

# Changes in Behavioral Healthcare from Pre-COVID to Today

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# Amanda Gorman's Challenge

- ▶ The new dawn blooms as we free it
- ▶ For there is always light,
- ▶ if only we're brave enough to see it
- ▶ If only we're brave enough to be it

# Greetings & Best Wishes

- ▶ I bring greetings and best wishes to each of you from the American Academy of Social Work and Social Welfare.

# Where We Are Going Today

- ▶ Behavioral Health/Care Pre-COVID-19
- ▶ COVID-19 and Behavioral Health/Care
- ▶ Implementing Population Behavioral Care
- ▶ Implementing Integrated Care
- ▶ Implementing Value-Based Purchasing
- ▶ Steps Going Forward

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- ▶ Behavioral Health Conditions are Pervasive.

# Context of Behavioral Health and Care -1

- ▶ 25% of adults and 20% of children and adolescents have diagnosable behavioral health conditions (annual prevalence).
- ▶ About 6% of adults and 9-13% of adolescents have serious and persistent mental health conditions.

# Context of Behavioral Health and Care -2

- ▶ More than 11% of those age 12 and older use illicit drugs, and more than 2% use prescription drugs for non-medical purposes.
- ▶ Drug overdose deaths exceed 93,000 per year.
- ▶ Almost 50,000 persons die by suicide each year.
- ▶ About 8.5 million persons have co-occurring mental health and substance use conditions.

- ▶ Behavioral Care Can't Meet Current Demand.



# Context of Behavioral Health and Care -3

- ▶ No more than half of adults and a quarter of children and adolescents with behavioral health conditions receive any care at all.
- ▶ Only about 20% of these adults receive care from a behavioral health provider; 80% receive care from a primary care provider.
- ▶ Many who do not receive care are homeless or incarcerated in city and county jails.

# Context of Behavioral Health and Care -4

- ▶ The behavioral care field suffers from a severe human resource crisis—senior providers are leaving and junior providers are not entering in sufficient number.
- ▶ Much more reliance is being placed on peer supporters, virtual care, and self-care.
- ▶ Behavioral care has been very slow to adopt integrated care approaches.



► Now, let's shift gears....

# Times Really Have Changed



# COVID & Behavioral Health - 1

- ▶ COVID-19 and its mitigation strategies have generated a *behavioral health pandemic*.
- ▶ A CDC survey conducted in June 2020 shows:
  - ▶ 41% of adults had at least one mental or behavioral consequence.
  - ▶ 31% - anxiety or depression
  - ▶ 26% - trauma or stress

# COVID & Behavioral Health - 2

- ▶ 13% - increased substance abuse
- ▶ 11% - contemplated suicide
- ▶ Even more concerning:
  - ▶ 33% of unpaid caregivers contemplated suicide
  - ▶ 25% of those 18-24 contemplated suicide
  - ▶ 22% of essential health workers contemplated suicide
- ▶ More recent data from CDC suggests that these rates have climbed to 50+% since January of 2021, and are now receding slightly.

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- The background features abstract, overlapping green geometric shapes in various shades, primarily on the right side of the slide. The shapes include triangles and polygons, creating a modern, layered effect. The colors range from light lime green to dark forest green.
- ▶ Thus, We are in a Behavioral Health Pandemic.

# Behavioral Care Also Has Changed



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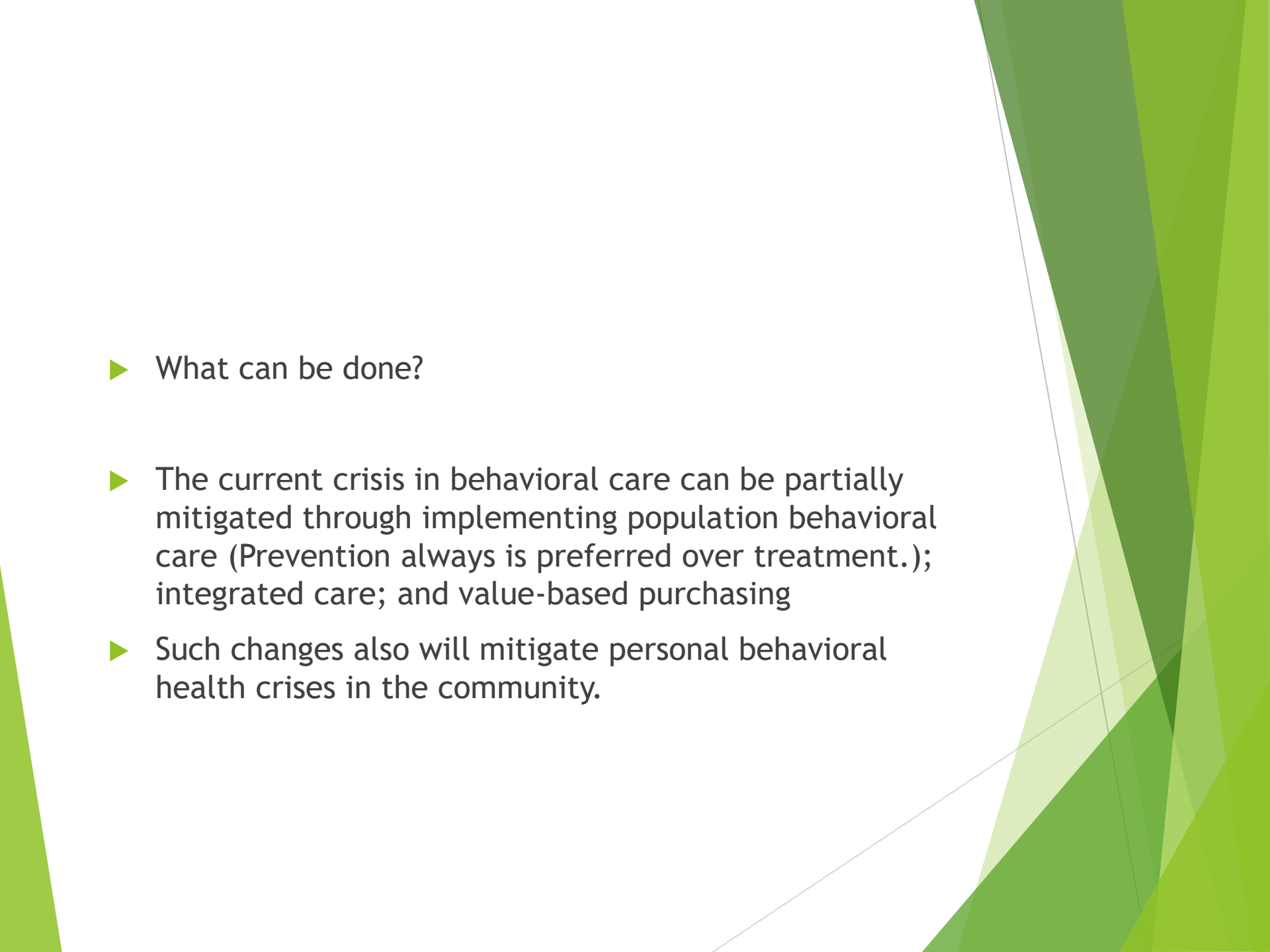
# COVID and Behavioral Care -1

- ▶ In one month (April 2020), behavioral care transitioned from interpersonal to virtual. This has led to important learnings.
- ▶ Behavioral care had great difficulty acquiring PPE.
- ▶ Mental hospitals and local jails deinstitutionalized rapidly, leading to problems in local communities.

# COVID and Behavioral Care -2

- ▶ Revenue of behavioral care organizations fell 40-50%, and has now mainly recovered.
- ▶ Important gains made in expanding virtual behavioral care may be limited unless permanent extensions can be achieved through Federal Medicaid and Medicare.
- ▶ The estimated financial shortfall in behavioral care is about \$38 billion. Overall: In states, \$500 billion; in counties, \$150 billion. About half of this has been included in the American Rescue Plan: \$300 billion for states; \$69 billion for counties.

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- The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green, creating a modern, layered effect.
- ▶ The Future of Behavioral Care is Uncertain at Present.

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- ▶ What can be done?
  - ▶ The current crisis in behavioral care can be partially mitigated through implementing population behavioral care (Prevention always is preferred over treatment.); integrated care; and value-based purchasing
  - ▶ Such changes also will mitigate personal behavioral health crises in the community.

# Context of Pop. Behavioral Care- 1

- ▶ Although coming only slowly, population behavioral care now is seen as critical to the future of the behavioral care field, including for crisis care.
- ▶ Underlying Model:
  - ▶ Negative Social/Physical Determinants of Health →
  - ▶ Personal and Family Trauma →
  - ▶ Health and Behavioral Health Consequences →
  - ▶ Need for Care and Support

# Context of Pop. Behavioral Care - 2

- ▶ Trauma causes about 85% of all behavioral health conditions.
- ▶ Example: Adverse Childhood Experiences (ACEs)
- ▶ Example: Trauma Informed Care & Trauma Informed Recovery
- ▶ Now recognized that persons in the behavioral care field also will need training in public health and community interventions. Joint degrees are becoming more common.

# Important Strategies We Can Pose:

- ▶ We can use population behavioral care strategies to prevent and reduce the behavioral health and social effects of COVID-19 and its mitigation efforts.
- ▶ We can use population behavioral care strategies to prevent and reduce personal behavioral health crises that occur in the community.



► Moving Toward Integrated Care



# Moving Slowly Toward Integrated Care

- ▶ The Affordable Care Act set the stage for person-centered care and integrated care service delivery.
- ▶ Behavioral healthcare has been slow to adopt these changes, primarily because of fears about losing jobs and closure of care organizations.
- ▶ Comprehensive Community Behavioral Health Clinics have shown that it is feasible for behavioral healthcare to serve as the host for integrated care.
- ▶ Virtual care delivery has brought renewed interest in integrated care because it removes some of the organizational impediments.

# Next Steps in Integrated Care

- ▶ Integrated care likely will expand to incorporate social services.
- ▶ Healthcare will continue to adopt integrated care at an accelerating rate.
- ▶ The number of Comprehensive Community Behavioral Health Clinics will continue to grow, much like the original Community Mental Health Center Program

# Moving Very Slowly Toward Value-Based Purchasing

- ▶ Although primarily suspended by the Trump Administration, federal efforts to implement value-based purchasing have now resumed in the Centers for Medicare and Medicaid Services.
- ▶ The goal is to bring Medicare under a value-based purchasing model, and then to extend that work to Medicaid.
- ▶ Many health entities are developing value-based purchasing capacities.
- ▶ Many fewer behavioral healthcare entities are doing so.

# Next Steps for Value-Based Purchasing

- ▶ It seems likely that managed care entities will continue to adopt value-based purchasing protocols for behavioral healthcare provider entities.
- ▶ The clear implication is that behavioral healthcare entities will need to develop data capacity to compute accurate population capitation rates and to store, analyze, and maintain outcome and performance information.
- ▶ National leadership and technical assistance will be needed to facilitate these transitions.

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- ▶ We can put it all together.

# Putting It All Together

- ▶ Community Level Prevention Through Addressing the Social and Physical Determinants of Health
- ▶ +
- ▶ Community Level Population Behavioral Care to Reduce Behavioral Health Crises and to Target Care Needs More Accurately
- ▶ +
- ▶ Expansion of Integrated Care to Reduce the Care Delivery Crisis Facing Behavioral Healthcare
- ▶ +
- ▶ Expansion of Value Based Purchasing to Align Behavioral Healthcare with Healthcare Delivery Practices

# Commentaries

- ▶ My commentaries are available at Behavioral Healthcare Executive ([www.behavioral.net](http://www.behavioral.net))

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