Mental Health System Update

Director Charles M. Palmer

DHS Council Meeting
August 12, 2015
Iowa has experienced major health system change

- IA Health Link
- Mental Health Redesign
- Iowa Health and Wellness Plan
- Medicaid Modernization
A Total System

• Significant changes in Iowa’s overall health delivery system to provide patient-centered, holistic care closer to home
• Major investment in these changes

Changes include:
  – Iowa Health and Wellness Plan
  – Mental Health and Disability Redesign
  – Medicaid Modernization
Vision Moving Forward

• Comprehensive, holistic, person-centered continuum of coordinated services that range from prevention to physical/behavioral health care as well as long-term care

• A system that focuses on the needs of the individual – not individuals fitting into the system

• A range of services and settings, including specialized settings
Current Mental Health System

- Focus on patient-centered care and coordinated services
- New initiatives leading to quality care options closer to home
- Tens of thousand more Iowans served
- Governance system oversees local service development that meets established standards
- Significant financial investment by local/state/federal partners
What is new in mental health?

• In 2011, DHS presented a plan to redesign Iowa’s mental health system and implemented it in July 2014.

• The goal was to provide:
  – Equitable access to a uniform and integrated array of basic, core services;
  – Services based on best practices and that are cost effective; and
  – Services that support Iowans with disabilities to achieve the quality of life they desire in their communities.
How are mental health services provided in Iowa?

• **State**
  – Sets strategic direction
  – Establishes standards for the regionally-governed system

• **Regional**
  – MHDS Regions develop the service system and ensure it meets standards through a governance board of local partners

• **Local**
  – Services are delivered through private providers in local communities
What did the Redesign do?

• Established regional entities to replace the 99 county governance structure
• Expanded state funding to directly pay the full non-federal share of Medicaid funded services
• Used residency in place of legal settlement as a basis for determining financial responsibility
• Established a set of core services that could be accessed no matter where Iowans live
Map of Regions

15 regions were implemented July 1, 2014
What services are available through MHDS Redesign?
Core Services

• Treatment to ameliorate a person's condition - outpatient therapy, inpatient treatment, and medication management
• Basic crisis response
• Support for community living – Services that help individuals be successful in their community
• Support for employment - Services leading to and maintaining employment
• Recovery services – Coaching and guidance delivered through peer and family support
• Service coordination including coordination of physical health and behavioral health care
# Core Services Status

## SFY2015 Status of Regional Core Service Implementation

<table>
<thead>
<tr>
<th>CORE SERVICE DOMAINS</th>
<th>Regional Core Services</th>
<th>Central Iowa</th>
<th>Community Services</th>
<th>County Rural Offices of Social Services</th>
<th>CSS - County Social Services</th>
<th>Eastern Iowa MDD Region</th>
<th>Heart of Iowa Community Services</th>
<th>MIDS of East Central Region</th>
<th>Northwest Iowa Care Connections</th>
<th>Polk</th>
<th>Rolling Hills Community Services Region</th>
<th>Sioux Rivers Region</th>
<th>South Central Behavioral Health Region</th>
<th>Southeast Iowa Link</th>
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*Mid Iowa - In transition.*
Service Development

- Regions are meeting vast majority of Core Services requirements
- Regions had $104 million in ending balances in FY14* to invest in Core and Core Plus Services – services beyond the basic requirements
- Continue building public/private partnership to develop service array

* Iowa Health and Wellness, state assuming full Medicaid costs
## Summary of Core Plus on July 1, 2015

### Mobile Response
- **16 counties**
  - 5 active prior to July 1, 2014
- **11 counties in development**

### Jail Diversion
- **27 counties**
  - 14 active prior to July 1, 2014
- **28 counties in development**

### 24-hour Crisis Line
- **5 Regions**
  - No regions prior to July 1, 2014
- **2 regions in development**

### Residential Crisis Beds
- **57 beds open**
  - 30 beds open prior to July 1, 2014
- **40 beds in development**
Are inpatient beds available?

- Most people with a mental illness will never require inpatient treatment
- Local service delivery of Core and Core Plus Services lowers demand for facility-based care
- There are more than 700 public and private inpatient beds across Iowa
- On any given day – about 75 adults were served at Clarinda and Mt. Pleasant MHIs – only 15 were receiving acute psychiatric services
- May be no need to increase inpatient psych beds, but address a specialized residential continuum
DHS implemented an **inpatient psychiatric bed-tracking system** to locate beds more quickly when hospitalization is necessary.

<table>
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<tr>
<th>Action</th>
<th>Hospital Name</th>
<th>Address</th>
<th>Contact Info</th>
<th>Available Beds</th>
<th>Voluntary</th>
<th>Locked</th>
<th>Age Range</th>
<th>Gender</th>
<th>Age Group</th>
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</table>
|        | Anytown Hospital               | 123 Main St
Anytown, IA 50000 | Phone: 515-515-5151
Phone: 515-456-7800
Fax: 515-456-7831 | 9 10 Both | Unlocked | 1-99 | Both | Child |
|        | Mytown Medical Center          | 456 1st St
Mytown, IA 50001 | Phone: 641-123-1234 | 2 3 Involuntary | Unlocked | 0-70 | Both | Child Adult |
|        | Ourtown Medical Center         | 780 2nd Ave
Ourtown, IA 50005 | Phone: 712-788-1230 | 5 5 Both | Unlocked | 0-99 | Both | Child Adult |
|        | Yourtown Nursing Home          | 147 3rd Dr
Yourtown, IA 50004 | Phone: 319-147-2593 | 5 5 Involuntary | Unlocked | 0-17 | Both | Child Adult |
What financial investment has been made in mental health?
Redesign Investment

• Since SFY13, the state has invested $310 M+ in mental health and disability programs
• Medicaid payments for behavioral health services have increased 42.5 percent from $323.1 M in SFY13 to $460.5 M in SFY15
• Regions spent an estimated $130 M in SFY15 for critical, non-Medicaid services*
• For mental health, Iowa spends $22 more per capita in public funds than the national average**

*Does not include private funding sources including private insurance
**SAMSHA
Redesign Investment

• Through the Iowa Health and Wellness Plan (IHAWP), 140,000 Iowans now have health coverage. 11,000+ individuals are accessing behavioral health services each month.

• Counties owed the state $60 M in June 2012. Recently, regions’ ending balances were over $104 M.

• Iowa hospitals’ charity care costs fell 18.5 percent, or $32.5 M, in the first six months of 2014 after IHAWP implementation*.

• IDPH has invested $6 million in workforce initiatives since SFY13, including psychiatric residency.

* Iowa Hospital Association
Governance

• Under Redesign, there is a federal/state/local/private partnership for governance, funding and service delivery
• There are clearly established roles and responsibilities for:
  - strategic direction
  - quality assurance
  - funding/funding accountability
  - service system development and service delivery
  - setting standards
  - systems integration
The Path Ahead

• Achieving predictable and sustainable funding
• Right-sizing appropriate residential continuum
• Expanding behavioral health workforce
• Strengthening Children’s Mental Health System
• Continued integration of MHDS Redesign, Iowa Health and Wellness Plan and Medicaid Modernization
Iowa has successfully embarked upon significant change in the health care system.

- The **Mental Health Redesign** has been an integral part of that change.
- The **Iowa Health and Wellness Plan** has introduced many new Iowans to services and brought additional funding to the effort.
- **Medicaid Modernization** will continue to move Iowa’s integrated health care system into the 21st Century by providing modern, state-of-the-art care and a stable and predictable funding base.
Status of Iowa’s Mental Health System

Our mental health system is serving more Iowans and serving them better through more modern means. We are continually improving and delivering care in more Iowa communities than ever before.