Behavioral Health Integration: An Update

Senate Health and Long Term Care Committee
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Integrating physical and behavioral health

- By 2020, all Apple Health managed care will be integrated
- Whole-person approach to care: Mind and body
- Physical and behavioral health needs will be addressed in one system
  - Integrated network of providers
  - Better coordinated care for patients
- Initiative under Healthier Washington to bring together the payment and delivery of physical and behavioral health services
Early Adopter Region Successes

Research and Data Analysis compared findings in SWWA to rest of state from IMC implementation through CY 2017

- Eleven indicators show favorable change at 95% confidence level, e.g.:
  - Substance Use Disorder Treatment Penetration
  - Mental Health Treatment Penetration - Broad Definition
  - Follow-up after ED Visit for AOD Dependence - Within 7 and 30 Days
  - Follow-up after ED Visit for Mental Illness - Within 7 and 30 Days
  - Inpatient Utilization per 1000 Coverage Months – Combined Medical and Psychiatric
  - Percent Employed

- Two indicators show favorable change at 90% confidence level:
  - Plan All-Cause 30-Day Readmission
  - Percent Arrested

- Only two indicators show unfavorable change (95% confidence level)
Update on implementation dates
Medicaid integration timeline

**2018**
- May: Announce Apparently Successful MCO Bidders
- June - Aug: Knowledge Transfer Begins
- Transition readiness between providers & MCOs Begins
- HCA conducts Readiness Review

**2019**
- Sep - Dec: HCA/MCO & ASO Sign Contracts
- Client Notifications for 2019
- Continuing provider readiness and knowledge transfer
- Client enrollment processes

- Jan - May: Enrollment in mid-adopter regions begins
- Daily calls with MCOs, BH-ASOs, and providers (January)
- Early Warning System webinars begin in February
- Readiness review for North Sound region

- June: July 1: North Sound go live
- Knowledge Transfer for 2020 regions
- Transition readiness between providers & MCOs begins
- HCA conducts Readiness Review

- Sep - Dec: HCA/MCO & ASO Sign Contracts
- Client Notifications for 2020
- Continuing provider readiness and knowledge transfer
- Client enrollment processes

**Jan 2020**
- Integrated coverage is statewide

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**Key Acronyms**
- RSA – Regional Service Areas
- MCO – Managed Care Organization
- BHO – Behavioral Health Organization
- AH – Apple Health (medical managed care)
- ACH – Accountable Community of Health
- BH-ASO – Behavioral Health Administrative Services Organization

**FIMC** – Fully-Integrated Managed Care

**HCA** – Health Care Authority

**NC** – North Central

**Mid-Adopter Regions**: Regions pursuing fully-integrated managed care before 2020
## Managed Care Organizations per region

<table>
<thead>
<tr>
<th>Managed care region</th>
<th>Amerigroup</th>
<th>Community Health Plan</th>
<th>Coordinated Care</th>
<th>Molina Healthcare</th>
<th>United Healthcare</th>
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MCO Mental health services

- Intake evaluation
- Individual treatment services
- Medication management
- Medication monitoring
- Crisis services
- Group treatment services
- Peer support
- Brief intervention and treatment
- Family treatment
- High-intensity treatment
- Therapeutic psychoeducation
- Day support
- Evaluation and treatment/community hospitalization
- Stabilization services
- Rehabilitation case management
- Residential services
- Evaluations for special populations
- Psychological assessment
MCO Substance use disorder services

- Assessment
- Brief intervention and referral to treatment
- Withdrawal management (detoxification)
- Outpatient treatment
- Intensive outpatient treatment
- Residential treatment
- Opiate substitution treatment services
- Case management
BH-ASO Population-based services

- Provide crisis services to all individuals, regardless of insurance
  - Crisis line
  - Face-to-face crisis intervention services

- Administer Involuntary Treatment Act (ITA)
  - Conduct ITA investigations
  - Write ITA petitions and detain individuals when indicated
  - Monitor compliance with less restrictive treatment services
  - Coordinate necessary services include due process
Behavioral health services for AI/AN

American Indians and Alaska Natives may choose their coverage for behavioral health services

- Fee-for-service
- Integrated managed care (in regions that have integrated physical and behavioral health care for Apple Health clients)
- Services through the local behavioral health organization (in regions that have not yet integrated physical and behavioral health care for Apple Health clients)
Communities continue to play a vital role

2ESHB 1388, Sec. 4062 (2018) included language on Interlocal leadership structures

- When requested by a county/regional service area, HCA shall collaborate with counties to create Interlocal leadership structure

- Structure must
  - Include physical and behavioral health care providers, tribes, and others
  - Be chaired by counties and jointly administered by HCA, managed healthcare systems, and counties
  - Design and implement manage care model to ensure client-centered care
  - Support physical and behavioral health integration

Regions that have a structure include:
- Southwest Washington
- Pierce
- King
- North Sound
- Spokane
January 2019 mid-adopter update

- **Rapid response calls**
  - Daily check-ins with each region that integrated January 1, 2019
  - Will continue regular check-in calls for three months

- **Early warning system**
  - Begin February 2019
  - Statewide indicators used to detect signs of implementation challenges
  - Providers, MCOs, and BH-ASOs provide rapid problem-solving
  - Will continue for six months
Agency organizational changes

- House Bill 1388 (2018) aligns the functions of three state agencies
  - Department of Health
    - Licensing behavioral health providers
  - Department of Social and Health Services
    - Managing state hospitals, stayed at Department of Social and Health Services
  - Health Care Authority
    - Outpatient services, funding, and contracts for Mental Health, Substance Use, Prevention, Problem Gambling, Recovery Supports, etc.
Update on SSB 5779: Billing code evaluation

- Code review completed (with stakeholder input)
- Focus on:
  - Health and behavioral codes
  - Psychotherapy
  - Tobacco cessation

- Health and behavior code limitation removal went live Jan. 1, 2019
- Psychotherapy and tobacco cessation modifications scheduled to be implemented July 1, 2019
Questions?

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