



Behavioral and Physical Health Integration in Medicaid



Medicaid and CHIP Payment and Access Commission

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What is Behavioral Health Integration?

- Term is used frequently, but inconsistently.
- Recent efforts have worked to conceptually define behavioral health integration.
- Differences in these efforts reflect the variability of behavioral health integration at the practice level.

Evidence Related to Behavioral Health Integration

- Documented effectiveness of integrating behavioral health into primary care settings for adults with depression and anxiety disorders.
- Research is limited or mixed for children and adolescents, and individuals with substance use disorders or serious mental illness (SMI).
- Difficult to generalize the benefits of integration, and determine essential elements.

Behavioral Health Integration in Medicaid

- Reviewed certain integration efforts underway in Medicaid:
 - Accountable care organizations, health home, managed care, and primary care case management models.
 - State-initiated behavioral health integration efforts.
 - Primary focus on integrating behavioral and physical health.
 - Focus on mental health integration only.
 - Active as of March 1, 2015.
- Conducted review using publicly available information and some state follow-up.

Highlights of Review

- Reviewed 19 programs across 17 states.
- Majority of efforts are health homes, relatively new, and focus on individuals with SMI.
- States use a variety of integration elements.
- Difficult to determine the degree to which these elements are implemented at the practice level, including:
 - Co-location
 - Data sharing
 - Care management