

# Iowa Department of Human Services



## Review of the Outcomes and Effectiveness Of Mental Health Services Provided under the Iowa Health and Wellness Plan

2018

# Mental Health Services Provided Under the Iowa Health and Wellness Plan

## Introduction

This annual report is submitted pursuant to Iowa Code 249N.8 which requires the Department to review the results of the outcomes and effectiveness of mental health services provided under the Iowa Health and Wellness Plan (IHAWP).

## Overview

IHAWP covers lowans, ages 19-64, with incomes up to and including 133 percent of the Federal Poverty Level (FPL). The plan provides a comprehensive medical and dental benefit package, along with important program innovations, to improve health outcomes and lower costs.

IA Health Link is a major initiative in which the Iowa Department of Human Services (DHS) enrolled the majority of the IHAWP members in managed care organizations (MCOs). DHS has contracted with MCOs to provide comprehensive health care services including physical health, behavioral health and long term supports and services. This initiative creates a single system of care to promote the delivery of efficient, coordinated and high quality health care and establishes accountability in health care coordination.

During state fiscal year 2018 (SFY18), IHAWP served more than 156,383 lowans compared to 150,895 individuals that were not previously covered by a full benefit Medicaid plan during SFY17. IHAWP enrollees made up 27% of the total Medicaid enrollment for SFY18 and 24.8% of the total MCO Enrollment for SFY18.

## IHAWP Mental Health Services

IHAWP provides mental health services for many lowans who were not previously eligible. Many of these individuals would previously have been eligible for services funded by the Mental Health and Disability Service Regions. These services may include but are not limited to:

- (i) Outpatient therapy provided by a licensed qualified provider including family therapy and in-home family therapy as medically necessary to address the needs of the child or other members in the family;
- (ii) Medication management provided by a professional licensed to prescribe medication;
- (iii) In-patient hospital psychiatric services including, except as limited, services in the state mental health institutes;
- (iv) Services that meet the concurrent substance use disorder and mental health needs of individuals with co-occurring condition;

- (v) Community-based and facility based sub-acute services;
- (vi) Crisis Services including, but not limited to:
  - a. 24 hour crisis response;
  - b. Mobile crisis services;
  - c. Crisis assessment and evaluation;
  - d. Non-hospital facility based crisis services;
  - e. Twenty-three (23) hour observation in a twenty-four (24) hour treatment facility;
- (vii) Care consultation by a psychiatric physician to a non-psychiatric physician;
- (viii) Integrated health home mental health services and supports;
- (ix) Intensive psychiatric rehabilitation services;
- (x) Peer support services for persons with serious mental illness;
- (xi) Community support services including, but not limited to:
  - a. Monitoring of mental health symptoms and functioning/reality orientation,
  - b. Transporting to and from behavioral health services and placements,
  - c. Establishing and building supportive relationship,
  - d. Communicating with other providers,
  - e. Ensuring member attends appointments and obtains medications, crisis intervention and developing a crisis plan, and
  - f. Developing and coordinating natural support systems for mental health support;
- (xii) Habilitation program services;
- (xiii) Children's mental health waiver services;
- (xiv) Stabilization services;
- (xv) In-home behavioral management services;
- (xvi) Behavioral interventions with child and with family including behavioral health intervention services (BHIS) and both Medicaid and non-Medicaid funded applied behavior analysis (ABA) services for children with autism; and
- (xvii) Psychiatric Medical Institutions for Children (PMIC).

## **Provider Network**

IHAWP provider network is the same network as Iowa Medicaid. Mental health providers include psychiatrists, psychologists, mental health counselors, nurse practitioners specializing in psychiatry and other credential providers (e.g. licensed social workers, licensed mental health counselors). In SFY18, Iowa Medicaid had 3,815 unique behavioral health service providers, 903 psychiatrists and 417 psychologists enrolled in Iowa and surrounding states.

## Mental Health Outcome Measures

The Data Reporting Manual for the Iowa Health Link was amended for SFY18. Effective July 1, 2017 the MCOs no longer report on IHAWP member specific outcomes. Population outcome measures are reported monthly, quarterly and annually by the MCOs. IA Health Link Performance Reports may be accessed online at: <https://dhs.iowa.gov/ime/about/performance-data>. More than 200,000 lowans have accessed mental health services under IHAWP during SFY18 who otherwise would not have access to services. The department is working to provide additional reporting information as it becomes available.

## Mental Health Expenditures

Figure 1 provides the total (federal and state dollars) expenditures for mental health service claims paid for IHAWP enrollees for dates of service during state fiscal years 2017 and 2018. There was a six percent increase in expenditures for mental health services during SFY18 compared to SFY17.

Figure 1. Total IHAWP Mental Health Service Expenditures

<i>IHAWP Expansion</i>				
<i>SFY 17</i>	<i>Members</i>	<i>Units</i>	<i>Total Claims Paid</i>	
<i>Pharmacy</i>	50,671	420,903	\$22,361,211.55	
<i>Medical/ Institutional</i>	72,664	554,910	\$40,141,106.87	
<i>SFY 18</i>				
<i>Pharmacy</i>	52,665	488,830	\$25,183,176.44	
<i>Medical/ Institutional</i>	74,750	619,879	\$41,182,175.34	
<i>IHAWP Non-Expansion</i>				
<i>SFY 17</i>				
<i>Pharmacy</i>	16,689	110,499	\$4,881,908.23	
<i>Medical/ Institutional</i>	23,012	102,428	\$7,416,990.50	
<i>SFY 18</i>				
<i>Pharmacy</i>	16,515	120,265	\$4,839,847.71	
<i>Medical/ Institutional</i>	22,617	112,963	\$7,551,279.48	