

Accessing Behavioral Health Services in Rural Communities

Presentation in Discussion Group 3A: Addressing Quality and Access: Promoting Behavioral Health in Rural Communities

Workshop on Achieving Health Equity: Promoting Cognitive, Affective, and Behavioral Health Equity for Children, Families, and Communities

The National Academies

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TAKEAWAY MESSAGES

- Access is a function of affordability and availability
- Affordability is a function of cost of care and insurance policies (including public programs)
- Availability is a function of provider capacity, transportation, and use of technology
- An important principle: form follows finance

AFFORDABILITY FOR RURAL RESIDENTS

- Recognizing variability in health plan offerings, including premiums, cost-sharing, and networks
- Consumer education to understand those differences when making choices
- Public policies that influence the choices
- Specifics: covering conditions (beware riders), including providers, medication formularies, benefit design (copayment, deductible, co-insurance)

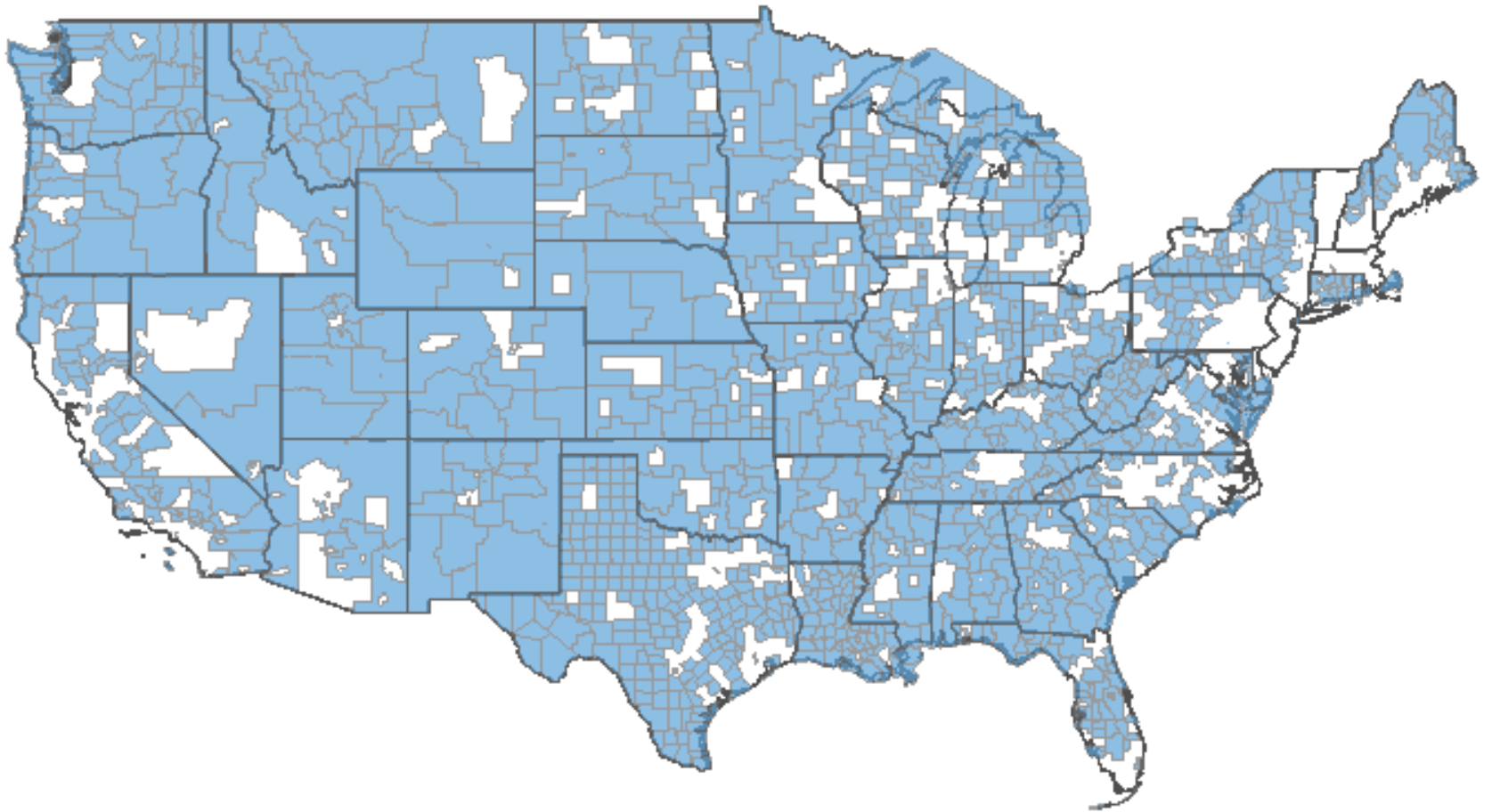
AFFORDABILITY FOR RURAL RESIDENTS

- Eligibility requirements for public programs
- Provider networks
- Benefit design

AVAILABILITY OF SERVICES IN RURAL COMMUNITIES

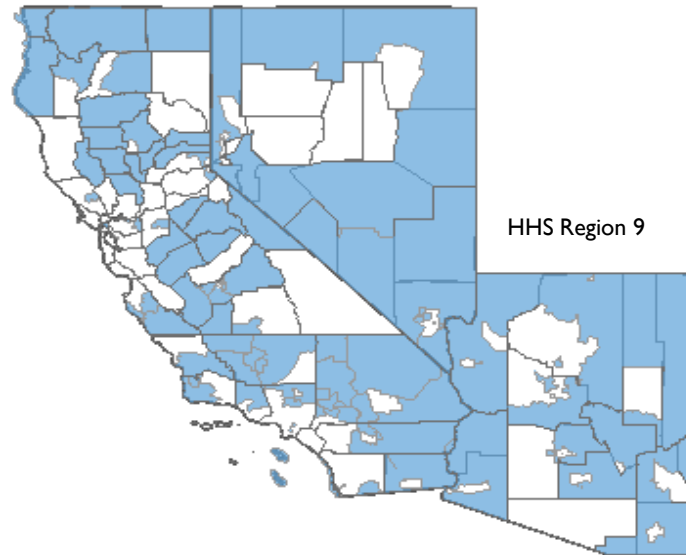
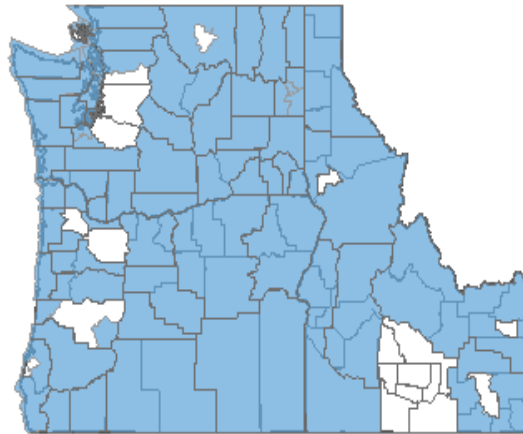
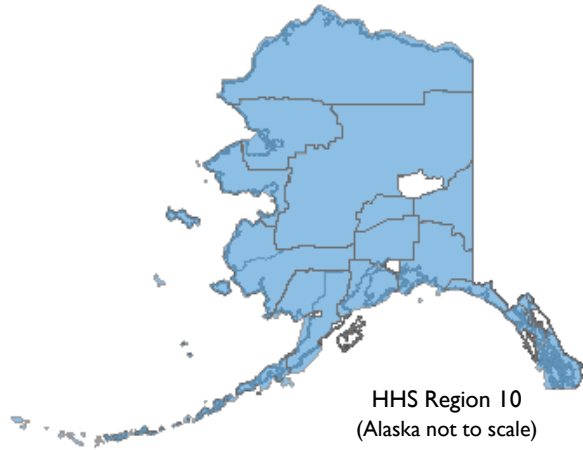
- Scarcity of high level professionals (maps to follow)
- True for nearly all health professions, including primary care
- Especially true for behavioral health professionals

Mental Health Professional Shortage Areas (HPSA)



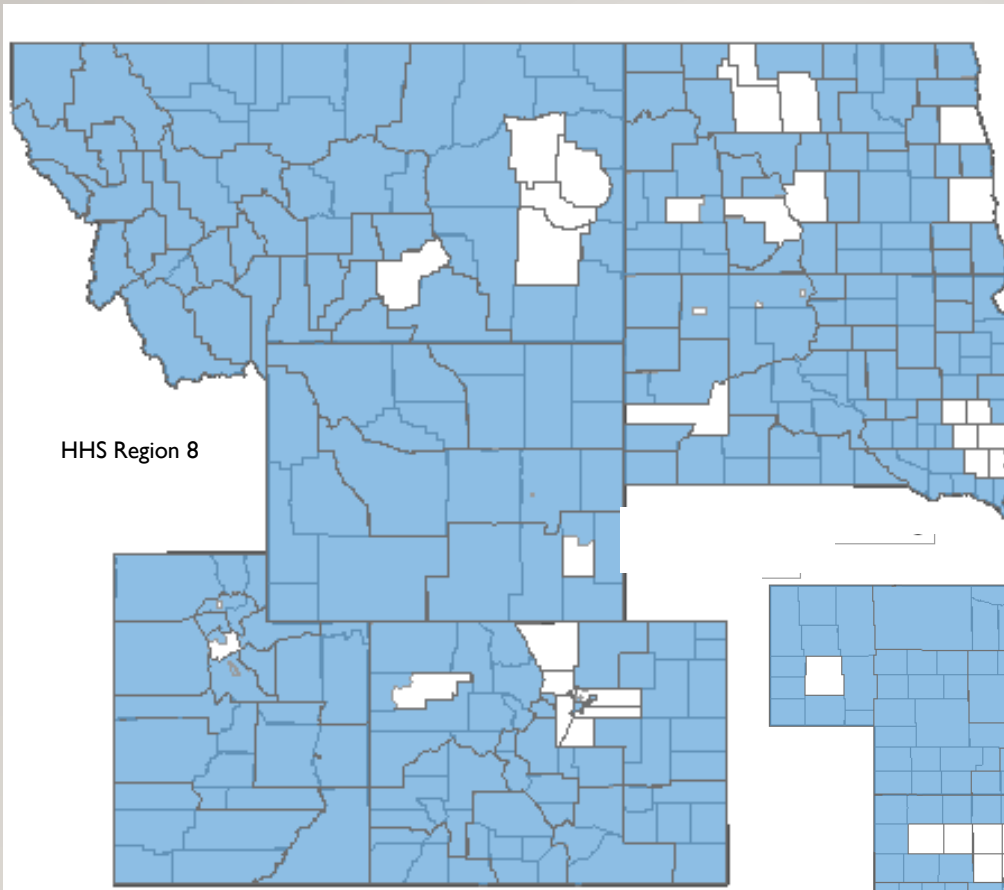
Source: HRSA Data Warehouse "Quick Maps" - Mental Health Health Professional Shortage Areas (HPSA)

Mental Health Professional Shortage Areas (HPSA)

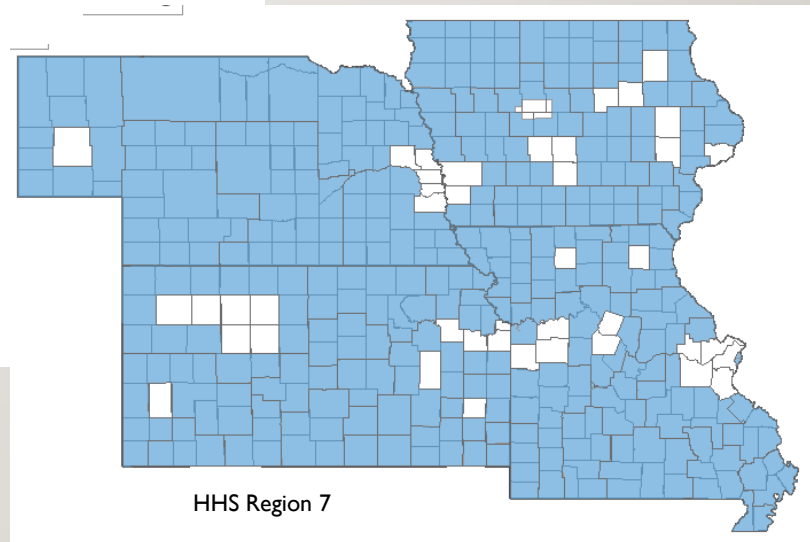


Source: HRSA Data Warehouse "Quick Maps"
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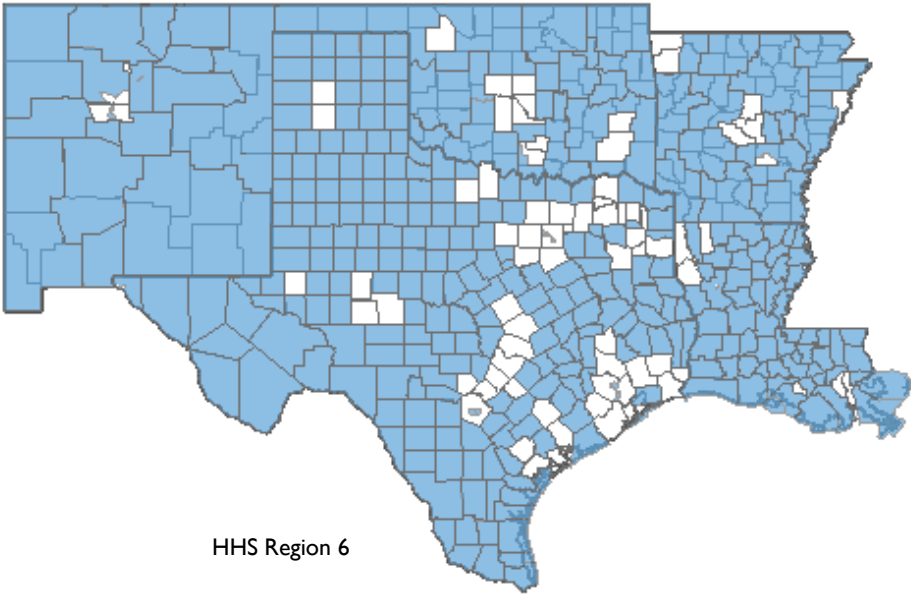
HHS Region 8



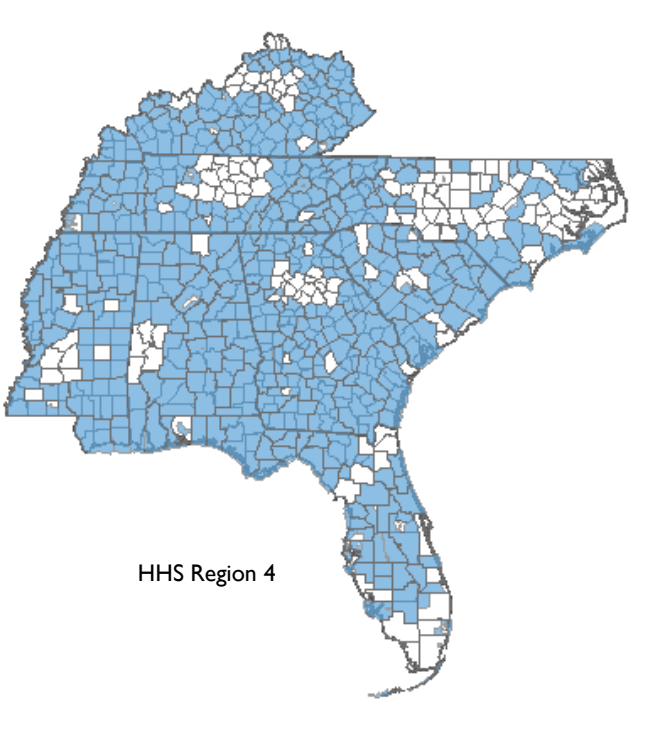
HHS Region 7

Source: HRSA Data Warehouse "Quick Maps"
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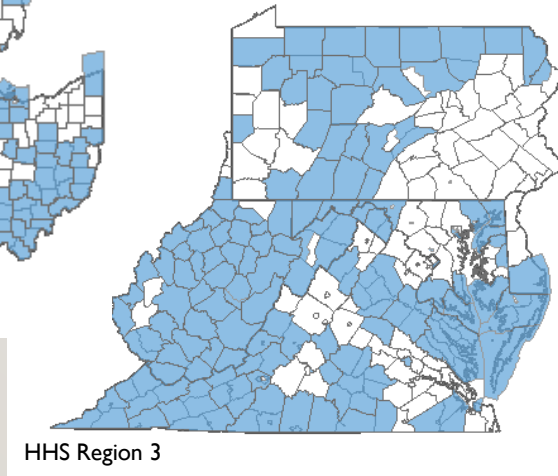
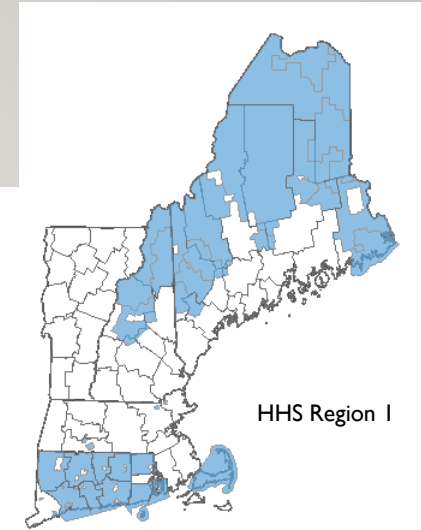
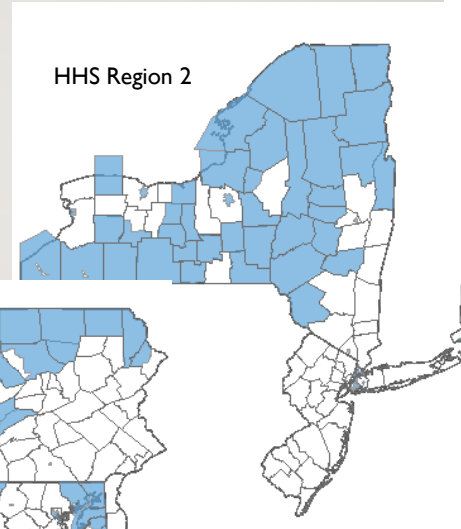
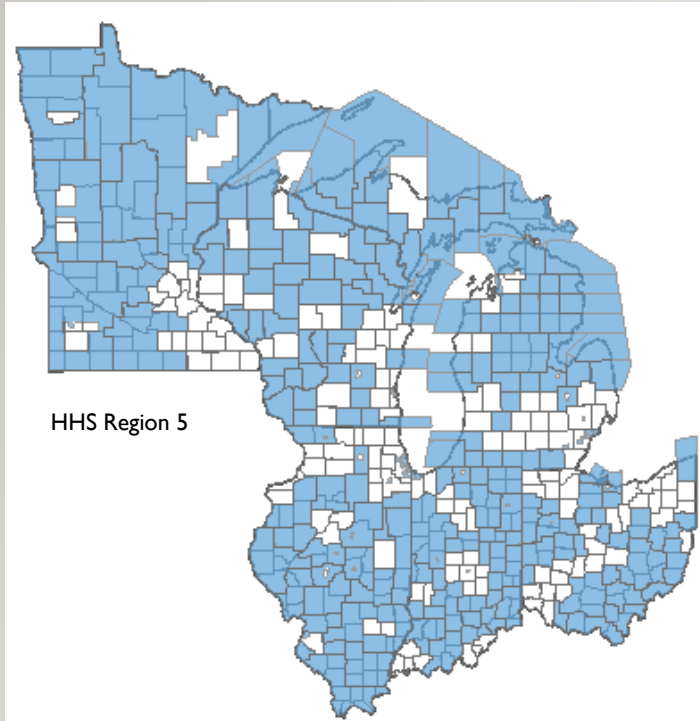
HHS Region 6



HHS Region 4

Source: HRSA Data Warehouse "Quick Maps"
Mental Health Health Professional Shortage Areas (HPSA)

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AVAILABILITY OF SERVICES IN RURAL COMMUNITIES

- Institutional care: state decisions to rely on community-based care, closing regional facilities
- Hospital-based care when rural hospitals are closing

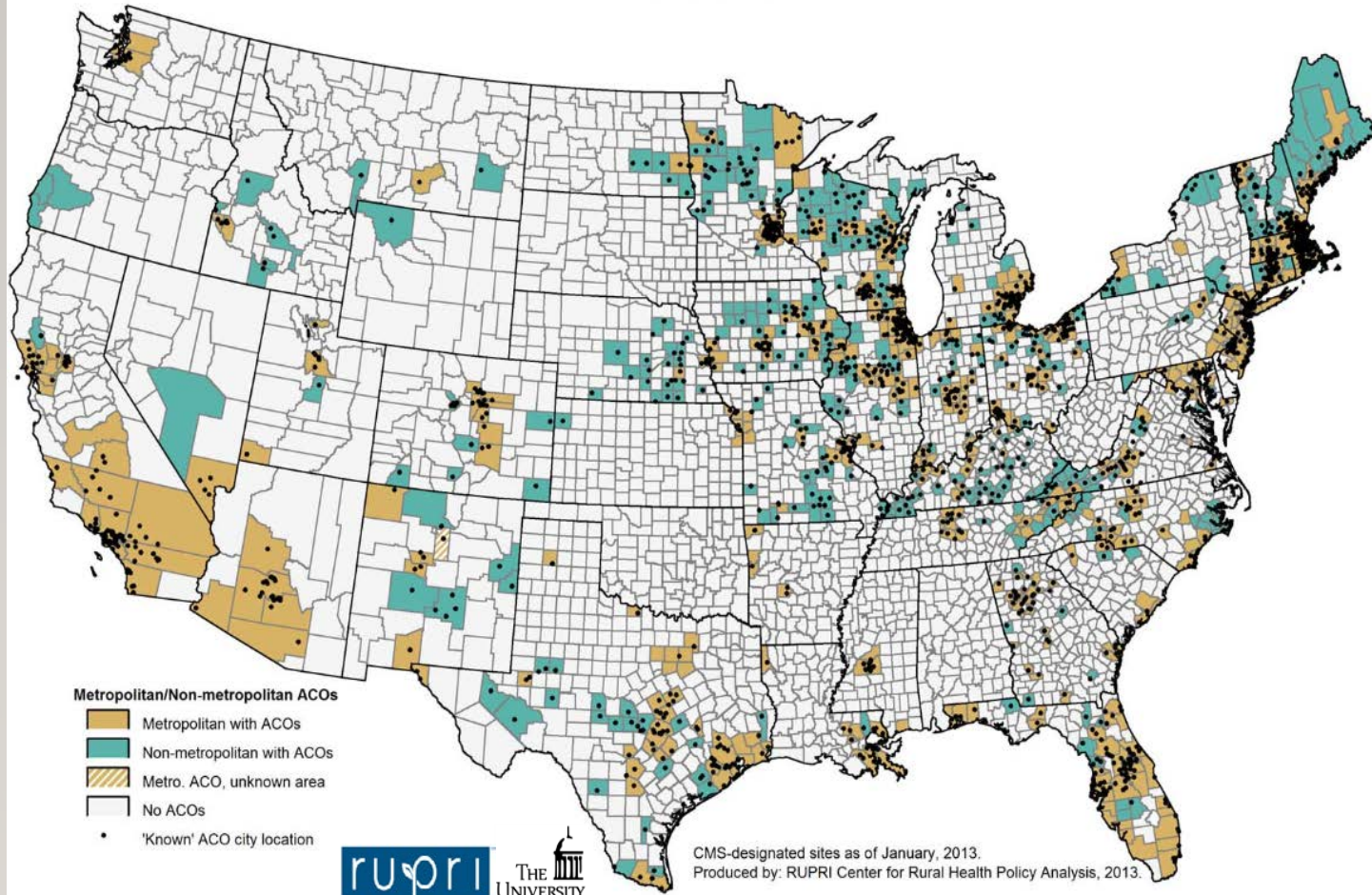
FORM FOLLOWS FINANCE

- Redesign underway in anticipation of, and response to, changes in payment structures
- Examples: Care management payment codes, Global budgets, Pay for performance, shared savings models
- Push: toward payment linked to value, defined as outcomes per dollar spent, including sustaining well-being (from episode-based to person-based)

EXAMPLE IN EVOLUTION OF ACCOUNTABLE CARE ORGANIZATIONS

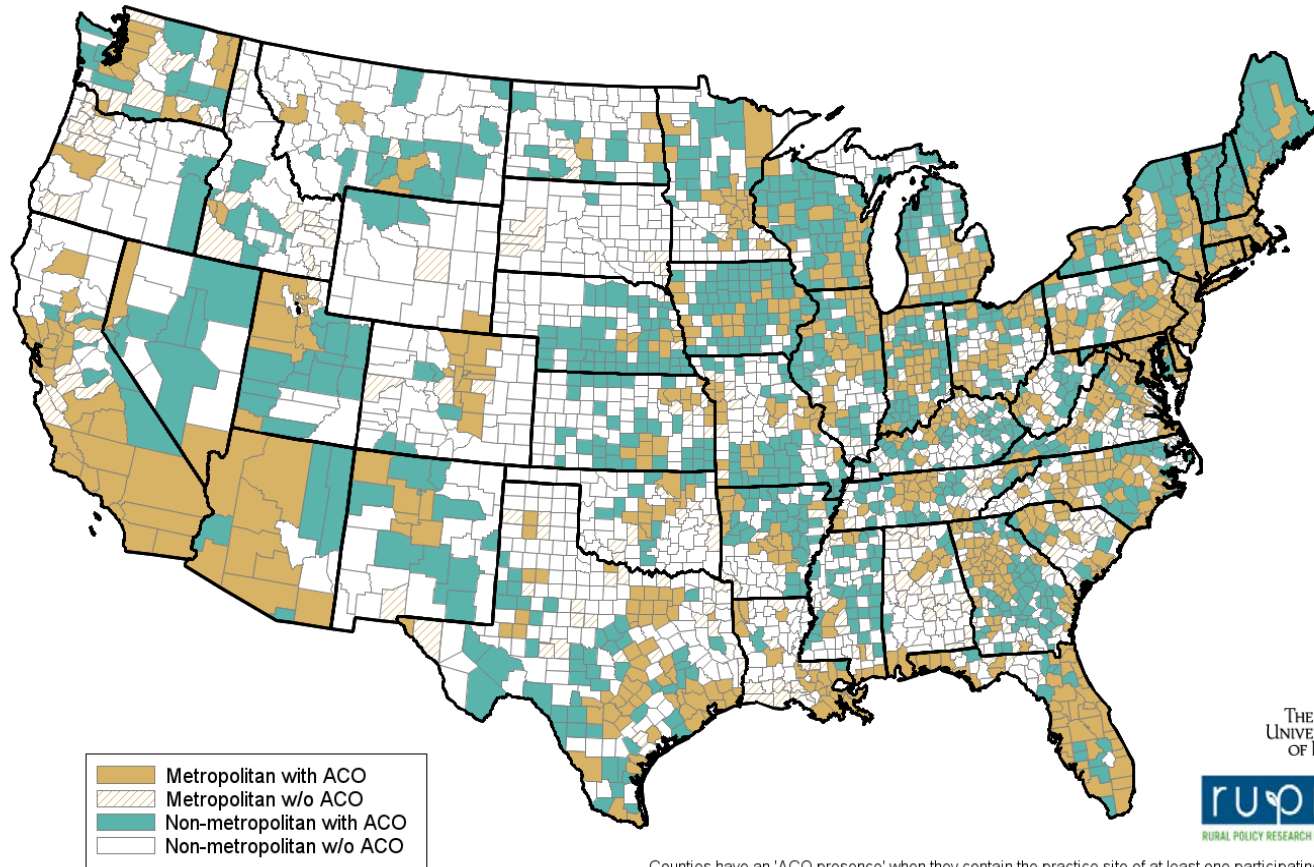
- Model attracts those interested in rethinking how health care dollars are spent
- Strategies include care management and extending beyond traditional medical models
- Spread of this model includes rural places, seen in two maps

County Medicare ACO Presence Continental United States



County Medicare ACO Presence

Continental United States



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Counties have an 'ACO presence' when they contain the practice site of at least one participating provider. Includes all active CMS ACOs as of August, 2015. Produced by: RUPRI Center for Rural Health Policy Analysis, 2016.

NEXT STAGE: ACCOUNTABLE HEALTH COMMUNITIES

- Broadening network of participating local organizations to include social services
- In turn broadens focus of organizations approaching care management one patient population at a time
- Specific CMMI program that includes limited rural participants

WILL CHANGES REACH RURAL COMMUNITIES?

- Patient-centered medical homes have arrived
- ACOs have proliferated
- Role of technology to consider: use of telehealth in consultation and service delivery
- AHCs in some rural places
- New models *can* work in rural places

AND THE FUTURE IS ...

- Person centered health homes
- Holistic approach to health and well-being
- Incorporating behavioral health services, clinical and social
- Financial incentives driving desirable system change

FOR FURTHER INFORMATION

The RUPRI Center for Rural Health Policy Analysis

<http://cph.uiowa.edu/rupri>

The RUPRI Health Panel

<http://www.rupri.org>

Rural Telehealth Research Center

<http://ruraltelehealth.org/>

The Rural Health Value Program

<http://www.ruralhealthvalue.org>

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COLLABORATIONS TO SHARE AND SPREAD INNOVATION

- ✓ The National Rural Health Resource Center

<https://www.ruralcenter.org/>



- ✓ The Rural Health Information Hub

<https://www.ruralhealthinfo.org/>



- ✓ The National Rural Health Association

<https://www.ruralhealthweb.org/>



- ✓ The National Organization of State Offices of Rural Health

<https://nosorh.org/>



- ✓ The American Hospital Association

<http://www.aha.org/>

