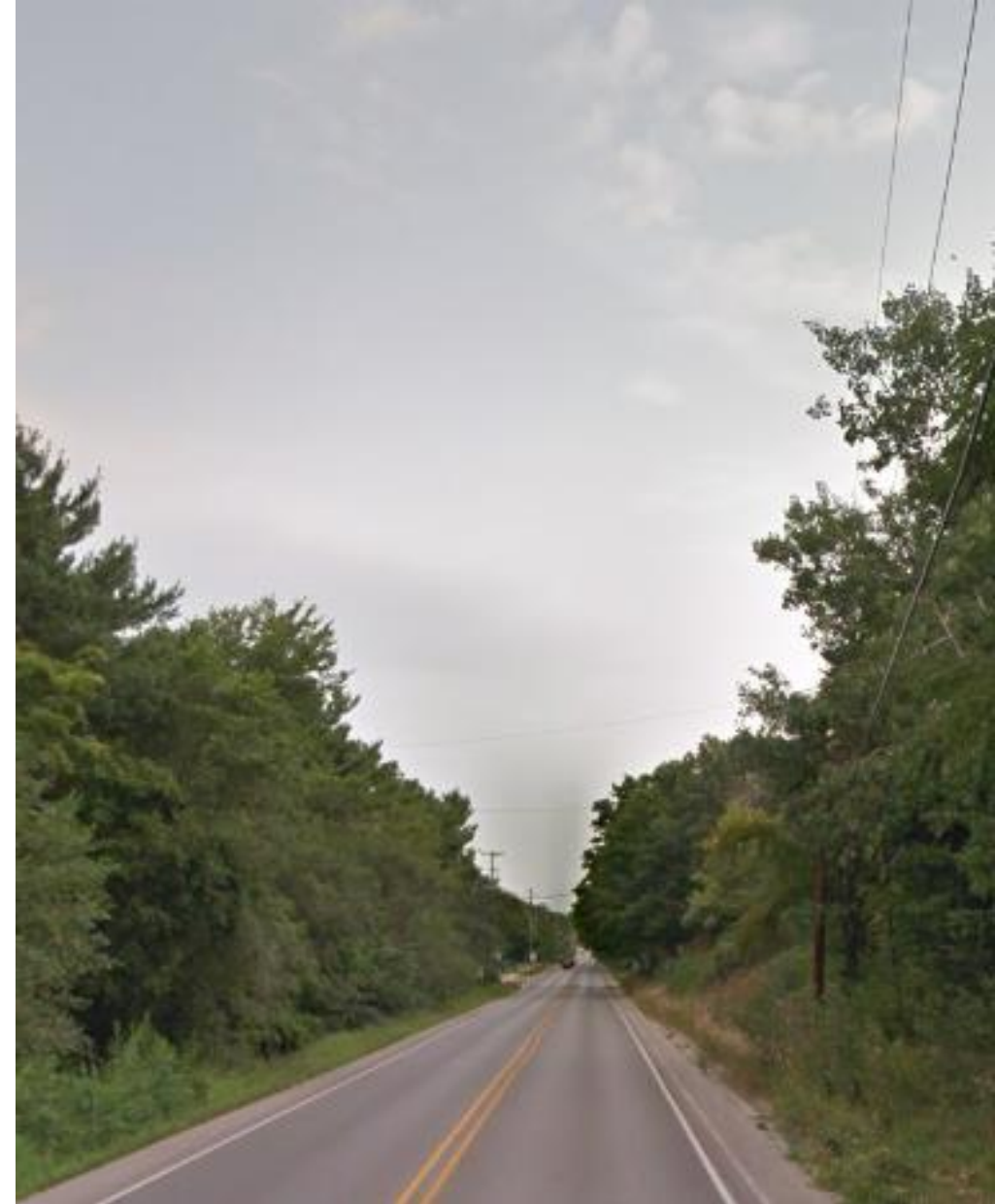




Certified Community Behavioral Health Clinics: Our Journey to Integrated Health Care

Jennifer Shumaker, LMSW, Senior Director of Program Operations,
CNS Healthcare

Pasquale Vignola, MA, LLP, Director of Center for Excellence, The
Guidance Center





RISK!


“Risk comes from not knowing what you are doing...”


• --Warren Buffett

NATIONAL COUNCIL
for Mental Wellbeing

HEALTHY MINDS • STRONG COMMUNITIES

States where clinics have received expansion grants

 States selected for the CCBHC demonstration

 Current (or working toward) independent statewide implementation

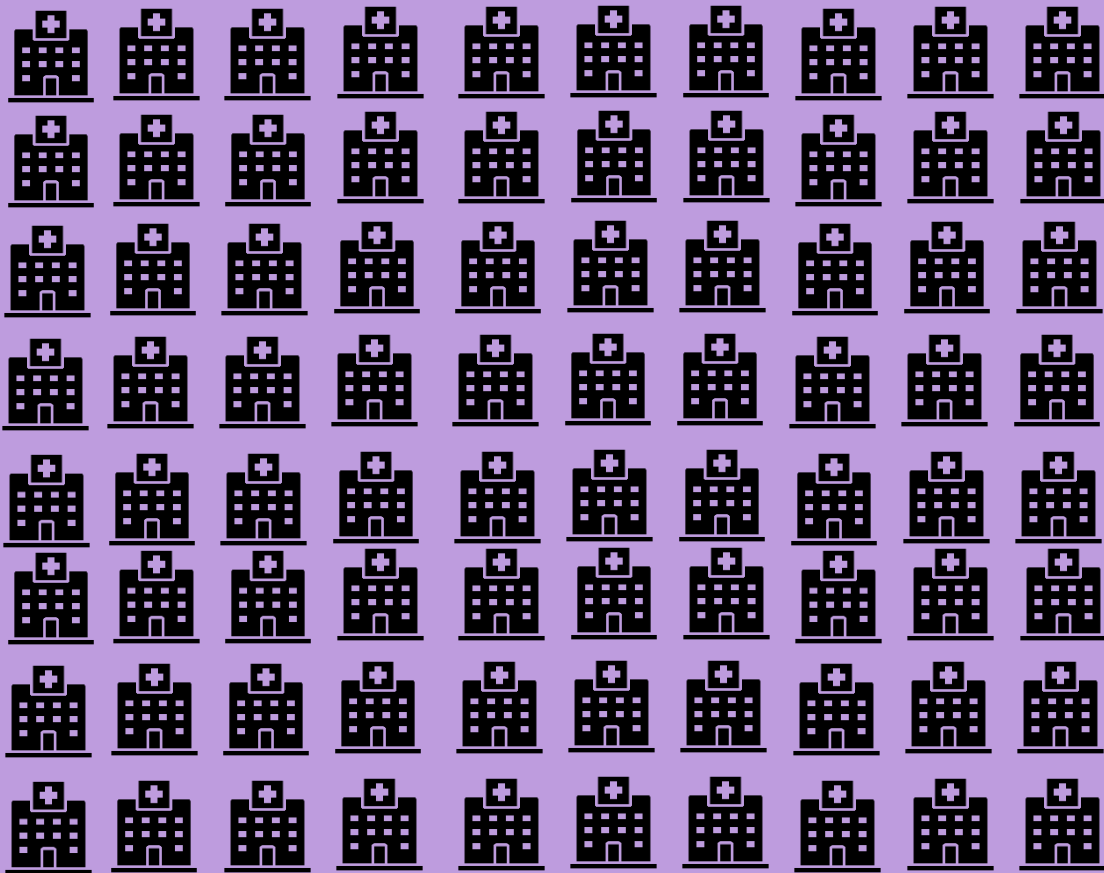
■ No CCBHCs



1991

FQHCs

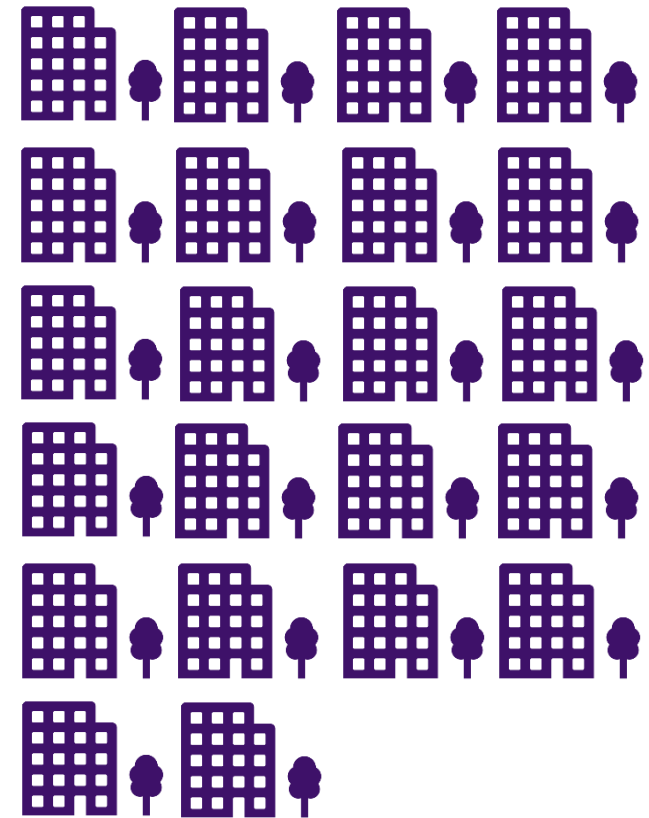
1,403



2016

CCBHC

400+

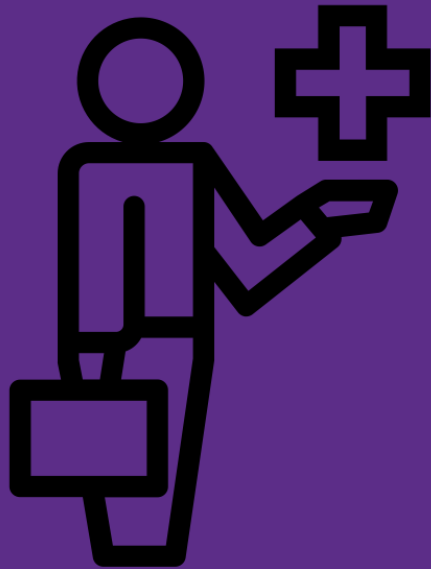


CCBHCs Must Serve:

- Adults with diagnoses of Serious Mental Illness (SMI)
- Adults and youth with diagnoses of Substance Use Disorder (SUD)
- Children and youth with diagnoses of Serious Emotional Disturbance (SED)
- Adults and youth with Co-Occurring Disorder (COD) diagnoses



CCBHC's offer the following services:



- Crisis mental health services
- Screening, assessment, and diagnosis
- Person-centered treatment planning
- Outpatient mental health and substance use services
- Outpatient clinic primary care screening and monitoring of key health indicators and health risk

- Targeted case management
- Psychiatric rehabilitation services
- Peer support and counselor services and family supports
- Intensive, community-based mental health care for members of the armed forces and veterans



CCBHC Versus Business as Usual



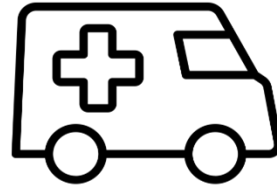
Access to Care



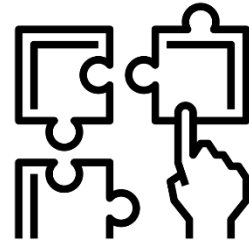
Wait Times



Evidence-based Practices



Crisis Services



Care Coordination



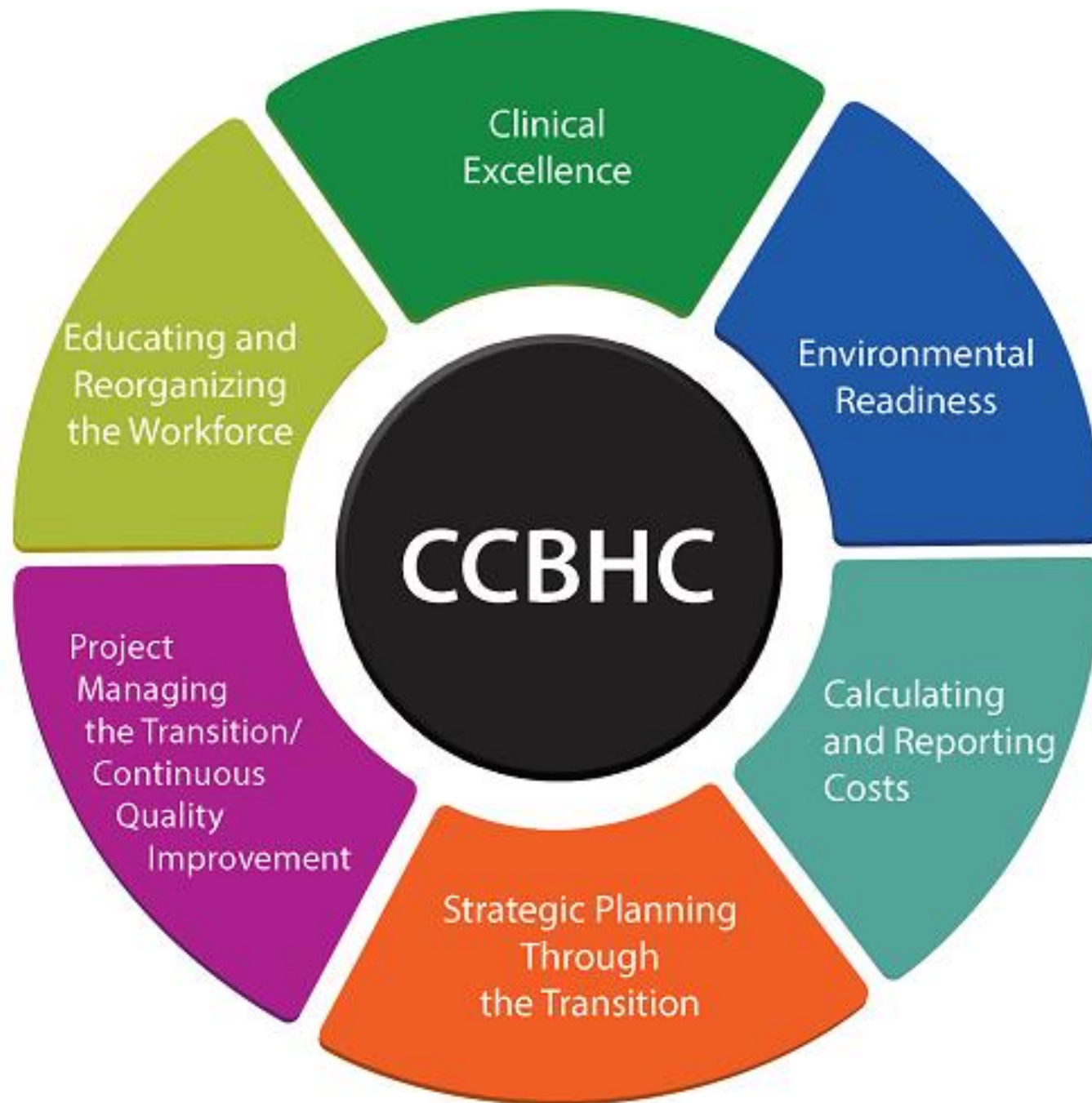
Payment



Quality Measures

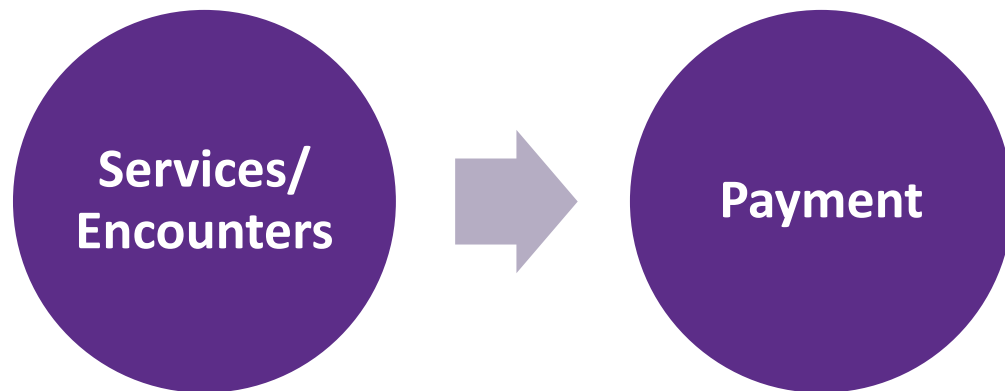
CCBHC Reported Quality Measures

- Number/percent of new clients with initial evaluation provided within 10 business days and average number of days until the initial evaluation
- Prevention Care and Screening: Adult Body Mass Index (BMI) Screening and Follow-up
- Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents
- Prevention Care and Screening: Tobacco Use: Screening and Cessation Intervention
- Prevention Care and Screening: Unhealthy Alcohol Use: Screening and Brief Counseling
- Child and adolescent major depressive disorder (MDD): Suicide Risk Assessment
- Adult major depressive disorder (MDD): Suicide Risk Assessment
- Screening for Clinical Depression and Follow-up Plan
- Consumer follow-up with standardized measure (PHQ-9) Depression remission at 12 months

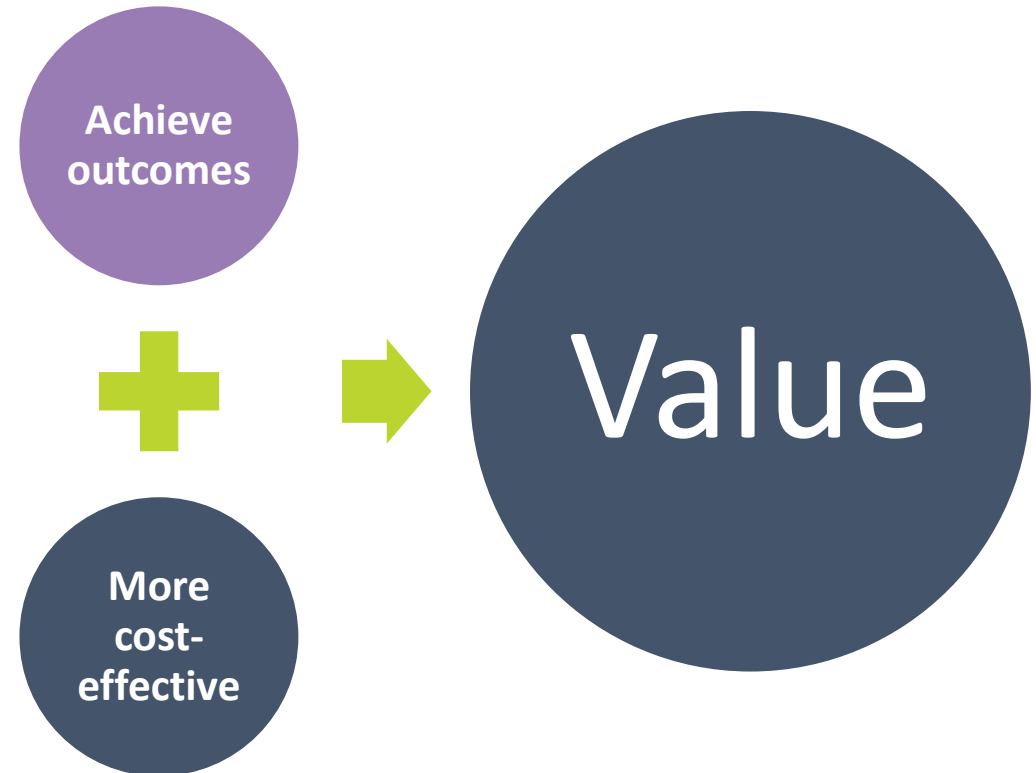


Fee-for-Service (FFS) vs. Value-based Payment (VBP)

FFS: Incentive for Volume



VBP: Incentive for Value



The Drivers of VBP: The “Quadruple Aim”



Population
Health



Experience
of Care



Per Capita
Cost



Provider
Satisfaction

Key Components of Population Health Management

Define the population

Identify gaps in care

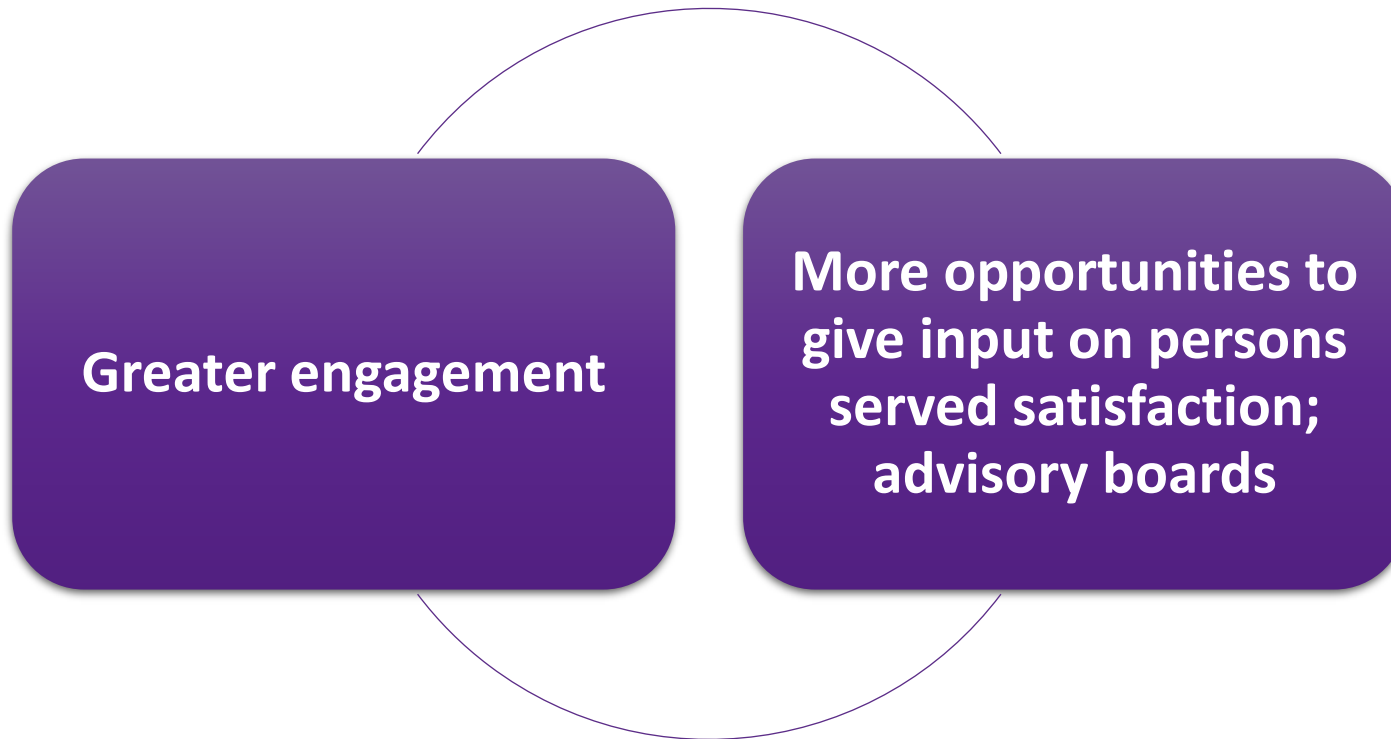
Stratify risk

Engage patients

Manage care

Measure outcomes

How Does This Impact... Persons Served



Team Based Care



Care coordination is the linchpin holding these aspects of CCBHC care together and ensuring CCBHC care is, indeed, an improvement over existing services.



CCBHC treatment team includes the consumer, the family/caregiver of child consumers, the adult consumer's family.



As appropriate for the individual's needs, the CCBHC designates an interdisciplinary treatment team that is responsible, with the consumer or family/caregiver, for directing, coordinating, and managing care and services for the consumer.

Five Components/Principles of Effective Interdisciplinary Teams

Established, open, safe communication patterns.

Well-defined and appropriate team goals.

Clear role definitions and expectations for team members.

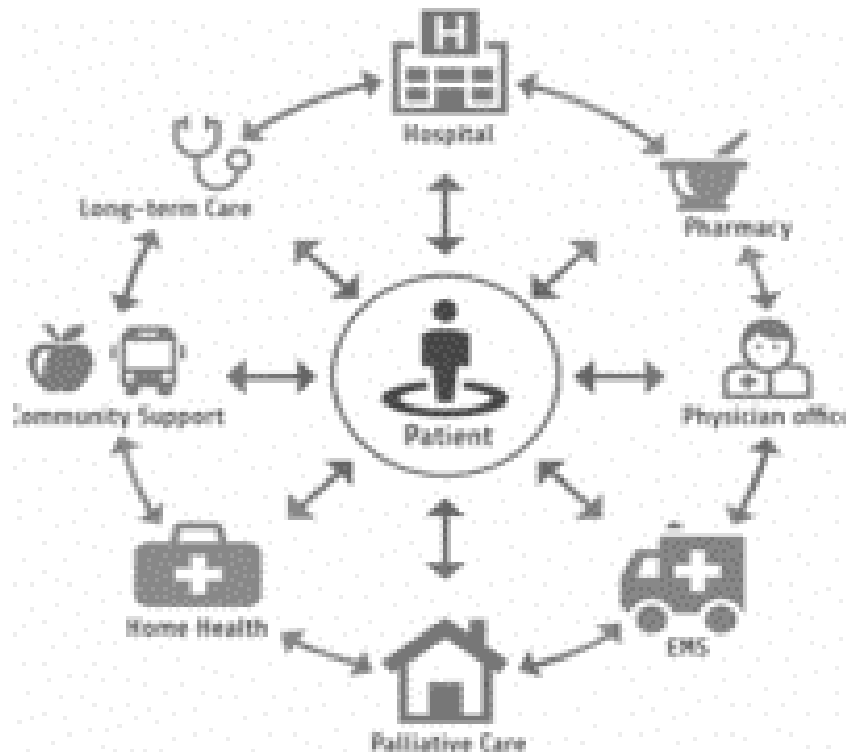
A real-time, structured yet flexible decision-making process.

The ability of the team to “treat itself” by celebrating accomplishments and addresses breakdowns.

Source: Leipzig, Hyer et al. (2002). Attitudes Toward Working on Interdisciplinary Healthcare Teams: A Comparison by Discipline J Am Geriatr Soc 50:1141–1148.

CCBHC Care Coordination

The movement of patients between health care locations, providers, or different levels of care within the same location, as their conditions and care needs change



- **Within settings:** e.g., primary care to specialty care, or intensive care unit (ICU) to ward
- **Between settings:** e.g., hospital to sub-acute care, or ambulatory clinic to senior center
- **Across health states:** e.g., curative care to palliative care or hospice, or personal residence to assisted living
- **Between providers:** e.g., PCP to a psychiatrist, or acute care provider to a palliative care specialist

Care Pathways



A care pathway is a standardized set of processes or guidelines applied to a group of people with a similar condition. They are used to improve the quality of care by recommending best practice approaches at various stages of treatment.



Care Pathways guide a person's plan of care from initiation through attainment of specified health outcomes, with the goal of improved health and reduced intensity of care.



The benefits include standardization of care, shared documentation and evaluation tools. Use of care pathways are associated with decreased cost and length of stay as well as increased staff morale, consumer and family satisfaction and health literacy.

Expanding Access to Care

851,565 people currently served across 128 responding clinics, with an estimated 1.5 million people served nationwide by all 224 CCBHCs active as of January 2021.

CCBHCs are, on average, serving 17% more people than prior to CCBHC implementation.

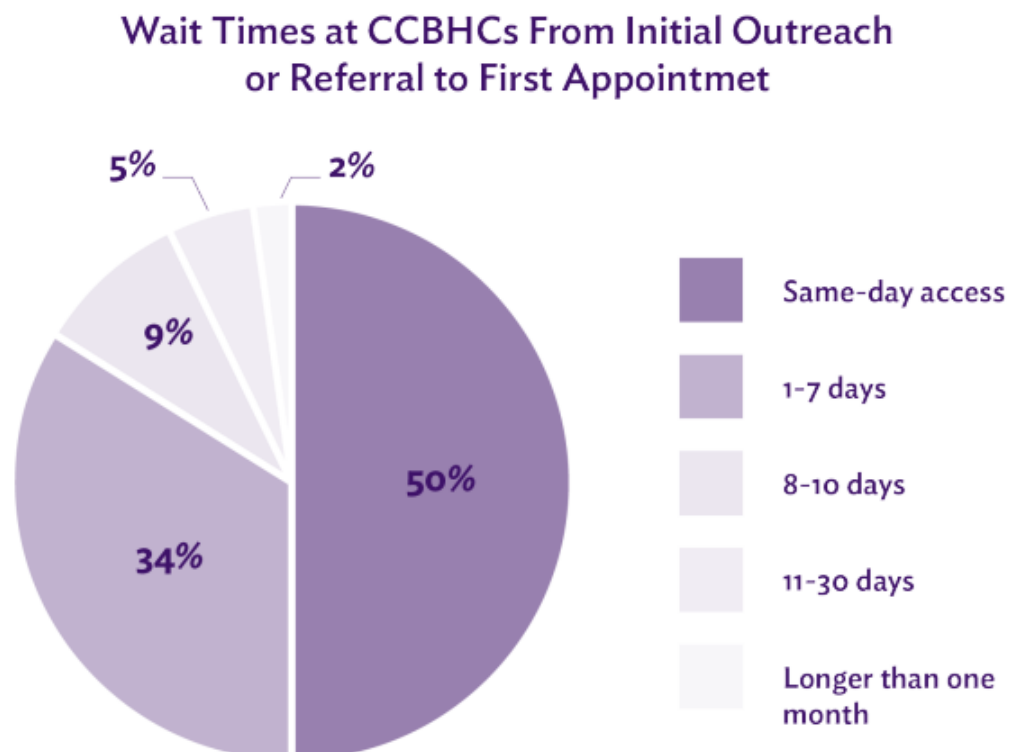
Investing in the Workforce

Responding clinics hired 5,201 new staff positions as a result of becoming CCBHC. Estimated 9,000 new staff positions added across all active CCBHCs as of January 2021.

On average, this resulted in 41 new jobs per clinic.

Decreasing Wait Times for Care:

CCBHC's have improved access to treatment by sharply reducing wait times for services, which reach an average of 48 days nationwide.



50% of responding CCBHCs provide same-day access to care

84% see clients for their first appointment within one week

93% see clients within 10 days

Expanding Access to Medication-Assisted Treatment (MAT)

89% of CCBHCs offer one or more forms of MAT, compared to only 56% of substance use clinics nationwide

An estimated **37,000+** clients nationwide are engaged in MAT across the CCBHCs that were active at the time of the survey

60% of clinics added MAT services for the first time as a result of becoming a CCBHC, and 31% were able to offer more forms of MAT after CCBHC implementation than before.

Improving Collaboration with Criminal Justice Agencies

95%

of CCBHC's are engaged in one or more innovative practices in collaboration with criminal justice agencies (e.g. police, jails, and courts)

Crisis Services & Supports

91% of CCBHCs are engaging in one or more innovative practices in crisis response in partnership with hospitals, first responders, and others.

79% coordinate with hospitals and emergency departments to prevent avoidable admissions when individuals are in crisis.

CCBHC Successes

Addressing Health Disparities & Social Determinants of Health

100%

of Responding Clinics indicate that CCBHC status has helped them in some way to serve people of color, improve access to care, and reduce health disparities in their communities

75%

Increased screening for unmet social needs that affect health, like, housing, income, insurance status, transportation, and more



67%

Developed organizational policies and protocols related to improving diversity, equity, and inclusion.

60%

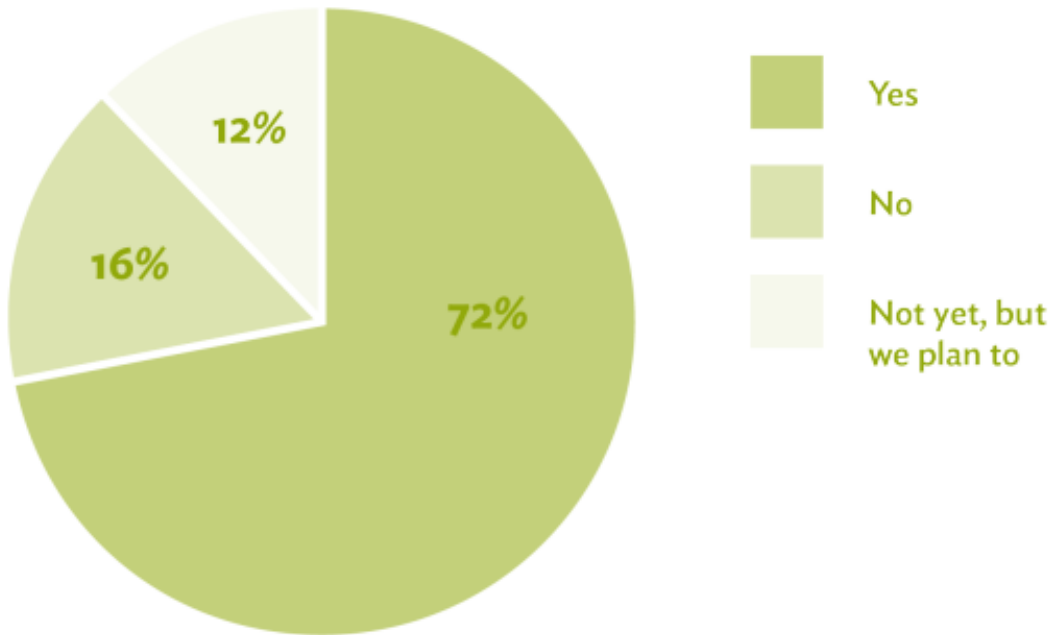
Hired staff who are demographically similar to the populations their clinics serve

53%

Initiated or expanded translation services

Meeting Children, Youth, & Families Where They Are

CCBHCs Providing Direct Services On Site at
Elementary, Middle and High Schools



84% of CCBHCs

- Either already provide direct service on site at elementary, middle and high schools, or plan to in the future

63%

- Engage in suicide prevention programming targeted to children, youth, and/or teens

42%

- Provide Mental Health First Aid Training to middle or high school teachers/staff

20%

- Provide Mental Health First Aid Training to middle or high school students

Evaluation Plan

National Outcome Measures (NOMS)



All clients of staff funded by
CCBHC grant
(SMI, SED, SUD or co-occurring)



Any client underinsured,
without insurance or
underserved

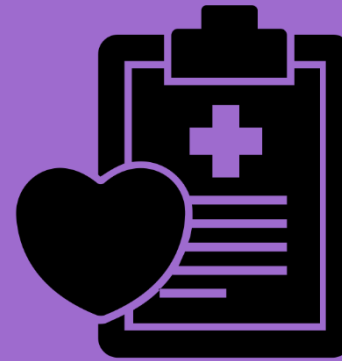
Evaluation Plan

NOMs Administration

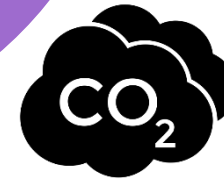


NOMS every 6 months

- Initial
- Follow-up
- Discharge



Vitals every 3 months



Evaluation Plan

NOMs Initial Content

Demographic



Military and Family



Has client or any of their family members served

Stability and Housing



"in the past 30 days how many nights..?"
"where have you been living...?"

Education and Employment



"Are you currently enrolled in school?"
"Are you currently employed?"

Functioning



"How would you rate your overall health?"
"How often did you feel...?"
"In the past 30 days how often have you used...?"

Crime and Criminal Justice



"In the past 30 days how often have you been arrested?"

Violence and Trauma (*Adult only*)



"Have you ever experienced violence or trauma in any setting?"

Social Connectedness



"I have people with whom I can do enjoyable things"

Barriers to Care

National mental
health professional
shortage

Increased need for
mental health
services

COVID-19
Pandemic

Additional training
requirements

Vitals

Medication for
uninsured (340b
drug funds)

Sustainability

Safer
Communities
Act

Expansion of
SAMHSA
Grants

Extending
Current CCBHC
Demo states

Michigan
Collaborative

Michigan's Demonstration of the Certified Community Behavioral Health Clinic (CCBHC)

The following CMH sites are participating in Michigan's Certified Community Behavioral Health Clinic (CCBHC) Demonstration Pilot (2021-2023):

Community Mental Health and Substance Abuse Services of St. Joseph County

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

CNS Healthcare (Oakland County)

Easterseals (Oakland County)

HealthWest (Muskegon County)

Integrated Services of Kalamazoo

Macomb County Community Mental Health

Saginaw County Community Mental Health Authority

St. Clair County Community Mental Health

The Guidance Center (Wayne County)

The Right Door (Ionia County)

Washtenaw County Community Mental Health

West Michigan Community Mental Health (Lake, Mason, and Oceana Counties)



Michigan's Demonstration of the Certified Community Behavioral Health Clinic (CCBHC)

The Substance Abuse and Mental Health Administration (SAMHSA) administers the CCBHC Expansion grants. Twelve Wayne County based grantees are highlighted in yellow. The following organizations have up to \$2 million in federal funding to build capacity to be a CCBHC and better meet client and community needs:



SAMHSA Expansion Grant Recipients, August 2021

***Also, a CMS CCBHC Demonstration Site**

Allegan County Community Mental Health Services
Alternative Community Living, Inc. dba Hope Network New Passages
Barry County Community Mental Health Authority
Berrien Mental Health Authority dba Riverwood Center
Branch County Community Mental Health Authority dba Pines Behavioral Health
Hegira Health (Formerly Community Care Services) (Wayne)
Clinton-Eaton-Ingham (CEI) Community Mental Health Authority*
CNS Healthcare (Oakland, Wayne, and Macomb Counties)*
Detroit Recovery Project, Inc (Wayne)
Detroit Rescue Mission Ministries (Wayne)
Development Centers Inc. (Wayne)
Easterseals Michigan, Inc. (Oakland Co)*
Elmhurst Homes, Inc. (Wayne)
Faith Hope and Love Outreach Center (Wayne)
Genesee Health System
HealthWest (Muskegon)*
Hegira Programs, Inc. (Wayne)
Integrated Services of Kalamazoo*
Judson Center, Inc. (Macomb)
LifeWays Community Mental Health (Jackson, Hillsdale)
Macomb County Community Mental Health*
Neighborhood Service Organization (Wayne)
Network180 (Kent)
CNS Healthcare (Formerly Northeast Integrated Health) (Wayne)
Ottawa County Community Mental Health
Saginaw County Community Mental Health Authority*
Southwest Counseling Solutions (Wayne)
St. Clair County Community Mental Health Authority*
Summit Pointe (Calhoun)
Team Wellness (Wayne)
The Guidance Center (Wayne)*
Washtenaw County Community Mental Health Center*
West Michigan Community Mental Health System (Lake, Mason, Oceana Co)*



HOW CAN YOU GET INVOLVED?