



Where all Roads Meet:

**Navigating Behavioral Health,
Aging & Disability Network
Services**



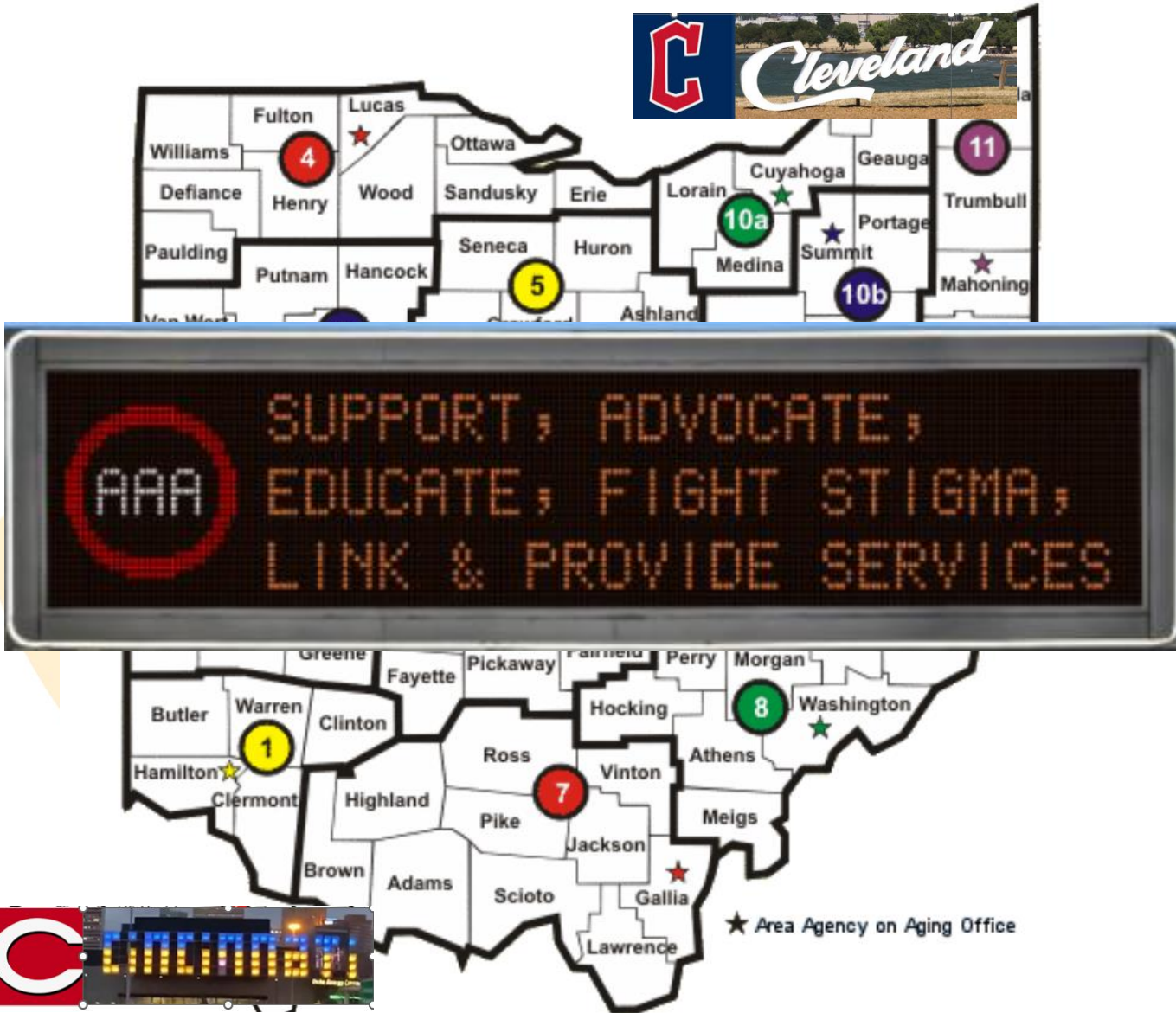
Presenters

Craig D. Thomas MBA, LSW, CCM

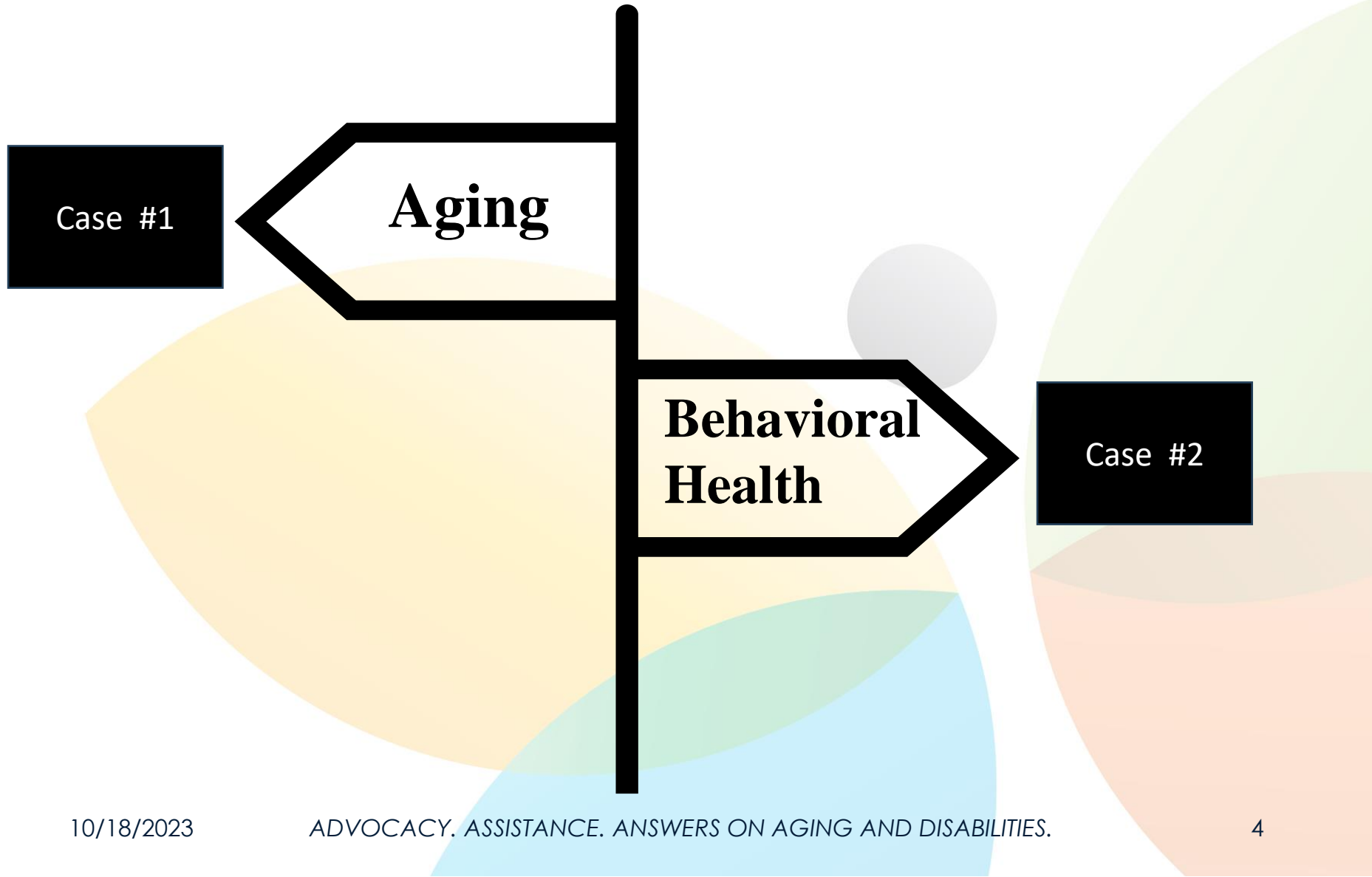
Tanisha Hill, BSN, RN, CCM

-Western Reserve Area Agency on Aging





AAA's and the Continuum of care



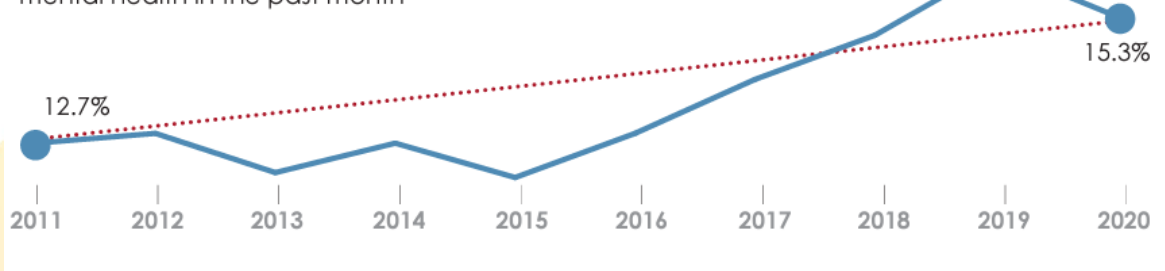
10 years ago-

- 2013- telehealth just gaining traction- 22 million telehealth visits vs. 81 million in 2022
- AAA's beginning to work more directly with Medicare/managed care care coordination via MyCare Ohio
- Gradual increase in poor mental health reports (source HPIO.org)

Frequent poor mental health days

The percent of Ohio adults reporting frequent poor mental health days increased 20% from 2011 to 2020.

Percent of Ohio adults who reported frequent (14 or more) days of poor mental health in the past month



5 years ago-

- Pre-pandemic

2023-

- Post-Pandemic world:
- Increases in reports of poor mental health
- Social impacts (poverty, housing, stressors, SDOH)
- Greater access, awareness, future funding opportunities



2023- Post-Pandemic US Trends:

- While the percentage of U.S. adults receiving mental health treatment increased from 19.2% in 2019 to 21.6% in 2021, 42% of U.S. adults with a diagnosable condition reported in 2023 that they could not afford to access the treatment they needed.
- 93.5% of adults with a substance abuse disorder did not receive treatment in the past year (2022)
- 10% of youth covered by private insurance did not have access to mental health services in 2022
- Underscoring a shortage of mental health professionals, a recent report cited only one provider was available for every 350 individuals in need of services. Source rand healthcare

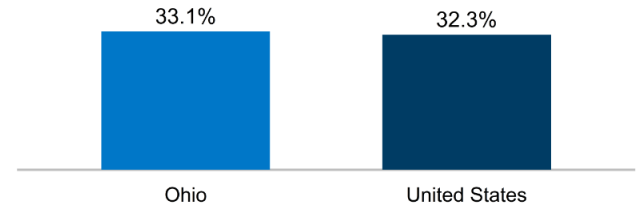
Mental Health Care Health Professional Shortage Areas (HPSAs), September 2022		
	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
United States	27.7%	7,871
Ohio	29.8%	237

NOTE: Percent of need met is defined as the ratio of available psychiatrists to the number needed to eliminate the HPSA designation. Calculations are based on the number of psychiatrists and do not generally include other mental health care professionals.

2023- Ohio Trends

Depression- higher than national average in 2022

Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder, February 1 to 13, 2023



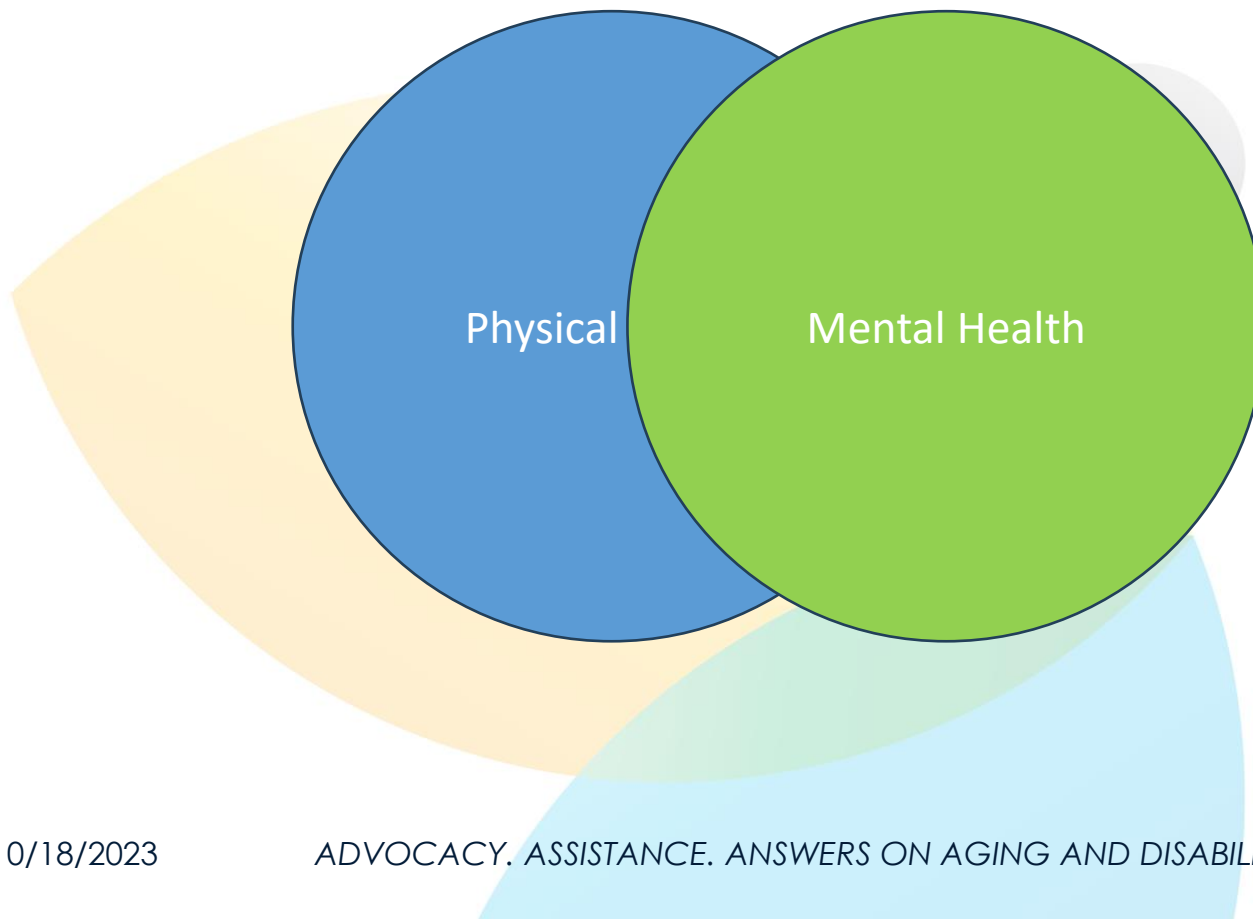
Kff.org

- **Ohio will have to address a shortage in mental health workers, which the National Alliance on Mental Illness Ohio has said leaves the state with 1 professional for every 10,000 Ohioans. Source ohiocapitaljournal.com**
- **Launching of the National suicide and crisis lifeline: 988 Ohio's 88 Counties have responded to over 10,000 calls/ chats/texts per month**
- **Governor's 24-25 budget proposal include \$100 million for the creation of an innovative State of Ohio Action for Resiliency Network – or SOAR Network – to develop, evaluate, and implement increasingly effective mental health and addiction prevention, treatment, and recovery strategies.**

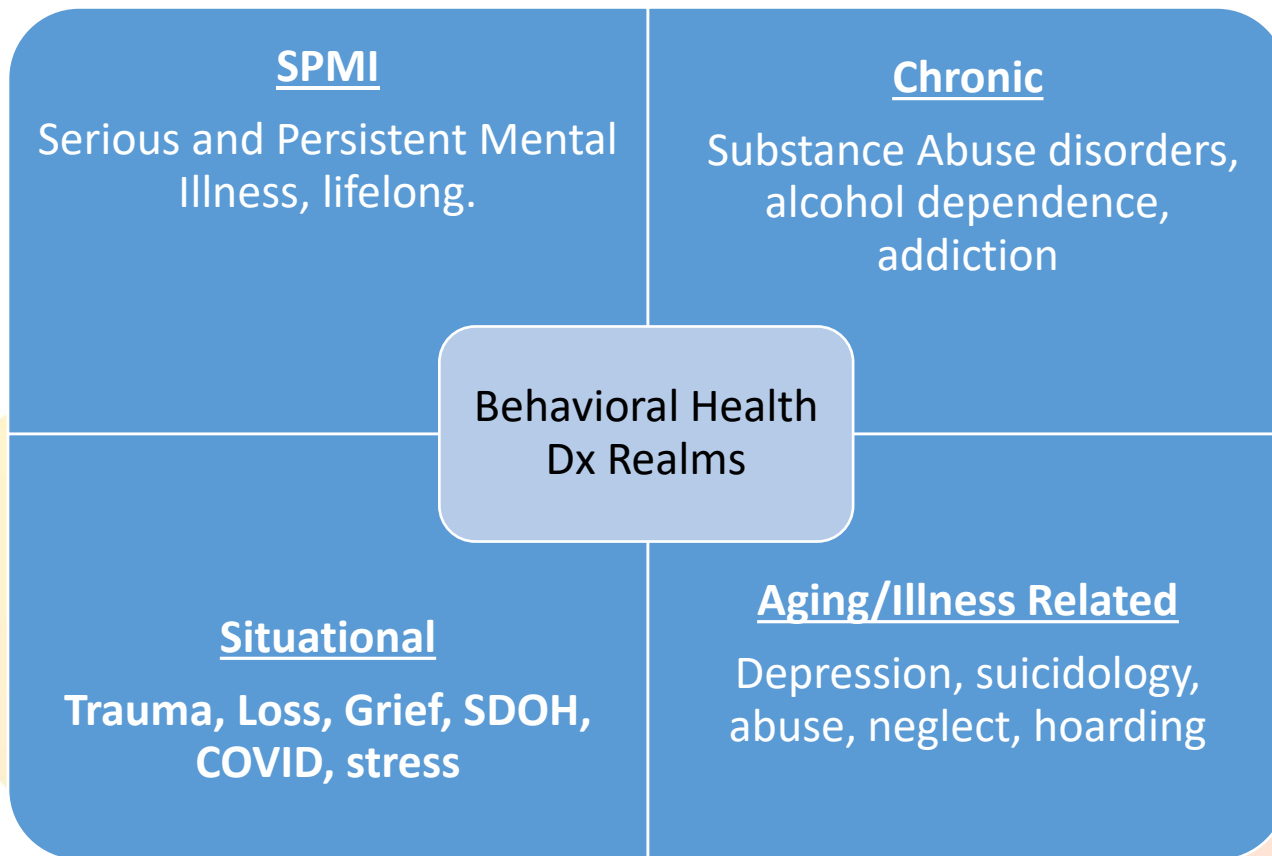
What is Behavioral Health?

Behavioral health generally refers to mental health and substance use disorders, life stressors and crises, and stress-related physical symptoms. Behavioral health care refers to the prevention, diagnosis and treatment of those conditions.

Source- American Medical Association ama-assn.org



Breakdown of Common behavioral health intersections with Aging.



Interconnectedness of Physical & Behavioral Health



Interconnectedness of Physical & Behavioral Health



Depression

- Insomnia
- Joint Pain
- Weight loss/gain
- Appetite Changes
- Fatigue
- Physical symptoms indicative of a mood disorder
- Other

Source: NIH.GOV

Interconnectedness of Physical & Behavioral Health

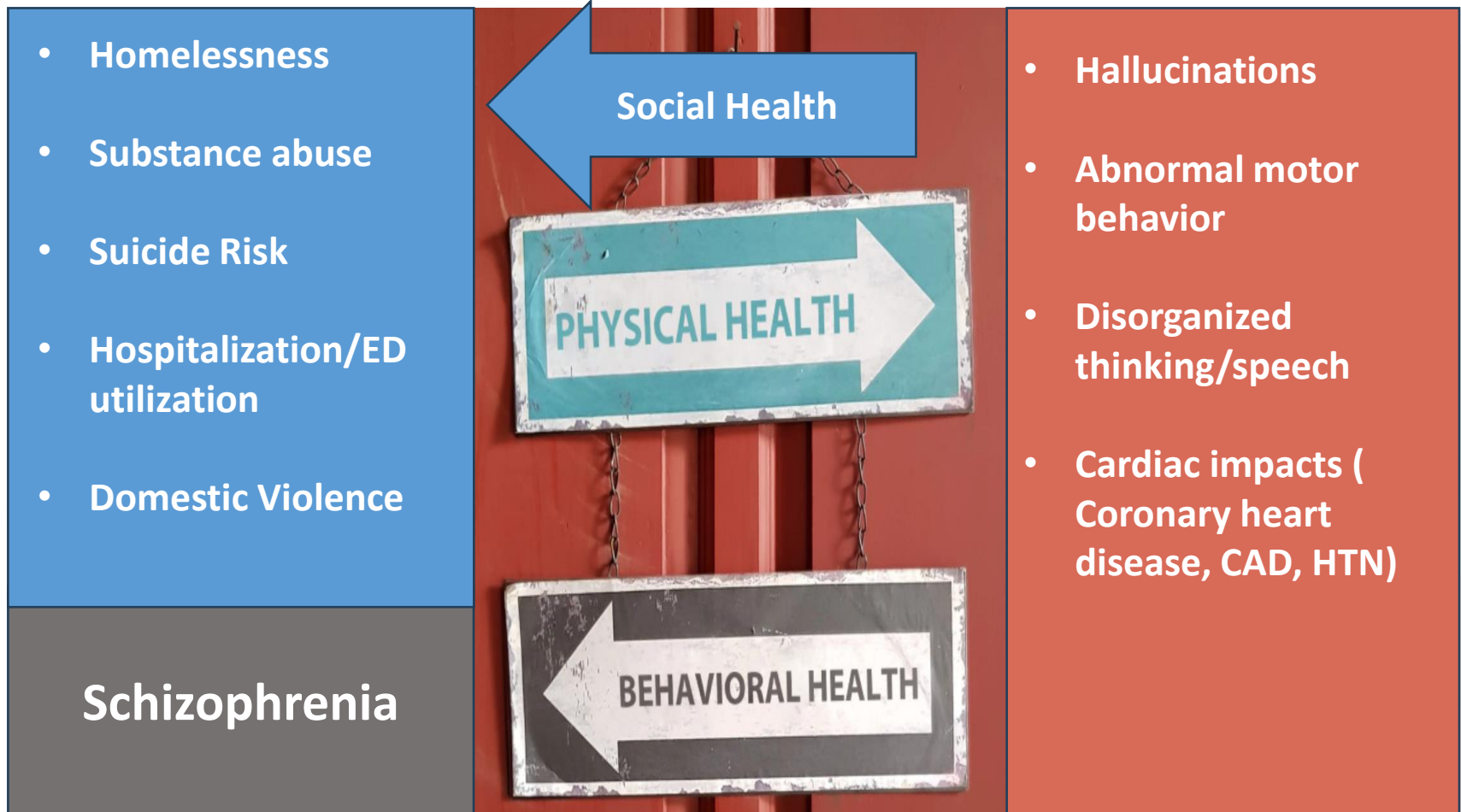


Anxiety

- Dizziness
- Shortness of breath
- Insomnia/restlessness
- Muscle aches
- Palpitations
- Substance use
- Other

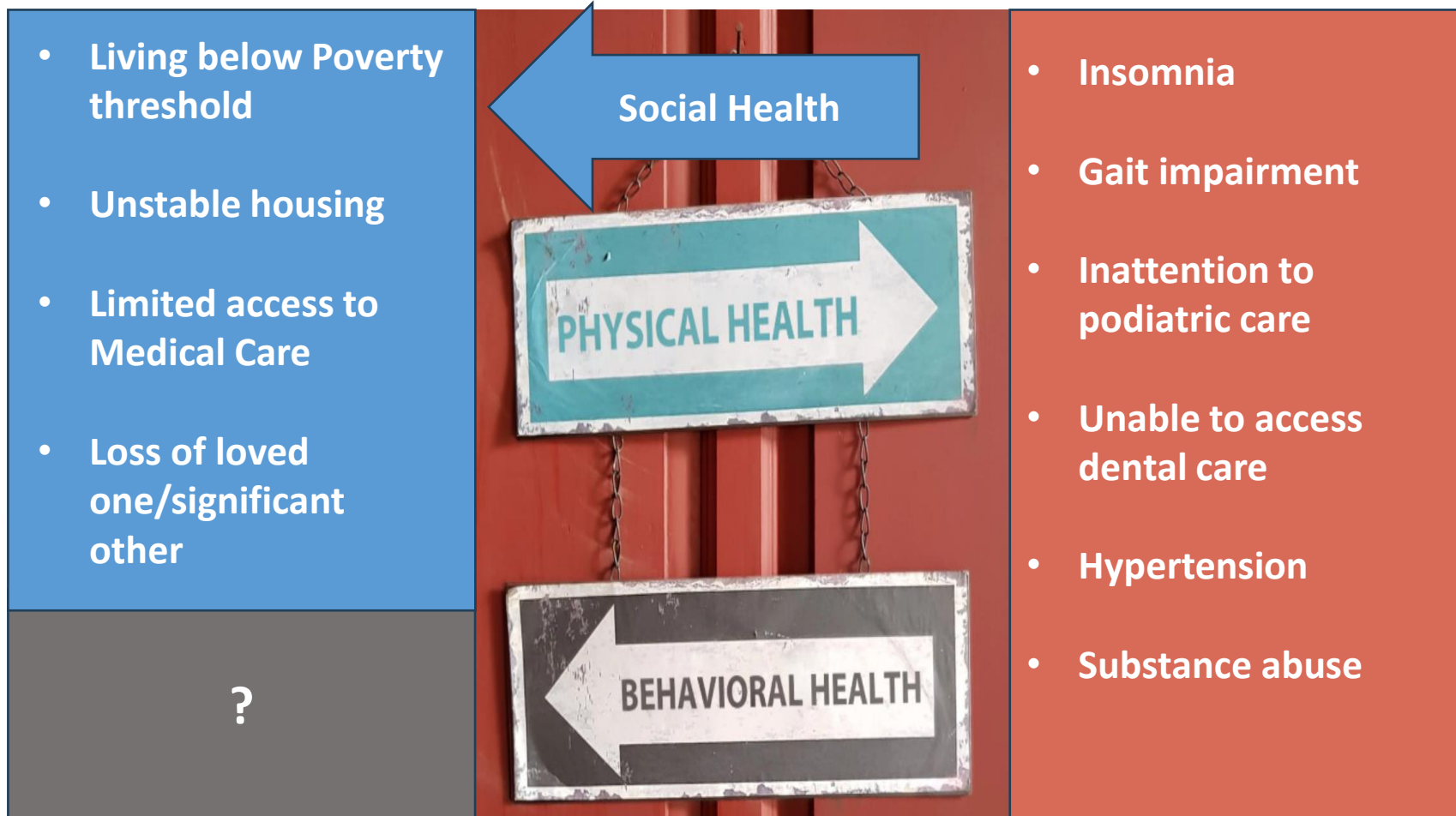
Source: NIH.GOV

Interconnectedness of Physical & Behavioral Health



Source: NIH.GOV

Interconnectedness of Physical & Behavioral Health



Source: NIH.GOV

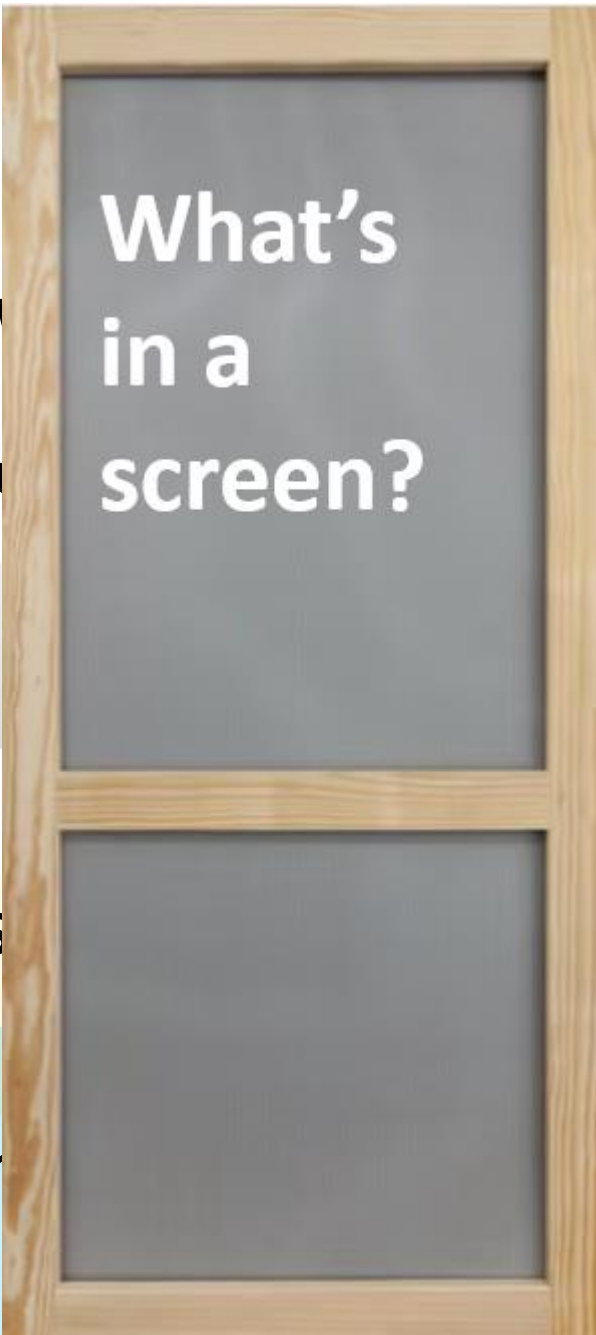


Where do we engage with our members, communities, partners?

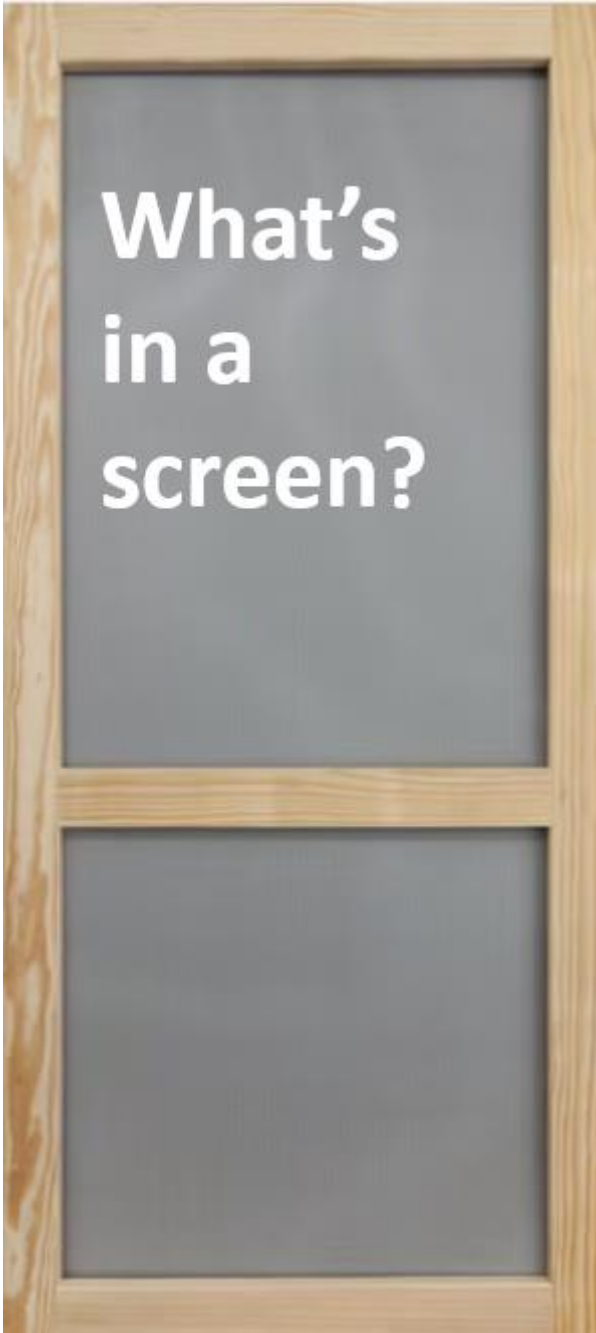
- **HCBS Waiver Programs ODA/ODM (PASSPORT, Assisted Living, MyCare Ohio, Ohio Home Care Waiver, DODD Waiver)**
- **Senior centers, congregate settings, adult day programs.**
- **Senior housing communities and residential settings**
- **Skilled nursing facility, long-term care, SNF, continuum of care facilities.**
- **Intake, screening calls.**

Where do screen for behavioral health?

- **HCBS Waiver Programs ODA/ODM (PAS Living, MyCare Ohio, Ohio Home Care Waiver)**
- **Senior centers, congregate settings, adult day care**
- **Senior housing communities and residential care homes**
- **Skilled nursing facility, long-term care, subacute care facilities.**
- **Primary care, any clinical practice and mental health settings**



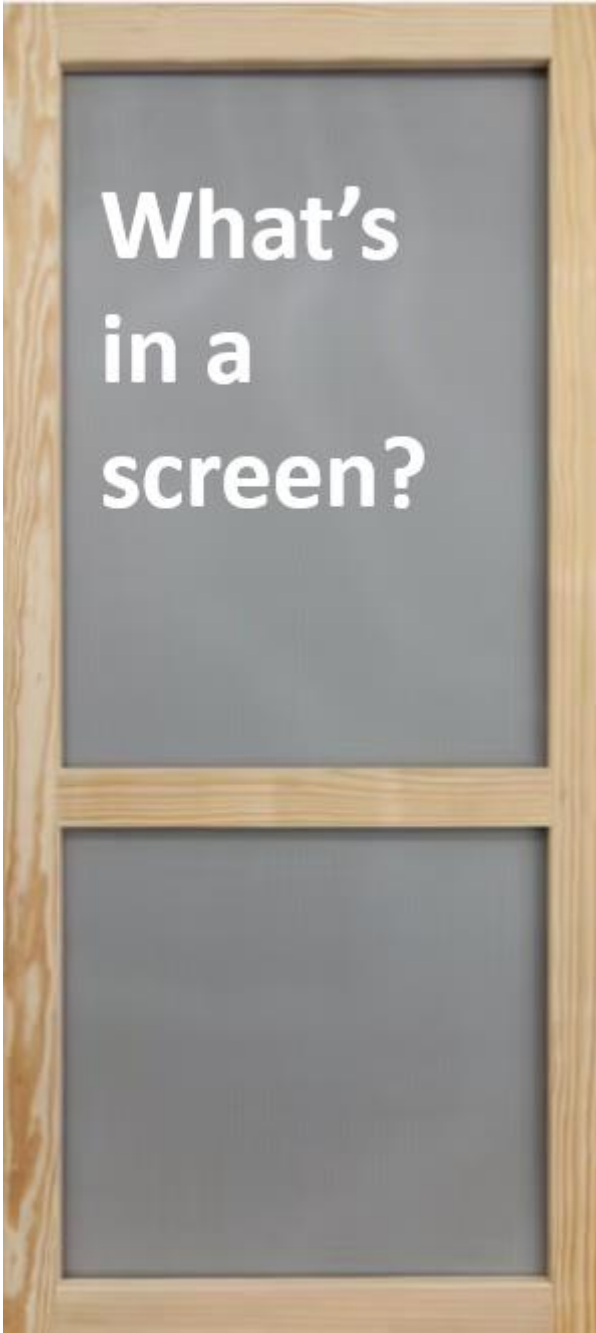
What's
in a
screen?



What's in a screen?

A series of targeted conversational questions:

- **Loss of interest or pleasure in activities you used to enjoy**
- **Feeling sad or anxious**
- **Feelings of guilt, worthlessness or helplessness**
- **Trouble sleeping or sleeping too much**
- **Fatigue and lack of energy**
- **Trouble concentrating, remembering details, or making decisions**
- **Changes in your weight**
- **Thoughts of hurting yourself or others**



What's in a screen?

A series of targeted conversational questions:

There are myriad screening tools for use for:

Depression

Suicide risk

Alcohol use disorder

Substance abuse

Other behavioral health diagnosis

***PHQ- patient health questionnaire is commonly used in all clinical practices.**

***Trust your senses and your instincts, as you may know the individuals better than anyone else**

What do the Numbers Say:

MyCare Conversion Charter and Principles

Moving to the Next Generation of Managed Care for Individuals

Dually Eligible for Medicare and Medicaid

Figure 7A. Individuals with any BH Condition Served by MyCare¹ (7/2022)

MyCare Group	Total Population	Percent with a current BH Condition			
		All Years	Under 45 yrs.	45-64 yrs.	65 yrs. & Over
NF Residents	17,550	90%	90%	91%	90%
MyCare Waiver	28,635	58%	65%	66%	56%
Community Well	90,808	46%	55%	55%	32%
	136,993	54%			
		Percent with an Identified BH Condition			
NF Residents	17,550	95%	94%	97%	95%
MyCare Waiver	28,635	77%	81%	85%	75%
Community Well	90,808	64%	74%	74%	50%
	136,993	71%			

What were the health characteristics of Medicare-Medicaid enrollees?

Full-benefit Medicare-Medicaid enrollees were over twice as likely to have had a mental health condition than Medicare beneficiaries without Medicaid coverage. Half (50%) of full-benefit Medicare-Medicaid enrollees reported having a mental health condition compared with less than 25% of Medicare beneficiaries without Medicaid. The share of partial-benefit Medicare-Medicaid enrollees with a mental health condition (40%) was between the share of Medicare enrollees without Medicaid coverage and full-benefit enrollees (Figure 3, Mental Health Condition tab).

Which waiver services can impact behavioral health outcomes?

What Services Are Available?

Community Based Waiver Services

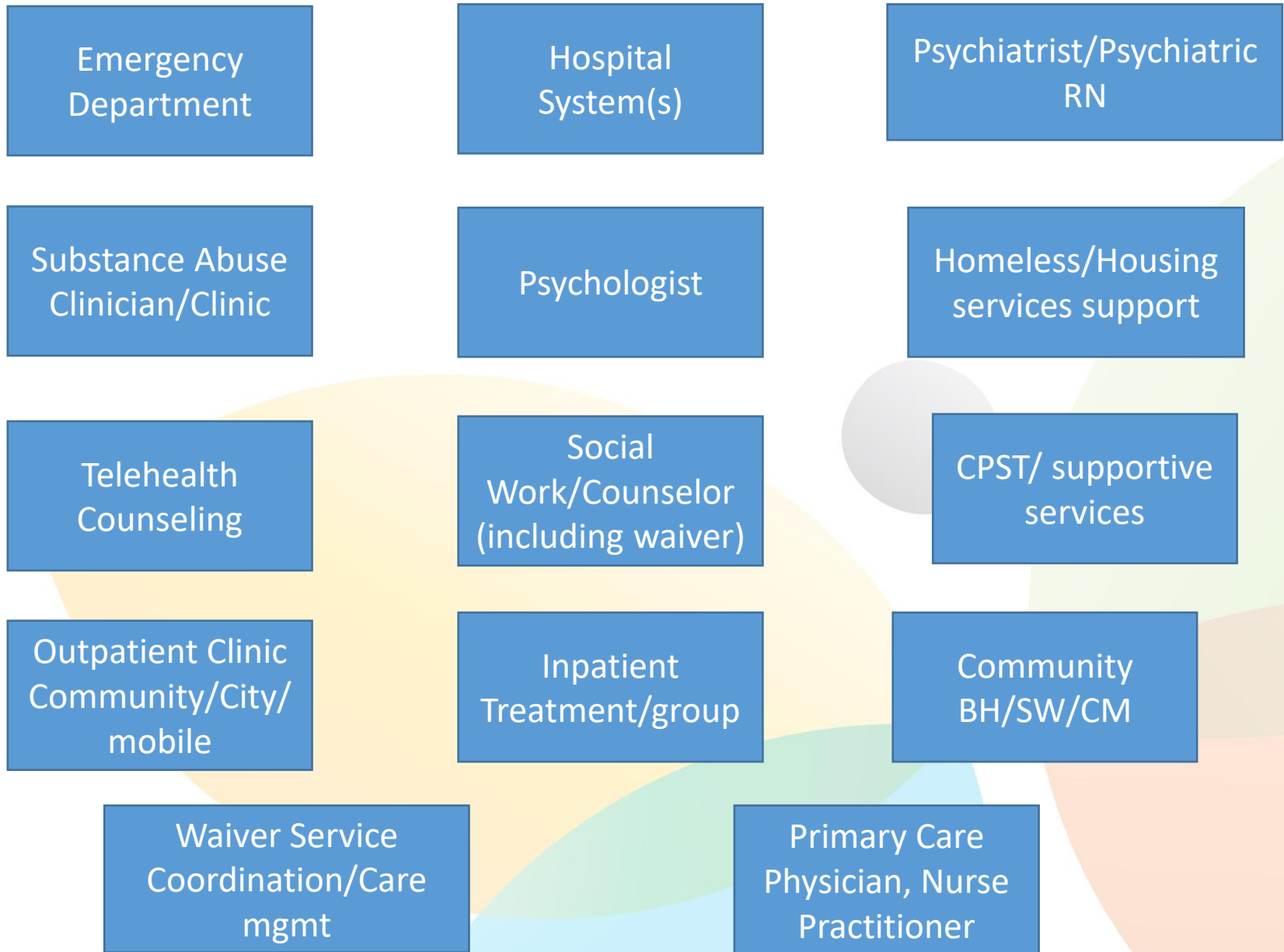
- Adult Day Health Services
- Alternative Meals Service
- Assisted Living Services
- Choices Home Care Attendant
- Community Transition
- Personal Emergency Response Services
- Enhanced Community Living Services
- Home Care Attendant
- Home Delivered Meals
- Homemaker Services
- Home Medical Equipment & Supplemental Adaptive and Assistive Devices
- Home Modification
- Home Maintenance & Chore
- Community Integration
- Out of Home Respite Services
- Personal Care Services
- Nutritional Consultation
- Social Work Counseling
- Waiver Nursing Services
- Waiver Transportation

**Individual must need 1 service monthly to enroll in the waiver*



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Current BH models of Care that may be Regionally in use per AAA region





Quality of Life

Access to Care

Aging

Behavioral Health

Physical Health

Medicaid

Medicare

Managed Care

Private Insurance

Other (Grants, Public, Local)

What is Recovery?

SAMHSA: defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Today, when individuals with mental and/or substance use disorders seek help, they are met with the knowledge and belief that anyone can recover and/or manage their conditions successfully

Source: samhsa.gov

The Four Major Dimensions of Recovery

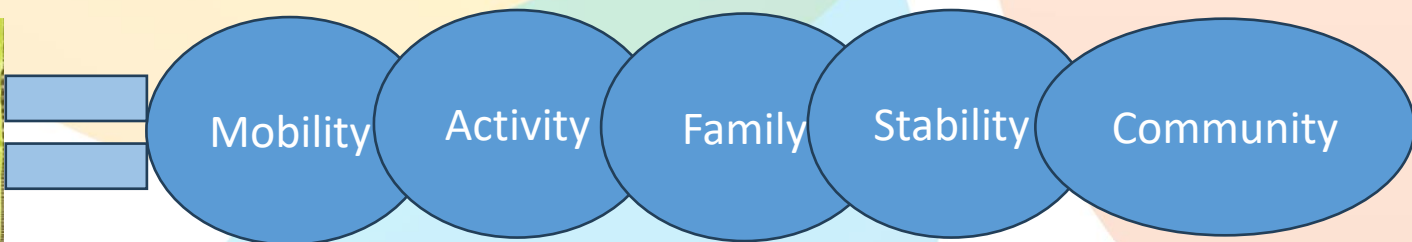
- 1 Health**
Overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being
- 2 Home**
Having a stable and safe place to live
- 3 Purpose**
Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- 4 Community**
Having relationships and social networks that provide support, friendship, love, and hope

Recovery and overlap with Aging and Behavioral Health

Let the individual determine what their goal is.



It may look differently depending where they are in life.



Ohio As a Community

Social connectedness is one of the fundamental **Social Determinants of Health. It can be addressed through policy, systems, and environmental change approaches that can become incorporated into the structures in which we live, work, worship, learn, and play.**

Source: CDC.GOV

- Active **State Plan on Aging is already aligned with reducing social isolation, and aligns with National Surgeon General**

State Plan On Aging

You may be at risk for being isolated if:

- ☐ You live by yourself
- ☐ You have a chronic health condition, such as asthma, heart disease, diabetes, arthritis, or others
- ☐ A doctor has told you that you have anxiety or depression
- ☐ You have friends or family members who have died
- ☐ You have friends or family members that you no longer see or talk to for other reasons
- ☐ You don't hear, see, or move around as well as you used to
- ☐ You do not drive and do not have anyone who can take you places
- ☐ You have been the victim of elder abuse
- ☐ You recently moved
- ☐ You are a member of a minority group
- ☐ You are gay, lesbian, bisexual, or transgendered

People who are isolated and feeling lonely have higher risks for...

Heart disease or stroke

Medical conditions that can change the way you think, such as dementia, depression, or anxiety

Attempted suicide

Dying early for other reasons

Our Epidemic of Loneliness and Isolation 2023

The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community



Federal Advisory

KEY DATA

50%

Chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50% in older adults.

Mobilize the Health Sector

- Train health care providers
- Assess and support patients
- Expand public health surveillance and interventions

Suicidality and Self-Harm

“Social isolation is arguably the strongest and most reliable predictor of suicidal ideation, attempts, and lethal suicidal behavior among samples varying in age, nationality, and clinical severity.”¹⁶⁹

Ohio As a Community needs:

- **Community Based exercise and physical activity**
- **Technology and phone based- programs**
- **Health Education and Skill Development.**
- **Intergenerational Programming**
- **Direct connection to individuals across programs and regions**

What Ohio Needs: Future Tense?

- **BH Workforce support and growth**
- **Continued Funding increases to match utilization**
- **AAA Network well versed in behavioral health services & Supports.**
- **Collaboration, Coordination and member-centric care.**

Before

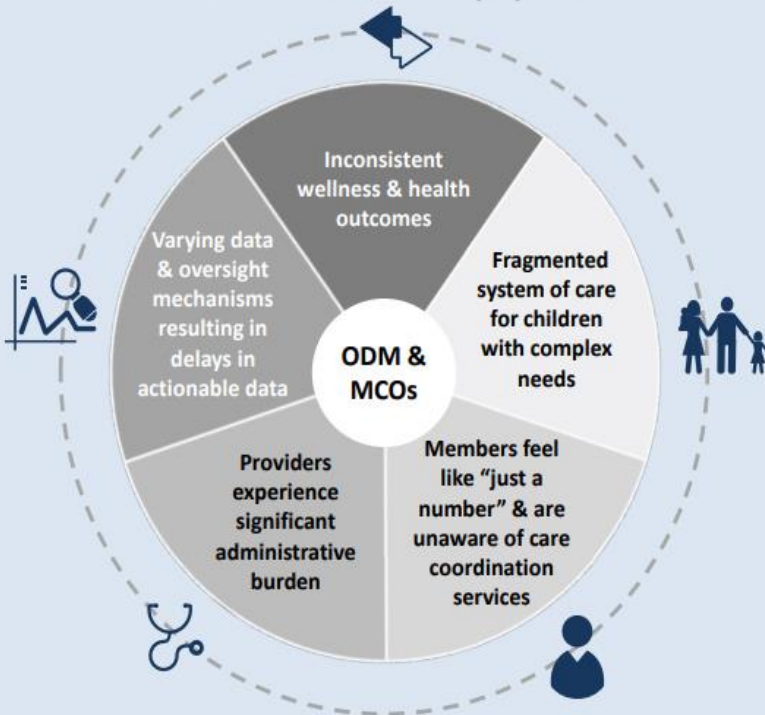
After:

Ohio's Medicaid Managed Care Program



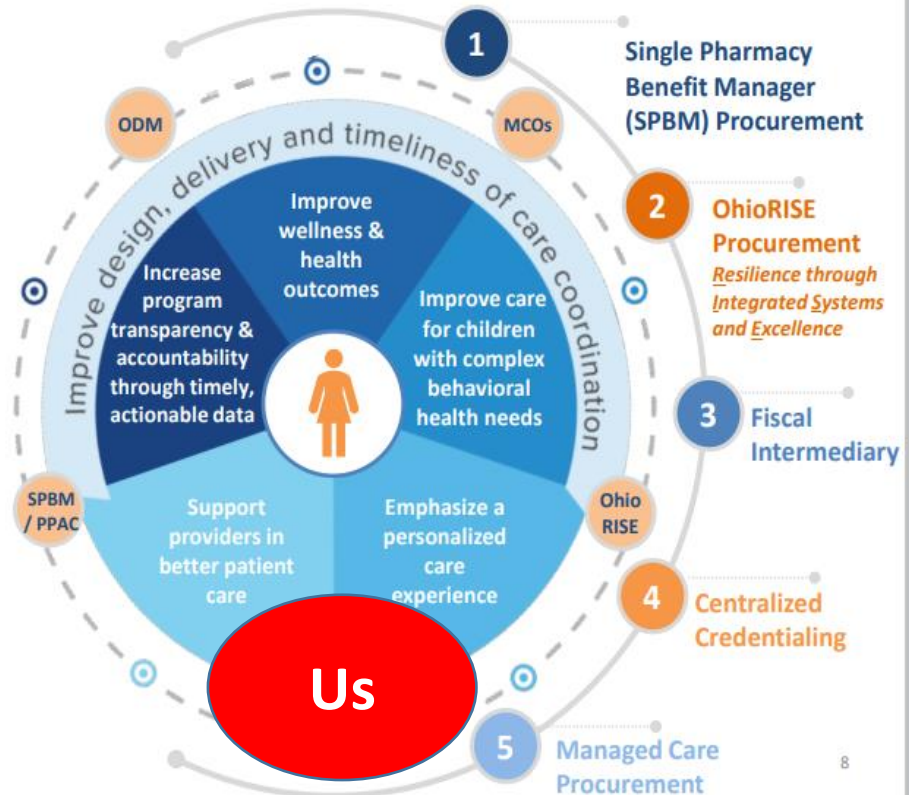
Managed Care Before The Next Generation of Ohio Medicaid

Members are impacted by business decisions that don't always take their needs or circumstances into consideration. Providers are not always treated as partners in patient care. We want to do better for the people we serve.



The Next Generation of Ohio Medicaid Program

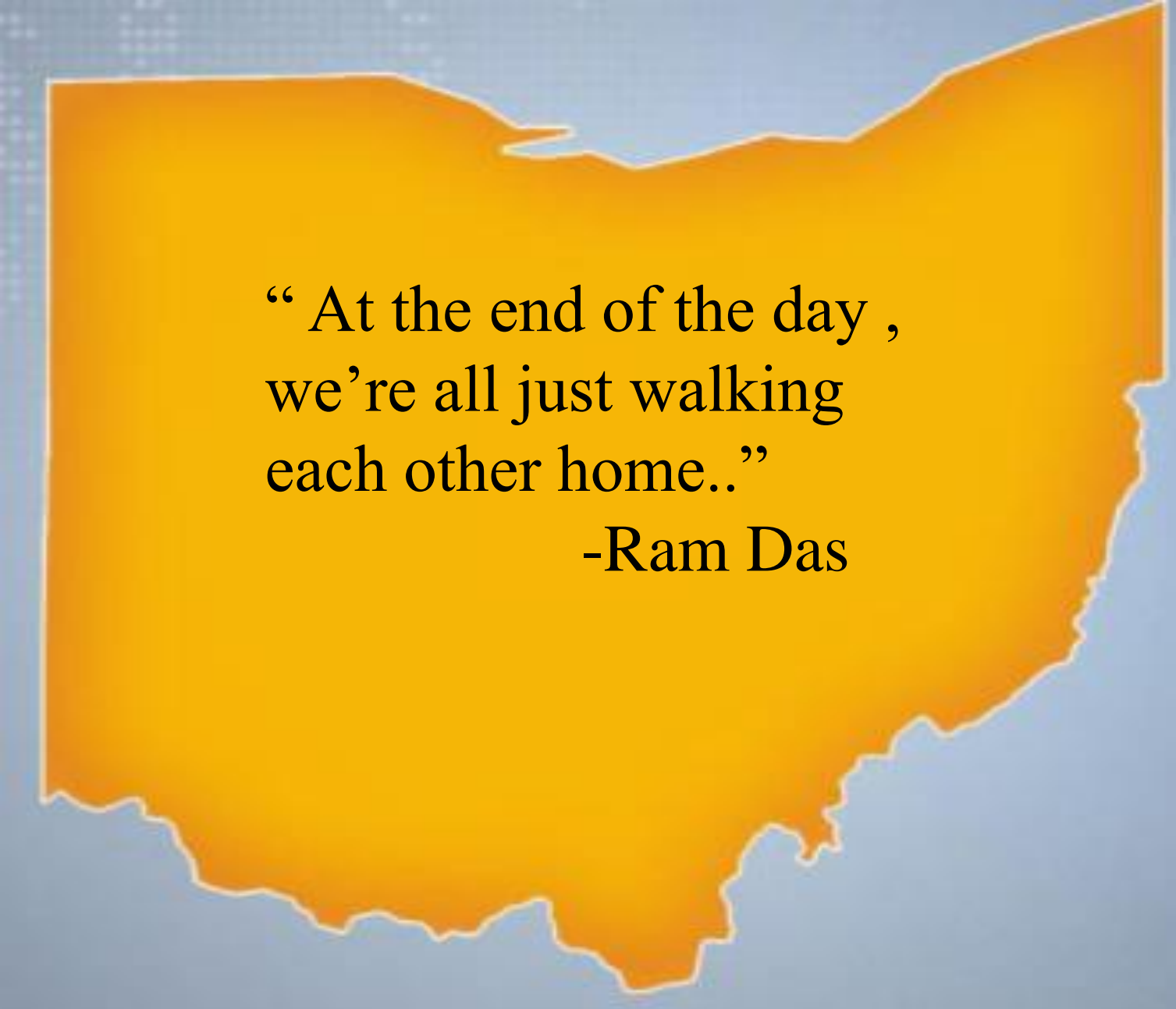
The focus is on the individual with strong coordination and partnership among MCEs, vendors & ODM to support specialization in addressing critical needs.



A stylized map of the state of Ohio, filled with a solid orange color, centered on a light blue background. The map is outlined in white. The text "Conclusion:" is positioned in the upper half of the map, and "Q&A" is in the lower half.

Conclusion:

Q&A



“ At the end of the day ,
we’re all just walking
each other home..”

-Ram Das