Money Follows the (Whole) Person: Innovation in the Texas Behavioral Health Pilot

National Home and Community-based Services Conference, 2016

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Texans with severe mental illness live 29 years less than other Americans and have more health problems earlier in life.¹

Since 2001, over 46,000 Texans have returned home under the State’s Money Follows the Person (MFP) program and federal demonstration grant.

Nationally, the # of NF residents under age 65 with a primary diagnosis of MI is nearly three times that of older residents²

Money Follows the Person

- A Medicaid demonstration that enables individuals leaving institutions, such as nursing facilities, to access Medicaid funding for services and supports

- Texas pioneered the idea of MFP with a state-funded initiative, which preceded the federal demonstration

- 44 states, including Texas participate in the federally-funded MFP demonstration

- The Demonstration (MFPD) allows additional flexibility to test new ways to provide services and supports
MFP in Texas

- 1999 – Supreme Court *Olmstead* decision. Governor’s order.
- 2001 – State legislation. Texas MFP begins
- 2005 – Congress authorizes national MFPD
- 2008 – State awarded federal grant. TX MFP Demonstration begins, including the Behavioral Health Pilot (BHP)
- 2010 – BH Pilot expands from the San Antonio area to Austin and additional counties
- 2015 – Texas develops plans to sustain Pilot interventions
Behavioral Health Pilot Goals

- Transition adults with mental illness and/or substance abuse disorders from nursing facilities to the community
- Successfully support individuals in the community by integrating behavioral health and substance use services with long term services and supports
- Create positive changes to the Medicaid system that address particular barriers faced by people with mental health and substance use conditions in relocating from nursing facilities
- The Pilot involves partnership between state agencies, state universities, local mental health authorities and others.
Relocation Issues: People with MHSA Conditions

- Cognitive challenges
- Societal prejudice
- Housing barriers (e.g., past forensic involvement)
- Lack of social and familial support
- Poverty
- Lack of transportation
- Multiple chronic health conditions (e.g., lung disease, diabetes, heart disease, cirrhosis, etc.)
- Substance abuse and addiction issues
Video: The Institutional Experience
| **Belief in Recovery** | • “You are capable.”
  • “I believe in you.” |
|------------------------|-----------------------------|
| **Individual is the expert** | • They know their mind, body, and spirit best
  • They know what is important to them |
| **Collaborative Relationship** | • “We’re in this together”
  • “What do you think about . . .” |
| **Emphasis on personal choice** | • Person’s right to make their own decisions
  • Goal is to support them in evaluating those decisions |
MFP Services with BH Pilot

- Housing Location Assistance
- Cognitive Adaptation Training
- Substance Use Counseling
- Employment Assistance

Client

- BH Services
- Service Coordination
- Relocation Assistance
- Health and Long Term Services
Pilot BH Services: Duration

- **Pre-Transition Services** – up to 6 months
  - Work with person before discharge

- **Post-Transition Services** – 1 year
  - Work with person in home and community
Common Mental Health Issues
- Depression (47%)
- Bipolar disorder (17%)
- Schizophrenia (10%)

Many participants have 2+ mental health/SUD diagnoses.

Substance abuse disorders (opioids, alcohol, tobacco, other drugs). **One-third** received services for a substance use disorder, although it was identified as a diagnosis for only 2%.

All participants have lived in a nursing home at least three months and meet a nursing facility level of care.
Participant Characteristics

- From 27-89 -- average age 50-60
- Complex needs (mental, physical, social)
- High level of medical vulnerability
- Sense of self and problem-solving skills compromised by institutionalization
Cognitive Adaptation Training (CAT)

- Evidence-based psychosocial intervention
- Uses a motivational strengths perspective to facilitate a person’s initiative and independence
- Provides environmental modifications to help people bypass challenges and organize their lives/homes to enable them to function independently
Individuals with severe mental illness may

- Have difficulty getting started on an activity (seem apathetic), or
- Become easily distracted, and thus have trouble focusing (disinhibited), or
- Have a combination of these challenges
Distractions
Compensating, Not “Curing”

Executive Function
Attention
Memory
Psychomotor Speed

Compensatory Strategies, Environmental Supports

Performance of ADLs
Social Function
Occupational Function

CAT
CAT Intervention Categories

- Hygiene
- Medication Management
- Orientation
- Money Management
- Transportation
- Eating/Nutrition
- Cooking
- Toileting
- Dressing
- Housekeeping
- Social Skills
- Stress Management
- Vocational Skills
Basic Interventions
Choices

A.

B.

C.

D.
Dressing

Apathy  Disinhibition  Mixed
Video – Recovery (Chris)
Substance Use Issues

84% use tobacco / 45% have 2+ active SUDs
SUD Services

- Assessment and person-centered planning
- Individual or group substance abuse counseling
- Tobacco Cessation Counseling
- Motivational Interviewing
- Linkage and transportation to other community services (support groups, activities, etc.)
- Peer Specialists
- 24-hour On-Call Support
- Harm Reduction
- Team approach
To date, more than 425 individuals have transitioned to the community from nursing facilities.

70% of individuals in the pilot have successfully completed a year in the community. Over 65% have remained in the community, for up to 7 years, thus far.

Project findings have been recognized and published in national peer-reviewed and policy journals.

Examples of increased independence include getting a paid job at competitive wages, driving to work, volunteering, getting a GED, teaching art classes, leading substance use peer support groups and working toward a college degree.
Qualitative Measures

- **Quality of Life Scale (QLS)** evaluates symptoms and functioning in areas such as interpersonal relations and routine daily activities.

- **Multnomah Community Ability Scale (MCAS)** measures the functioning of people with chronic mental illness who live in the community.

- **The Social and Occupational Functioning Assessment Scale (SOFAS)** measures an individual’s level of social and occupational functioning resulting from mental and physical health issues.
Quality of Life Scale Outcomes

Quality of Life Scale

Mean Score

Time (in Days)
Functional Outcomes: MCAS

![Graph showing the mean score for MCAS over time in days]
Functional Outcomes: SOFAS

![Graph showing mean SOFAS score over time in days. The graph indicates an increasing trend from 36 days to 730 days. The mean score reaches a peak around 545 days.](image)
Potential Cost / Benefit

• Cost of living in the community under the BHP was 71% of the cost of living in a nursing facility

• It takes only 1.4 months of community residence to recover initial program costs.

• MFP systems are a good investment from both a human and economic perspective
Moving Forward

- Mental health and substance abuse services for people with severe illness and nursing facilities transitioned to managed care.
- 2016-2020: Establish and sustain successful BHP practices in the statewide integrated managed care system
  - Initiating a Center of Excellence at a state university to offer training and technical assistance to MCOs and their networks
  - Developing a learning community to share best practices
Video: A New Beginning
Jim
After three years in the nursing home, he has lived for five years in an apartment or house.
Poker player, Comic Fan, Volunteer & Fiance

Barb
After 30 months in a nursing home, she has lived in an apartment for 3 years.
Life-long Artist & Teacher

Stone
After seven months in the nursing home, she has lived for three years in an apartment.
Artist, Student Nature-Lover

Jerry
After three years in the nursing home, he has lived for four years in apartments.
Chess Player, Reader Friend & Grandfather

Diane
After two years in the nursing home, she has lived for two years in an apartment.
Avid Reader, Cook Sister & Girlfriend

Don
After 14 months in the nursing home, he has lived for four years in an apartment.
Student, Group Leader Pastor in training
Questions & Contact Info

DSHS MFP: https://www.dshs.state.tx.us/mhsa/MFP/

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