ENHANCEMENT OF MEDICAID BEHAVIORAL HEALTH SERVICES

Advancing Proactive, Evidence-Based Solutions

Please note that we will be responding to some (not all) questions through the Q&A Function and at the end of the presentation, as time allows. Questions should ONLY be focused on Behavioral Health Enhancement.

Please submit all unanswered questions to:
enhancedbh@dmas.virginia.gov

PRESENTING TODAY

Alyssa Ward, Ph.D, LCP
Behavioral Health Clinical Director,
DMAS

Alexis Aplasca, M.D.
Chief Clinical Officer, DBHDS
Enhanced Behavioral Health Services for Virginia

Vision
Implement fully-integrated behavioral health services that provide a full continuum of care to Medicaid members. This comprehensive system will focus on access to services that are:

- **High Quality**: Quality care from quality providers in community settings such as home, schools and primary care
- **Evidence-Based**: Proven practices that are preventive and offered in the least restrictive environment
- **Trauma-Informed**: Better outcomes from best-practice services that acknowledge and address the impact of trauma for individuals
- **Cost-Effective**: Encourages use of services and delivery mechanism that have been shown to reduce cost of care for system

Enhancement Brings Alignment Across Initiatives

*BH Enhancement Leverages Medicaid Dollars to Support Cross-Secretariat Priorities*

- **Enhancement & Family First Prevention Act**: Focused on workforce development, evidence-based programs, prevention-focused investment, improving outcomes, and trauma informed principles
- **Enhancement & Juvenile Justice Transformation**: Supports sustainability of these services for the provider community, particularly in rural settings who have struggled with maintaining caseloads and business models when dependent on DJJ or CSA
- **Enhancement & Governor’s Children’s Cabinet on Trauma Informed Care**: BH Redesign continuum is built on trauma-informed principles of prevention and early intervention to address adverse childhood experiences
Enhancement of Behavioral Health and STEP-VA

- Transition funding to outpatient services, integrated services in primary care and schools, and intensive community-based and clinic-based supports
- Invest in workforce development including provision of adequate reimbursement to recruit and maintain providers to serve where most needed. Streamline licensure and reduce regulatory burdens that impede workforce development
- Implementation of high-quality, high-intensity and evidence-based SIX services that demonstrate high impact and value
- STEP-VA services improve access, increase quality, build consistency and strengthen accountability across Virginia’s public behavioral health system (CSBSs)

Enhancement of Behavioral Health Services: Current Priorities Explained

What are our top priorities at this time?

- Implementation of SIX high quality, high intensity and evidence-based services that have demonstrated impact and value to patients
- Services that currently exist and are licensed in Virginia BUT are not covered by Medicaid or the service is not adequately funded through Medicaid

Why Enhancement of BH for Virginia?

- Provides alternatives to state psychiatric admissions and offers step-down resources not currently available in the continuum of care, which will assist with the psychiatric bed crisis
- Demonstrated cost-efficiency and value in other states
How are these Services Functioning During Covid?

Evidence-Based Practices are Sustainable

• MST & FFT has been able to shift to a combination of telehealth and face-to-face interventions with continued positive outcomes.
• The number of teams have continued to grow in Virginia
• Families are remaining engaged in treatment.
• PACT programs are continuing to deliver services and have not seen lower members in attendance.
• Some programs have experienced growth.
• Added an additional PACT program

How are these Services Functioning During Covid?

Evidence-Based Practices are Sustainable

• Partial Hospitalization and Intensive Outpatient programs are staffed with licensed professionals; able to deliver professional services
• PHP/IOP have been able to provide a combination of telehealth and face-to-face treatment.
• Referrals have increased to outpatient mental health providers, due to individuals choosing the least restrictive care.
• Comprehensive Crisis Services continue to be a need to reduce unnecessary hospitalization.
• Performed through telehealth, when clinically appropriate.
### Enhancement of Behavioral Health Services

#### Governor’s Budget Funding Summary: PRE-COVID

<table>
<thead>
<tr>
<th></th>
<th>FY2021</th>
<th>FY2022</th>
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</thead>
<tbody>
<tr>
<td>General Fund</td>
<td>$3,028,038</td>
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<td>Non-General Funds</td>
<td>$4,127,378</td>
<td>$14,070,322</td>
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<tr>
<td>TOTAL FUNDS</td>
<td>$7,155,416</td>
<td>$24,343,875</td>
</tr>
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**Implementation January 2021**
- Multi-Systemic Therapy
- Functional Family Therapy
- Assertive Community Treatment

**Implementation July 2021**
- Comprehensive Crisis Services
- Partial Hospitalization
- Intensive Outpatient

### Enhancement of Behavioral Health Services

#### Governor’s Budget Funding Summary: UN-ALLOTTED

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<tr>
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<th>Fiscal Year TBD</th>
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**Implementation Timeline TBD**
- Multi-Systemic Therapy
- Functional Family Therapy
- Assertive Community Treatment

**Implementation Timeline TBD**
- Comprehensive Crisis Services
- Partial Hospitalization
- Intensive Outpatient
Enhancement of Behavioral Health Services

**Governor’s Budget Funding Summary: DBHDS**

<table>
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<th>FY 2021 GF</th>
<th>FY 2022 GF</th>
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<td>$1,025,815</td>
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- **Train workforce in preparation for behavioral health enhancement**
  - Provides $1.0 million general fund in FY 2021 and $1.2 million general fund in FY 2022 to conduct a behavioral health workforce study, create infrastructure for evidence based practice in behavioral health, and to educate the behavioral health workforce regarding changes in the behavioral health delivery system.

- **Align DBHDS licensing with Medicaid behavioral health services (Language Only)**
  - Permits DBHDS to promulgate emergency regulations related to the licensing of services impacted by the enhancement of Medicaid behavioral health services included in the introduced budget.

**Enhancement Implementation Steps**

- **If Authority is Granted to Proceed**
  - Reconvene regular stakeholder workgroups for installation planning

- **INSTALLATION PLANNING**
  - Systems changes
  - SPA, Regulations and Manual Updates
  - Launch statewide workforce training

- **ACCOUNTABILITY**
  - Develop metrics and dashboards with stakeholder input to report out on implementation progress and outcomes

- **1115 SMI WAIVER**
  - Once installation plan is clear, engage Federal Government for 1115 SMI Waiver application

Throughout this process, we commit to continued interagency partnership with DBHDS as well as continued alignment efforts with DSS-DOE-DJJ-DOC.
Enhancement Implementation Steps

- **If Authority is Granted to Proceed**
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Enhancement Implementation Steps: Revised

- **If Funding is Re-Allocated through Special Session**
  - Reconvene stakeholder workgroups for installation planning + Racial Equity Workgroup & Advisory Workgroup

- **INSTALLATION PLANNING**
  - Systems changes
  - SPA, Regulations and Manual Updates
  - Launch statewide workforce training

- **ACCOUNTABILITY**
  - Develop metrics and dashboards with stakeholder input to report out on implementation progress and outcomes

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Enhancement In the Time of Covid-19

BH Enhancement as Agency Priority
- Evidenced-Based Practice Center Efforts
- Establish Health Services Initiatives to support enhancing services

INSTALLATION PLANNING
- Medical Necessity Criteria
- State Plan Amendments
- Training Brainstorms
- BHE Advisory Meeting GA Mandate

ACCOUNTABILITY
- SMI Innovation Accelerator Program
- Dashboards
- Internal Dashboard Template Development

ACCOUNTABILITY
- progress and outcomes

1115 SMI WAIVER
- GA Report

Throughout this process, we commit to continued interagency partnership with DBHDS as well as continued alignment efforts with DSS-DOE-DJJ-DOC

Thank you for your partnership, support and participation.

Additional Questions?
Please contact us at: enhancedbh@dmas.virginia.gov

Please send your email to enhancedbh@dmas.virginia.gov if you would like to be added to the listserv of stakeholders.