Behavioral Health and Medicaid: How Medicaid Can Be Leveraged to Improve Behavioral Health

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A Chain of Neglect
The Problem: Current Landscape

- States cut $4.6 billion from mental health budgets between 2009 and 2013.
- Medicaid expansion gap disproportionately affects adults with SMI.
- Serious mental illnesses are most frequently diseases of childhood, but children with serious mental illnesses rarely integrated health and education services.
Who’s in the ACA Coverage Gap?

ACA Medicaid Expansion Coverage Gap and Mental Illness (millions)

- Total in "Coverage Gap" (KFF): 4.8
- Total in "Coverage Gap" with mental illness (AMHCA): 3.7

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Only 1 in 28 with SMI is identified with ED

Source: US DOE, 2015
Mental health conditions are the only chronic conditions that as a matter of public policy we wait until Stage 4 to treat, and then often only through incarceration.
What’s the Alternative?

People with Serious Mental Illnesses

- 6% of Overall Population
- 15% of Men in Prison
- 31% of Women in Prison

Source: Steadman et al, 2009
Where Do We Focus?
MHA Stands for...

- Recovery
- Integrated Services and Care
- Prevention
- Early Identification and Intervention
Strategy #1: Ubiquitous Screening

MHA screening: [www.mhascreening.org](http://www.mhascreening.org)

- 425,000+ completed screens.
- 75 percent female.
- 46 percent under age 25.
- 70 percent white/30 percent non-white or ethnic minority.
- Two-thirds positive/moderate to severe; two-thirds never been diagnosed.
Early Identification: MHA SCREENING

Anxiety Screening
- Minimal
- Mild
- Moderate
- Severe

Bipolar Screening
- Negative
- Positive

Depression Screening
- Minimal
- Mild
- Moderate
- Moderately Severe
- Severe

PTSD Screening
- Negative
- Positive

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Free Care Rule

As of December, 2014, schools can now bill Medicaid for ubiquitous screening offered free to all students, for those students who are Medicaid-eligible.


“As a result, Federal Financial Participation (FFP) is available for Medicaid payments for care provided through providers that do not charge individuals for the service, as long as all other Medicaid requirements are met.”
Strategy 2: Care Integration

- 80% of people with mental illnesses have a primary care provider.
- 70% of MH prescriptions are written by PCPs.
- Provider shortage.
- Reimbursement strategies – will strategic rate increases lead to more providers?
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Help

Mental insurance

Need counseling

Life

Doctor

Depression

Take

Family

Meds

Feel

Find

Years

Think

Interested

Experience

People

Every lost

Sleep

Alcohol

Life

Do not try

Need help

Private

Professional

Things

Care

Go

Talk

Worker

Online

Talking

Past problem

Get medication

Medication

Way

Getting

Job

One

Counselor

Many

Psychiatrist

Primary care

Diagnosed

Protection

Same

Another

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Strategy 3: Invest in Recovery

Mood disorders ranking by age group as principle inpatient diagnosis:

Age 1-17 #1

Age 18-44 #3
Note: 4 of top 5 related to delivery

Age 45-64 #5
Note: top four related to aging

Source: “Most Frequent Conditions in US Hospitals, 2010,” AHRQ, January 2013
Recovery Strategies: Use Your Waivers

- Earlier identification and intervention, i.e. don't wait for a crisis.
- Housing supports.
- School and Job supports.
- Family supports and wrap around services.
- Social supports.
What’s the Alternative?

Percent of Homeless People

- Serious MI: 33%
- Alcohol Dependency: 38%
- Drug Dependency: 26%
Strategy 4: Use Peers

- Thirty states permit peer reimbursement, but few use it extensively.
- MHA initiative: Nationally certified peers working in integrated health care settings as part of a clinical team.
  - Kaiser/MHA west coast pilot in OR and CA to expand to CO (local affiliates are partners).
- Evidence-based: Cochrane Review, 2013, found peers as effective in promoting recovery as other clinical services.
#B4Stage4 Messaging Examples

Approximately 1 in 5 U.S. adults has a mental health disorder.

MENTAL HEALTH MONTH 2015
Be Part of the B4Stage4 Action

Join the Conversation
Text, Talk, Act on May 27th

3 STEPS to Text, Talk, Act

1. TEXT
   Gather 3-4 people and text "START" to 89800
   Standard rates may apply.

2. TALK
   Talk with your group using the text-enabled questions.

3. ACT
   Be part of the change!

For more information go to: www.creatingcommunitysolutions.org/texttalkact

www.mentalhealthamerica.net/may
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Mental Health Month

Symptoms and Warning Signs

When people first begin to experience symptoms of a mental health condition, they shouldn’t be ignored or brushed aside in the hopes that they go away. Like other health conditions, we need to address the symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.

- Too much sleep or trouble sleeping
- Trouble focusing or having racing thoughts
- Changes in appetite
- Isolating yourself from others or losing interest in things you once enjoyed
- Irritability or having a short temper
THANK YOU AND QUESTIONS.