



Access to Mental Health Services for Adults in Medicaid

Medicaid and CHIP Payment and Access Commission

Erin K. McMullen & Melinda Becker Roach

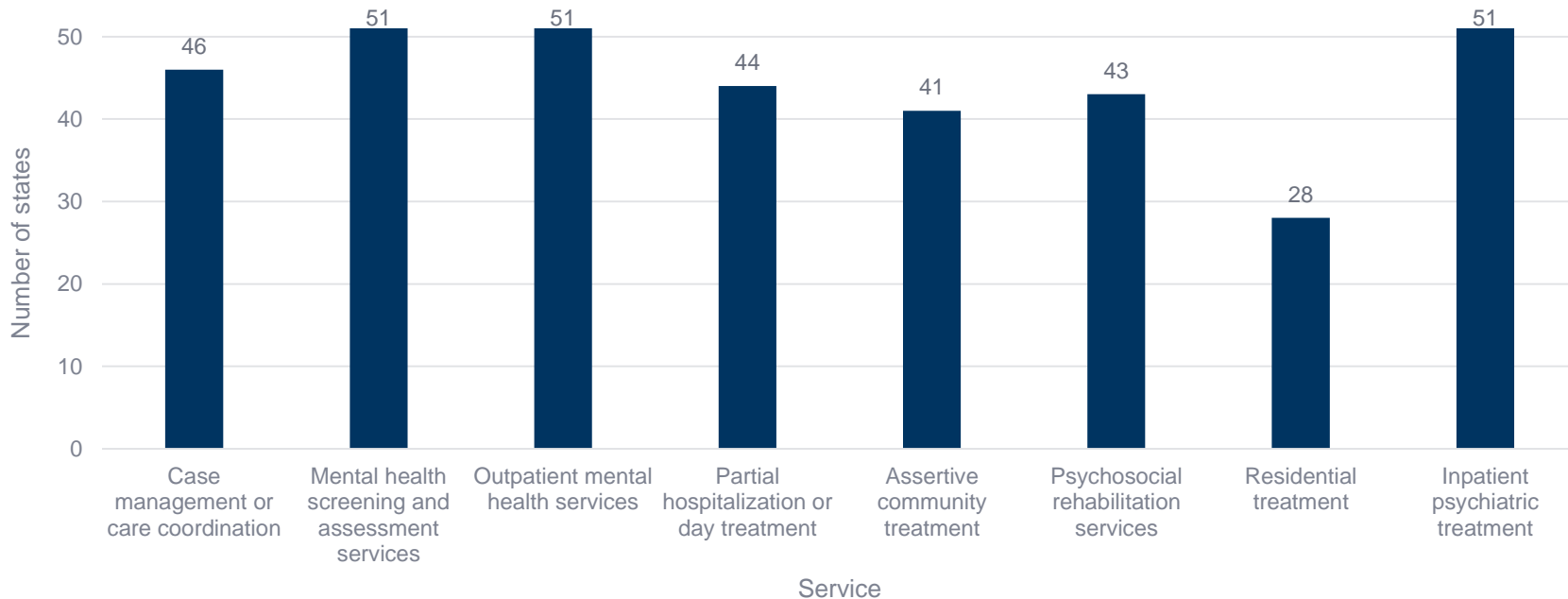
Overview

- Need for mental health continuum of care
- Medicaid coverage of mental health services
- Access to mental health services in Medicaid
- Opportunities to improve mental health delivery systems

Need for Mental Health Continuum of Care

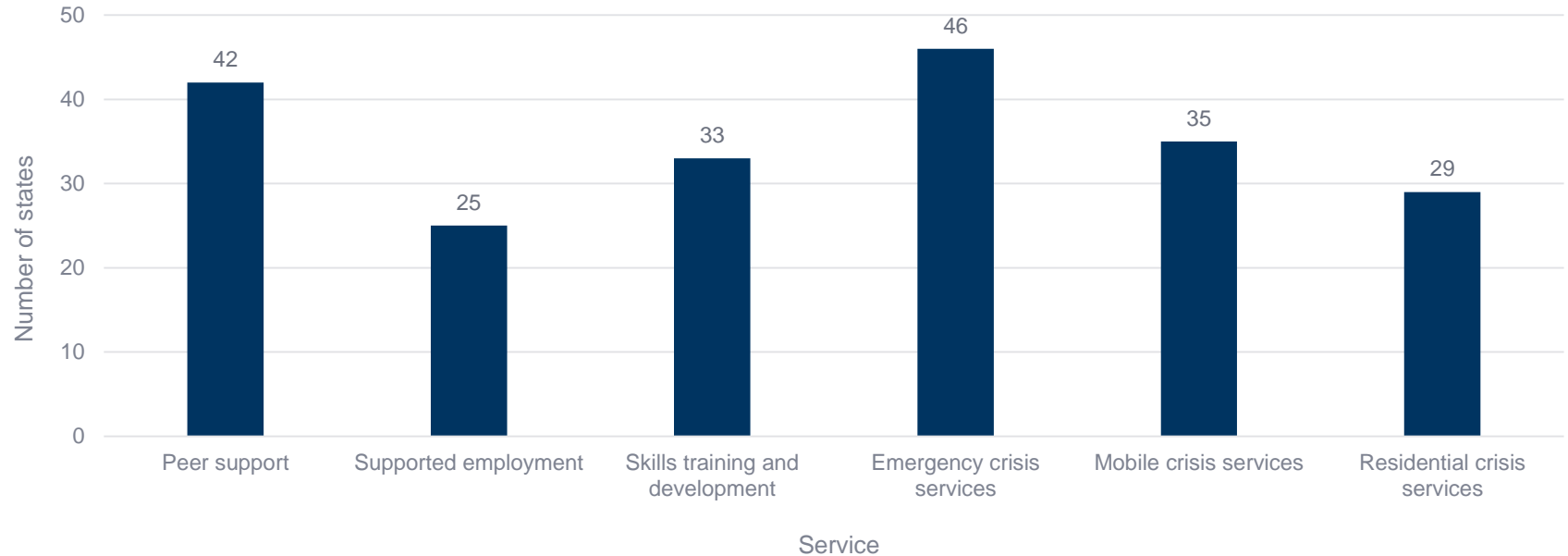
- Appropriate mental health treatment varies with the severity of an individual's condition
- Individuals may experience mild to moderate mental illness or have serious mental illness that substantially interferes with or limits their ability to perform major life activities or instrumental activities of daily living
- Adults with mental illness need access to a continuum of care, with a variety of services that vary in intensity

State Medicaid Coverage of Mental Health Services



Source: MACPAC 2020, analysis of Medicaid state plans, provider manuals, enrollee handbooks, fee schedules, Section 1115 and 1915(b) waivers, Section 1915(c) waivers, and other publicly available documents. MACPAC 2016, SAMHSA 2015, NAMI 2013, and WHO 1997.

State Medicaid Coverage of Mental Health Services, cont.

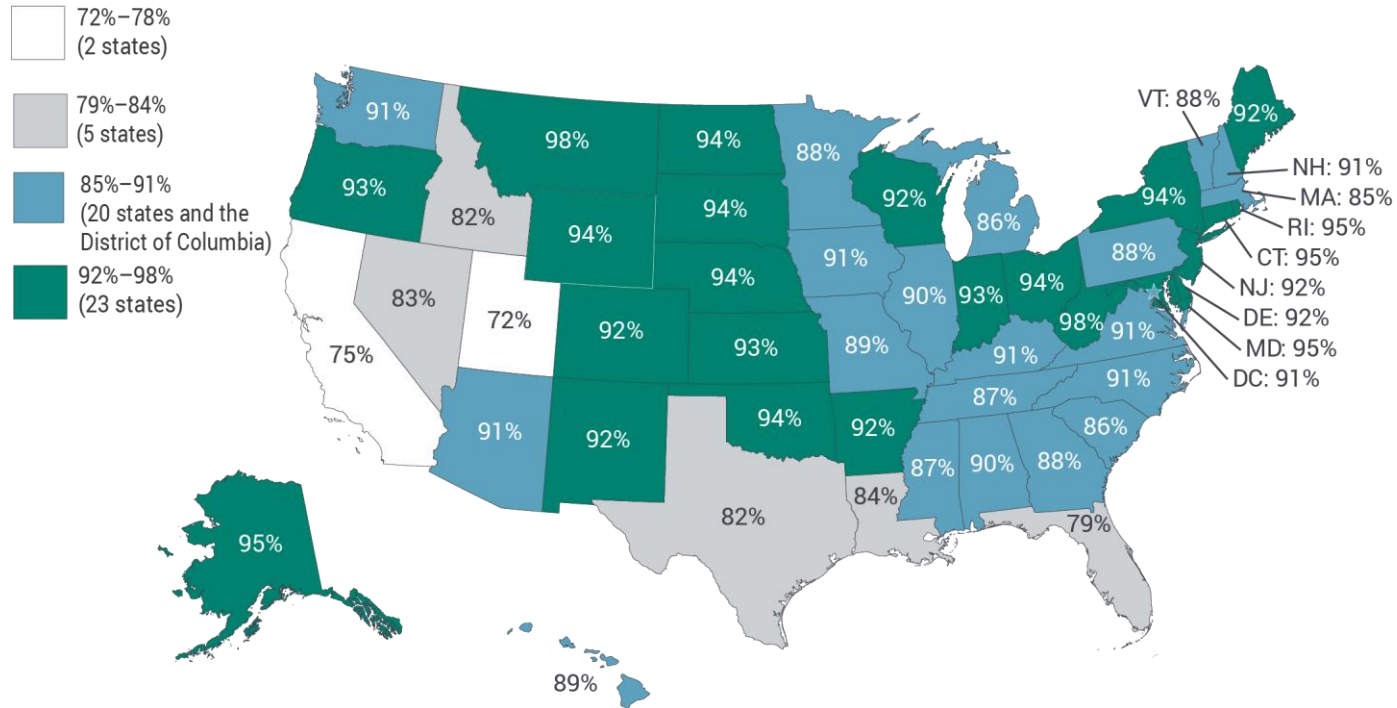


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Access to Mental Health Services in Medicaid

- Two components of the mental health treatment system:
 - Specialty mental health treatment facilities
 - Office-based, solo and small group practices, comprised of psychiatrists and other mental health professionals
- No single data source providing information on the U.S. mental health workforce

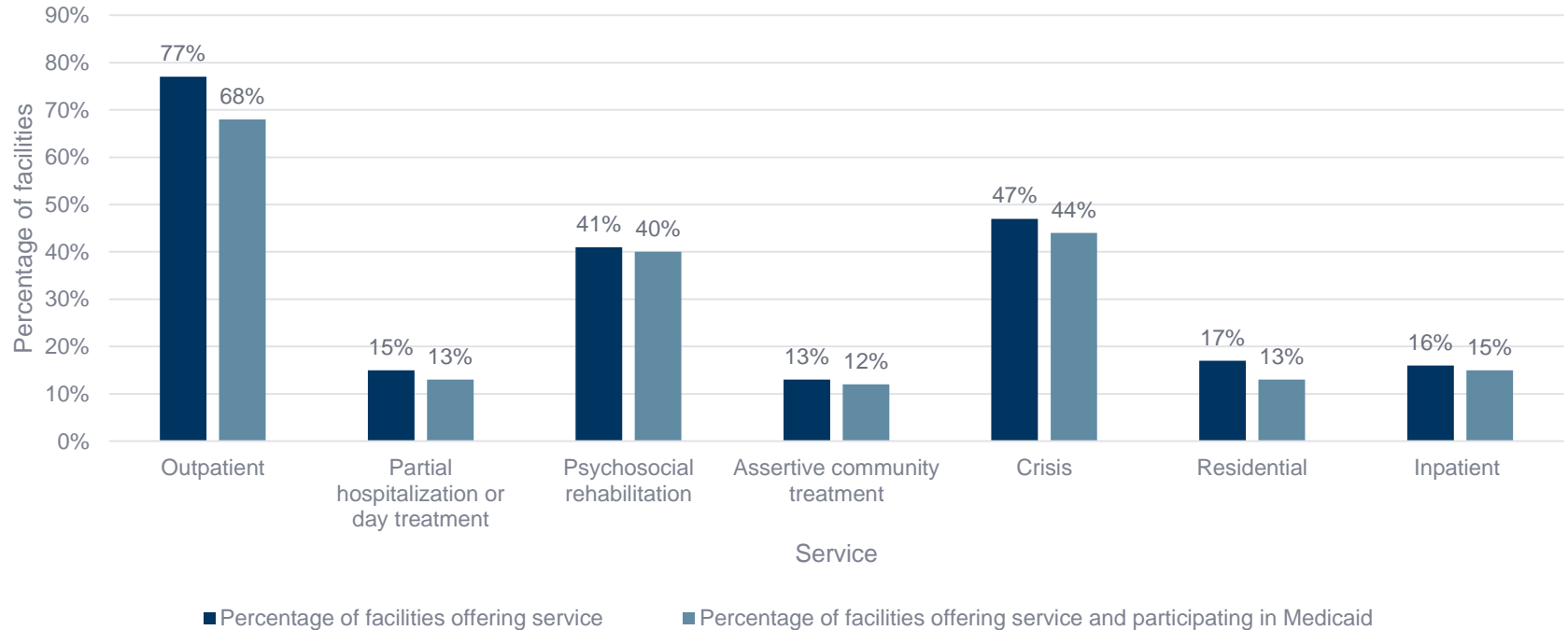
Percentage of Mental Health Treatment Facilities Accepting Medicaid, 2018



Source: MACPAC 2020, SAMHSA 2019.

October 30, 2020

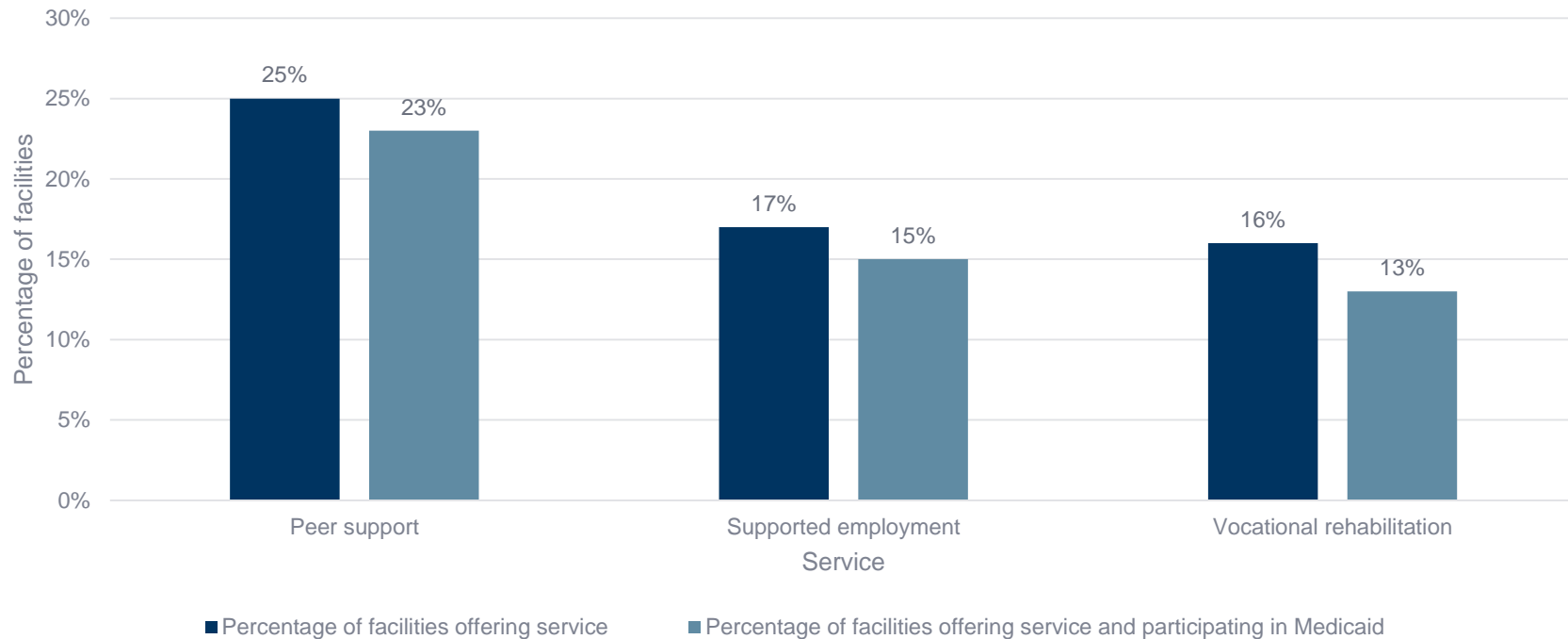
Percentage of Specialty Mental Health Treatment Facilities Offering Certain Services and Accepting Medicaid, 2018



Source: MACPAC 2020, SAMHSA 2019.

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Percentage of Facilities Offering Certain Recovery-Oriented Services and Accepting Medicaid, 2018



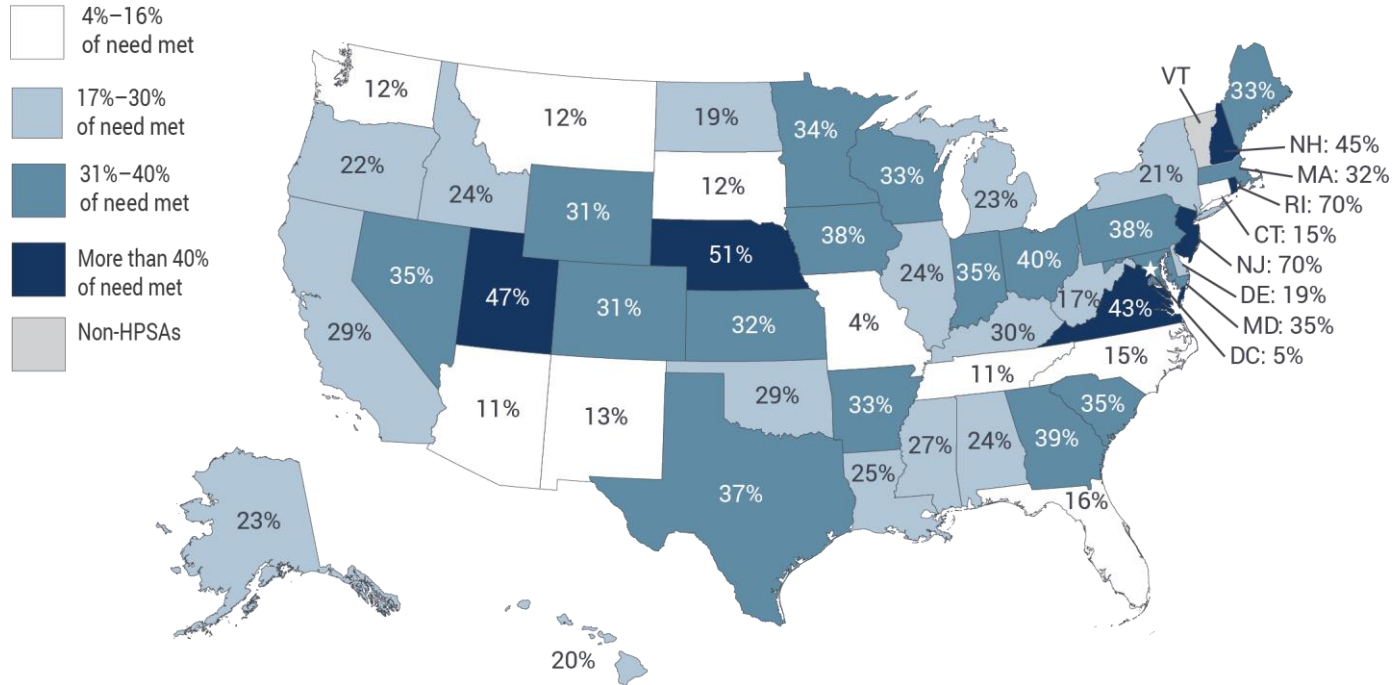
Source: MACPAC 2020, SAMHSA 2019.

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Findings Related to Telehealth, Crisis Services, and Integrated Care

- In 2018, roughly one in four (28 percent) specialty mental health facilities reported offering telehealth services and accepting Medicaid.
- Forty-four percent of facilities accepted Medicaid and had a crisis intervention team.
 - Fewer facilities offered psychiatric emergency walk-in services and accepted Medicaid (28 percent).
- Specialty mental health facilities were more likely to offer substance use disorder (SUD) treatment than integrated primary care services.
 - Only 25 percent of specialty mental health treatment facilities offered primary care services and participated in Medicaid.

Percentage of Met Need in Designated Mental Health Professional Shortage Areas, 2019



Source: KFF 2019.

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Opportunities to Improve Mental Health Delivery Systems: Section 1115 Demonstrations

- In November 2018, CMS issued guidance to enhance the delivery system for adults with serious mental illness (SMI) and children with severe emotional disturbance (SED)
- In addition to paying for psychiatric services in institutions for mental diseases, states participating in demonstration must meet specified goals and milestones:
 - improving access to a continuum of care
 - ensuring quality of care
 - improving care coordination and transitions to community-based care
 - early identification and engagement in treatment
 - reducing length of stay in emergency departments

Opportunities to Improve Mental Health Delivery Systems: Certified Community Behavioral Health Clinics

- Established by Section 223 of the Protecting Access to Medicare Act of 2014 (P.L. 113-93) and extended by Congress several times
- Participating states must target individuals with SMI/SED and SUD, and may also prioritize subpopulations
- Certified Community Behavioral Health Clinics (CCBHCs) provide comprehensive behavioral health services and coordinate physical health services under a restructured payment system
- CCBHCs must meet criteria in six statutorily defined areas
- Paid a daily or monthly, clinic specific, prospective payment rate
- Several states participating in the demonstration amended their state plan to continue using a prospective payment rate for CCBHCs



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