Care1st Health Plan
Provider Training
Medi-Cal Expansion
Effective 1/1/2014

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San Diego County
Basics of the Medi-Cal Expansion

• Expands those who qualify for Medi-Cal benefits effective January 1, 2014

• Expands the mental health and substance use disorder benefits to individuals ages 18 – 65

• Increases number of Medi-Cal members in Medi-Cal Managed Care Plans (MMCP)
New Benefits Provided Through the Medi-Cal Managed Care Plans (MMCP)

• For individuals with MILD to MODERATE impairment of mental, emotional, or behavioral functioning:
  – Individual and group mental health evaluation and treatment (psychotherapy)
  – Psychological testing, when clinically indicated to evaluate a mental health condition
  – Outpatient services for the purposes of monitoring therapy with medications
  – Psychiatric consultation
  – Outpatient laboratory, medications, supplies and supplements (excluding medications listed in the Medi-Cal Provider Manual as excluded)
Role of the County Mental Health Plan (MHP)

- Responsible for individuals with SEVERE mental health impairment through Specialty Mental Health Services
  - In many ways these are the individuals who are currently seen by the County

- Definition of Medi-Cal Specialty Mental Health Services (County services) contained in California Code of Regulations, Title 9, Chapter 11, Article 2. Provision of Services, Section 1830.205, pages 75-77

- Responsible for levels of care beyond mental health outpatient and all Alcohol and Other Drug Programs (AOD)
Role of Primary Care Physicians (PCP)

- Administration of State required screening instruments
  - Staying Healthy Assessment (SHA) (Current requirement)
  - Screening and Brief Intervention, Referral and Treatment (SBIRT)
    - State to provide training to PCPs and any physician extenders that the PCP may have participate
    - State will provide a list of existing training resources
    - Providers must complete specific training on SBIRT and provide attestation of such
Role of Primary Care Physicians (PCP) continued...

• SBIRT - part of US Preventive Services Task Force (USPSTF) recommendations

• Process
  – Administer the Staying Health Assessment (SHA) or other approved tool within 120 days of member enrollment and every 3 years thereafter
  – For members 18 and over, review the member’s response to the alcohol question in SHA
  – Offer an expanded alcohol screening questionnaire approved by DHCS to any member responding “yes” to the alcohol question
    • Currently approved expanded screening instruments are the AUDIT and AUDIT-C
    • Others may be approved in the future
  – Health plans to finalize selection of screening instrument and inform providers and the State
  – For members answering yes to SHA question, offer alcohol use brief intervention: 1 to 3 sessions maximum, 15 minutes in person or by phone as appropriate
  – Refer members with a potential alcohol use disorder for treatment with the County Alcohol and Other Drug Programs (AOD)
  – PCP may refer directly to AOD or contact the Care1st UM Department for assistance
Role of Primary Care Physicians (PCP) continued...

- Screening for mental health conditions
- Referrals for additional assessment and treatment
- Member’s history (per member or medical records)
- Interview
- Any limited counseling within the PCP’s scope of practice which examination may reveal to be necessary
Critical Role of Primary Care Physicians (PCPs)

- PCPs have historically and continue to be critical in the identification and treatment of mental health disorders
  - PCPs are the most likely provider to see the member regularly and thus screening for behavioral health issues can improve a patient’s physical health
  - PCPs are knowledgeable and skilled in the inter-relationship of physical and behavioral health and how they impact each other
  - Patients with a positive/trusting relationship with their PCP often prefer to speak with their PCP, even around behavioral health issues, rather than someone new
  - PCPs prescribe between 60% & 70% of all psychotropic medications and have done so for many years
General Comments

• Providers who are not the PCP but treat a PCP’s members are responsible to communicate with the PCP in a manner that maximizes the improvement and health of the member

• PCPs should expect communication from providers the PCP refers a member to

• Care1st has contracted with a managed behavioral healthcare organization (MBHO) to provide services beyond the scope of practice of the PCP

• Members may self refer to the MBHO and County, which may refer a member to the PCP as appropriate
Important Contact Numbers

• OptumHealth Services Assessment and Referral:
  1-855-321-2211
  (Contracted with Care1st to provide administrative and mental health services through contracted licensed mental health professionals.)

• Care1st Provider Network Operations:
  1-323-889-6638 Ext 6388

• Care1st Member Services:
  1-855-699-5557

• San Diego County Crisis and Referral:
  1-888-724-7240
Questions?