

Behavioral Health Modernization: State Medicaid Landscape and Strategies

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NATIONAL ACADEMY
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About NASHP



The National Academy for State Health Policy (NASHP) is a not-for-profit nonpartisan organization committed to developing and advancing state health policy innovations and solutions.

NASHP provides a unique forum for the productive exchange of strategies across state government, including the executive and legislative branches.



- To improve the health and well-being of all people across every state.
To be of, by, and for all states by providing nonpartisan support for the development of policies that promote and sustain healthy people and communities, advance high quality and affordable health care, and address health equity.
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Getting What You Need, Where You Need It: Major Buckets and Cross-Cutting Principles



**Integrated
Behavioral Health**



**Crisis/Urgent/
Mobile Response**



**In Home and
In Community**



**Out of Home and
Community**

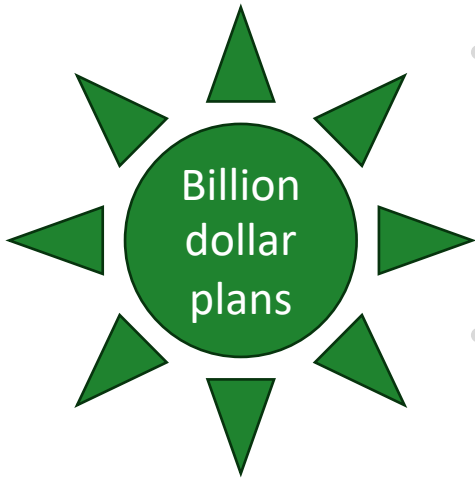
← Targeted Prevention and Coordinated Care →

← Trauma, Lived Experience, and Culturally Informed →

← Rooted in Evidence-Based and Emerging Best Practices →

← Incorporate Quality Tele- and Digital Technologies →

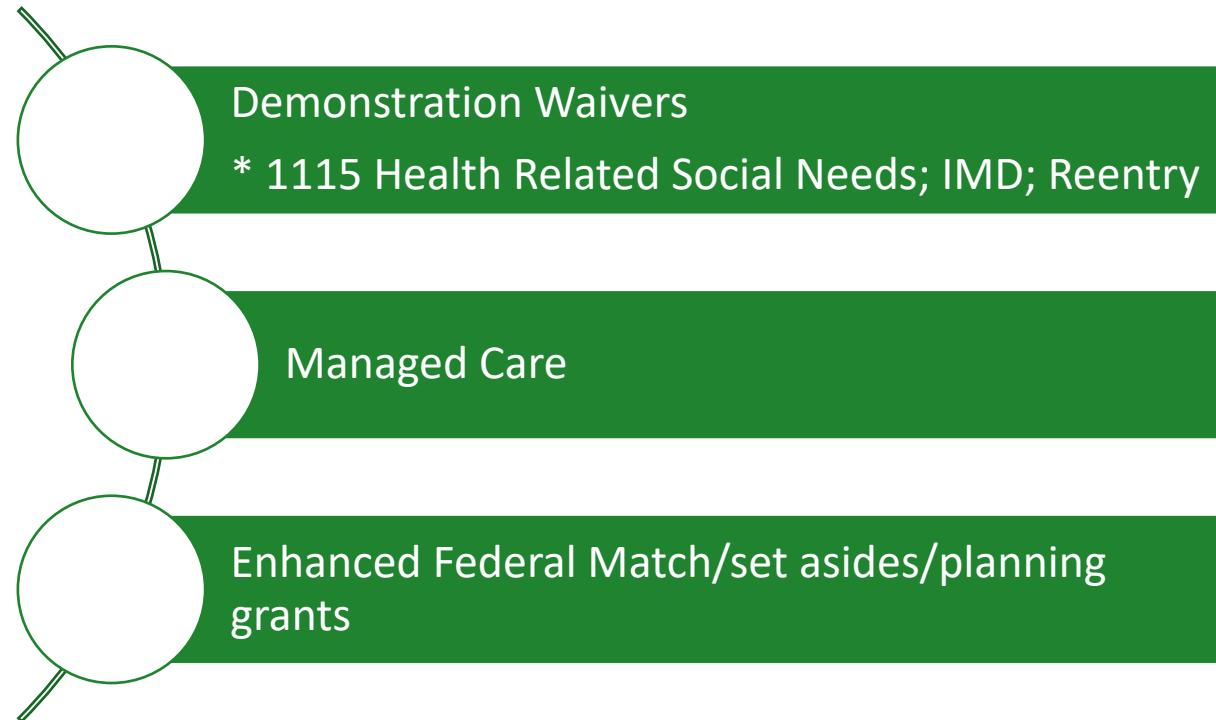
Comprehensive Reforms & Investments



- **Massachusetts:** [Roadmap for Behavioral Health Reform & Mental Health ABC Act: Addressing Barriers to Care \('22\)](#)
- **North Carolina:** [Investing in Behavioral Health and Resilience](#)
- **New York:** Governor's [2024](#) & [2025](#) Investments
- **Texas:** [Statewide Behavioral Health Strategic Plan](#)

Medicaid Strategies & Select Influences

- Increasing reimbursement rates
- Covering new provider types
- Reducing administrative burdens
- Incentivizing provider participation
- Provider capacity building
- Alternative payment approaches



Advancing team-based, evidence-based models in community; matched to needs

- **Models**

- Collaborative Care Model (CoCM)
- Certified Community Behavioral Health Clinics, FQHCs
- School-based interventions and Systems of Care for children and youth
- Coordinated Specialty Care (for Serious Mental Illness)
- Social Drivers: Housing, Employment, Justice-involved

- **Building Workforce**

- peer & recovery support specialists
 - [48 state reimburse in Medicaid](#) (38 for mental health and substance use)
 - [Georgia's](#) approach – across the care continuum
- Community based workforce: Community Health Workers/Promotores

Managed Care Approaches

● Collects Metrics (13 states) ● Collects Metrics and Uses in Payment (29 states) ● Does Not Collect Metrics (1 state) ● Does Not Cover BH through MMC (8 states)

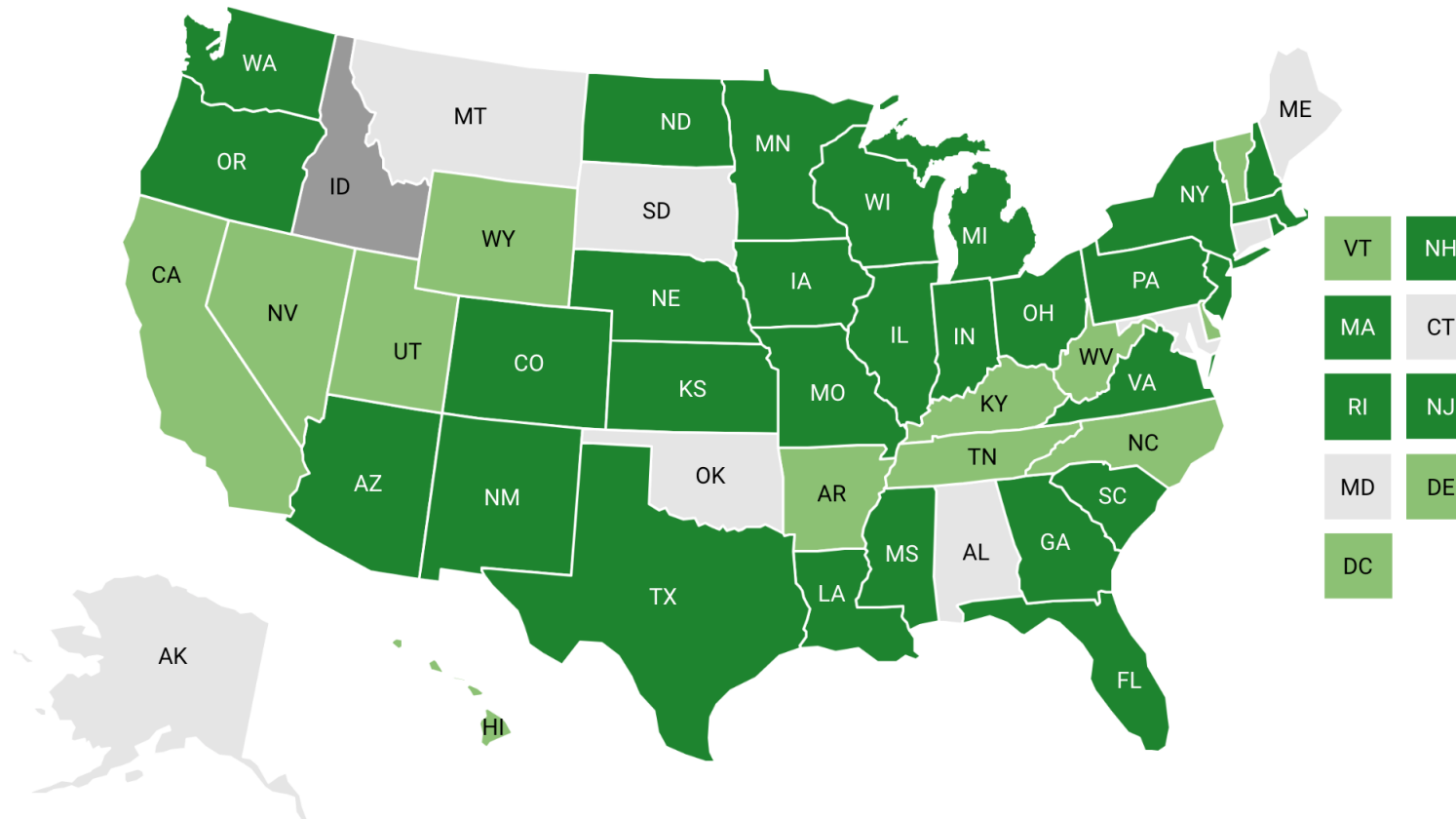


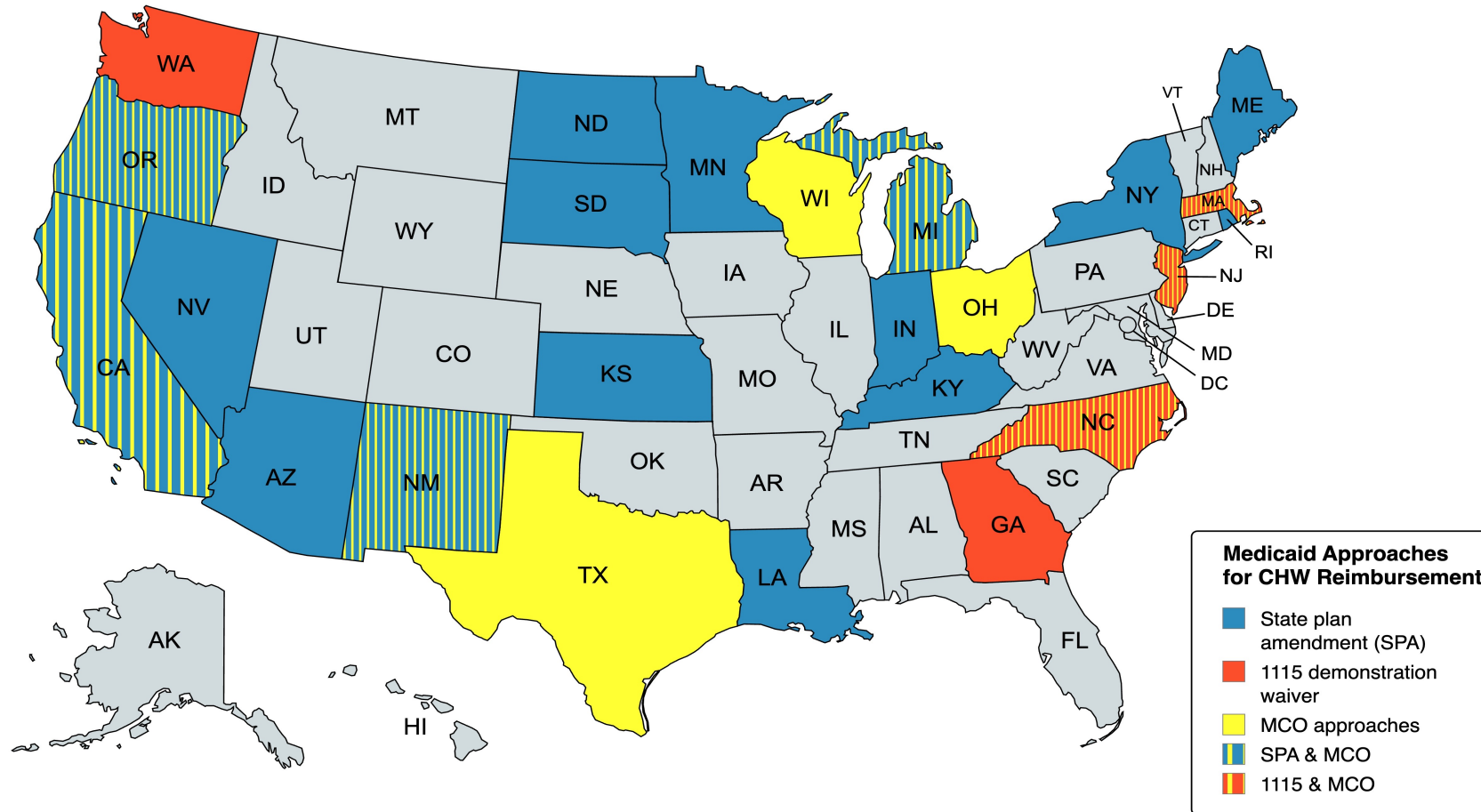
Table 1: 10 Most Frequently Used Behavioral Health Measures: 2022

Measure (Alphabetical)	Rank Among 10 Most Frequently Collected	Rank Among 10 Most Frequently Used in Payment
Adherence to Antipsychotic Medications for Individuals with Schizophrenia (SAA)	9	10
Antidepressant Medication Management (AMM)	2	5
Diabetes Screening for People with Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medication (SSD)	7	7
Follow-up after Emergency Department Visit for Alcohol and Other Drug Abuse or Dependence (FUA) — 7 Days, 30 Days	4	4
Follow-up after Emergency Department Visit for Mental Illness (FUM) — 7 Days, 30 Days	3	2
Follow-up after Hospitalization for Mental Illness (FUH) — 7 Days, 30 Days	1	1
Follow-up Care for Children Prescribed Attention-Deficit/Hyperactivity Disorder (ADHD) Medication (ADD)	5	6
Initiation and Engagement of Alcohol and Other Drug Abuse or Dependence Treatment (IET)	6	3
Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)	8	8
Screening for Depression and Follow-up Plan (CDF) (Combined with the HEDIS Measure Depression Screening and Follow-up for Adolescents and Adults (DSF-E))	Not in Top 10	9
Use of First-line Psychosocial Care for Children and Adolescents on Antipsychotics (APP)	10	Not in Top 10

Managed Care Approaches: Linking Payment to Performance

- Most states factor plan performance on at least on BH measure into MCO payment and into Prepaid Inpatient Health Plans
- Payment Approaches:
 - Incentive payments funded by capitation withhold
 - Leveraging Medical Loss Ratio
 - Value based payment

Medicaid Coverage of CHWs/Promotores



Select NASHP Resources

- [Behavioral Health System Modernization: Comprehensive Approaches and Cross-Cutting Tools](#). Provides a framework for and examples of state behavioral health modernization approaches.
- NASHP resources and best practice guidelines are designed to help states implement effective managed care programs that improve quality of care and control costs.
 - [State Use of Behavioral Health Performance Measures in Medicaid Managed Care Contracting](#)
 - [Medicaid Managed Care for Children and Youth with Special Health Care Needs: 50-State Scan](#)
- [State Opioid Settlement Spending Decisions](#) offers a snapshot of which states have announced awards from settlement funding or published priorities to guide settlement spending, as well as context for how each state has set up their decision making and spending processes.
- [State Strategies for Preventing Substance Use and Overdose Among Youth and Adolescents](#).
- [State Strategies for Preventing Substance Use and Overdose Among Youth and Adolescents](#) covers strategies, partnerships and funding. Medicaid Managed Care Contracting.
- [State Actions to Build the Behavioral Health Crisis Continuum](#).
- [Community Health Worker: State Medicaid Strategies](#)