MEDICAID BEHAVIORAL HEALTH REDESIGN UPDATE

DECEMBER 4TH, 2018
BEHAVIORAL HEALTH
REDESIGN LEADERSHIP

Alexis Aplasca, M.D.
*Department of Behavioral Health and Developmental Services*

Alyssa Ward, Ph.D., LCP
*Department of Medical Assistance Services*
The start of behavioral health transformation

- STEP-VA has paved the way forward in creating a path for mental health system change in the 21st century
- Implementation is in progress and the next step in the process is to critically examine the sustainability of the program
- The need identified is to establish an array of services that complement the foundational changes that STEP-VA provides
- The process for the development of the array is through the concurrent redesign of the Medicaid behavioral health services to support and sustain STEP-VA
Shared Goals and Alignment of Initiatives

- Medicaid BH Redesign
- STEP-VA (DBHDS)
- ARTS (DMAS)
- VMAP (AAP/VDH)
- Juvenile Justice EBP Implementation (DJJ)
- High Fidelity Wraparound (DBHDS/OCS)
- Family First Prevention Act (DSS/OCS)
- Project AWARE/ Tiered System of Supports (DOE)
Vision for Medicaid Redesign

• Keep Virginians well and thriving in their communities

• Reach people in environments where they already seek support such as primary care and schools

• Support and sustain STEP Virginia

• Assure Medicaid coverage and high quality behavioral health options for those eligible

• Retrain and build our workforce

• **Long term vision:** shift our system’s need to focus on crisis by investing in prevention and early intervention with mental illness
Medicaid Redesign Project Timeline and Progress

July 2018
- Project Kick-off
- Engagement with Stakeholders
- Listening Sessions with Providers and MCOs with FCHP

Aug-Sept 2018
- Review and feedback on evidence based practices
- Review and feedback on service gap analysis

Oct 2018
- Behavioral Health Redesign Workgroup meetings commenced

Nov 2018
- Stakeholder Survey
- Inter-Agency Alignment Building

Dec 2018
- Evidence Based Practices Report
- Service Gap Analysis Report
- Stakeholder Report
- Draft of proposed continuum
Major Highlights

• Our current system employs very few evidence-based practices
• Many states and large localities have successfully implemented redesigns such as the one we propose to improve quality of care and reduce crisis and suffering
• There are significant opportunities for us to bolster existing trauma-informed and evidence-based programs
• Strong precedent in other states for system change through developing capacity for integrated care in physical health and school settings
Goals of the workgroup:

• To create and maintain a venue for open communication regarding systems redesign
• To strengthen our collective, collaborative partnership as these will be central to the success of redesign
• To gather perspectives from key stakeholder informants on priorities and concerns of those they represent
• To share information on our current work and intentions over the course of the project
Stakeholders in Redesign

Over 100 Members including representatives from:

- **State Agencies**
  - DBHDS, DSS, OCS, DJJ, DOC, VDH, DHP, DOE

- **Advocacy Organizations**
  - NAMI, VOCAL, Voice’s for Virginia’s Children

- **Private Provider Associations**
  - VNPP, VACSB, VCOPPA, Caliber, VABA, VACBP

- **Professional Associations**
  - VHHA, Psychiatric Society, Va Academy of Clinical Psychologists, American Academy of Pediatrics, Medical Society of Virginia, National Association of Social Workers, NP Coalition, Virginia Community of Healthcare Association

- **Managed Care Organizations**
  - Aetna, VAP, Magellan CC, Optima, United, Anthem

- **Magellan**: Behavioral Health Services Administrator
STAKEHOLDER SURVEY INFORMATION

Collecting voices from across the Commonwealth
Survey Development & Distribution

• **Purpose of this survey:** To collect perspectives on the development of a continuum of evidence-based, trauma-informed, and prevention-focused Medicaid community mental health services in Virginia.
  - Based on the current array of Medicaid funded services

• **Distribution:**
  - Initially BHRW members and essential partners
  - Redistributed internally to relevant team members
Profile of survey respondents

n=203

Current role/position:

- CEO: 7%
- CFO or Director of Finance: 1%
- Executive Director: 17%
- Director (Operations, Clinical, etc.): 32%
- Manager: 11%
- Coordinator: 7%
- Administrator: 7%
- Other, please specify: 17%

Education level:
- Did not graduate high school: [0%]
- Received high school diploma/GED: [1%]
- Associate's degree: [7%]
- Bachelor's degree: [1%
- Master's degree: [17%
- Doctoral degree: [32%]
- Postgraduate degree or higher: [11%]
Organizations represented

56th Court Service Unit
2nd District Court Service Unit
6th District Court Service Unit, Virginia Department of Juvenile Justice
Accomack County Department of Social Services
AES
Applied Behavior Consulting
Augusta Health
BASICS ABA Therapy
Behavioral Momentum

Department of Juvenile Justice, Juvenile Probation
Department of Social Services
Department of Social Services - Children's Services Administration
DePaul Community Resources
Dept. of Juvenile Justice
Dickenson County Behavioral Health Services
Dinwiddie County Dept. of Children's Services
District 19 Community Services Board - Child and Adolescent Services Division

INDIA Kellar Center PHP and IOP
Intercept Youth Services, ABA Services
Jackson Field Behavioral Health Services
King George County Public Schools
Liberty Point Behavioral Healthcare
LIFES Academy
LiFeworks Outreach Services, Inc. dba Family Teamwork, Inc.
McNulty Center for Children and Families of the Harrisonburg-Rockingham CSB
Mas'Alafs Autism Treatment Center

5% 14%
Advocacy organization Community service board

6% 5%
Educational setting Group home/residential treatment

3% 4%
Hospital Juvenile justice

1% 1%
Peer support recovery organization Primary care

1%
Private provider agency

18%
State agency

11%
Managed care organization

Other, please specify:

Crossroads Counseling Centers, Inc.
CSA
CSB
Culpeper County Dept of Social Services
Danville Social Services/CSA Program
Department Juvenile Justice
Department of Health
Department of Juvenile Justice, 30th District Court Service Unit

Hanover County - CSA
Harbor Point Behavioral Health Center
Harrisonburg-Rockingham Community Services Board
HMDSS
HopeTree
HopeTree Family Services Treatment Foster Care
Horizon Behavioral Health
Inova Behavioral Health
Inova Kellar Center

Premier Therapeutic Foster Care, Inc., Premier Family Counseling Center, Inc.
Presidio Ridge
Prince Edward County
Prince William Community Services
Prince William Community Services Board - Adult MH Services
Prince William County Community Services
Principled Behavior Consultants LLC
Private practice/no Agency

56th Court Service Unit
2nd District Court Service Unit
6th District Court Service Unit, Virginia Department of Juvenile Justice
Accomack County Department of Social Services
AES
Applied Behavior Consulting
Augusta Health
BASICS ABA Therapy
Behavioral Momentum

Department of Juvenile Justice, Juvenile Probation
Department of Social Services
Department of Social Services - Children's Services Administration
DePaul Community Resources
Dept. of Juvenile Justice
Dickenson County Behavioral Health Services
Dinwiddie County Dept. of Children's Services
District 19 Community Services Board - Child and Adolescent Services Division

INDIA Kellar Center PHP and IOP
Intercept Youth Services, ABA Services
Jackson Field Behavioral Health Services
King George County Public Schools
Liberty Point Behavioral Healthcare
LIFES Academy
LiFeworks Outreach Services, Inc. dba Family Teamwork, Inc.
McNulty Center for Children and Families of the Harrisonburg-Rockingham CSB
Mas'Alafs Autism Treatment Center

5% 14%
Advocacy organization Community service board

6% 5%
Educational setting Group home/residential treatment

3% 4%
Hospital Juvenile justice

1% 1%
Peer support recovery organization Primary care

1%
Private provider agency

18%
State agency

11%
Managed care organization

Other, please specify:

Crossroads Counseling Centers, Inc.
CSA
CSB
Culpeper County Dept of Social Services
Danville Social Services/CSA Program
Department Juvenile Justice
Department of Health
Department of Juvenile Justice, 30th District Court Service Unit

Hanover County - CSA
Harbor Point Behavioral Health Center
Harrisonburg-Rockingham Community Services Board
HMDSS
HopeTree
HopeTree Family Services Treatment Foster Care
Horizon Behavioral Health
Inova Behavioral Health
Inova Kellar Center
What are the primary behavioral health services your organization provides? (select all that apply)

- Promotion/prevention services: 35%
- Mental/behavioral health treatment: 69%
- Substance use treatment: 31%
- Recovery services: 18%
- Primary care services: 6%
- Other, please specify: 31%

What are the primary populations your organization serves?

- Children: 80%
- Adolescents: 75%
- Adults: 52%
- Older adults: 20%
Does the array of currently Medicaid-funded services meet the mental/behavioral health needs in Virginia?

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>Yes, just fine as categorized</th>
<th>Yes, but services need redesign</th>
<th>No, current array does not meet need</th>
<th>Don’t know or have enough info to respond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotion &amp; Prevention</td>
<td>108</td>
<td>16%</td>
<td>19%</td>
<td>47%</td>
<td>18%</td>
</tr>
<tr>
<td>Treatment</td>
<td>142</td>
<td>20%</td>
<td>38%</td>
<td>36%</td>
<td>6%</td>
</tr>
<tr>
<td>Recovery</td>
<td>54</td>
<td>31%</td>
<td>20%</td>
<td>43%</td>
<td>6%</td>
</tr>
</tbody>
</table>
Are there services types in this array that those you serve have trouble accessing?

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>No, services are available and accessible</th>
<th>Depends, services are not uniformly available</th>
<th>Yes, there are consistently access problems</th>
<th>Don’t know or have enough info to respond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotion &amp; Prevention</td>
<td>95</td>
<td>18%</td>
<td>33%</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>Treatment</td>
<td>131</td>
<td>10%</td>
<td>33%</td>
<td>46%</td>
<td>11%</td>
</tr>
<tr>
<td>Recovery</td>
<td>54</td>
<td>24%</td>
<td>30%</td>
<td>37%</td>
<td>9%</td>
</tr>
</tbody>
</table>
Does Virginia have proficient workforce to provide this array of services?

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>Yes, proficient workforce currently provides these services</th>
<th>Yes, proficient workforce exists, but needs redesign</th>
<th>No, there are significant workforce challenges to providing these services</th>
<th>Don’t know or have enough info to respond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotion &amp; Prevention</td>
<td>95</td>
<td>6%</td>
<td>11%</td>
<td>57%</td>
<td>26%</td>
</tr>
<tr>
<td>Treatment</td>
<td>129</td>
<td>6%</td>
<td>12%</td>
<td>75%</td>
<td>7%</td>
</tr>
<tr>
<td>Recovery</td>
<td>54</td>
<td>20%</td>
<td>9%</td>
<td>52%</td>
<td>19%</td>
</tr>
</tbody>
</table>
Emerging Themes: Current Strengths

High Fidelity Wraparound
MST FFT
Public awareness
SURVEY Peer support
AWAKENING STEP VA
Stakeholder Involvement
Behavioral Health Redesign Workgroup
General funds PACT
Telehealth
DJJ positions at CSBs
Legislative support
Emerging Themes: Future Needs

- Community based services
- Rate redesign
- Address disparities
- Integrated care
- PACT expansion
- Faster credentialing
- 0 to 5 ACCOUNTABILITY
- Clear communication
- Public advocacy
- Community linkages
- ALIGNMENT
- Licensure reciprocity
- EBP reimbursement
- Recruitment
- Equitable pay
- Licensed professionals
- Psychiatry access
Intersecting Themes

- Emerging themes are highly interdependent.
  - Workforce/Access
  - Access/Regulation
  - Funding/Workforce
  - Workforce/Regulation
  - Regulation/Communication
OUR PATH FORWARD

Behavioral Health Redesign

2019
2019 Plans

• January
  ▪ 1/7/18: Next Workgroup Meeting
    • Presentation of proposed continuum
    • Sharing of stakeholder survey comprehensive results
    • Workgroup evolution planning
  ▪ General Assembly

• March
  ▪ Stakeholder Workgroup Sub-Committees
  ▪ Continued Partnership Building across Agencies
  ▪ Formal Implementation Planning