Implementing Behavioral Health Integration in Primary Care

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Implementing Behavioral Health Integration in Primary Care: Measuring Progress, Understanding Challenges

BACKGROUND

Primary Care Payment Reform (PCPR)
Massachusetts Medical’s (MassHealth) current alternative payment pilot program that introduces principles of accountable care, behavioral health integration (BHI), and patient-centered medical home (PCMH) in primary care practices.

Goals:
1. To improve access, patient experience, quality, and efficiency through care management and coordination and integration of behavioral health
2. Increase accountability for the total cost of care

Start: March 2014
Enrollment: 28 provider organizations with 62 practice sites

MassHealth PCPR

- Comprehensive PCPR
  - Risk-adjusted capitated payment for primary care services
  - 3 Tiers of payment:
    - PCMH
    - Primary Care Behavioral Health
    - Specialty Mental Health
  - Annual incentive for quality performance, based on primary care performance
- Quality Improvement
  - Agreements
    - Primary care providers share in savings on non-primary care spend, including hospital and specialist services

Quality Improvement

- Shared Savings Payment
  - Annual incentive for quality performance, based on primary care performance
- Supportive Payment Level Transformation

iMass Medical School contracted to provide technical assistance to help PCPR practices achieve required milestones related to BHI

Technical Assistance (TA) and Shared Learning (SL):
Addressing Barriers

TA/SL focused on addressing shared barriers to BH among practices.

Barriers include:
1. Limited access to community mental health
2. Communication and cultural differences among medical and behavioral providers
3. Lack of physical and electronic infrastructure to support communication among providers
4. Lack of physical and electronic infrastructure to support coordination and integration of care among providers

TA consisted of one-on-one consultations with technical assistance, including hospital and specialist services

RESEARCH OBJECTIVES

- Assess the progress and challenges of BHI implementation within PCPR practices
- Correlate achievement of milestones with performance on BH quality measures

Definition of Terms

BHI Related Quality Measures – National Quality Forum endorsed process measures including:
1. Adult Depression Screening (ages 18+)
2. Adolescent Depression Screening (ages 12-18)
3. Tobacco Assessment and Cessation

BHI Milestones – Set of contractual requirements practices agreed to implement related to integration

STUDY DESIGN

- Mixed methods
  - Qualitative assessment of practice achievement of contractual milestones (conducted via medical and behavioral providers)

QUALITY MEASURES RE-ASSESSED

Milestones Re-Assessed

TA Ends

Quality Measures Re-Assessed

TA Begins

Milestones Assessed

March 2014

PROJECT TIMELINE

Quality Measures Assessed

March 2015

March 2016

TA Begins

August 2015

Ta Ends

February 2016

TA Begins

March 2016

February 2016

TA Ends

March 2017

CONCLUSIONS & IMPLICATIONS

- PRINCIPAL FINDINGS
  - Of baseline, non-TA practices reported higher rates on all three BH quality measures compared to TA.
  - During re-assessment phase (one year later), the TA practices reported higher rates on the two depression measures, compared to non-TA.
  - TA practices reported improvements for both depression measures, but a slight decline for Tobacco Assessment. Non-TA practices showed declines (Adult) or no change (Adolescent) for depression and a slight increase for Tobacco Assessment.
  - At re-assessment, TA practices showed clear improvements across BH milestones.

- 100% of milestones were Accomplished or On Track to be accomplished by the end of the TA period (i.e., June 2016)

- CONCLUSIONS & IMPLICATIONS
  - Each practice presents its own set of needs and challenges as it relates to BH transformation consultants help practices address these challenges.
  - TA participants showed higher rates of quality improvement on two thirds of BH measures, however, the extent to which this is a causal relationship is still unclear.
  - Linking achievement of integrated milestones to BH quality outcomes may support the effectiveness of integration as a whole, as well as demonstrate the importance of transformation consultation efforts in large scale primary care reform.