



# Behavioral Health- Carve Out, Carve Up or Integrate

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UNC Family Medicine



### Top 5 Conditions Driving Overall Health Care Costs



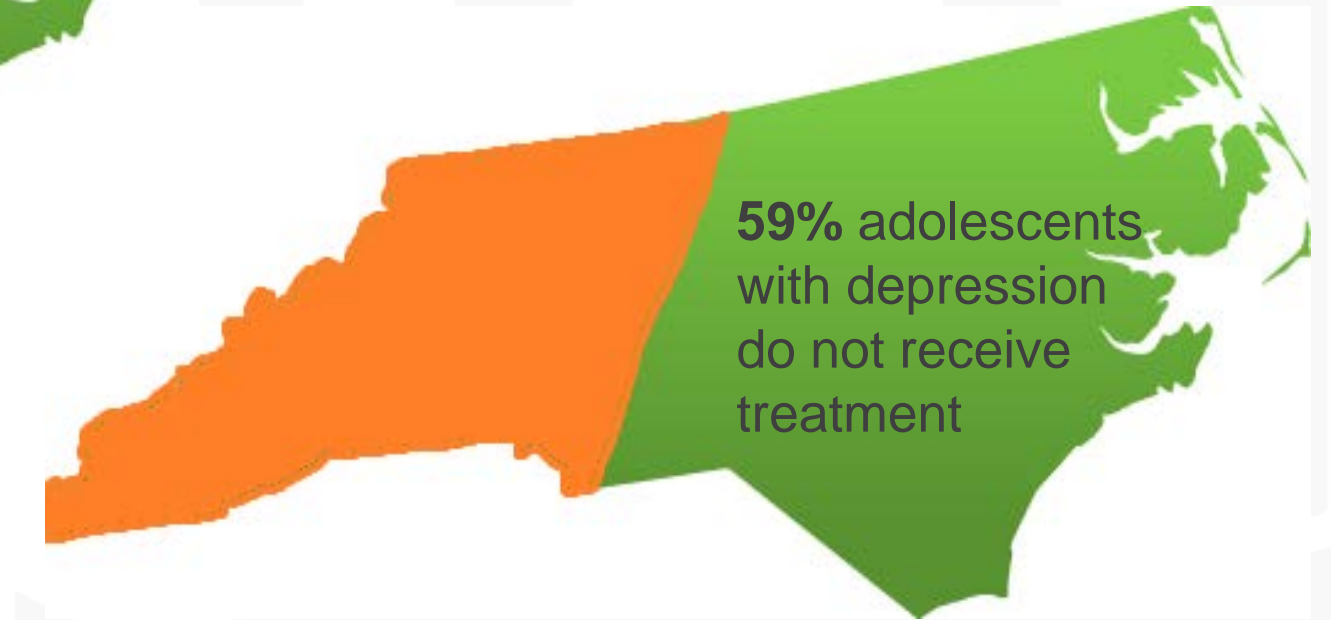
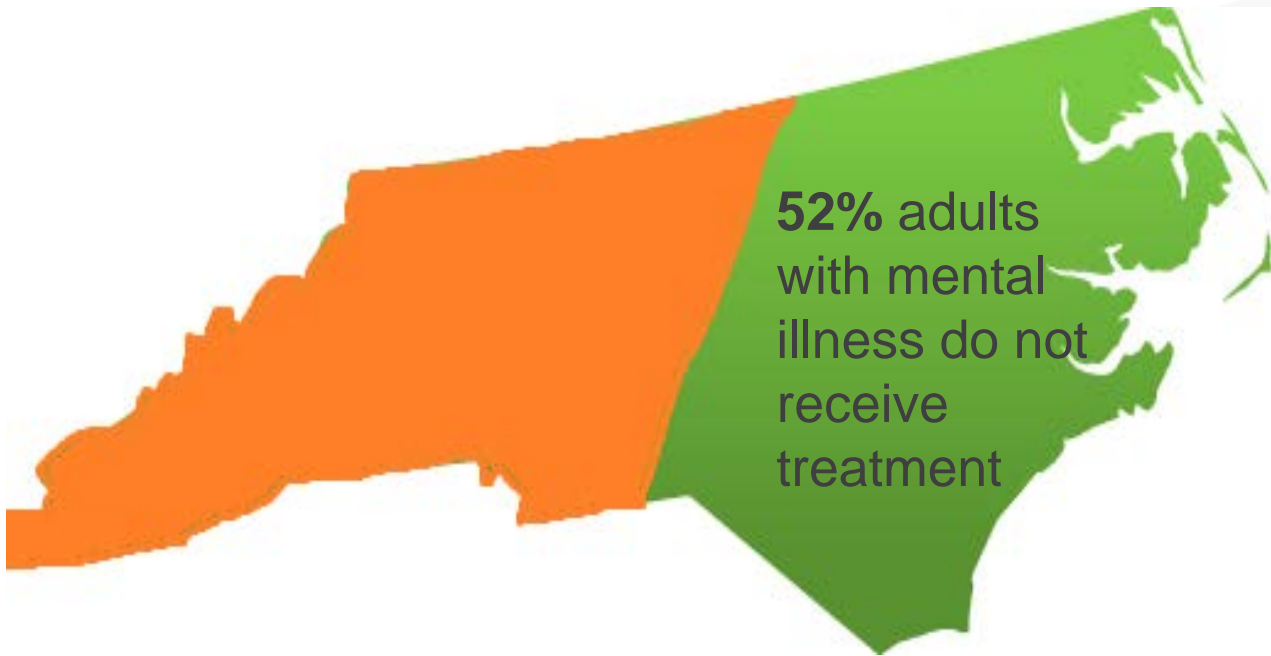
Adults with serious mental illness have a **life expectancy 13-30 years lower** than adults without serious mental illness.



# Undiagnosed and/or Untreated Mental Illnesses + Co-Morbidities Have Significant Impact on Healthcare Costs



Source: OptumHealth





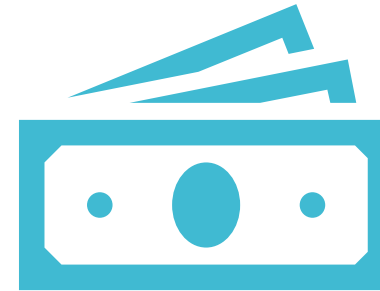
## “Alice’s” Story

- “Alice” is a 41 yo female with a history of morbid obesity, diabetes type 2, obstructive sleep apnea, and Major depressive disorder
- She is under a lot of stress at home and finds it difficult to manage her health problems
- She feels depressed, scoring a 17 on the PHQ-9
- Her diabetes is not in good control – HbA1c of 8.0
- She lives in Hope Mills and finds it difficult to make it to her appointments





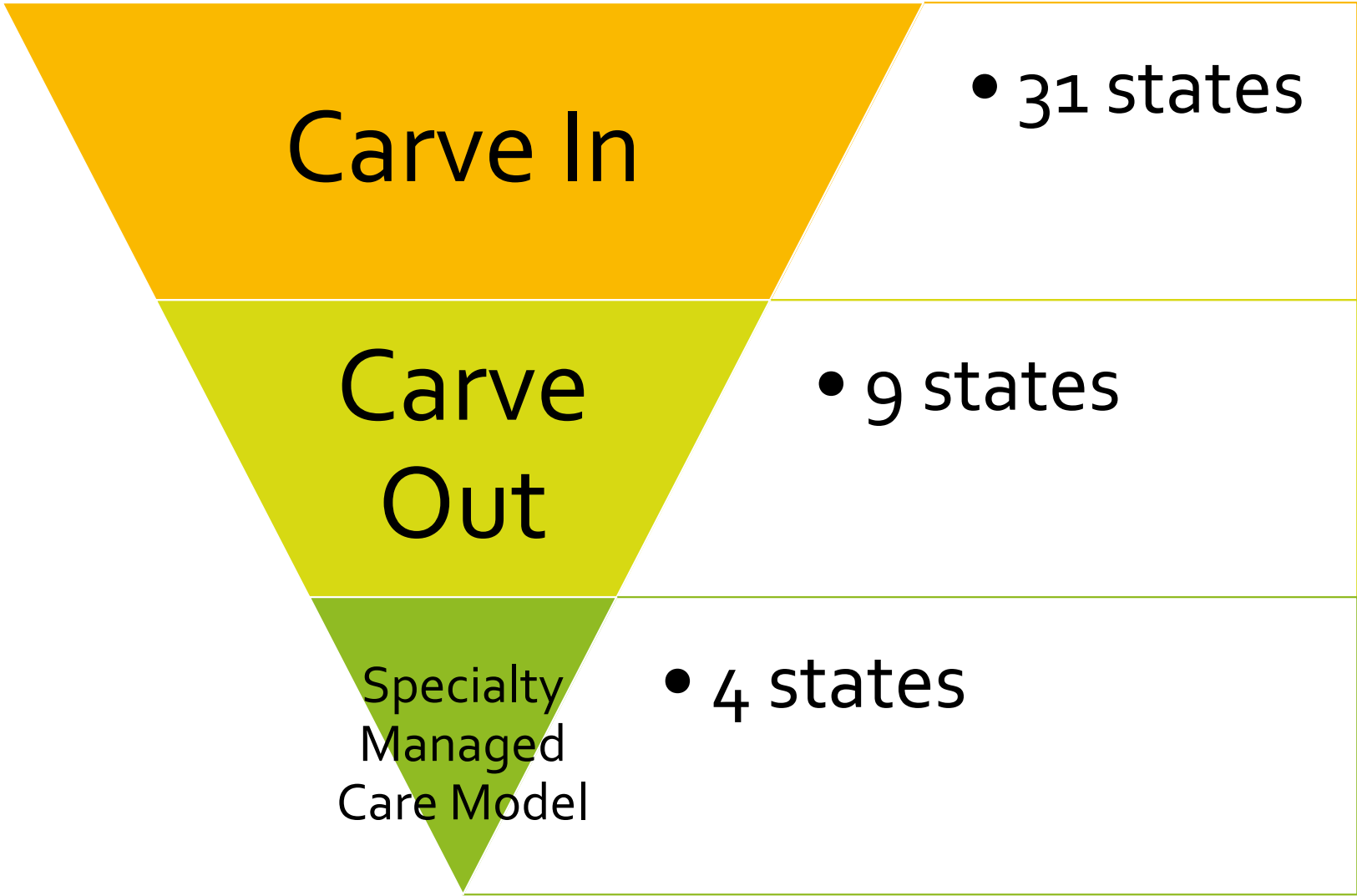
Integration of Behavioral Health &  
Primary Care Works!



Valued Based Payment Models &  
Behavioral Health ?



Medicaid  
Managed Care  
& Behavioral  
Health





# VBP & Behavioral Health Care- Why the lag?



Opportunity for cost savings in behavioral health is not as well-established



Performance measures for behavioral health conditions not well defined

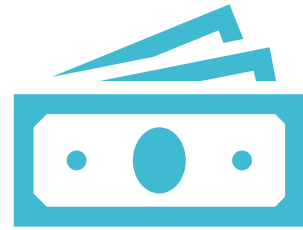


Challenges in access to real-time data



Issues tied to attribution





**Financial sustainability for integrated care**



**Increased flexibility in provision of services**

- Types of services offered
- How services are delivered
- Stepped care

# Advantages of VBP for Behavioral Health

What are we doing?

What are we learning?





# Journey in Family Medicine

2016

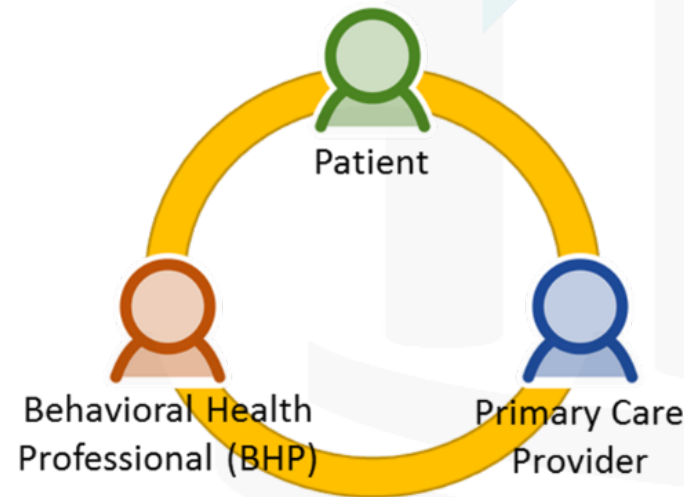
- Community Health Grant
- Depression Outreach

2017

- Medicare BHI & BHCocM codes
- Family Medicine Pilot BHCM (BHI)

2018

- Partner with Department of Psychiatry & Business school
- December-Launch BHCocM





# Behavioral Health Care Management Programs

## UNC Family Medicine

### Family Medicine

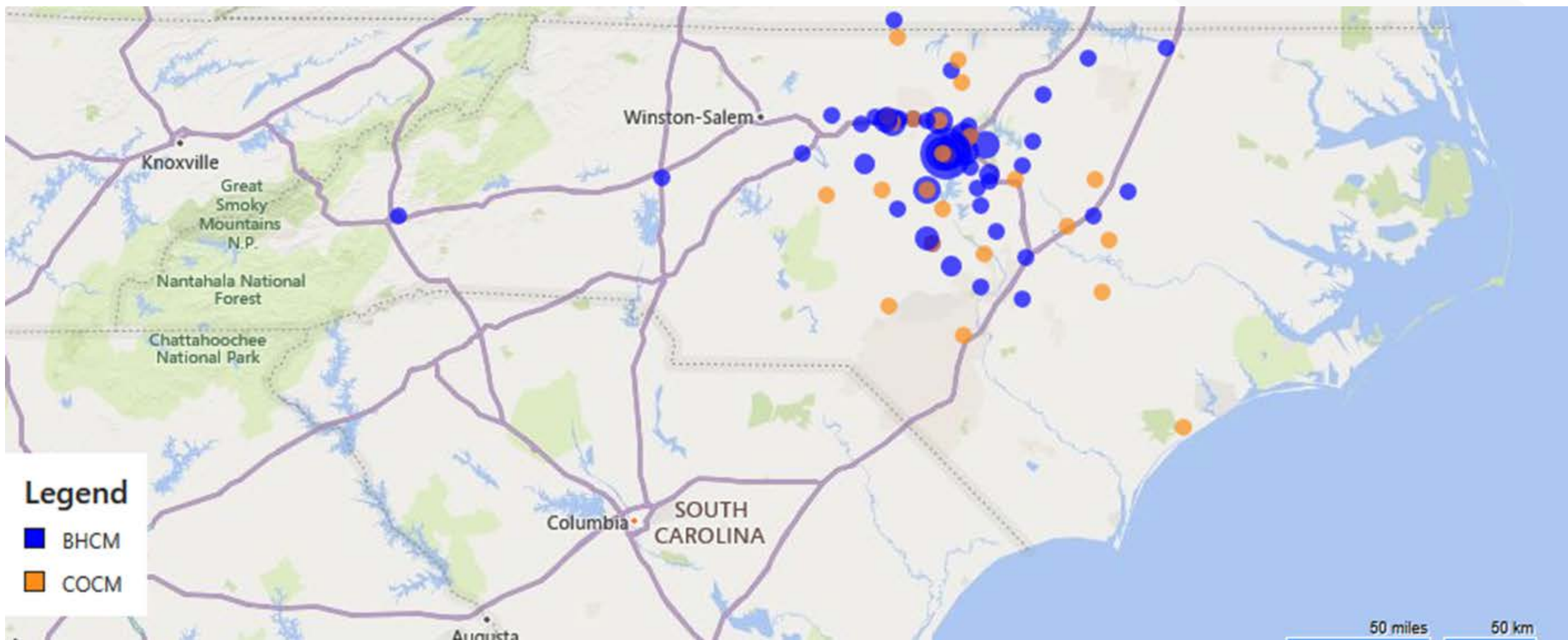
- Rayhaan Adams, MSW, LCSW
- Linda Myerholtz, PhD
- Amy Prentice, MSW, LCSW
- Stephanie Viola, MSW, M.Ed, LCSWA

### Department of Psychiatry

- Charles Coleman, PhD
- Kadajah Grant, MSW, LCSWA
- Pam King, MHA
- Nate Sowa, MD, PhD

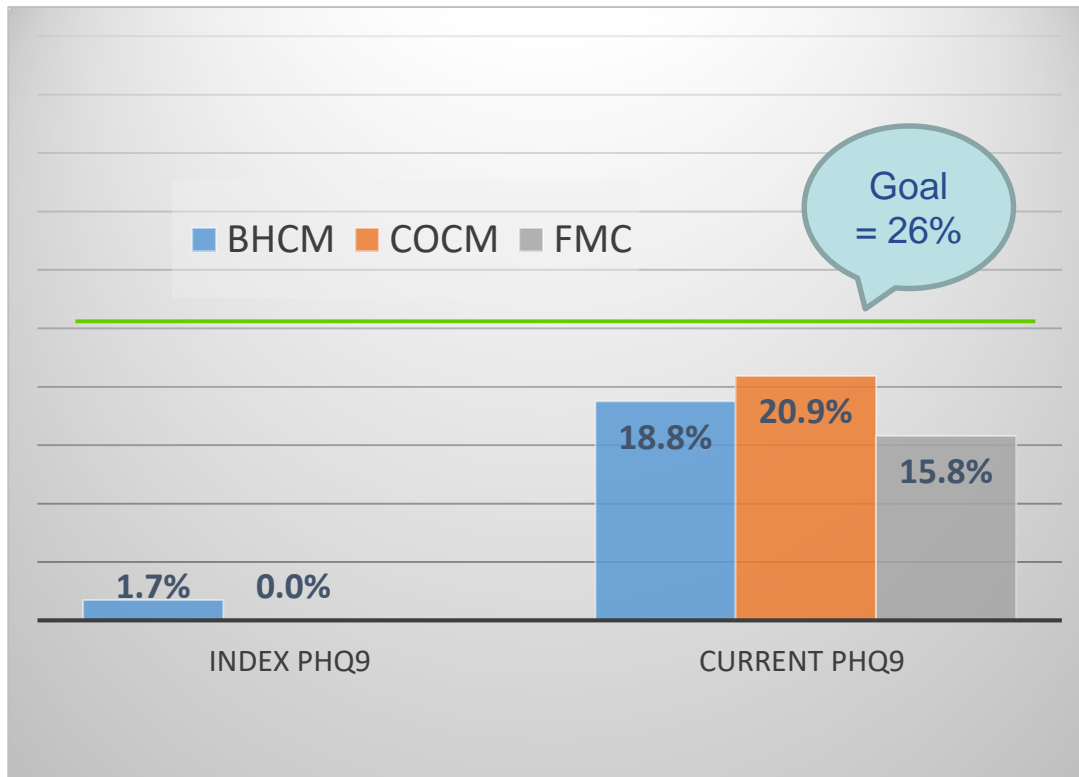
### Kenan-Flagler Business School

- Sandeep Rath

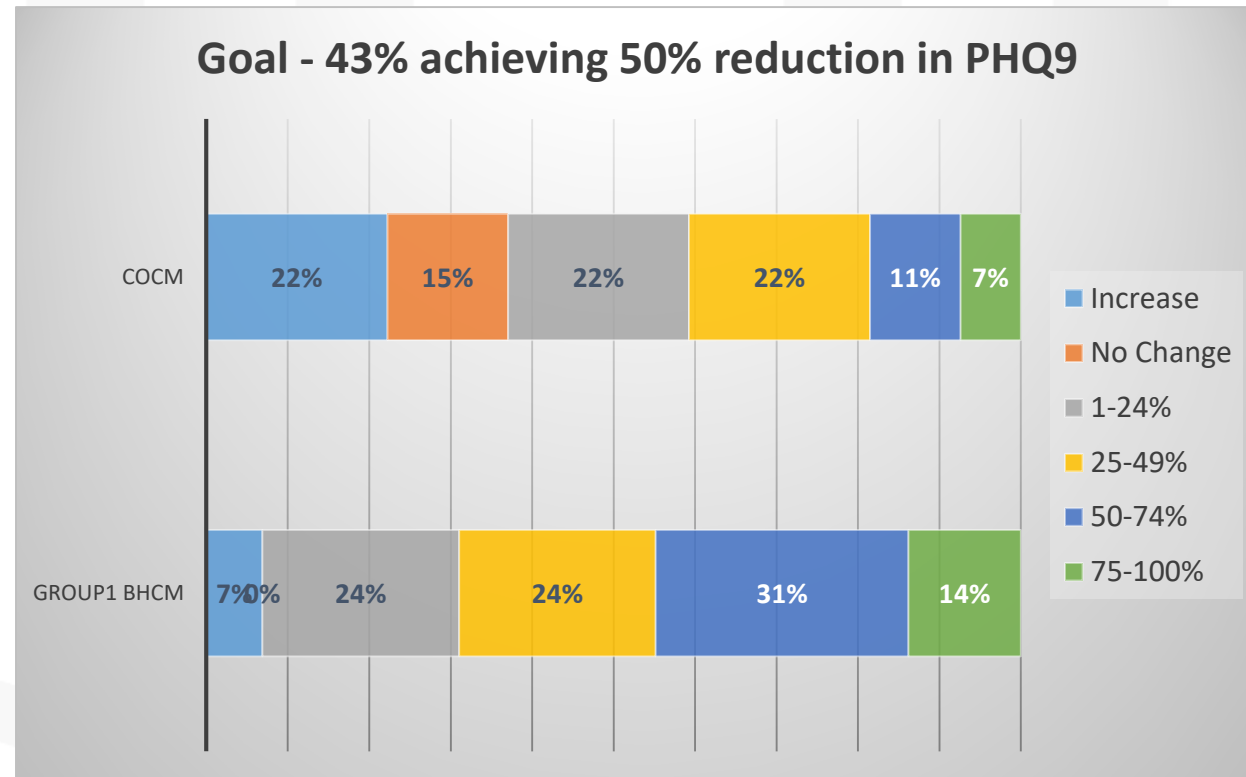


# Patient Outcomes

## Depression Remission (PHQ9 <5)

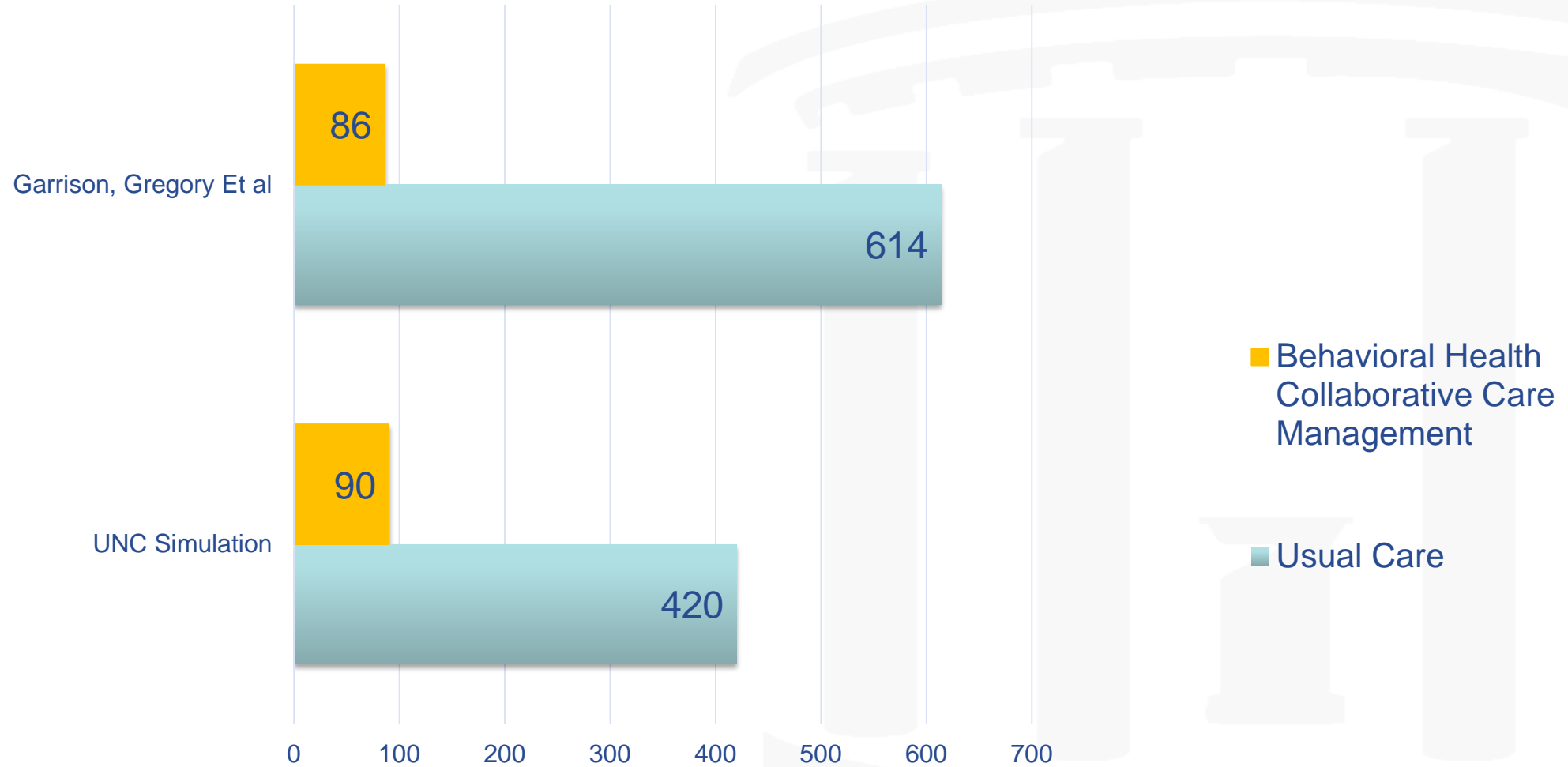


## Depression Response (50% reduction in PHQ9)





## Median Days to Depression Remission (PHQ9 <5)





## “Alice”

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# “Alice’s” Story Continued

She engaged with the care manager in motivational interviewing, mindfulness-based practice, and behavioral activation.

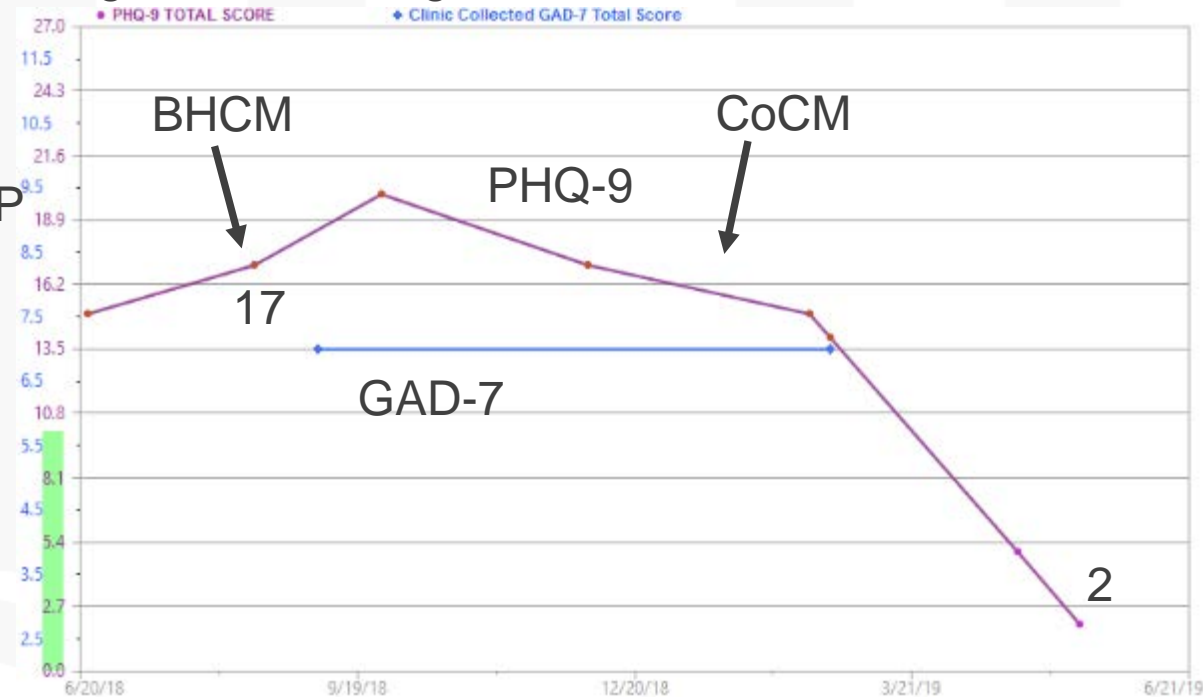
The care manager discussed her care with the psychiatric consultant & medication adjustments were made.

Through the assistance of her care manager, she was able to get a functioning CPAP machine.

She started to feel better!

Her HbA1c improved to 7.1 and she has been using CPAP machine with good benefit.

She was able to get a job.





Where do we  
need to go?

Value-based Payments requires...



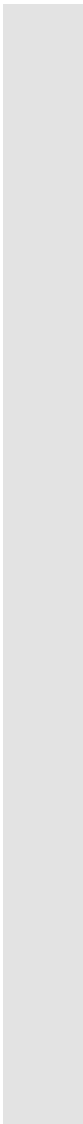
Population Health Management



Risk Stratification



Care Pathways that are  
administratively & clinically sound





# Health Affairs **Blog**

HOME TOPICS JOURNAL BRIEFS EVENTS PODCASTS ARCHIVE

## HEALTH POLICY LAB

ASSOCIATED TOPICS: COSTS AND SPENDING, PAYMENT POLICY, PUBLIC HEALTH



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## How Value-Based Payment Arrangements Should Measure Behavioral Health

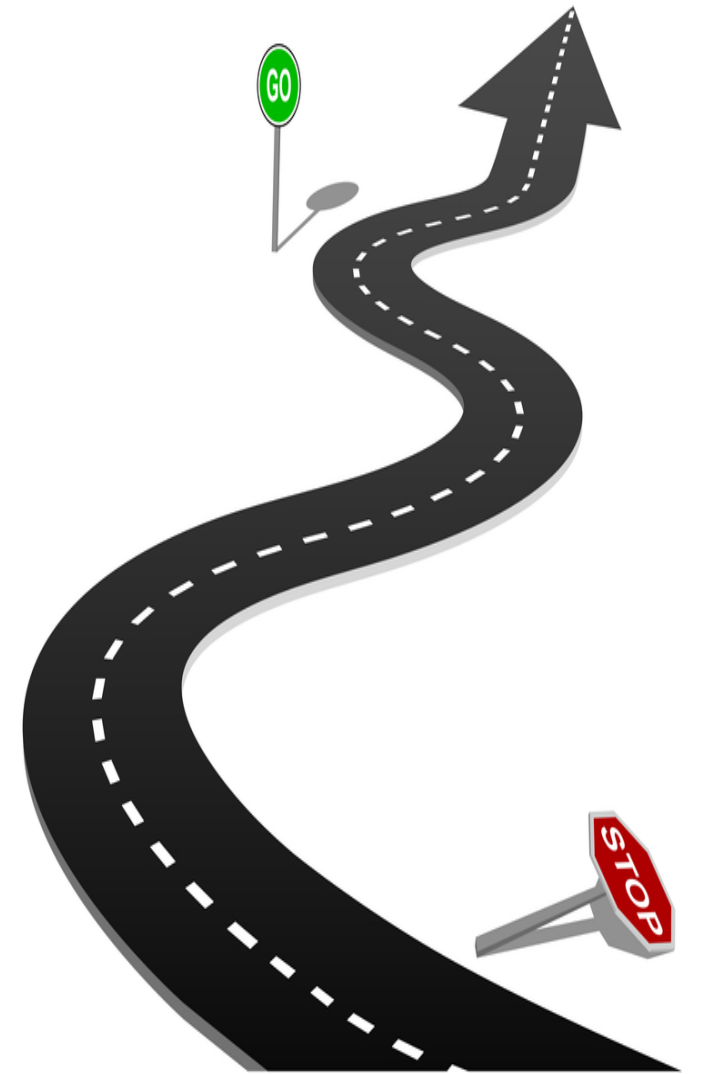
Thomas Smith, Robert Myers, Lloyd Sederer, and Joshua Berezin

November 29, 2016



# “Roadmap” for Value-Based Integrated Behavioral Health

- Combine medical and behavioral benefits into one payment pool
- Target complex patients for priority behavioral health care
- Use proactive onsite behavioral “teams”
- Match behavioral professional expertise to the need for treatment escalation inherent in stepped care
- Define, measure, and systematically pursue desired outcomes
- Apply evidence-based behavioral treatments
- Use cross-disciplinary care managers in assisting the most complicated and vulnerable



# Questions

Comments?

Random Thoughts?





Depression response  
& remission



ED visits



Engagement with  
AOD treatment



Deaths due to  
suicide or OD



% population  
receiving MAT for  
opioid use



Measures tied to  
SDOH

# Quality Measures for Behavioral Health