

Michigan Behavioral Health Home Virtual Training Kick-Off: National Health Home Model Overview

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Center for Health Care Strategies

Dedicated to strengthening the U.S. health care system to ensure better, more equitable outcomes, particularly for people served by Medicaid.

Together with our partners, our work advances:



Effective models for prevention and care delivery that harness the field's best thinking and practices to meet critical needs



Efficient solutions for policies and programs that extend the finite resources available to improve the delivery of vital services and ensure that payment is tied to value.



Equitable outcomes for people that improve the overall wellbeing of populations facing the greatest needs and health disparities.



Health Home Basics



- New state plan option created under ACA Section 2703
- State health homes started as early as January 2011
- Goal: Improve integration across physical health, behavioral health and long-term services and supports to treat the whole person
- Opportunity to pay for “difficult-to-reimburse” services, e.g., care management, care coordination
- States receive 90% federal match for first 2 years

Health Home Flexibilities



States define:

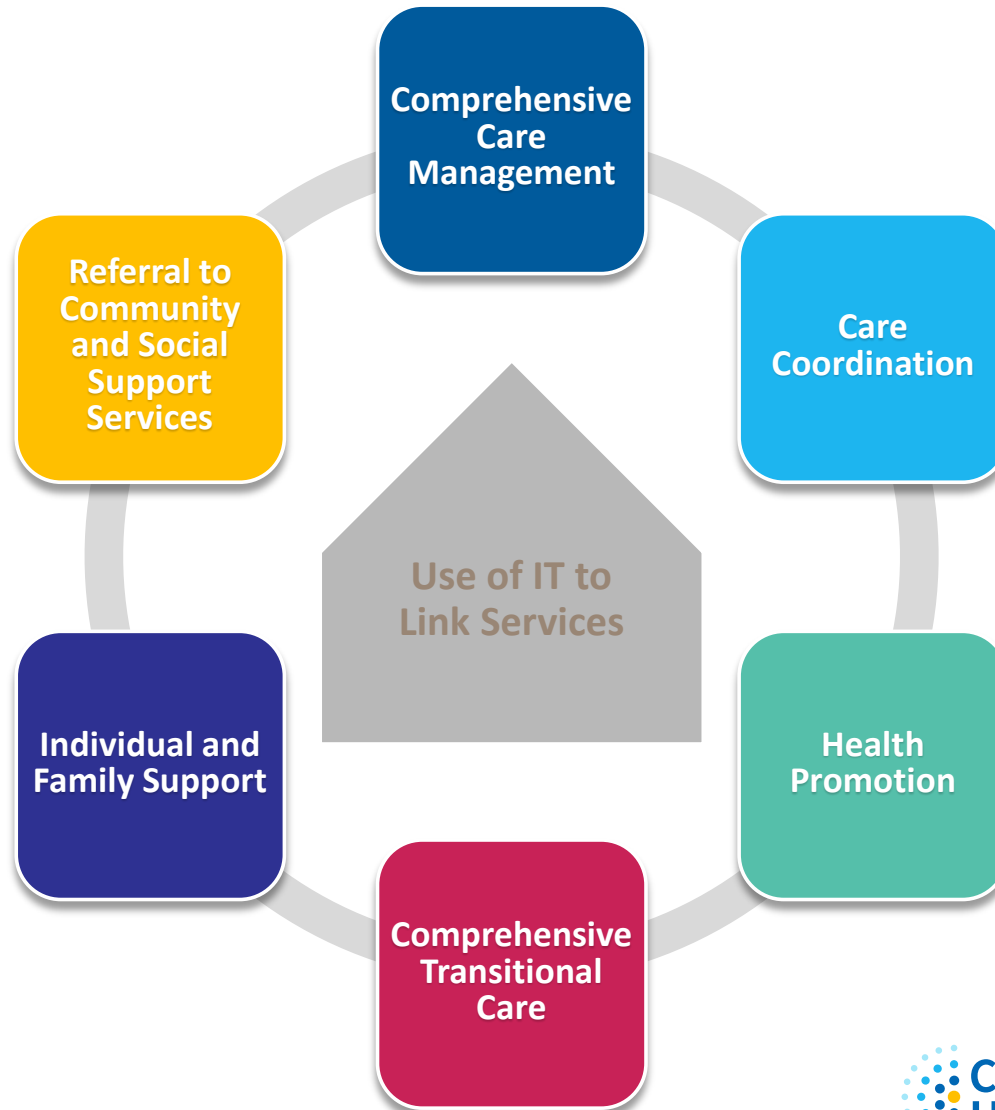
- Eligible populations (subject to federal rules)
- Geographic eligibility; not required to offer statewide
- Six core health home services
- Eligible providers and the multi-disciplinary care team who help deliver health home services

Eligibility Criteria

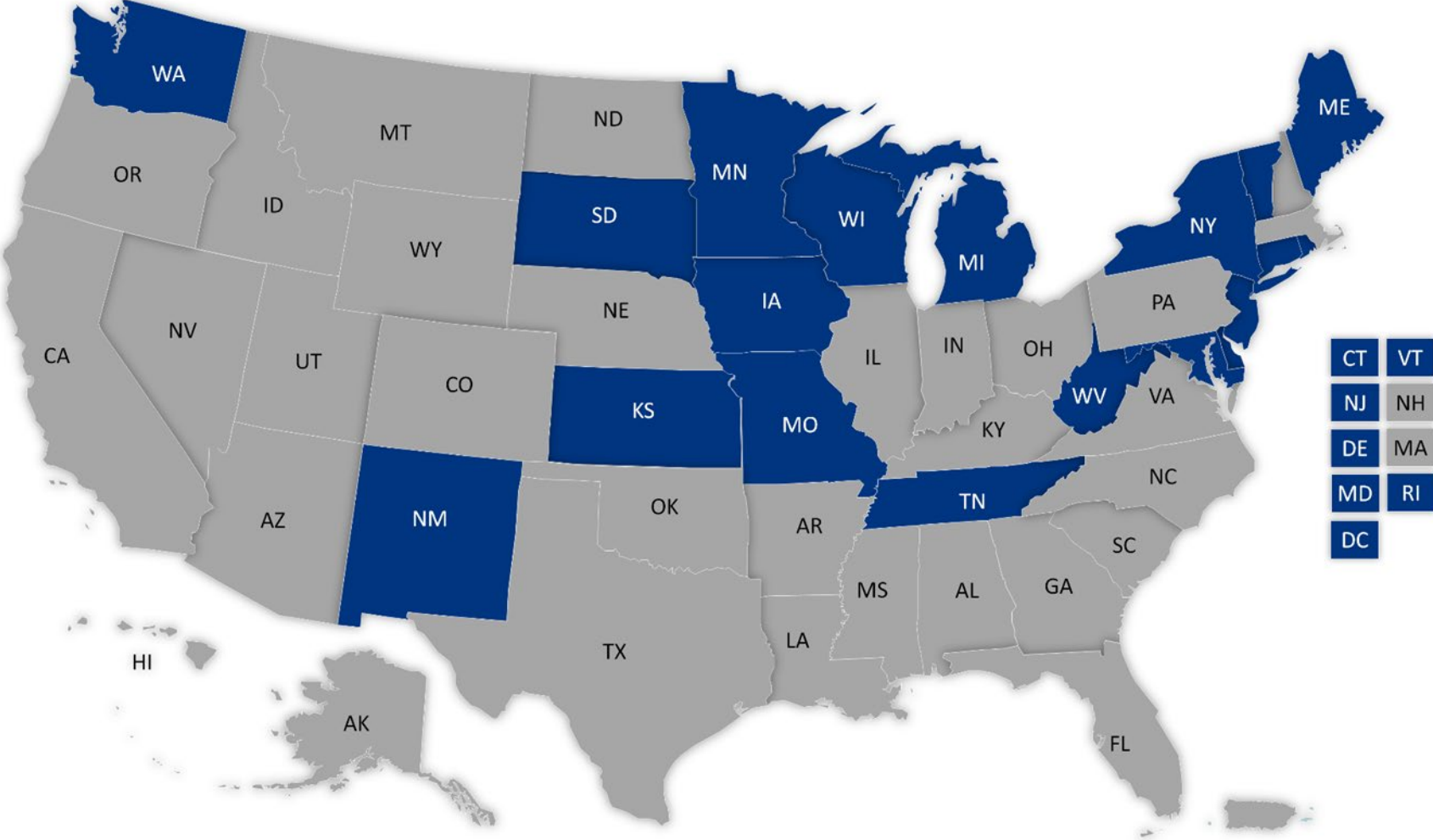


- Medicaid eligible individuals who have:
 - two or more chronic conditions;
 - one condition and the risk of developing another; or
 - at least one serious and persistent mental health condition.

Core Health Home Services



Approved Health Home Models (as of December 2022)



Chronic Condition Health Homes

- Qualifying conditions range widely across states, see a listing of [targeted conditions across Medicaid health homes](#)
- 12 states with Chronic Condition Health Homes:
 - District of Columbia, Iowa, Kansas, Maine, Michigan, Missouri, New York, Rhode Island, South Dakota, Washington, West Virginia and Wisconsin
 - Some states may have a combination health home that includes both chronic medical conditions and SMI/SED
- Cost savings and beneficial health outcomes demonstrated

Behavioral Health Homes

- Majority of approved health homes
- Qualifying conditions are SMI/SED
- 15 states with Behavioral Health Homes:
 - Connecticut, Delaware, District of Columbia, Iowa, Kansas, Maine, Maryland, Michigan, Minnesota, Missouri, New Jersey, Oklahoma, Rhode Island, Tennessee and West Virginia
 - Count does not include states that have a combination health home that includes both chronic medical conditions and SMI/SED
- Cost savings and beneficial health outcomes demonstrated

Evaluation Findings: Missouri Community Mental Health Center Health Care Homes

- Behavioral health home saved an average of \$289 PMPM
- Clinical Improvements:
 - Cholesterol 24% decrease
 - Blood pressure 12% decrease
 - Hemoglobin A1C 1.5% decrease
 - Weight loss 39% decrease
- Utilization:
 - 28% decrease in hospitalization
 - 41% decrease in ER visits per year

<https://dmh.mo.gov/media/pdf/missouri-community-mental-health-center-healthcare-homes-progress-report-2018>

Best Practices & Sustainability



- Strategize about the target population in need of health home services
- Consider ways to stratify the eligible population
- Initiate as a pilot, focusing on small or tailored populations
- Phase in over time to maximize federal match
- Develop uniform assessment and person-centered care planning tools and processes

Considerations for States Developing Health Homes:



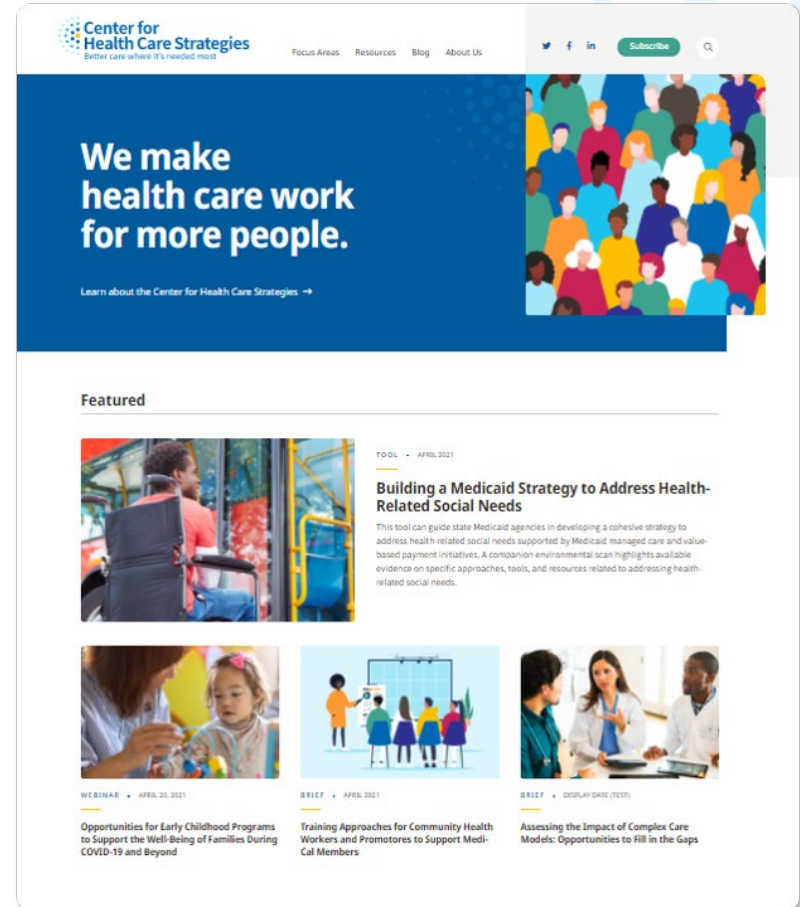
- Collaborate with CMS and SAMHSA and local organizations in the planning and design phase
- Emphasize provider engagement from the very beginning of the process
- View health home development as a system change initiative
- Offer ongoing technical assistance

For More Information

- Visit the Medicaid Health Home Information Resource Center:
- <https://www.medicaid.gov/state-resource-center/medicaid-state-technical-assistance/health-home-information-resource-center/index.html>

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Question & Answer

