



Evolution of Behavioral Health Outcomes: *Approaches and Recommendations*

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EVOLUTION OF MENTAL HEALTH SYSTEMS AND OUTCOMES

INSTITUTIONS - Social exclusion, loss of rights, caretaker

COMMUNITY - Personhood, rights, community tenure and participation

SERVICES - Access and Quality

CONSUMER OUTCOMES - Life improvements

CURRENT AND FUTURE BEHAVIORAL HEALTH SYSTEMS

Current System

Persons receiving services



Agency "silos"



Piecemeal, fragmented training



Data Compartments



Consumer and family member involvement



Persons falling through agency "cracks"



Future System

Population-based; early intervention

Coordinated care; "no wrong door"

Well-defined workforce development / training infrastructure

Data - sharing and coordination

Recovery-oriented system

Seamless continuity of care

“

What outcomes measures do we need for this future system?

”

... Especially since there is no standardization and the behavioral health field is replete with different approaches, methodologies and measures!

Presentation Outline

- ▶ Issues in Behavioral Health Outcomes Measures Development
- ▶ Approaches
- ▶ Recommended Measures
- ▶ Challenges

Outcomes Measures Sets

(Just a Few!)

- ▶ Multiple validate measures for mood disorders, anxiety disorders, psychotic disorders and substance use disorders
- ▶ 730 quality indicators at the interface of behavioral health and primary care
- ▶ National Quality Forum's portfolio of behavioral health measures has 54 measures (45 of these are process measures)
- ▶ Over 40 recovery measures

Outcomes Measures - Different Levels

- ▶ Individual Consumer
- ▶ Provider System
- ▶ Specific Intervention
- ▶ System of Care
- ▶ Cross-System Relationships
- ▶ Population-Level
- ▶ Social Determinants

Outcomes Measures - “Tensions”

Uses and Applications

- ▶ Accountability vs. Quality Improvement
- ▶ Clinician vs. Consumer Perspectives
- ▶ Standardized Use vs. Idiosyncratic Application
- ▶ System vs. Specific Interventions
- ▶ Technical Precision vs. Implementation Costs

Outcomes Measures Approaches

Individual Consumer Level

- ▶ Consumer Quality of Life Outcomes (symptoms and functioning + employment, housing, involvement with the criminal justice system, social relationships and social connectedness)
 - *MHSIP Report Card*
 - *MHSIP Quality Report*
 - *SAMHSA NOMs*
- ▶ Recovery Outcomes
 - *Individual Recovery*
 - *Recovery-Orientation of System*

Outcomes Measures Approaches

Measurement Based Care (MBC)

- ▶ Clinical Care informed by collection and use of outcomes and other performance measures)
- ▶ Mostly to monitor symptoms and functioning
- ▶ Mostly for depression and anxiety
- ▶ *“Most noteworthy advance in psychotherapy in the last 25 years”*

Outcomes Measures Approaches

System Outcomes - Domains

- ▶ *Symptoms/Functioning*
- ▶ *Perception of Care*
- ▶ *Health Status*
- ▶ *Social support/connectedness*
- ▶ *Involvement with the Criminal/Juvenile Justice System*
- ▶ *Evidence-based pharmacotherapy*
- ▶ *Evidence-based psychosocial interventions*
- ▶ *Access measures*
- ▶ *Continuity and coordination of Care (including readmissions and community follow up after hospital discharge)*
- ▶ *Cost and efficiency measures*

Outcomes Measures Approaches

Social Determinants/Population Outcomes

▶ DOMAINS

- ▶ *Demographic: gender, age, ethnicity, life expectancy*
- ▶ *Economic: income, assets, food security, employment, housing*
- ▶ *Neighborhood: safety, recreational facilities, availability of services*
- ▶ *Environmental: natural or industrial disasters, armed conflict, displacement*
- ▶ *Social: education, family and peer relationships, social networks*

Outcomes Measures Approaches

Cross-System Outcomes - BH/Criminal Justice

- ▶ CRIMINAL JUSTICE MEASURES
- ▶ Crisis calls to law enforcement
- ▶ Response times
- ▶ Dropoff times
- ▶ Percentage of jail admissions screened for behavioral health
- ▶ Jail admissions for persons identified with behavioral health issues
- ▶ Percentage of persons identified with BH problems referred for treatment (including a subset e.g. MAT)
- ▶ Percentage of persons referred for treatment who start treatment within 14 days (including a subset e.g. MAT)
- ▶ Jail days
- ▶ Recidivism rate (within a specified time period)
- ▶ Percentage of individuals released from jail who are enrolled in health insurance

Outcomes Measures Approaches

Cross-System Outcomes - BH/Primary Care

- ▶ % consumers referred to MH specialty care who attend initial visit
- ▶ % patients referred to Primary Care from BH who attend initial visit
- ▶ % BH consumers using hospital emergency departments
- ▶ % primary care members screened for depression
- ▶ % primary care members screened for alcohol and drug use
- ▶ % consumers receiving atypical antipsychotic agents assessed for: diabetes; hypertension; cardiovascular disease; tobacco use; substance use; physical exam within the last year
- ▶ % consumers receiving atypical antipsychotic agents with BMI > 25 (at different times)
- ▶ % consumers receiving atypical antipsychotic agents with blood pressure > 125/90 (at different times)
- ▶ % consumers in primary care with a hypoglycemia assessment (HgA1C-Sugar)
- ▶ % consumers with HDL/LDL cholesterol levels requiring additional monitoring/intervention

Outcomes Measures Approaches

Cross-System Outcomes (Persons with Schizophrenia)- BH/Primary Care

- ▶ Cardiovascular screening for Schizophrenia or Bipolar patients on antipsychotic medications
- ▶ Diabetes screening for Schizophrenia or Bipolar patients on antipsychotic medications
- ▶ Cardiovascular monitoring for people with cardiovascular disease and schizophrenia
- ▶ Diabetes mellitus monitoring for people with diabetes mellitus and schizophrenia
- ▶ Body Mass Index screening and follow-up for SMI population
- ▶ Blood Pressure control for SMI population with hypertension
- ▶ Hemoglobin A1c testing for SMI population with diabetes mellitus
- ▶ Nephropathy screening for SMI population with diabetes mellitus
- ▶ Blood pressure control for SMI population with diabetes mellitus
- ▶ Hemoglobin A1c control for SMI population with diabetes mellitus
- ▶ Hemoglobin A1c control for SMI population with diabetes mellitus

Behavioral Health Outcomes Measures

Lessons Learned

- ▶ *Behavioral health outcomes have been developed for different purposes, audiences, and levels of intervention*
- ▶ *These have been conflated and confused in various efforts to develop and enhance behavioral health outcomes systems.*
- ▶ *Without clarity regarding these different approaches and objectives, there is a strong likelihood that any proposed behavioral health outcomes system will prove to be both inadequate and disjoint.*

Behavioral Health Outcomes Measures

CHALLENGES

- ▶ *Addressing multiple levels simultaneously*
- ▶ *Addressing multiple populations simultaneously*
- ▶ *Clinician vs consumer/family member perspectives*
- ▶ *Reporting and use infrastructure*
- ▶ *Implementation costs*
- ▶ *Technical measurement issues*

Behavioral Health Outcomes Measures *Recommendations (Preliminary)*

| Outcomes Level | Measure(s) |
|--|---|
| Individual Consumer | MHSIP Outcomes Domain, RPF Scale |
| Measurement Based Care | PHQ9, GAD-7, BPRS |
| Social Determinants | Housing, Employment, Food Security, Health services, Education, Social supports |
| System Outcomes | NOMs + HEDIS measures |
| Cross-System (Primary Care, Criminal Justice, etc) | Functions of collaborative activities |