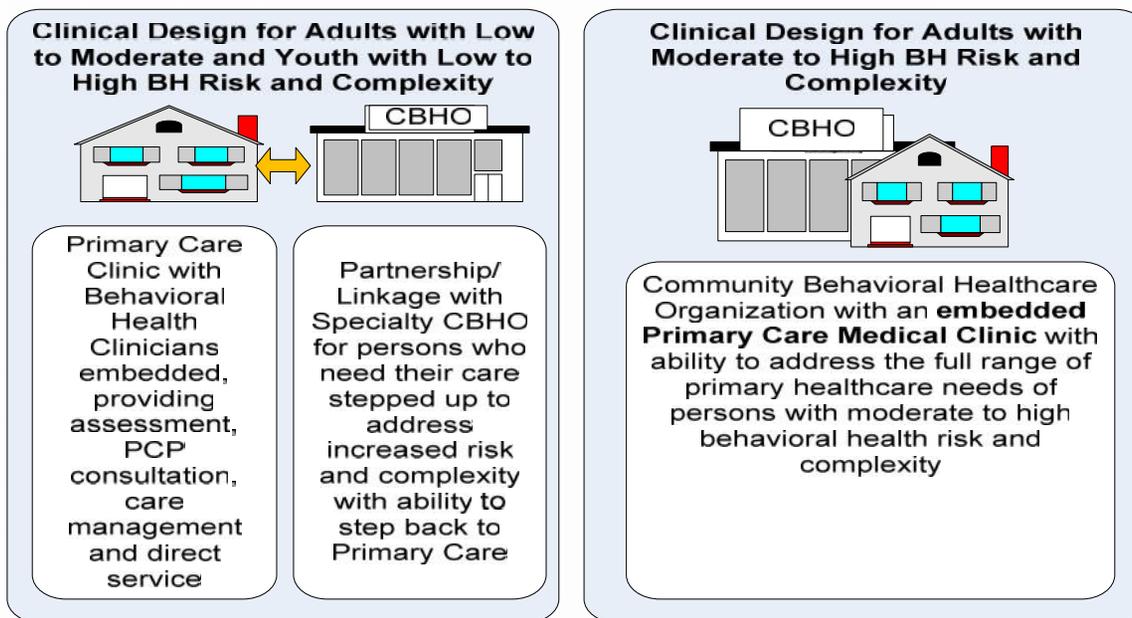


Preparation meets opportunity...Knowing what works and why

Sample of 45 improvement initiatives...

- **CIHS**
- **Same Day Access**
- **Early Onset Schizophrenia Community of Practice**
- **Medication Assisted Treatment (MAT) Learning Community**
- **Health Justice Learning Collaborative**
- **Become an FQHC**





National Council

- 2005 first Learning Collaborative
- 2009 \$7 million grant program to SAMHSA
- 2012 ACA \$50 million SAMHSA grant program
- and Medicaid Health Homes

It Passed!

The largest federal investment in mental health and addiction treatment in a generation.



Senators Roy Blunt and Debbie Stabenow

Representatives Leonard Lance and Doris Matsui



24/7 community mental health and addiction services that have federal standing, integrate primary and behavioral health, standardize care, **supported by prospective payment** that ensures skilled staff measuring the impact of service.

Certified Community Behavioral Health Clinics



It Passed!

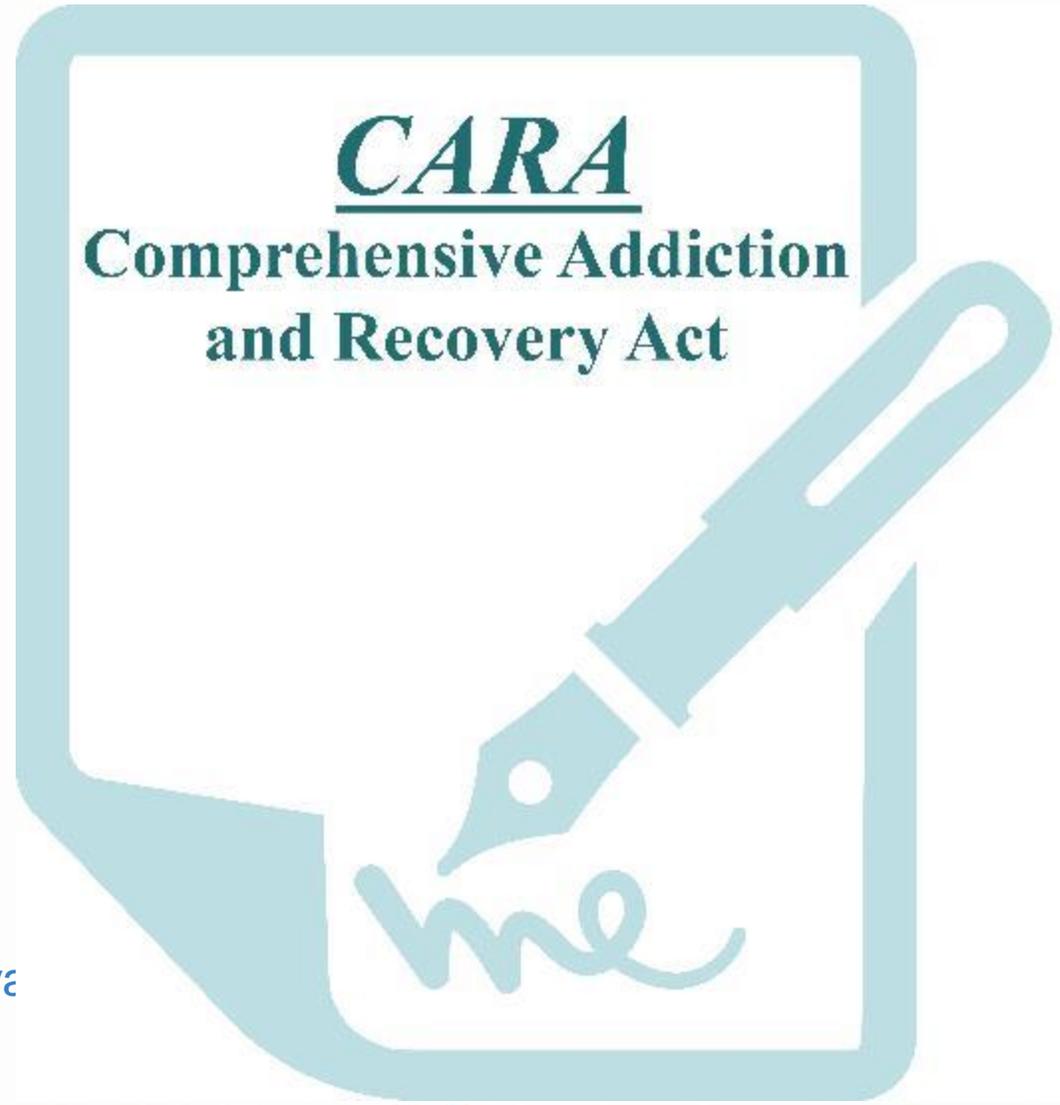
Comprehensive Addiction and Recovery Act



Senators Rob Portman and
Sheldon Whitehouse



Representatives
Jim Sensenbrenner and Tim Ryan



Mental Health First Aid Act



Senators Kelly Ayotte and
Richard Blumenthal



Representatives
Doris Matsui and Lynn Jenkins



- Rep. Tim Murphy bill **Helping Families in Mental Health Crisis Act (H.R. 2646)**
- Sens. Murphy/Cassidy bill **Mental Health Reform Act (S. 1945)**

Kennedy told POLITICO's Brianna Ehley ... bill is "so watered down" and does nothing more than "reallocate money around block grants" when it should instead "try for higher reimbursement rates" for behavioral health providers. "Passing that bill will take the wind out of the sails for real reform," he added.



We Can Do Better



Certified Community
Behavioral Health Clinics

Parity Enforcement



Sound right?



“positive outcomes under a more cost-efficient system of health care”



- More Cost Efficiency
- Improved Outcomes

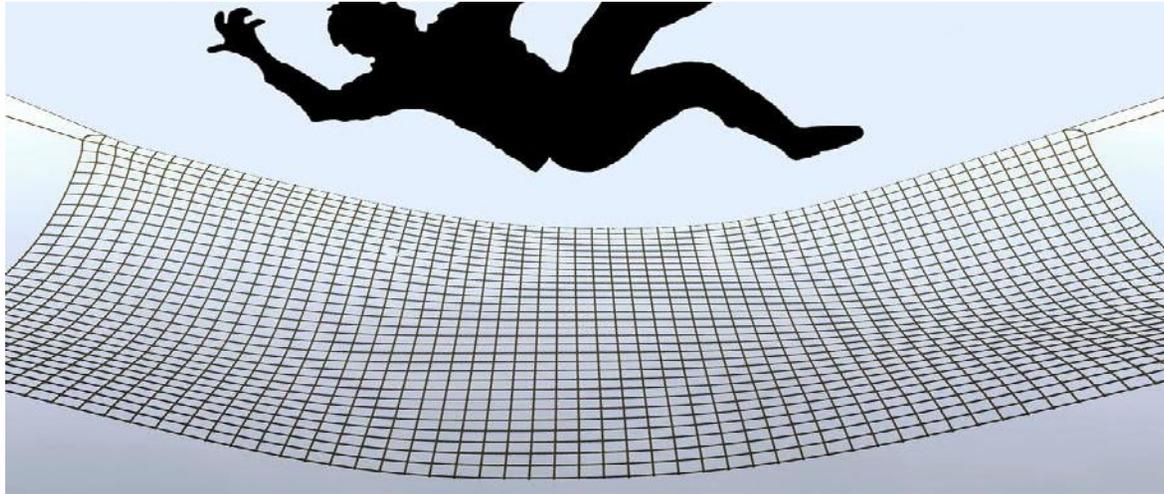


More Cost Efficiency



Current State of the Specialty Safety Net





- States withdrawing general funds
- No reserves, no margins
- No cost based reimbursement like Hospitals and FQHCs
- Recruitment and retention crisis
- Financial Integration but not at site of service



“Value Based Purchasing”



Where is the Money?



- Managed Care
- Private equity investments - inpatient, residential, methadone
- 2011 to 2015, insurers' payments to hospitals, laboratories, treatment from \$32 million to \$446 million — a 1,375% increase.



Improved Outcomes Hi Touch - Hi Tech

Silicon Valley Venture Capitol

- Limited Access
- Too few providers with inadequate training in EBPs
- Poor quality due to open loop systems
- Stigma related concerns



2006-16: Smart Phones 64M- 2B
Facebook 12M-1.65B
G-searches 250M-3.5B

Alibaba – no inventory
Arnb – no real estate
Uber – no cars
7 Cups – no walls



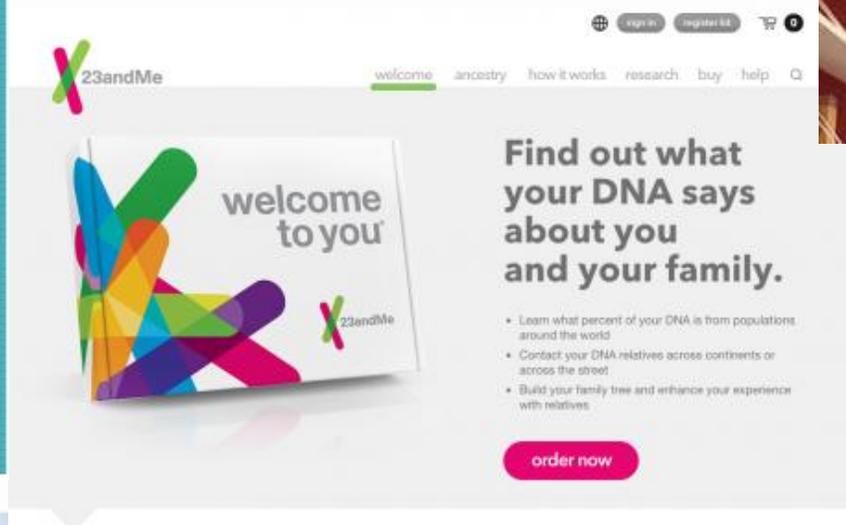
Need to Talk? <http://www.7cups.com/>

Connect with caring people for online therapy & counseling
Free, anonymous and confidential online text chat with trained
listeners, online therapists & counselors



Empowering patients and families through:

- Technology (wearables, devices, etc.)
- Registries (Patients Like Me, 23andMe, etc.)
- Information (Web resources)

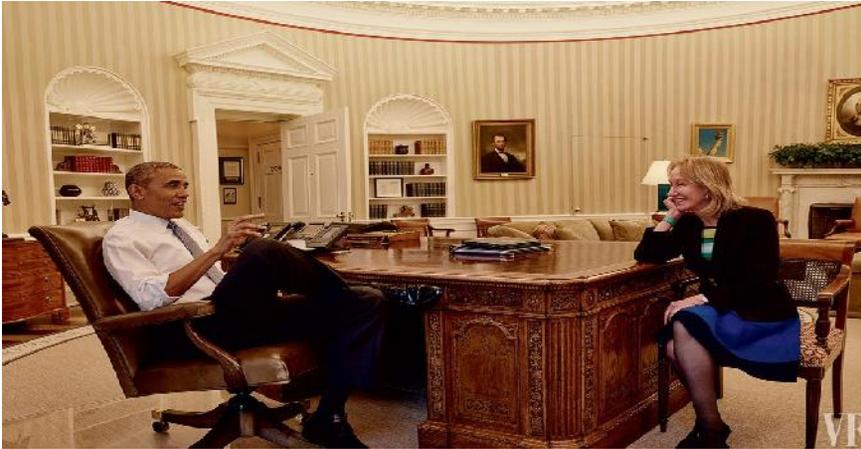


Implications... transforming culture

- From scheduled appointments to immediacy - Amazon Prime world
- From “my data” to data mining and analytics
- From discussing outcomes ... to standardization, and measurement based care



Improved Outcomes ACA - Healthcare Reform



*President Obama talking with
Doris Kearns Goodwin
Vanity Fair
September 21, 2016*

“I view it as a starter home, in the same way that when L.B.J. started Medicare and Medicaid, or F.D.R. started Social Security ,... I would welcome the next President saying ... Here are some additional things we shouldn't or should be doing. Here are the things that we've learned from the first phases of this that could stand improvement.”

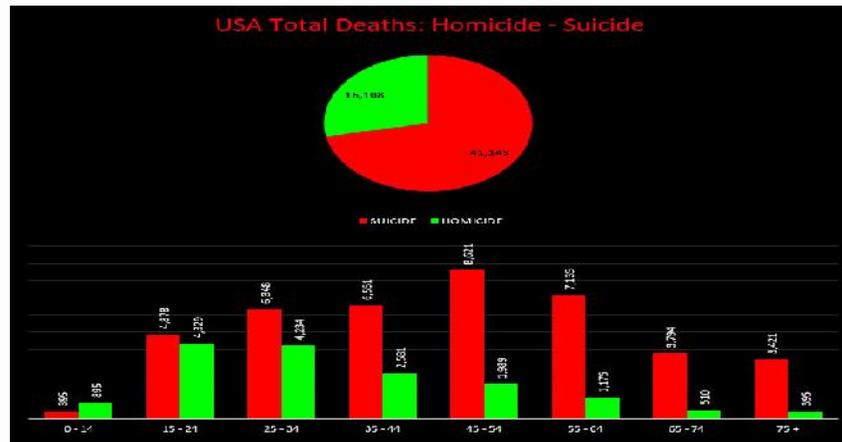
Working people/exchange... access

- Escalating deductibles/copays makes treatment for conditions responsive to medication and cognitive interventions out of reach. (Exception out of network residential treatment)
- Equally destructive are stagnant insurance reimbursement rates that make behavioral health **cash only businesses**.



Suicide...

Suicide deaths jumped 24% from 1999 to 2014, from 10.5 to 13 per 100,000 people



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

Prevention...

Minority Kids Get Expelled or Jailed not Treated

Study examined data from Medical Expenditure Panel Survey. Children as well as young adults aged 18 to 34, all 50 states:

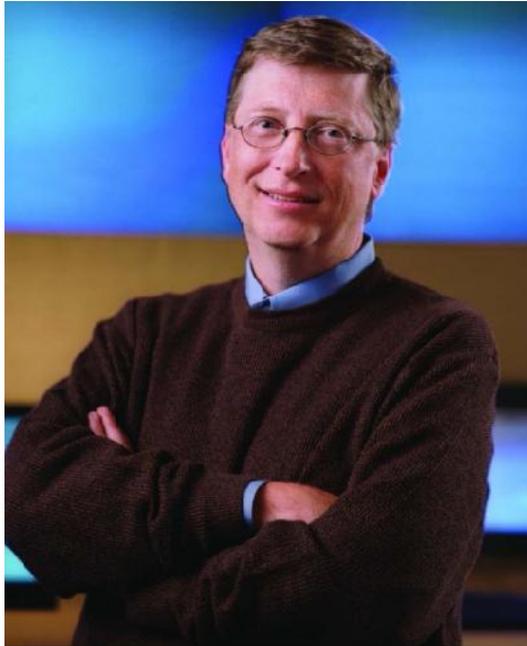
- Comparable rates of mental health issues, black and Hispanic children/young adults receive half as much mental health treatment
- Psychiatric/behavioral problems among minority youth result in school punishment or incarceration, not mental health care
- Substance abuse counseling one-seventh that of whites.



Race, Class and Privilege...



Finally



“We always overestimate the change that will occur in the next two years and underestimate the change that will occur in the next ten.”

~Bill Gates Jr.

