



# CBHC

Colorado Behavioral  
Healthcare Council

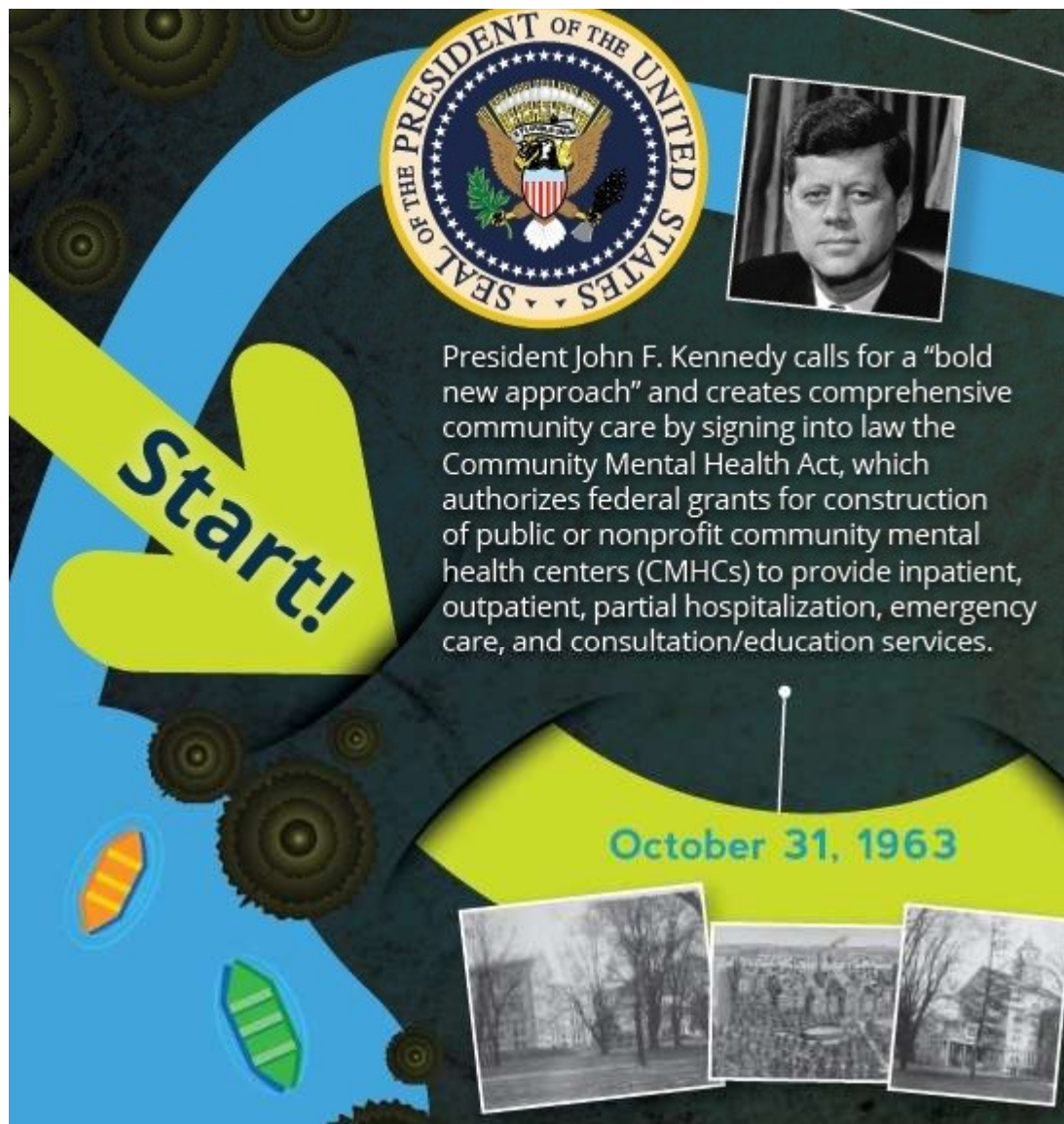
*Supporting community resilience,  
guiding behavioral health innovation, and  
partnering to enhance individual wellbeing  
throughout Colorado*

## **CBHC Membership**

- 17 Community Mental Health Centers (CMHCs)
  
- 4 Managed Service Organizations (MSOs)
  - Manage non-Medicaid, state and federal funding for substance use disorder (SUD) services (prevention, treatment and recovery) across seven state regions.
  
- 2 Specialty Clinics:
  - Servicios de la Raza
  - Asian Pacific Development Center

# Presentation Objectives

- Provide an overview of Colorado's Community Mental Health Center system.
- Describe challenges to behavioral health care in Colorado, including the impact of COVID-19.
- Discuss potential strategies to mitigate those challenges and CBHC's policy priorities.



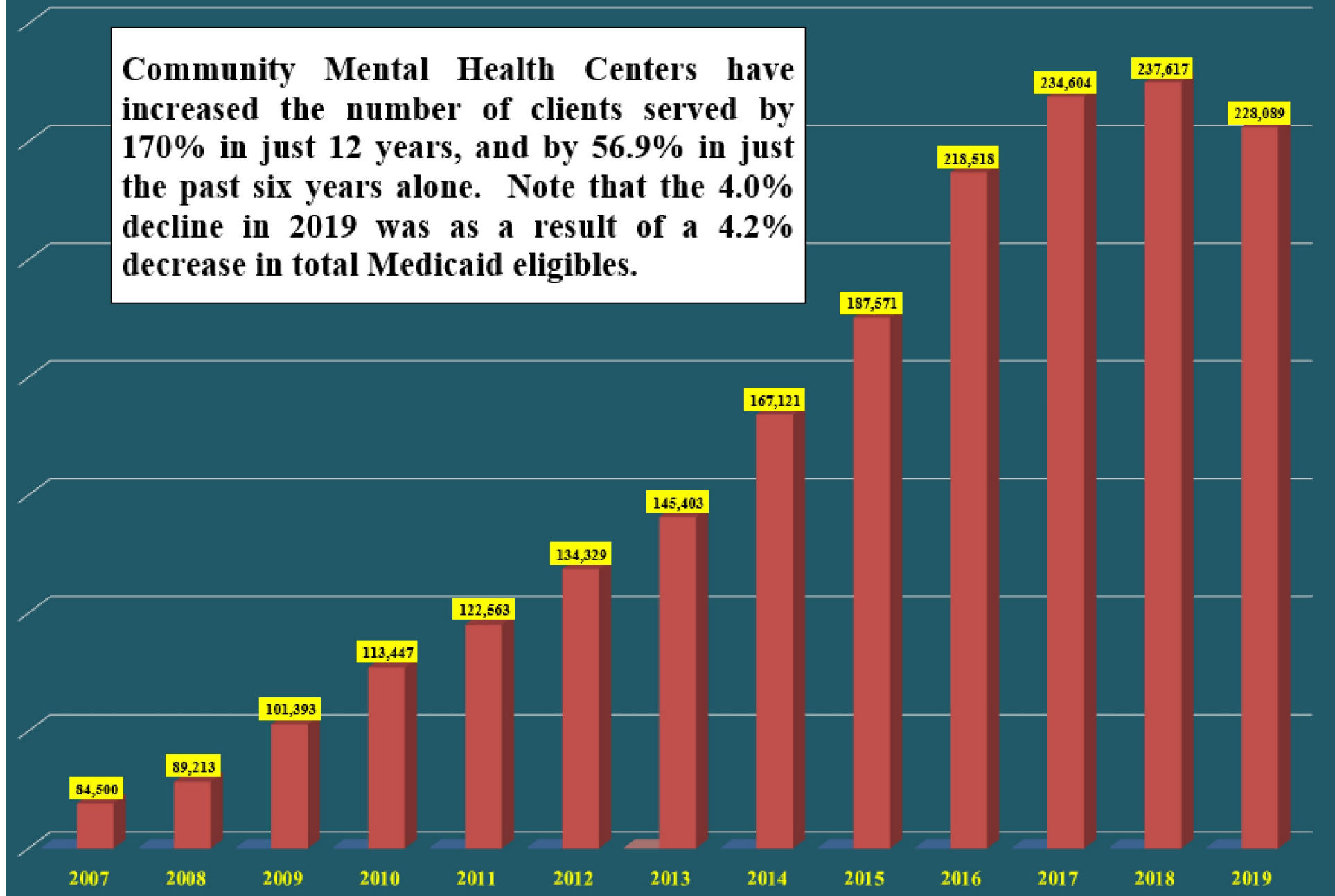
- Provide a continuum of behavioral health services and respond to local needs
- Established in statute in 1967, **currently referenced in C.R.S. 27-66-101**
- Colorado's Safety Net Behavioral Healthcare System



Colorado Community Mental Health Centers by County Served

## Unduplicated Count - Persons Served

Community Mental Health Centers have increased the number of clients served by 170% in just 12 years, and by 56.9% in just the past six years alone. Note that the 4.0% decline in 2019 was as a result of a 4.2% decrease in total Medicaid eligibles.



# Comprehensive Array of Services





# Mental Health First Aid Colorado

Mental Health First Aid (MHFA) is a national public education program that introduces participants to risk factors and warning signs of mental health and substance use problems.

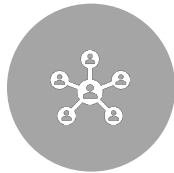
MHFA has been delivered to more than 2 million individuals nationally, enabled by strong, local partnerships and local fundraising tied to advancing dissemination. To date, MHFA has been delivered to over 70,000 Coloradans.

CBHC administers MHFA Colorado.

# Benefits of MHFA Courses



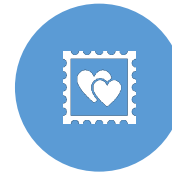
INCREASES  
MENTAL  
HEALTH  
LITERACY  
AND  
AWARENESS



EXPANDS  
INDIVIDUALS'  
KNOWLEDGE  
OF HOW TO  
HELP  
SOMEONE IN  
CRISIS



CONNECTS  
INDIVIDUALS  
TO SERVICES  
AND  
RESOURCES  
AVAILABLE IN  
THEIR  
COMMUNITY



REDUCES  
STIGMA AND  
INCREASES  
COMPASSION



PROVIDES A  
COMMON  
LANGUAGE TO  
DISCUSS  
MENTAL HEALTH  
ISSUES

# Factors Limiting Access To Behavioral Health Care

## Stigma

- **MH/SUD seen as moral issue rather than chronic disease**
- **Fear of losing one's job, child welfare issues and/or civil commitment**

## Navigating complex systems

- **Fragmented and administratively complex**

## Insurance coverage

- **Uninsured or underinsured**
- **Inadequate enforcement of Parity**
- **Limited scope of coverage**

## Provider reimbursement

- **Workforce shortages**
- **Inadequate rates for MH and SUD services**
- **Limited opportunities for participation in alternative payment models**

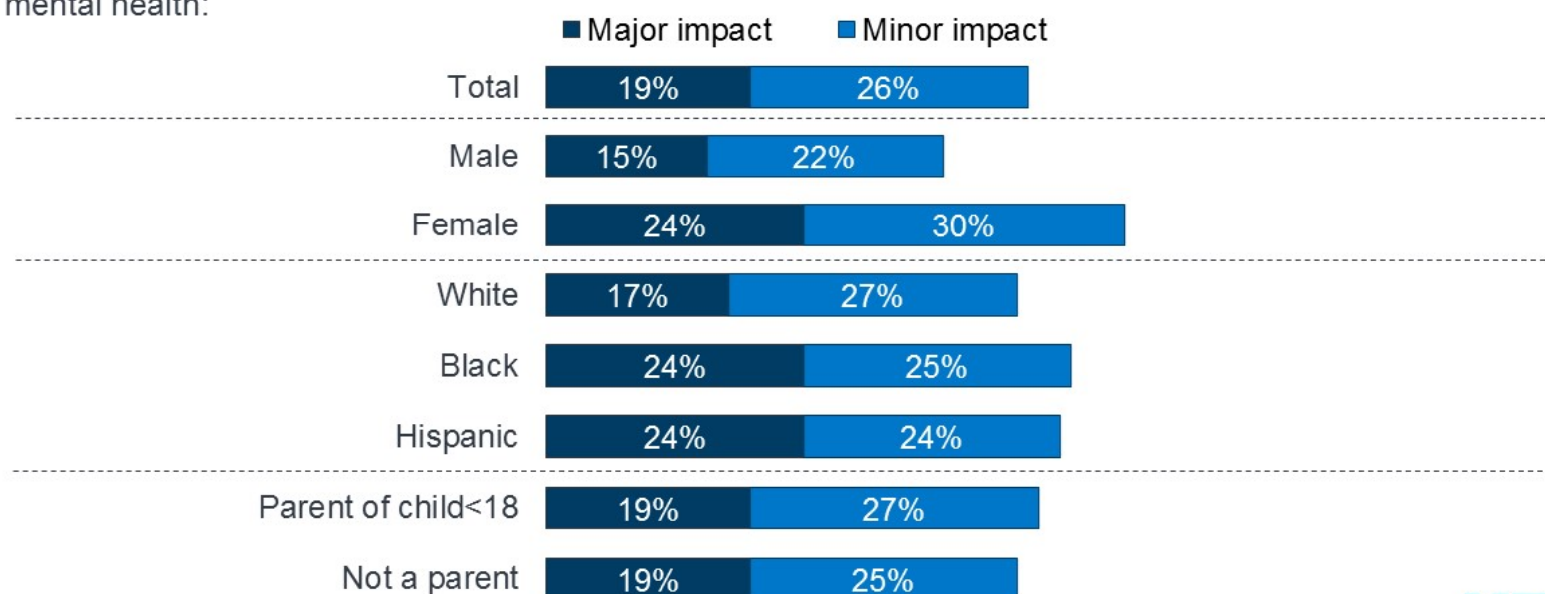
## Impact of COVID-19

- The COVID-19 pandemic and its impact on our health, well-being and economy has created or exacerbated negative behavioral health consequences for many of us and our loved ones; anxiety, depression, loneliness, sleep disturbances, increased substance misuse/abuse, and trauma are all likely during this stressful and uncertain time.
- It is more important than ever that we be intentional about taking care of ourselves and to do what we can to check in on family, friends, and neighbors.
- It is more important than ever that Colorado's behavioral health safety net be strengthened so we can continue to provide much needed services and supports.

Figure 8

## Significant Shares Say The Coronavirus Has Had A Negative Impact On Their Mental Health

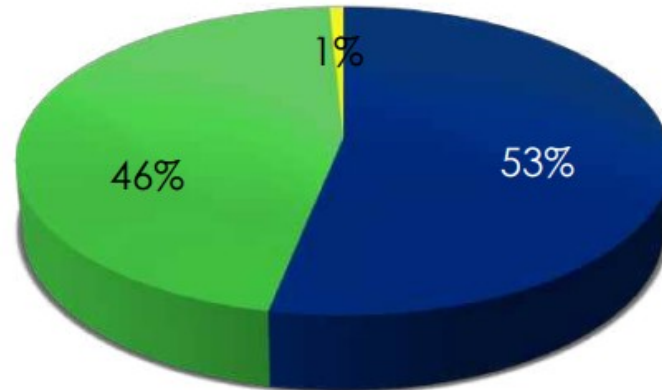
Percent who say they feel that worry or stress related to coronavirus has had a negative impact on their mental health:



SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020). See topline for full question wording.

## Do you feel that worry or stress related to the coronavirus has had a negative impact on your mental health, or not?

Fifty-three percent of all respondents, and 61% of women said the stress and worry related to the coronavirus has had a negative impact on their mental health. Other population subgroups that have had their mental health negatively impacted significantly include younger individuals aged 18 to 29 (69%), family households with a child aged 18 or younger (64%), Denver residents (62%), people who have lost their job or income (62%) and people who do not have health insurance (69%).



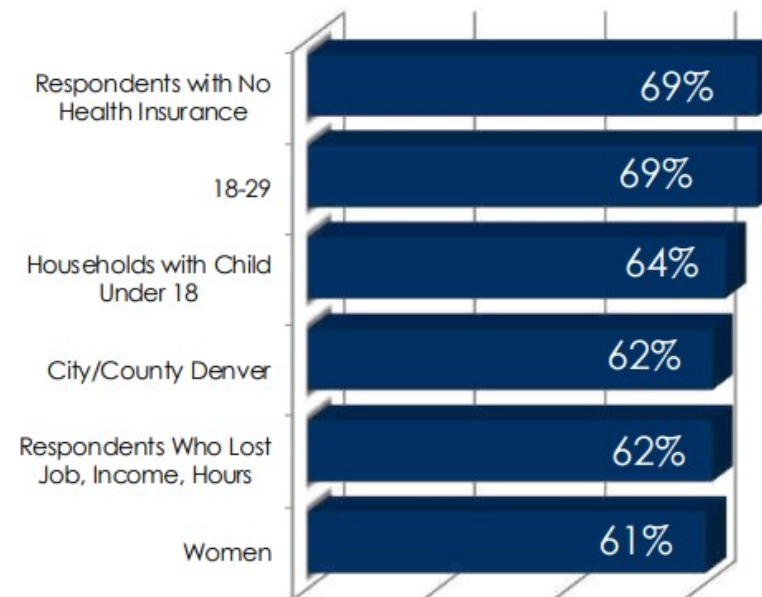
■ TOTAL YES, NEGATIVE IMPACT

■ NO NEGATIVE IMPACT ON MENTAL HEALTH

■ REFUSED

Major Negative Impact	19%
Minor Negative Impact	34%

### Population Subgroups That Have The Highest Percentage of Total Yes, Negative Impact



■ Total Yes, Negative Impact

# Responding to the Pandemic

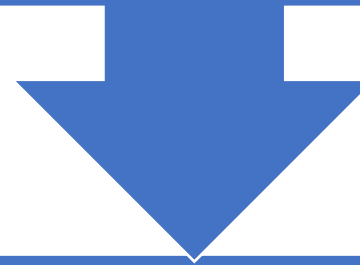
- CBHC members have continued to provide face to face crisis, residential and in-patient services, while adhering to strict safety guidelines.
- Within days, CBHC members dramatically increased their telehealth capabilities.
  - Emergency provisions at the state and federal levels have enabled providers to deliver outpatient services via video, telephone, or live chat and get reimbursed for those services at rates comparable to services provided in office-based settings.
  - Some CBHC members are offering expanded evening and weekend appointments and groups.

For more information visit  
<https://www.cbhc.org/covid-19-info/>



# CMHC Disaster Behavioral Health Response

CMHCs play a pivotal role in responding to community crises including man-made and natural disasters and each has a Disaster Response Coordinator.



In response to COVID-19 CMHCs are stepping up to provide

Crisis counseling to first responders, health care workers and other essential workers.

Support groups and education on coping skills, stress management, parenting, etc.

Other partnerships with state and local public health agencies

To our Colorado residents and friends,

We understand the growing concerns about the Coronavirus (COVID-19), and its impact on public health, daily lives, and access to mental health and addiction recovery services. Colorado's Community Mental Health Centers are committed to ensuring the continuity of essential services while also safeguarding the health of staff, clients, and communities. To provide support during this time, the Colorado Behavioral Healthcare Council would like to offer the following resources to you.



## Find Your Mental Health Center

SEARCH



## Reliable COVID-19 Healthcare Guidance

INFORMATION

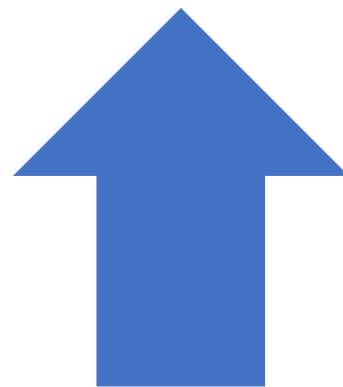


## Tips on Staying Mentally Healthy

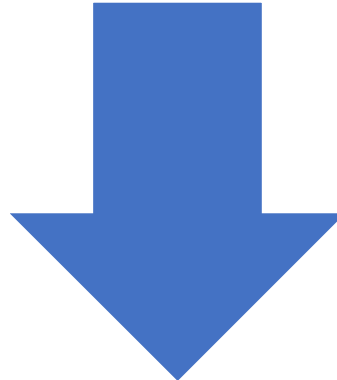
LEARN MORE

# Behavioral Health Services are at Risk

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Increased needs  
New costs



Decreased  
revenues  
Decreased rates



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CPR

NEWS

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LISTEN LIVE ▶

# Lawmakers Will Soon Start The Grim Work Of Cutting Colorado's Coronavirus Wounded Budget



By Bente Birkeland | April 30, 2020



Hart Van Denburg/CPR News

# CBHC Policy Priorities



CBHC supports alternative payment models that offer increased flexibility and enable providers to respond to emerging community and client needs.



CBHC supports policies that promote a full array of mental health and substance use disorder treatment services that meet the needs of Colorado's diverse population and communities.



CBHC supports policies and program models that will help build Colorado's behavioral health workforce.



CBHC supports policies that promote accountability while reducing administrative burden and increasing alignment.

# Behavioral Health Workforce Crisis

- Aging Workforce
- Shortage of New Professionals
- Geography a Key Factor
- Salary Disparity Between Systems
- Credentialing and Billing Issues



## Administrative Burden



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# Payment Models

- Reimbursement rates in behavioral health have historically been inadequate and lack parity with primary care or other specialists.
- Current payment methodologies focus on volume over capacity, value or quality.
- More flexible payment models are needed to provide patient-centered care and respond quickly to emerging community needs.

# Some National Models Addressing Payment and Service Delivery Reform in Behavioral Health

- **Certified Community Behavioral Health Clinics**  
(Section 223 of the Protecting Access to Medicare Act of 2014.)
  - A new federal definition for behavioral health provider with a defined set of services and standardized data and quality reporting.
  - Prospective Payment System tied to actual costs.
- **Medicaid Health Homes for persons with chronic conditions**  
(section 2703 of the Affordable Care Act)
  - Providers earn a per member per month for enhanced care coordination and care management for persons with serious mental illness and/or 2 + chronic conditions





# Discussion

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