

BEHAVIORAL HEALTH: IMPACTING THE FUTURE OF HEALTH CARE

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Evolution of Public Mental Health Policy in the United States

- ▶ People with mental illness have been a responsibility of government since colonial times.
- ▶ The question today is not, “Should we be responsible for people with serious mental illnesses?” (an expanded entitlement) Rather the question is, “How do we best address the needs of people with mental illnesses and the community-at-large?”

Evolution of Public Mental Health Policy in the United States

- ▶ Recovery – late 1990s to present
- ▶ *Surgeon General Report on Mental Health, 1999*
- ▶ *President's New Freedom Commission on Mental Health, 2003*
- ▶ Life outcomes – present
- ▶ Cross Systems BH Agenda and Approach – present
- ▶ Specialty BH managed care
- ▶ Integration of BH and PH – present
 - Medical Home
 - Person centered health care

The Concept of Recovery and Mental Health

- ▶ Recovery from mental illness: The guiding vision of the mental health service system in the 1990s*
 - Dr. William A. Anthony, Boston University
- ▶ Evolved out of the community support system
- ▶ “Recovery is what people with disabilities do.”*
- ▶ Vision of BH care and integrated BH/PH care should be based on “How does the system “touch” the person and how does the person “touch the system” – **“Is it recovery oriented?”**
- ▶ Define what you need to buy before you move or spend the money.

*Source: *Psychosocial Rehabilitation Journal*, 1993, 16 (4), 11-23

The Concept of Recovery and Mental Health

- ▶ SAMHSA convened a national summit in December 2004 with 110 expert panelists
- ▶ Issued *National Consensus Statement on Mental Health Recovery*

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

Source: <http://www.samhsa.gov>

The Concept of Recovery and Mental Health

National summit also issued...

The 10 Fundamental Components of Recovery

- Self-Direction
- Individualized and Person-Centered
- Empowerment
- Holistic
- Non-Linear
- Strengths-Based
- Peer Support**
- Respect
- Responsibility
- Hope

Source: <http://www.samhsa.gov>

Recovery is an individualized journey.

Recovery is a process and an outcome.

Recovery is
managing one's illness =
managing one's life.

Health Care Reform – ACA

- ▶ Goals of the Affordable Care Act
 1. Increase Access to Affordable Coverage
 2. Improve Quality of Care
 3. Bend the Cost Curve

Health Care Reform – ACA

Four Big Bets

Dr. Paul Keckley, Deloitte Health Solutions

- ▶ States' willingness, capacities, competencies
- ▶ Employers mandate play or opt out
- ▶ Provider response to incentives for quality, evidence based practice & efficiencies
- ▶ Will 27 million people without coverage buy it or become eligible through Medicaid expansion

Behavioral Health – ACA

- ▶ Where will Specialty BH managed care fit?
- ▶ Many lessons learned from BH managed care “carve outs” – *“Long-Term Performance of the Pennsylvania Medicaid Behavioral Health Program,” Compass Health Analytics, Inc., December 2010*
- ▶ Regardless of how Healthcare is financed, care must be driven by standards of care that are reflected in BH managed care contracts.
- ▶ With 75% of health costs going to treat chronic conditions, BH managed care can effectively “inform the reform”.

Behavioral Health – ACA

- ▶ Utilize BH managed care contract standards in establishing coverages offered in the health exchanges (including role of peer support)– *“Increasing Access to Behavioral Healthcare: Managed Care Options & Requirements,” The National Council of CBH, July 2011*
- ▶ Realize integrated PH/BH care through specialty (even “carved out”) care
 - PA Medicaid Pilot results
 - 12% lower MH hospitalizations
 - 10 % lower readmission rates
 - 9% lower emergency department use

Existing Tools to Transform BH and PH

- ▶ Depression screening
- ▶ Screening and Brief Intervention
- ▶ Medication assisted treatment of addictions
- ▶ On-line access to treatment and support
- ▶ Implementation of electronic health record
- ▶ Specialty BH managed care
- ▶ Range of working models of integrated care between BH and PH providers, e.g. health home