Why Redesign? Why Now?

Medicaid is the largest payer of behavioral health services in Virginia

28% of Medicaid members had either a primary or secondary behavioral health diagnoses

40th in the country for overall access to mental health care

41st in the country for mental health workforce supply

(mentalhealthamerica.net)
The Vision for Redesign

Develop an evidence-based, trauma-informed, cost-effective continuum of care

- Keep Virginians well and thriving in their communities
- Improve behavioral health services and outcomes for members in current and expansion populations
- Meet people’s needs in environments where they already seek support such as schools and physical health care settings
- **Invest in prevention and early intervention services that promote resiliency and buffer against the effects of adverse childhood experiences**
STEP VA: A Foundation for Redesign

STEP-VA has paved the way forward in creating a path for BH system change in the 21st century.

- Implementation
- Innovation
- Sustainability

Redesign of the Medicaid-funded system supports long term sustainability

Strong Public Behavioral Health System
Alignment & Momentum for Redesign

MEDICAID BEHAVIORAL HEALTH REDESIGN

- Project AWARE / Tiered System of Supports (DOE)
- VMAP (AAP/VDH)
- High Fidelity Wraparound (DBHDS/OCS)
- ARTS (DMAS)
- Family First Prevention Act (DSS/OCS)
- STEP-VA (DBHDS)
- Governor's Children's Cabinet on Trauma Informed Care
- Juvenile Justice EBP Implementation (DJJ)
Current Medicaid-funded Behavioral Health Services

Prevention
Recovery
Outpatient
Community Mental Health Rehabilitation Services
Inpatient / Residential

Early intervention Part C • Screening • EPSDT services

Peer and family support partners

Outpatient psychotherapy • Psychiatric medical services

- Therapeutic day treatment
- Mental health skill building services
- Intensive in-home services
- Crisis intervention & stabilization
- Behavioral therapy
- Psychosocial rehabilitation
- Partial hospitalization / Day treatment
- Mental health case management
- Treatment foster care case management
- Intensive community treatment

Inpatient hospitalization
Psychiatric residential treatment
Therapeutic group home
Continuum of Behavioral Health Services Across the Life Span

**Promotion & Prevention**
- Recovery Services
  - Outpatient & Integrated Care
  - Intensive Community Based Support
  - Intensive Clinic-Facility Based Support
  - Comprehensive Crisis Services
  - Group Home & Residential Services
  - Inpatient Hospitalization

**Behavioral Therapy Supports**
- Home visitation
- Comprehensive family programs
- Early childhood education
- Screening & assessment
- Early intervention Part C

**Case Management**
- Permanent supportive housing
- Supported employment
- Psychosocial rehabilitation
- Peer and family support services
- Independent living and recovery/resiliency services

**Recovery & Rehabilitation Support Services**
- Outpatient psychotherapy
- Tiered school-based behavioral health services
- Integrated physical & behavioral health
- Psychiatric medical services

**Intermediate/ancillary home-based services**
- Multisystemic therapy
- Functional family therapy
- High fidelity wraparound
- Intensive community treatment
- Assertive community treatment

**Integrated Principles/Modalities**
- **Trauma informed care**
- **Universal prevention / early intervention**
- **Seamless care transitions**
- **Telemental health**

*Key STEP-VA service alignment

**Inpatient Hospitalization**
- Mobile crisis
- Crisis intervention
- Crisis stabilization
- Peer crisis support

**Therapeutic group homes**
**Psychiatric residential treatment**

**Psychiatric inpatient hospitalization**
Child & Adolescent Continuum of Behavioral Health Services

Behavioral Therapy Supports
- Home visitation
- Comprehensive family programs
- Early childhood education screening & assessment
- Early intervention Part C

Peer and family support services
- Outpatient psychotherapy
- Tiered school-based behavioral health
- Integrated physical & behavioral health
- Psychiatric medical services

Intermediate/Ancillary home-based service
- Multisystemic therapy
- Functional family therapy
- High fidelity wraparound
- Therapeutic foster care

Intensive outpatient programs
- Partial hospitalization programs

INTEGRATED PRINCIPLES/MODALITIES

- Trauma informed care
- Universal prevention / early intervention
- Seamless care transitions
- Telemental health

Mobile crisis services
- Crisis intervention
- Crisis stabilization

Therapeutic group homes
- Psychiatric residential treatment

Psychiatric inpatient hospitalization
Child & Adolescent Continuum of Behavioral Health Services

**Phase 1**

**INTEGRATED PRINCIPLES/MODALITIES**

- Trauma informed care
- Universal prevention / early intervention
- Seamless care transitions
- Telehealth

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Behavioral Therapy Supports
- Home visitation
- Comprehensive family programs
- Early childhood education
- Screening & assessment
- Early intervention Part C

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Case Management
- Peer and family support services
- Outpatient psychotherapy
- Tiered school-based behavioral health
- Integrated physical & behavioral health
- Psychiatric medical services

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Recovery & Rehabilitation Support Services
- Intermediate/Ancillary home-based service
- Multisystemic therapy
- Functional family therapy
- High fidelity wraparound
- **Therapeutic foster care**

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Tiered Crisis Services
- Mobile crisis services
- Crisis intervention
- Crisis stabilization

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Group Home & Residential Services
- Therapeutic group homes
- Psychiatric residential treatment

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Inpatient Hospitalization
Redesigned Behavioral Health Continuum

These services are emphasized for delivery across all levels of care to promote integrated the principles of trauma informed care, Universal Prevention / Early Intervention and Seamless Care Transitions.
Changes in New Continuum

Key Overall Changes

• Outpatient behavioral health services will be more robust and integrated into schools and primary care
• Community Mental Health and Rehabilitation Services will become Intensive Community-Based Supports that are tiered based on the intensity of an individual’s needs and include evidence-based best practices
• Medicaid will fully fund comprehensive crisis services
• System will focus on trauma-informed care
• System will promote telemental health across levels of care
Changes in New Continuum

Key Changes to Specific Services

• Therapeutic Day Treatment will become Tiered School-Based Behavioral Health Services - Medicaid will fund and support licensed mental health clinicians in schools

• Mental Health Skill Building will be redesigned into a targeted Independent Living and Recovery service with evidence-based practices for a focused number of people with SMI

• Community Based services will include intermediate level of support and Assertive Community Treatment (PACT) teams to provide intensive supports

• New Partial Hospitalization and Intensive Outpatient Programs will provide alternatives to TDOs and inpatient hospitalization

• **1115 IMD Waiver would fund new residential options for adults that are alternatives to TDOs and inpatient hospitalization**
Recommended Service Model

Expand Medicaid funding for all school-based behavioral health services.

Remove requirement that the service be in IEP to be reimbursed by Medicaid.

Request State General Funds as matching funds instead of requiring localities to pay 55% of the costs.

Add coverage for 3 tiers of the Virginia Tiered System, add Applied Behavior Analysis services and leverage telehealth.

Offer extended therapeutic afterschool programs to youth who need more intensive interventions.

Multi-Tiered System of Supports (MTSS)

- Tier 1: 80-90%
- Tier 2: 5-10%
- Tier 3: 1-5%

Project AWARE schools in Virginia have seen:

- Increase in students served by school-based mental health professionals
- Increase in # students referred to community-based behavioral health services actually receiving services
- Decreases in office discipline referrals, in-school suspensions, and out of school suspensions
### CURRENT SERVICES

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Universal Prevention/ Early Intervention</th>
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<tr>
<td>▪ Early Intervention/Part C</td>
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<th>Recovery</th>
<th>Recovery &amp; Rehabilitation Support Services</th>
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<td>▪ Peer and Family Support Partners</td>
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<th>Outpatient</th>
<th>Outpatient Services</th>
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<td>▪ Outpatient Psychotherapy</td>
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<td>▪ Psychiatric Medical Services</td>
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<th>Community Mental Health &amp; Rehabilitation Services</th>
<th>Intensive Community-Based Support</th>
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<td>▪ Therapeutic Day Treatment</td>
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<td>▪ Mental Health Skill Building Services</td>
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<td>▪ Psychosocial Rehabilitation</td>
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<td>▪ Intensive In-home Services</td>
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<td>▪ Partial Hospitalization/Day Treatment</td>
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<td>▪ Mental Health Case Management*</td>
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<td>▪ Treatment Foster Care Case Management*</td>
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<td>▪ Behavioral Therapy*</td>
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<td>▪ Intensive Community Treatment</td>
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<td>▪ Crisis Intervention &amp; Stabilization</td>
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<th>Residential/Inpatient</th>
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<td>▪ Therapeutic Group Home</td>
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<td>▪ Psychiatric Residential Treatment Facilities</td>
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<td>▪ Inpatient Psychiatric Treatment</td>
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### REDESIGNED SERVICES

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<td>▪ Early Intervention Part C</td>
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<td>▪ EPSDT Services</td>
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<td>▪ Screening Across Lifespan</td>
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<td>▪ Psychosocial Rehabilitation (EBPs)</td>
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<td>▪ Intermediate/Ancillary Home-Based Services</td>
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<tr>
<td>▪ MST, FFT, High Fidelity Wraparound</td>
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<th>Intensive Clinic/Facility Based</th>
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<td>▪ Intensive Outpatient Programs</td>
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<td>▪ Partial Hospitalization Programs</td>
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<th>Comprehensive Crisis</th>
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<td>▪ Mobile Crisis, Peer Crisis Support</td>
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<td>▪ Crisis Intervention</td>
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*services across all levels
Implementation Planning

- Leadership and Oversight of Process
- Management of resources and priorities

Interagency Steering Committee

Agency Project Teams
- Development of state-system readiness for changes

Stakeholder Workgroups
- Collaborative planning and problem solving specific to impacts on service delivery system
Recent Developments and Actions

- Stakeholder Implementation Workgroup Survey
  - Brief Results
- Presentations to Stakeholder Groups
- Initiative Alignment Efforts
- Data gathering on service definitions, provider qualifications and training involved in Phase 1 Services
- Rate Study and Fiscal Impact Analysis
- Interagency Project Teams
Proposed Phased Implementation

Timeline

Phase 1
Summer 2020
- Partial Hospitalization Program
- Intensive Outpatient Program
- Program of Assertive Community Treatment
- Comprehensive Crisis Services
- Multisystemic Therapy
- Functional Family Therapy

Phase 2
Spring 2021
- Behavioral Therapy
- Home Visitation
- Comprehensive Family Programs
- High Fidelity Wraparound
- Case Management

Phase 3
Summer 2021
- School Based Behavioral Health Services
- Independent Living and Recovery/Resiliency Services
- Integrated Primary Care/Behavioral Health
- Outpatient Psychotherapy

Phase 4
Spring 2022
- Psychosocial Rehabilitation Services
- Intermediate Ancillary Home Based Services
- Intensive Community Treatment
Phase 1 – Summer 2020

- High intensity services for both adult and child
- Services that have an short/medium term impact on the State Psychiatric Facilities census
- Considers services with existing framework that can be expanded in scope, workforce, or contribute to sustainability. For example:
  - PHP and IOP network and rates may model ARTS
  - PACT is not available state-wide and not fully covered by DMAS
  - MST and FFT providers:
    - Have been trained however only accessible for DJJ / CSA referral
    - Have been identified by the FFPSA team as an EBP
  - Considers including services that align with STEP-VA initiatives (outpatient, crisis services)

Partial Hospitalization Program
Intensive Outpatient Program
Program of Assertive Community Treatment
Comprehensive Crisis Services
Multisystemic Therapy
Functional Family Therapy
Youth-Focused Service System Alignment

MEDICAID BEHAVIORAL HEALTH REDESIGN

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- Family First Prevention Act (DSS/OCS)
- ARTS (DMAS)
- High Fidelity Wraparound (DBHDS/OCS)
The Future for the Commonwealth:

**A comprehensive spectrum of behavioral health services**

- Bring the Commonwealth into the Top 10 in national rankings for behavioral health outcomes
- Shift from working with a reactive, crisis-driven, high-cost system reliant on intensive services to one that is proactive/preventive, cost-efficient, and focused on providing services in the least restrictive environments
- Build upon existing statewide behavioral health transformative initiatives and create sustainability and expansion for evidence based services
- Integration of trauma-informed care principles across the continuum to empower individuals to build resiliency and overcome the impact of adverse experiences so that they can lead meaningful, productive lives in our communities
- Build a robust children’s behavioral health system to address prevention and early intervention of mental health problems to allow each child the chance to reach their full developmental potential