Advancing Rural Health Equity through Integrated Care ECHO

Session 6

Wednesday, May 18, 2022
11:30am-1:00pm ET
How to Ask a Question/Make a Comment

Located at the bottom of your screen. We’ll answer as many questions as we can during today’s session.

Type in a **question** in the Q&A box

Type in a **comment** in the chat box
Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

www.samhsa.gov
Welcome from the National Council for Mental Wellbeing!

3,300+ health care organizations serving over 10 million adults, children, and families living with mental illnesses and addictions.

• Advocacy
• Education
• Technical Assistance
Introductions

Carolyn Rekerdres, MD
Medical Director, East Texas Behavioral Health Network, NE Region, National Council for Mental Wellbeing, Medical Director Institute

Christina Arredondo, MD
Medical Director of Behavioral Health, El Rio Community Health Center, National Council for Mental Wellbeing, Medical Director Institute

Shauna Reitmeier, MSW, LGSW
CEO, Northwestern Mental Health Center, National Council for Mental Wellbeing, National Board
Introductions

Danica Love Brown, MSW, PhD  
*Choctaw Nation of Oklahoma*  
Northwest Portland Area Indian Health Board, Behavioral Health Programs Director

Kait Hirchak, PhD  
*Eastern Shoshone*  
Assistant Research Professor, University of Washington

Thomasine Heitkamp, MSSW, LCSW,  
Chester Fritz Distinguished Professor Emeritus and Behavioral Health Specialist, University of North Dakota

Dennis Mohatt, MA  
Vice President for Behavioral Health, Western Interstate Commission for Higher Education
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Session Norms

- Speak from the “I” perspective
- Listen to understand, not to respond
- Take space, give space
- Uphold confidentiality
- We all make mistakes & are learning
- Approach discomfort with curiosity
- Take care of yourself

We have been socialized to believe that it is not polite to talk about oppression, race and racism (and other –isms) – hearing about & talking about these things may bring up feelings of discomfort.

We ask ourselves and participants to be mindful of assumptions, and biases during this presentation.

We ask ourselves and participants to be aware of multiple identities, backgrounds and perspectives in our virtual space.
Who is in the Room?

Share in the chat your Name, Title, Organization and State
Sustainability: Considerations & Opportunities

“The ability to be maintained at a certain rate or level” - Oxford Languages

Shauna Reitmeier, MSW, LGSW
CEO, Northwestern Mental Health Center,
National Council for Mental Wellbeing, National Board
Overview

• Connect the Dots
• Maximization of existing services & funding options
• Community Partnerships
• Value Proposition
• Advocacy & Education
Putting it all together

Structural Urbanism
  • Policy impact

Equitable approaches and Culturally Responsive services
  • Diverse communities, trauma, new ways of delivering svc

Improving Capacity of Primary Care providers to address MH & SUD
  • Expands reach and access

Innovative Community Partnerships
  • Stronger together

Improving Workforce & Wellbeing
  • Systemic, Engagement, Belonging
Maximizing Your Federal Options

Medicare & Medicaid

Grant Funding
SAMHSA, HRSA, USDA, FCC, NIH

Telehealth

Technology
Maximizing Your State Options

**Medicaid State Plan**
Do you know what is in your State Plan?

- Waivers (rehabilitation, elderly, children etc...)
- Crisis response
- Peer Recovery
- Is your agency certified or licensed to provide all services?

**1115 Waiver**

- Demonstration
- Cost neutral
- Up to 5 year
Certified Community Behavioral Health Clinics (CCBHCs)

Demonstration Certified Community Behavioral Health Clinics – Prospective Payment System & Cost-based Payment

- OP MH & SUD services
- Screening, Assessment
- Person Centered Treatment Planning
- 24/7 mobile mental health crisis response
- Targeted Case Management
- Psychiatric Rehabilitation Services
- Peer Recovery Services
- OP primary care screening & monitoring
- OP ambulatory withdrawal management
- Community-based mental health care for Veterans
- Care Coordination
CCBHCs

SAMHSA Grants

• Planning, Development & Implementation Grants
  • Just starting, helps to build your CCBHC continuum of care

• Expansion Grants
  • For existing CCBHCs that want to take their model of care to the next level or further grow their services

• Planning For Sustainability

Visit the CCBHC Success Center for more information:
https://www.thenationalcouncil.org/program/ccbhc-success-center/
Leveraging Local Resources

- **Children & Family Mental Health Collaboratives**
  - Transitions program with Juvenile Justice systems
- **Co-Location Arrangements**
  - Partnership with Primary Care Clinics
  - Partnership with Schools
- **Law Enforcement**
- **Grant Writing**
  - Universities
  - Foundations
- **Relational, Shared Purpose, Mutual Benefit**
- **Board Composition**
Value Proposition

Partnership with Public Health – Prevention & Promotion

- Suicide Prevention
- Wellbeing Messaging Campaigns
- Education

Health Informatics

- What story does your data say?
- Who is interested in the great work you are doing?
- Payers are looking for Value brought to their network

Marketing & Communication

- Get the word out about what you're doing
- Attract workforce and shows value

Co-Location; Merger; Acquisition; Private Equity
Advocacy & Education

National & State Trade Associations
- Connections to key stakeholders
- Lead messaging and areas of focus
- Lobby Legislatures

Build Relationships with your Legislators
- Show them what you are doing & where there are gaps
- One of your biggest assets

Build Relationships with State Departments
- Help them with heavy lifting of policy change

Build Community Awareness & Mobilization
- Marketing, Action Alerts

TheNationalCouncil.org/Interated-Health-CoE
Questions, Comments?
Case Discussion
Case Presentation

Gina Bizzoco-Fraatz, LCSW-R, Director of Project Development, Astor Services for Children & Familiar (New York)

Astor is being asked to assist in rural areas and we want to help; but we don’t know the best way to do that. We are typically in the most populated areas – expansion typically driven by the number of people who need services due to fee for service models and because we want to make the most impact on a macro level. If we can’t use the ‘number of people’ to guide us, how do we redefine ‘need’ to not be related to population density? How do we make an argument to reshape the mission and answer the question: why are we going to rural areas if the numbers aren’t there?

These are two examples of specific communities we’re trying to target:

- School-Based Behavioral Health and Training – school-based clinics in Pawling, Onteora, Millerton communities (and other schools requesting contracts)
- Sullivan RFP – received award to do outpatient counseling services

**Barriers:** workforce shortages, increased needs, can use telehealth but then limited accessibility in rural areas

**Efforts to manage this:** working to increase salaries for new hires, retention committee, tried to partner with schools to have telehealth sessions during school day in their buildings with resources/WIFI (this was unsuccessful)

**Main Question(s) from the presenter:** How do we define or redefine ‘need’ so we can best manage it? How do you build a flag ship in a rural area? How do you develop sustainable services that successfully meet the identified needs in rural areas? How do you manage costs for travel and limited access to reliable internet?
Open Discussion in Breakout Groups
Discussion Conclusion
Series Summary – Rural Health Equity

- Structural Urbanism and its Impact on Rural Health Outcomes
- Identifying equitable approaches and providing culturally responsive services
- Improving capacity of primary care provider organizations
- Innovative community partnerships
- Improving workforce capacity and wellbeing for rural health providers
- Sustainability considerations and opportunities
Thank You Case Presenters
Series Feedback

What has been the most helpful thing you've learned throughout this ECHO?

Please unmute & share or type in chat box!
Series Feedback

What is at least 1 thing we can improve if we do this ECHO again?

Please unmute & share or type in chat box!
Series Feedback

Has your organization been able to implement any of the information or strategies you've gathered throughout this series? If so, what has your organization been able to accomplish?

Please unmute & share or type in chat box!
Poll Question

Are you willing to be interviewed about your Rural Health Equity ECHO experience as an individual and/or team/organization?
Goodbye for Now!

- Faculty Closing Thoughts
- Post Series Survey – Coming Soon!
Resources

National Council for Mental Wellbeing

- Center of Excellence for Integrated Health Solutions
- National Council for Mental Wellbeing CCBHC Success Center
- Behavioral Health Workforce is a National Crisis: Immediate Policy Actions for States
- Immediate Policy Actions to Address the National Workforce Shortage & Improve Care
- Leadership & Workforce Development Training
- Workforce Development – Trainings, Events & Consulting
- Workforce Development: We Must Fill the Talent Pool
- Trauma-Informed, Resilience-Oriented Equity Climate Assessment

Other

- Aspen Hope Center
- Center for Medicare & Medicaid Services
- Northwest Minnesota Council of Collaboratives
- SAMHSA
Upcoming CoE Events:

Comprehensive Health Integration Part 2: Domains & Constructs
Register for the webinar on May 25, 1-2pm ET

Office Hour: Health Equity in Perinatal Health
Register for the office hour on May 26, 2-3pm ET

Interested in an individual consultation with the CoE experts on integrated care?
Contact us through this form here!

Looking for free trainings and credits?
Check out integrated health trainings from Relias here

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Thank You

Questions?

Email paulaz@thenationalcouncil.org

SAMHSA’s Mission is to reduce the impact of substance abuse and mental illness on America’s communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) 1-800-487-4889 (TDD)