

Meeting Summary for BHP Adult Quality, Access & Policy Committee Zoom Meeting

May 14, 2024 10:19 AM Eastern Time (US and Canada) ID: 933 2977 0979

Quick recap

The team discussed the presentation of the semi-annual utilization report, and the analysis of the Husky Health adult population's usage of behavior health services. They also reviewed member trends, discussed the complexities of capacity estimation and utilization data, and explored potential solutions to improve mental health care access. Issues concerning the SPMI diagnosis, communication with members, and eligibility for behavioral health services were also addressed, with suggestions made to improve communication and access to information.

Next steps

Dan Langless (Carelon) presented the Semi-Annual Utilization report, focusing on the adult population and their utilization of behavior health services and prescriptions.

Bonni Hopkins (Carelon) clarified the parameters for defining "adult members" as those aged 18 and older.

Dan took the feedback into consideration, clean up the PowerPoint presentation, and will follow up with the Co-Chairs.

Erika Sharillo said that Carelon will organize virtual and in-person community meetings to disseminate information about benefits and enrollment.

Summary

Utilization Report

Dan presented the semi-annual utilization report with Dr. Chris Noam's support. Bonni and Paulo Correa were present to assist with any questions during the presentation. The presentation was to focus on an overview of the HUSKY Health population, specifically the adult population.

Husky Health Adult Population Overview

Dan presented an overview of the Husky Health adult population, highlighting that a significant portion utilized behavior health services and had at least one filled prescription in 2023. The team analyzed data on demographics, particularly language and housing status, and considered the impact of prescription usage and annual expenditure. Issues related to access to healthcare services for homeless individuals and people of color were discussed, with a focus on identifying and helping these populations. The team also discussed the cost associated with Team One, which included individuals utilizing at least one behavioral health service and filling at least one prescription.

Behavioral Health Medication Prescriptions Discussion

Dan, Kelly Phenix, and Rob Haswell (DMHAS) discussed the prevalence of medication prescriptions for behavioral health among adults, with a focus on those who are homeless or identifying as Black. They highlighted that 31% of the adult population had one or more filled prescriptions in 2023, with rural counties having the highest rates. The team emphasized the need to investigate the 122,000 prescriptions and the relationship between methadone and the high rates in rural counties. They also discussed the higher expenditures expected with this group due to their specific needs and the discrepancy between the expected and actual

numbers of individuals with some form of SPMI diagnosis. The team agreed on the need to review the measurement and its application, and to further explore research on pharmacy coverage across the state.

Member Trends and Mental Health Services

Dan presented a comprehensive overview of member trends, highlighting an upward trend in total youth and adult membership since 2020, with adult-only membership remaining stable. Kelly raised queries about the correlation between membership trends and eating disorders, which Dan clarified was not reflected in the current data set. Dan also presented membership trends by race, ethnicity, and primary language, showing significant growth in the English-speaking and Spanish-speaking groups. Howard Drescher (Co-Chair) expressed concerns about the availability and accessibility of mental health services, particularly for the SPMI population and minorities, and the need for a database to track the state of these services.

Discussing Data for System Improvements

Howard expressed the need for data to identify opportunities for improvement in their system, particularly to highlight specific shortfalls. Bonni questioned the relevance of diagnoses in the current system, leading to a discussion around the representation of mental health issues in the data. Brenetta Henry emphasized the importance of considering demographic and ethnic factors in urban communities and questioned whether the current data reflects the needs of these populations. Dan acknowledged the validity of Brenetta's question but noted that not everyone with a diagnosis seeks treatment, indicating a complexity in the data.

Capacity Estimation and Utilization Challenges

Bonni, Dan, Sabrina, Paulo, Rob, and Howard discussed the complexities of capacity estimation and utilization data, with a focus on healthcare services covered by Connecticut Medicaid. Sabrina raised concerns about the balance of services available to meet patient needs, while Paulo acknowledged the limitations of administrative data and the need for provider perspectives. Rob suggested that a recent study on outpatient levels of care could provide useful information on adult services, which Paulo agreed should be considered alongside other data from various providers. Howard pointed out potential limitations, such as staffing issues at clinics, which could impact access to services.

Improving Mental Health Care Access and Treatment

The team discussed the challenges and potential solutions in improving mental health care access and treatment. They emphasized on the importance of involving mental health providers and community-based agencies. The team also discussed the need for better measuring and mapping of mental health resources, especially for specific populations like those with opioid use disorders. They recommended engaging with community-based mental health providers, facilitating support groups, and leveraging resources from organizations like NAMI. Howard suggested inviting a speaker to their next meeting to discuss Crisis Intervention Team (CIT) strategies and mental health crisis management.

Addressing SPM Diagnosis and Communication Issues

The team discussed various issues concerning their work, particularly focusing on problems with the SPMI diagnosis, communication with members, and eligibility for behavioral health services. Erika proposed strategies to improve communication and access to information, such as the Community Meeting series and the availability of peer support specialists. Howard raised concerns about an increase in the number of people classified as SPMI, suggesting a need for more targeted conversations to better serve this population. Kelly emphasized the importance of understanding the issues faced by the SPMI population to improve access to

services. The team was encouraged to share suggestions for partnerships with local agencies and future focus areas.