Health Care Reform: Is Aging and Mental Health at the Table?

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Goals

- To understand the latest information on health care reform as it applies to mental health and aging
- To understand areas where mental health can be integrated into the discussion
- To understand what we can do to facilitate the dialogue on mental health and aging
Introduction

- Aging of baby boomers and increasing lifespan: increased demands on mental health networks
- Drastically underserved as half of older adults with mental health concerns remain untreated
- Health care reform bundled with Medicare reform: where does mental health enter into the picture?
20% of older adults have mental health concerns—the highest of all populations and age groups.

In 2006, about 60% of older adults with mental health concerns had contact with a mental health professional.

In 2006, only about 4% of older adult visits to a PCP resulted in a mental health diagnosis.

Current challenges

- 47 million uninsured Americans
- Medicare costs represent about 25% of health care spending
- In 2006, $461 billion was spent on Medicare of the allotted $2.1 trillion budgeted for health care

Proposals in reform

- **For those that have insurance:**
  - Requiring coverage for pre-existing conditions
  - Ending age and gender based varying premiums
  - Prohibiting dropping insurance when patient is undergoing serious medical treatment
  - Eliminating arbitrary caps
  - Covering preventative care
  - Preserving Medicare
  - Reducing out-of-pocket prescription prices for Medicare patients

Proposals in reform

- For those that do not have insurance:
  - Creation of an insurance marketplace
  - Provided need-based tax credits for health care
  - Small business tax credits for providing insurance
  - Offer a public health care option
  - Immediate coverage for patients with pre-existing coverage until market opens in 2013

How proposed reforms may affect health care providers

- Reduced Medicare payments to hospitals
  - Bundling payments
  - 30 Day Readmission
- Increased payments to primary care providers
  - Concept of medical home
  - Accountable Care Organizations
- Paying for performance
  - Eliminating unnecessary costs
Current legislation

- What is the current reform being discussed surrounding older adults and mental health?
  - Positive Aging Act (H.R. 3191)
  - America’s Affordable Health Choices Act of 2009
  - The Retooling the Health Care Workforce for an Aging America Act (H.R. 468)
Positive Aging Act (H.R. 3191)

- Key components
  - Services
  - Funding
  - Representation
  - State-wide planning
Positive Aging Act, cont.

- **Services**
  - Services include
    - Mental health screenings
    - Referrals for care
    - Usage of evidence-based treatment for various mental health disorders

- **Funding**
  - The Act seeks grant funding for the implementation of these services in community mental health care settings that serve older adults
  - Importance of including mental health services in primary care settings
Positive Aging Act, cont.

- **Representation**
  - Requests the representation of older adults in SAMHSA on the Advisory Council
  - Director of Older Adult services

- **State-wide planning**
  - Act seeks to require states to include their outreach to older adults in their planning reports
Key components

- Reimbursement rates
- Increased planning for end of life
America’s Affordable Health Choices Act of 2009

- Allowing older adults more options for mental health coverage
  - Expanding professionals that are reimbursed
- End of life provisions
  - Allowing older adults access to speak with a counselor about end of life decisions
  - Paid for by Medicare
The Retooling the Health Care Workforce for an Aging America Act (H.R. 468)

- Key components
  - Services
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The Retooling the Health Care Workforce for an Aging America Act (H.R. 468), cont.

- **Training:**
  - Expand training for those professionals that are involved in the care of older adults
  - Require core competencies for those that provide services, including: home health workers and care givers.

- **Analysis**
  - Calls for an analysis of current treatment methods and models
The Retooling the Health Care Workforce for an Aging America Act (H.R. 468), cont.

- **Comprehensive treatment and education**
  - The creation of a National Resource Center for Older Adults
  - Linking educational institutions to social service agencies that serve older adult populations

- **Medicare revisions**
  - Requesting the inclusion of family caregivers into Medicare benefits.
Trends in legislation

- Linking PCP and mental health, care coordination
- Linking educational institutions to existing programs and agencies
- Increased opportunities for training professionals to work with older adults
- Increased opportunities for research
- Increased funding for mental health services
What else should we be discussing?

Opportunities and Challenges:
Where are mental health and aging included in health care reform and what are areas that need more attention?
Evidenced Based Toolkits for Mental Health Professionals:
Informing policy based on outcome studies and standardized treatment
Standardized, evidence based treatment

EBP toolkit from SAMHSA:
- Detailed instructions on how to structure EBP; how to monitor for success, compliance, and eligibility.
- Essential features: standardized assessments, trained staff, individualized treatment, supervision, monitoring program and its functioning, client choice, and outcome measures
- Soon-to-be-released: Older adults and depression

Fiscal Year Budget 2010:
Increased appropriations to mental health services
Opportunity

- **Fiscal Year Budget 2010**
  - $39 million more that President’s request was requested to mental health services
  - $7 million going to primary care and mental health linkages
  - Older adults likely to benefit from inclusion of mental health into primary care via increased budget requests

Opportunity

Older Adults Targeted Capacity Expansion (TCE) Grant Program: Striving for sustainability in reform
Opportunity

- Designed to run over the course of 3 years
- 10 sites throughout the country
- Increasing inclusion of mental health services with physical health services for older adults
- Outcomes potentially informing policy and striving for sustainability
Opportunity

- **TCE Service Grant Program: Bridging the Gap**
  - Allowing communities to create or build upon current programs that encourage the inclusion of older adults with mental health concerns
  - Increased access to services
  - Striving for sustainability and inclusion in reform

Opportunity

Medical Home Model and Care Coordination: Increasing access to services and bundling care
Medical Home Model

- PCP
- MSW, PhD.
- Nutritionist
- Specialist
- Case manager
- RN
- OT
- Chaplain
- PT
Opportunity

- Medical Home Model and Care Coordination
  - Goals:
    - Develop rapport with patient
    - Coordinate patient care with team
    - Monitor symptoms and maintain care plan
    - Maximize treatment plan adherence through team communication
    - Payment bundling

Opportunity

- **Medical Home Model and Care Coordination**
  - Outcomes thus far, motivation to continue researching:
    - Doubled the effectiveness of care for depression
    - Resulted in increased physical functioning and decreased pain
    - Lower long term healthcare costs

**Medical Home pilot program**

- Includes:
  - Independent/private homes
  - Community Based Medical Homes
- Lobbyists requesting that:
  - Mental health professionals are included in program
  - Classifying these homes as “Health Care Homes” to support a holistic approach to health care

Opportunity

- Community-based pilot
The Blueprint Vision:

Vermont will have a statewide system of care that improves the lives of individuals with and at risk for chronic conditions.

WHY?

Healthcare for people with chronic conditions accounts for the following:

- 78% of health care spending
- 76% of hospital admissions
- 72% of all physician visits
- 88% of all prescriptions filled

RWJF, "Chronic Conditions: Making the Case for Ongoing Care"
Sept 2004
Improved Outcomes—Healthier People

Productive Interactions

Self-Management Support

Delivery System Design

Decision Support

Clinical Information Systems

Supportive Environment

Informed, Activated Patient

Prepared, Proactive Practice Team

Adapted from the chronic care model which is used by permission of “Effective Clinical Practice.”
Blueprint Integrated Pilots
*Coordinated Health System*

- Hospitals
- PCMH
- Community Care Team
  - Nurse Coordinator
  - Social Workers
  - Dieticians
  - Community Health Workers
  - OVHA Care Coordinators
  - Public Health Prevention Specialist
- Public Health Prevention
- Mental Health & Substance Use Disorders

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**Health IT Framework**

- Global Information Framework
- Evaluation Framework
- Operations
Opportunity

Institute of Medicine Mental Health and Aging Workforce Study
IOM Study

- $900,000 awarded to research:
  - Mental health needs of the aging population
  - Current and projected future needs
  - Policy recommendations for achieving a workforce that can accommodate those needs
  - Growing needs of aging ethnic populations
Care coordination between Community Mental Health Centers and Federally Qualified Health Centers: Bridging the gap
Joining forces: CMHC and FQHC

- As the trend in reform becomes the concept of a medical home, there is an opportunity to link community mental health services with federally qualified health centers that are providing general medical care
- How can we continue to bridge this gap?
Challenges

PASRR Screenings:
Inclusion of mental health providers
Challenges

- **PASRR screenings**
  - PASRR screenings responsible for screening for the appropriateness of placing an older adult in a nursing home and specialized services
  - Limited, if any, alternative treatment options and no reimbursement for such placements
  - Inclusion of mental health services to placements?

The need for further research:
Outcomes for older adults to inform policy and encourage mental health inclusion
Challenges

- Areas needing increased research
  - Potential to show the needs in terms of current programs: Sustainability
  - Programs reaching capacity: Demonstrating need
  - Effective and positive program outcomes: how mental health needs can affect the country and economy as a whole

What can we do to facilitate the discussion?

- Demonstrating the need for services
  - Research
  - Grant funded programs
- Contact State and Federal representatives
- Advocate in the community
  - Linking agencies
  - Utilizing available funding
Closing thoughts

- Health care reform: Both opportunities and challenges to including the aging population and mental health
- Mental health is being addressed: though providers and lobbyists need to continue to advocate for older adults with mental health concerns to be served