

Blue Cross MHSUD Programs and Pilots – 2022

Integrative Pain Clinic Program at UVMHC

Addresses chronic pain with services beyond UVMHC's traditional interventional pain clinic. This eight-week program includes psychological and physical medicine consultations, mental health to include CBT and group therapy, physical therapy, and other typically non-covered services such as yoga, massage, and acupuncture.

- This program focuses on patient-centered outcomes tied to functional status, quality of life, pain level, patient satisfaction and general health.
- Reimbursement is a bundled payment to allow for flexibility with treatment plans.
- Integrates mental health and physical medicine, along with complementary holistic practices

Hoping to expand this program beyond Chittenden County in 2022.

Reimbursement for In-Home Mental Health Services for Children and Young Adults

Allows agencies to bill for services provided in the home to children and young adults for whom finding placements for mental health treatment is difficult. These services are often an alternative to residential or inpatient programs or for those stepping down from an inpatient or residential stay. Providers receive a bundled monthly rate based on the intensity of services they are providing to their client and work directly with a dedicated case manager within Blue Cross's integrated health department. Howard Center and HCRS are currently participating in the pilot, and we are in discussions with several other designated agencies to bring them into the pilot, as well.

NOTE: Medicaid COVERS these services, but they have traditionally NOT been covered by commercial payers.

Feedback-Informed Treatment Project

Supports the use of feedback-informed treatment (FIT) in clinical practice to help MHSUD clinicians identify what is and is not working in therapy and make real-time adjustments to better meet their client's needs. FIT clinicians use two four-item measures at the beginning and end of each session to monitor their performance, tailor their treatment methods to the individual client, and enhance the therapeutic relationship. Clinicians participating in the FIT Project receive an enhanced reimbursement for using the measures, as well as financial support from VCC to implement FIT within their practice and reimbursement for the annual license for the software that is used to chart the measures.

Implementation of a Health Confidence Tool in Primary Care Practice

This pilot worked with White River Family Practice to incorporate use of the "What Matters Index" (WMI) within its practice. The WMI is a set of patient-reported measures that provides clinicians within actionable information to improve their patients' care. The WMI asks patients about their:

- Degree of health confidence (how well they understand and can manage health issues)
- Level of physical pain
- Frequency of emotional problems

- Number of medications
- Sense that their medications are contributing to illness

This pilot will be expanded to other practice sites in 2022, using the expertise of the pilot team at White River Family Practice.

NOTE: This is part of the VBIC pilot.

Collaborative Care Model

Supports implementation of the Collaborative Care Model (CoCM), which integrates mental health services into a primary care office setting through case management support for patients requiring mental health care and regular psychiatric inter-specialty consultation. Blue Cross/VCC created a resource guide for practices that would like to explore use of the model and can provide consultation and training on its implementation.

NOTE: This is part of the VBIC pilot. Also, these codes can be billed for Medicaid patients, as well.