



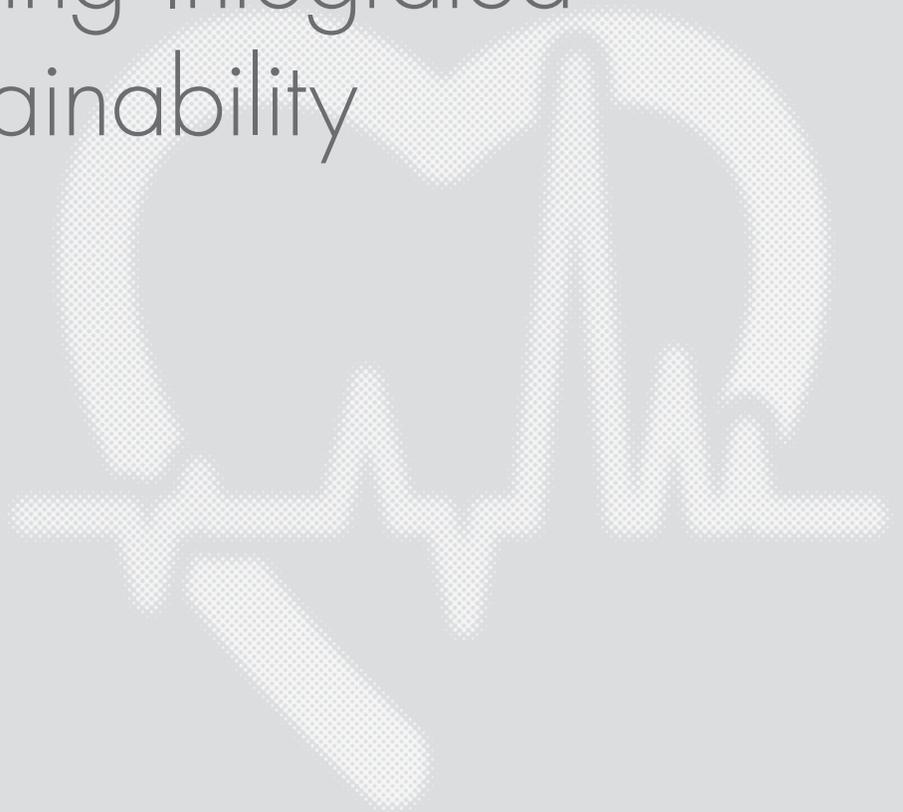
The Colorado Health Foundation™



## **SUMMARY REPORT**

# The Colorado Blueprint for Promoting Integrated Care Sustainability

March 2012



## About Promoting Integrated Care Sustainability

In the spring of 2011, the Colorado Health Foundation and the Collaborative Family Healthcare Association launched Promoting Integrated Care Sustainability (or PICS), an effort to identify financial impediments to move integrated care to the mainstream of Colorado's health care system.

For more information about PICS, contact the project team at [COPICS@ColoradoHealth.org](mailto:COPICS@ColoradoHealth.org)

### PICS Project Team

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### PICS Advisory Board

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## About the Colorado Health Foundation

*The Colorado Health Foundation works to make Colorado the healthiest state in the nation by increasing the number of Coloradans with health insurance; ensuring they have access to quality, coordinated care; and encouraging healthy living. The Foundation invests in the community through grants and initiatives to health-related nonprofits that focus on these goals, as well as operating medical education programs to increase the health care workforce. For more information, please visit [www.ColoradoHealth.org](http://www.ColoradoHealth.org).*

## About the Collaborative Family Healthcare Association

*The Collaborative Family Healthcare Association (CFHA) promotes a comprehensive and cost-effective model of healthcare delivery that integrates mind and body, individual and family, patients, providers and communities. CFHA achieves this mission through education, training, partnering, consultation, research and advocacy. For more information, please visit [www.CFHA.net](http://www.CFHA.net).*

# Highlights: The Colorado Blueprint for Promoting Integrated Care Sustainability

## *What is Integrated Care?*

Integrated care is a model of health care delivery that engages individuals and their caregivers in the full range of physical, psychological, social, preventive and therapeutic factors necessary for a healthy life. Practitioners of integrated primary care combine medical and behavioral services to address the whole person — not just one aspect of his or her condition.

## *Why is Integrated Care Necessary?*

Statistical evidence supports the need for integrated care. Findings from a recent report demonstrate that more than 68 percent of adults with behavioral health disorders have at least one physical health condition.<sup>1</sup> These individuals have a greater need for coordinated, integrated care because certain behavioral disorders carry higher incidences of obesity, diabetes, asthma, migraines, heart disease and cancers.<sup>2</sup> In addition, 29 percent of adults with a physical health condition also deal with behavioral health disorders.<sup>1</sup> Certain physical health conditions make an individual more likely to develop emotional disorders. For instance, roughly one in five people who suffer from heart attacks become severely depressed.<sup>1</sup>

Research shows that integrated care offers better access to necessary treatments, improved health outcomes for patients and cost savings for the health care system at large.<sup>3</sup>

## *Integrated Care in Colorado*

Currently, there are numerous efforts to integrate physical health and behavioral health services throughout Colorado. Integrated care is especially prominent among Colorado's safety net providers which serve a large number of people who are uninsured or enrolled in public insurance programs such as Medicaid. While providers regularly share stories about the positive impact integrated care services have on patient health and provider morale, they consistently report current payment structures do not adequately cover the costs of providing integrated care services.

Through the 2011 passage of House Bill 1242, Colorado's General Assembly acknowledged that current policies present barriers to integrating care. An attempt to rectify the situation, the law directs the Colorado Department of Health Care Policy and Financing (HCPF, the state's Medicaid agency) to review these issues and propose solutions to promote integrated care.

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1. Goddell S., Druss B., Reisinger Walker E., Mental Disorders and Medical Comorbidity, Robert Wood Johnson Foundation, Policy Brief, 2011.

2. 1990-1992. National Comorbidity Survey

3. Butler, M., R. L. Kane, et al. (2008). Integration of Mental Health/Substance Abuse and Primary Care No. 173 (Prepared by the Minnesota Evidence-based Practice Center under Contract No. 290-02-0009.) AHRQ Publication No. 09-E003. Rockville, MD, Agency for Healthcare Research and Quality

## Partnership Explores Challenges and Opportunities

In 2011, the Colorado Health Foundation and the Collaborative Family Healthcare Association launched Promoting Integrated Care Sustainability (or PICS). A statewide project, PICS aimed to identify the financial barriers to implementing integrated care and propose Colorado-specific solutions to help move the model into mainstream health care. Throughout the year, PICS convened an advisory board of stakeholders (including primary care and behavioral health care providers, health plans, state agencies, elected officials and policy experts) to identify and analyze financial barriers to delivering integrated care services in Colorado and provide recommendations for removing those barriers.

The PICS project team led an analysis which included an online survey of 56 integrated care organizations in Colorado. The group also conducted 29 in-depth interviews with key staff at integrated care sites in Colorado and discussions with stakeholders in four other states (California, Maine, Tennessee and Texas) that have advanced integrated care policies and practices.

## Financial Barriers and Recommendations for Change

As a result of the findings and analysis, PICS recommends the following steps in 2012 to move Colorado toward financial sustainability of integrated care:

**Barrier:** Integrated care services are primarily grant funded and are not moving towards financial sustainability through the generation of revenues.



### Recommendation 1:

*Clarify the current billing regulations and train staff in integrated care sites to optimize existing revenue sources to provide cost-efficient, medically necessary care.*

**Barrier:** There is confusion and uncertainty about whether physical health and behavioral health services can be billed by the same provider on the same day. Submitting separate bills for physical health and behavioral health services increases administrative time and cost for integrated care sites.



### Recommendation 2:

*Resolve confusion about same-day billing restrictions and pursue efforts to reduce administrative barriers.*

**Barrier:** Health and Behavior Assessment codes, used to bill for services to help patients adjust to chronic illness and set self-management goals, are not currently reimbursed by Colorado Medicaid or most other insurers in Colorado.



### Recommendation 3:

*Examine the viability of paying for Health and Behavior Assessment codes under insurance plans.*

**Barrier:** Colorado's current financing structure does not adequately support the delivery of integrated care services. Integrated behavioral health care interventions differ from traditional behavioral health services in service delivery and time spent. Care is often brief in nature and delivered in high volume, with emphasis on a team-based approach to care delivery. Codes that accurately reflect the service often aren't covered or are poorly compensated.



### Recommendation 4:

*Test and analyze the viability of global funding strategies to financially sustain integrated care services.*

**Barrier:** There is no standardized data collection system to effectively evaluate and manage outcomes, costs and quality of integrated care services provided in Colorado. The data currently gathered cannot evaluate cost offset across a continuum of care or assess outcomes and quality in a standardized way.



### Recommendation 5:

*Plan and implement a standardized statewide data-collection system to document financial, operational and clinical outcomes, and costs of integrated care services.*

A full report of the Promoting Integrated Care Sustainability (PICS) project findings and recommendations is available on the Collaborative Family Healthcare Association [www.CFHA.net](http://www.CFHA.net) and the Colorado Health Foundation [www.ColoradoHealth.org](http://www.ColoradoHealth.org) websites. For more information about the PICS project, please contact the PICS project team at [COPICS@ColoradoHealth.org](mailto:COPICS@ColoradoHealth.org).



The Colorado Health Foundation™

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