Behavioral Health Homes in Connecticut

System, Process and Purpose
Behavioral Health Partnership Oversight Committee
January 15, 2014
Origin

- In 2010, the Patient Protection and Affordable Care Act (ACA) established a “health home” option under Medicaid that serves enrollees with chronic conditions.
The Goals of Health Homes align with the aim of the Affordable Care Act (ACA)

- Improved experience in care
- Improved health outcomes
- Reduction in health care costs
It has been argued that for those individuals who have relationships with behavioral health organizations, care may be best delivered by bringing primary care, prevention, and wellness activities onsite into behavioral health settings.
Behavioral Health Home (BHH) Definition

- A Behavioral Health Home is an innovative, integrated healthcare service delivery model that is recovery-oriented, person and family centered and promises better patient experience and better outcomes than those achieved in traditional services.
Connecticut’s BHH Service Delivery Model

- Facilitates access to:
  - Inter-disciplinary behavioral health services,
  - Medical care, and
  - Community-based social services and supports for individuals with serious and persistent mental illness (SPMI).
Behavioral Health Homes in CT

- In August 2012, the Adult Quality, Access and Policy sub-committee of the Behavioral Health Partnership Oversight Council (CT BHPOC), in conjunction with the State Partners (DMHAS, DSS, DCF), formed a Behavioral Health Home (BHH) workgroup as a vehicle to develop model and implementation plan.
The CT BHH Workgroup

- Established parameters for defining Eligibility for BHH
- Established Service Definitions
- Identified Provider Standards
- Identified CT’s BHH Outcome Measures
- Reviewed Medicaid and DMHAS enrollment Data
Eligibility
Connecticut BHH Eligibility

- Auto-Enrolled Mental Health Consumers include those with:
  - SPMI
    - Schizophrenia and Psychotic Disorders;
    - Mood Disorders;
    - Anxiety Disorders;
    - Obsessive Compulsive Disorder;
    - Post-Traumatic Stress Disorder; and
    - Borderline Personality Disorder.

- Medicaid Eligibility
  - Medicaid claims $\geq$ $10k/\text{year}$
Service Definitions
Behavioral Health Home Core Services

- Comprehensive care management
- Care coordination
- Health promotion
- Comprehensive transitional care
- Patient and family support
- Referral to community support services
Comprehensive Care Management

- Assessment of service needs
- Development of a treatment and recovery plan development in conjunction with the individual
- Assignment of health home team roles
- Monitoring of progress
Care Coordination

- Implementation of the treatment and recovery plan in collaboration with the individual to include linkages
- Ensuring appropriate referrals, coordination and follow-up to needed services and supports
- Ensuring access to medical, behavioral health, pharmacological and recovery support services
Health Promotion:

- Health education specific to an individual’s chronic condition(s)
- Assistance with self-management plans
- Education regarding the importance of preventative medicine and screenings
- Support for improving natural supports/social networks
- Interventions which promote wellness and a healthy lifestyle
Comprehensive Transitional Care

- Specialized care coordination focusing on the movement of individuals between or within different levels of care

- Care coordination services designed to
  - Streamline plans of care
  - Reduce hospital admissions
  - Interrupt patterns of frequent hospital Emergency Department use
Patient and Family Support

Services aimed at helping individuals to
- Reducing barriers to achieving goals
- Increasing health literacy and knowledge about chronic conditions
- Increasing self-management skills

Identifying resources to support individuals in attaining their highest level of wellness and functioning within their families and communities
Referral to Community Support Services

- Ensuring access to a myriad of formal and informal resources which address social, environmental and community factors
- Assistance individuals to overcome access or service barriers, increase self-management skills and improve overall health
Provider Standards
BHH Provider Standards

- Meet state certification requirements
- Have capacity to serve individuals on Medicaid who are eligible for BHH services in the designated service area
- Have a substantial percentage of individuals eligible for enrollment in behavioral health home services
- Be an eligible member of the CT Medicaid Program
Within three months of implementation:

- Develop a contract or MOU with regional hospitals or provider systems to ensure a formalized relationship for transitional care planning, to include communication of inpatient admissions as well as identification of individuals seeking Emergency Department services.

- Develop and maintain referral agreements with regional primary care practices.
Connecticut’s BHH Service Delivery Model

- Builds on DMHAS’ existing behavioral health infrastructure using designated providers to implement BHH services statewide in a targeted manner
Designated Providers

- Local Mental Health Authorities (LMHAs) and contracted LMHA affiliate providers (Affiliates) will serve as designated providers of behavioral health home services.
Connecticut’s LMHA and Affiliate Statewide Service System

- Each LMHA is responsible for one or more catchment areas providing statewide coverage
- Together, LMHAs and Affiliates play a critical role in the overall system of care
  - providing system diversity
  - enhancing local geographic access to underserved populations
  - contributing to a comprehensive network of care
Data
Data Sources

Calendar Year 2012

- Medicaid Claims
- DMHAS Ddap and Avatar
Identifying Consumers Eligible for Auto Enrollment

Medicaid CY 2012

Enrollees with 1 of 6 identified Diagnoses + Enrollees with Medicaid Expenditures >$10K

POOL OF ELIGIBLE MEDICAID ENROLLEES
Identifying Consumers Eligible for Auto Enrollment

Pool of Eligible Medicaid Enrollees

- Consumers in DMHAS Ddap & Avatar Data with OP and/or CM services

- Projected Eligible and Auto-Enrolled

- Projected Eligible but NOT Auto-Enrolled
Auto-Enrollment

- Based on these parameters, CT plans to enroll +/- 10,500 individuals in BHH services.

- These 10,500 individuals meet the diagnostic criteria, have Medicaid expenses >$10K and are receiving services from LMHAs or their Affiliates.
Participation is Voluntary

- All individuals meeting eligibility criteria for BHH services will be auto-enrolled with their BH provider of record.
- Individuals may choose another designated BHH service provider or opt out of BHH services entirely.
Outcome Goals and Quality Measures
GOAL 1: Improve Quality By Reducing Unnecessary Hospital Admissions And Readmissions

- Decrease the readmission rate within 30 days of an acute hospital stay
- Decrease the rate of ambulatory care-sensitive admissions
- Reduce ambulatory care-sensitive emergency room visits
GOAL 2:

REDUCE SUBSTANCE USE

- Increase the number of tobacco users who received cessation intervention
- Increase the percentage of adolescents and adults with a new episode of alcohol or other drug dependence (AOD) who initiated AOD treatment or engaged in AOD treatment
GOAL 3: IMPROVE TRANSITIONS OF CARE

- Increase the percentage of those discharged from an inpatient facility for whom a transition record was transmitted for follow-up care within 24 hours of discharge

- Increase the percentage of individuals who have a follow-up visit within 7 days of discharge from an acute hospitalization for mental health
GOAL 4:

**IMPROVE THE PERCENT OF INDIVIDUALS WITH MENTAL ILLNESS WHO RECEIVE PREVENTIVE CARE**

- Improve BMI education and health promotion for enrolled individuals
- Early intervention for individuals diagnosed with depression
GOAL 5:

IMPROVE CHRONIC CARE DELIVERY
FOR INDIVIDUALS WITH SPMI

- Increase the percentage of individuals with a diagnosis of hypertension (HTN) whose blood pressure (BP) is adequately controlled
- Increase the percentage of individuals with asthma and who were dispensed a prescription for medication
- Increase the percentage of adults with diabetes, whose Hemoglobin HbA1c is within a normal range
- Increase the percentage of adults with coronary artery disease (CAD) whose LDL is within a normal range
GOAL 6:

INCREASE PERSON-CENTEREDNESS AND SATISFACTION WITH CARE DELIVERY

- Increase general satisfaction with care including:
  - access to care;
  - quality and appropriateness of care;
  - participation in treatment; and
  - cultural competence.
GOAL 7:

INCREASE CONNECTION TO RECOVERY SUPPORT SERVICES

- Decrease the number of individuals who experienced homelessness and increase housing stability
- Increase the number of individuals who become involved in employment and/or educational activities
Health Information Technology and the Administrative Services Organization
Use of Health Information Technology to Link Services:

- Use of the MMIS and Administrative Service Organization data to
  - provide Integrated Behavioral Health Home services
  - improve care coordination across the care continuum (e.g. universal care plan, data sharing among providers)
Administrative Services Organization

- Build an interoperable information technology system to collect and disperse data to the health home network
- Oversee provider credentialing, training and technical assistance
- Provide Learning Collaborative
Administrative Services Organization

- Enroll and track service recipients
- Complete data analyses and reporting
- Prepare and submit BHH services for Medicaid claims adjudication through the approved Connecticut Medicaid Management Information System (MMIS)
- Target Start Date: May 2014
CT BHH Fiscal Model
Fiscal Model

- BHH services will be billed using a statewide Per Member Per Month (PMPM) rate

- BHH services are eligible for reimbursement for a recipient when one or more BHH services are rendered during the month

- BHH services claimed under Medicaid must be substantiated by documentation in the individual’s service record
Fiscal Model

- CMS approved Random Moment Time Studies (RMTS) will be conducted

- The existing TCM RMTS will be replaced by BHH RMTS so there will be no new procedures or actions required of providers

- The BHH Learning Collaborative will provide a refresher on RMTS requirements
Fiscal Model

- To maintain service system stability, new dollars will be added to existing human services contracts.
- DMHAS will pay providers with up-front quarterly grant distribution.
- Grant amounts will depend on the number of enrolled, BHH eligible beneficiaries.
DMHAS was appropriated $10 million new dollars annually for BHH services

$1 million of the new funding is for the ASO

$9 million is for services (PNP=$6, state = $3)

New funding dollars will be negotiated based on expected enrollment at each BHH
Providers will not need to do additional cost reports

DMHAS will submit one Commissioner certified cost report for all public and contracted costs associated with BHH
Minimum Behavioral Health Home Staffing

- Director
- Primary Care Nurse Care Manager
- Primary Care Physician Consultant
- Administrative Systems Specialist
- Hospital Transition Coordinator
- Licensed Behavioral Health Clinician
- Psychiatrist
- Care Coordinator (Behavioral Health Home Specialist)
- Peer Recovery Specialist.
LEARNING COLLABORATIVES
Providers will be supported in transforming service delivery by participating in a statewide learning collaborative.

Providers’ learning needs will be identified based on their unique:

- experience with organizational change
- transformation approaches
- knowledge on health home services
The Learning Collaborative will aid providers in implementing BHH services.

The Learning Collaborative will be supplemented with provider specific technical assistance (on-site and via telephone.)

Accomplishments to Date

- Working Agreements among State Partners (DMHAS, DSS, DCF) regarding target population and model
- Model Design with BHH Workgroup
- Piloted Secure Data Exchange with PNP LMHA’s
- Working Draft SPA is in place
- CMS contact (11/21, 1/8)
- TA from SAMHSA (12/12, 1/3)
- Released ASO RFP
Next Steps

- Continued Collaboration among State Partners
- Provider Learning Collaborative
- BHH Overview Presentation to BHP OC
- Formal Conversations with CMS
- SPA Submission Process
- Initiate BHH Contracting
- Begin BHH Implementation by June 2014
Questions?