Behavioral Health Integration



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About me

- Born and raised in West Virginia; graduated from WVU undergrad and medical school
- Practicing psychiatrist in Atlanta, GA
- Experience as a public health administrator, patient advocate and medical society lobbyist
- Held leadership positions in the AMA and APA
- First Black woman to serve as AMA president
- Chair, AMA Opioid Task Force since 2014





COVID-19 and its impact on mental health

- Nearly 1 in 5 COVID-19 patients developed a mental health issue e.g., depression, anxiety, or dementia — within 3 months of diagnosis.
- A retrospective study of COVID survivors found "substantial neurological and psychiatric morbidity in the 6 months after COVID-19 infection," with the greatest risk to those with severe illness.

Source: The Lancet Psychiatry





Integrating mental and behavioral health care

Policy:

Supports parity of coverage for mental illness, alcoholism, substance use and eating disorders; (H-185.974)

Supports health care policies that ensure access to and payment for integrated medical, surgical, and psychiatric care regardless of the clinical setting; (H-345.983)

Supports increasing public awareness, reducing stigma and expanding patient access to quality care for depression and other mental illnesses; (H-345.984)

Encourages all physicians to acquire the knowledge and skills to recognize, diagnose and treat depression and other mental illnesses; (H-345.984)

Supports competent mental health care and outreach for at-risk communities; (H-345.984)



Goals for successful integration

- Drive integration in new and existing value-based payment models.
- Expand, train and diversify the workforce for integrated care teams.
- Promote the use of EHRs, telehealth and other technology to support integrated care.

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Removing burdensome regulations for telemedicine

• Working to remove burdensome regulations that prevent health care providers from offering telemedicine.

 CMS removed restrictions – allowing more flexibility for Medicare patients.

Bipartisan Telehealth Modernization Act





The BHI Collaborative: Who we are

<u>Mission</u>: Catalyze effective and sustainable integration of behavioral and mental health care into physician practices (*with an initial focus on primary care*)

<u>Vision</u>: Identification and management of behavioral health conditions (mild/moderate) is a core competency of primary care practices, not an exception

Member Organizations:

American Academy of Child & Adolescent Psychiatry American Academy of Family Physicians American Academy of Pediatrics American College of Obstetricians and Gynecologists American College of Physicians American Medical Association American Osteopathic Association American Psychiatric Association



Empowering practices to implement BHI

- Educational programming
- Resources and Tools

Visit: ama-assn.org

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- Practice Testing/Piloting
- Sustained Viability



