



# Behavioral Health Integration: An Update

Senate Health and Long Term Care  
Committee

January 25, 2019

MaryAnne Lindeblad, BSN, MPH  
Medicaid Director

# Integrating physical and behavioral health

---

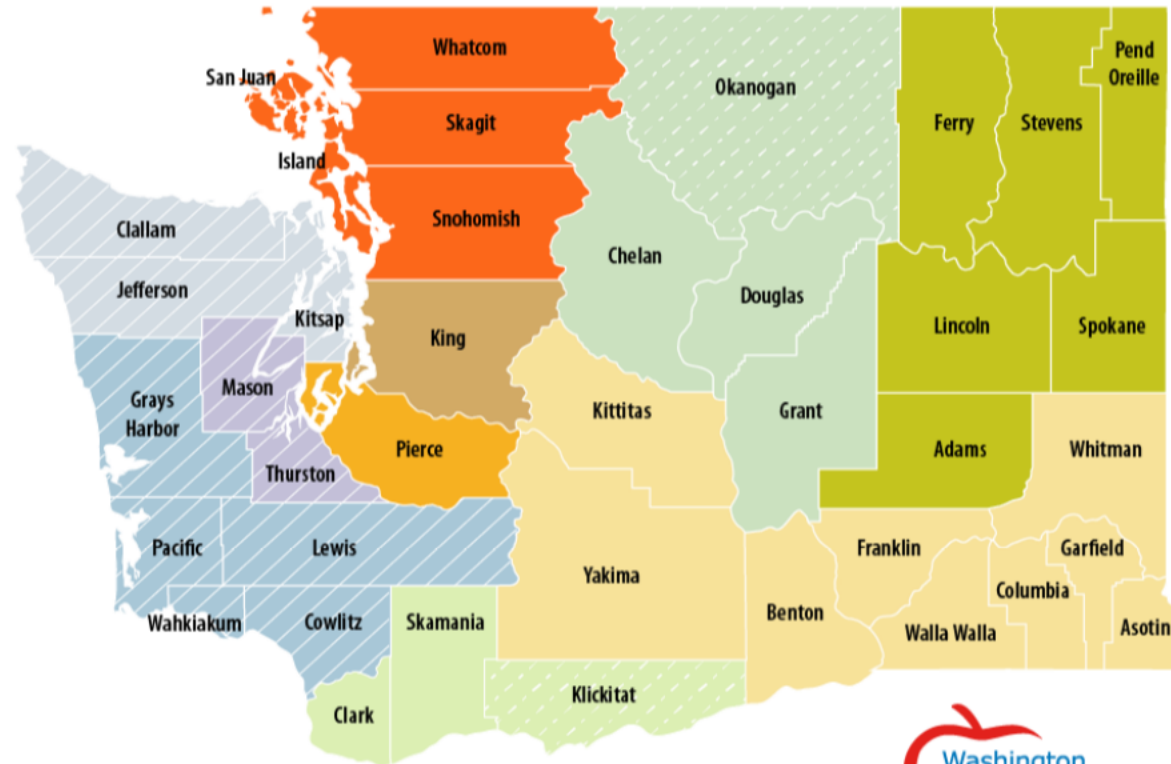
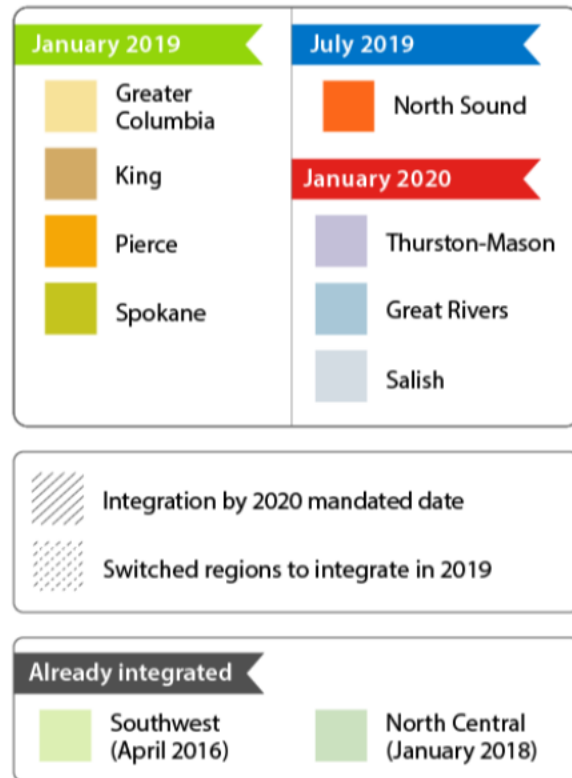
- ▶ By 2020, all Apple Health managed care will be integrated
- ▶ Whole-person approach to care: Mind and body
- ▶ Physical and behavioral health needs will be addressed in one system
  - ▶ Integrated network of providers
  - ▶ Better coordinated care for patients
- ▶ Initiative under Healthier Washington 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



## 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

Managed care region	Amerigroup	Community Health Plan	Coordinated Care	Molina Healthcare	United Healthcare
As of January 2019					
Greater Columbia	●	●	●	●	
King	●	●	●	●	●
Pierce	●		●	●	●
Spokane	●	●		●	
As of July 2019					
North Sound	●	●	●	●	●
Coming January 2020					
Thurston-Mason	●			●	●
Great Rivers	●			●	●
Salish	●			●	●
Already integrated					
North Central	●		●	●	
Southwest	●	●		●	



# 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

---

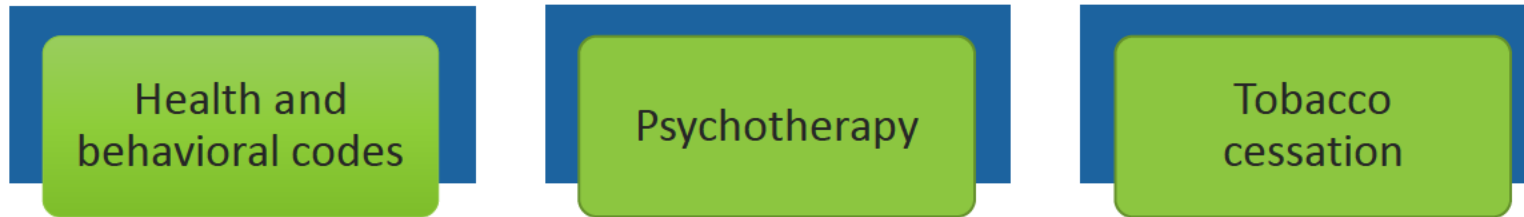
- ▶ House Bill 1388 (2018) aligns the functions of three state agencies
  - ▶ Department of Health
    - Licensing behavioral health providers
  - ▶ Department of Social and Health Services
    - Managing state hospitals, stayed at Department of Social and Health Services
  - ▶ Health Care Authority
    - 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 behavior code limitation removal went live Jan. 1, 2019

- ▶ Psychotherapy and tobacco cessation modifications scheduled to be implemented July 1, 2019



# Questions?

---

**MaryAnne Lindeblad**  
**Medicaid Director**

360-725-1863

[maryanne.lindeblad@hca.wa.gov](mailto:maryanne.lindeblad@hca.wa.gov)