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

- 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

1. Neuropsychiatric Disorders 13.6
2. Cardiovascular and Circulatory Diseases 16.8
3. Neoplasms 15.1
4. Musculoskeletal Disorders 11.8
5. Diabetes, Urogenital, Blood, and Endocrine Diseases 8.0
6. Chronic Respiratory Diseases 6.5
7. Other Non-communicable Diseases 5.1
8. Unintentional Injuries (Non-transport) 3.6
9. Self-harm and Interpersonal Violence 3.1
10. Transport Injuries 3.0

Percent of Total U.S. DALYs

Data courtesy of WHO
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

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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
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.

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

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH
STATE ASSOCIATIONS OF ADDICTION SERVICES
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 sales for real reform," he added.
We Can Do Better

Expand Excellence in Mental Health Act

Certified Community Behavioral Health Clinics

Parity Enforcement

@NATIONALCOUNCIL
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

Shrinking State Support

Demands
- 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
Survive?
“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
"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.
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...

WITH DRUG USAGE RATES MOSTLY EQUAL AMONG ALL RACES,

WHY ARE THERE 3 LANDS FOR EVERY 2 HISPANICS AND EVERY 1 WHITE INCARCERATED FOR NONVIOLENT DRUG-RELATED OFFENSES?

FACEBOOK.COM/OCCUPYDEMOCRATS
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.