

Position Statement

2021

Expanding Mental Health Service Access Through Integrated Behavioral Health in Primary Care

Proposal

Issue:	Minnesota counties are designated as the Mental Health Authority and are required to assess needs in the mental health delivery system. Most of Minnesota is classified as Mental Health Professional Shortage areas with limited access to MHPs. Most behavioral health issues present in the primary care setting. Historically, behavioral health conditions go undiagnosed and are either untreated or undertreated across Minnesota. When referrals are made to a behavioral health provider, scheduling, stigma and other logistics keep the vast majority of patients from receiving the care they need.
Implementation Strategy:	<p>Through state contracting changes with managed care organizations, changes in reimbursement coding and financial incentives through new avenues such as Accountable Care Organizations, healthcare providers can realign clinic practices to become integrated and financially sustainable. Progress can be measured with the follow data:</p> <ul style="list-style-type: none">• Integration of Behavioral Health and primary care documented by use of the best practice collaborative care model as measured by increased utilization of the following CPT codes:<ul style="list-style-type: none">▪ 99492, 99493, 99494, 99484 (used for most clinics)▪ G0512 and G0511 (for Federally Qualified Health Centers and Rural Health Clinics)▪ Note: Increased utilization will be documented by reviewing quarterly the total number of such codes billed and the percentage such codes represent of the total outpatient codes billed by the health plan/Medical Assistance

Systemic Priority Alignment (check all that apply and explain why)

Equity Service Integration Fiscal Framework

Comments: Working to align systems within behavioral health.

Operational Priority Alignment (check all that apply and explain why)

Behavioral Health Case Management Child Well Being Community Based Settings & Services
 Health Care Housing & Transportation Modernization Self Sufficiency

Comments:

Rationale/Background:

An estimated 80% of mental health conditions are treated within the primary care setting with limit or no support from mental health professionals. Integrated Behavioral Health practices allow for immediate, team-based approach to treating patients for both physical & behavioral issues on the same visit in the same office. IBH has been well researched and found to greatly increase access to behavioral health services, improved health outcomes, cost savings and improved experience for both the

patients and providers. This proposal is intended to help Minnesota expedite the transition to a fully integrated behavioral health system with primary care and specialty care. As stated in the Implementation Strategy above, the State of Minnesota can use its contracting power to require the adoption of IBH while improving clinical outcomes and decreasing overall related healthcare expenditures.

Additional Information:



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