

The Impact of COVID-19 on the Delivery of Behavioral Health Services

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Webinar:

THE IMPACT OF COVID-19 ON ALCOHOL USE IN THE UNITED STATES

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Today's Presentation

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1. Treatment Gap
2. Continuum of Services
3. Pandemic Disruption in Service Delivery
4. System Adaptations
5. Looking to a Post-COVID Future

TREATMENT GAP

Need for and Receipt of SUD Treatment*



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21.2 million had a Substance Use Disorder in past year

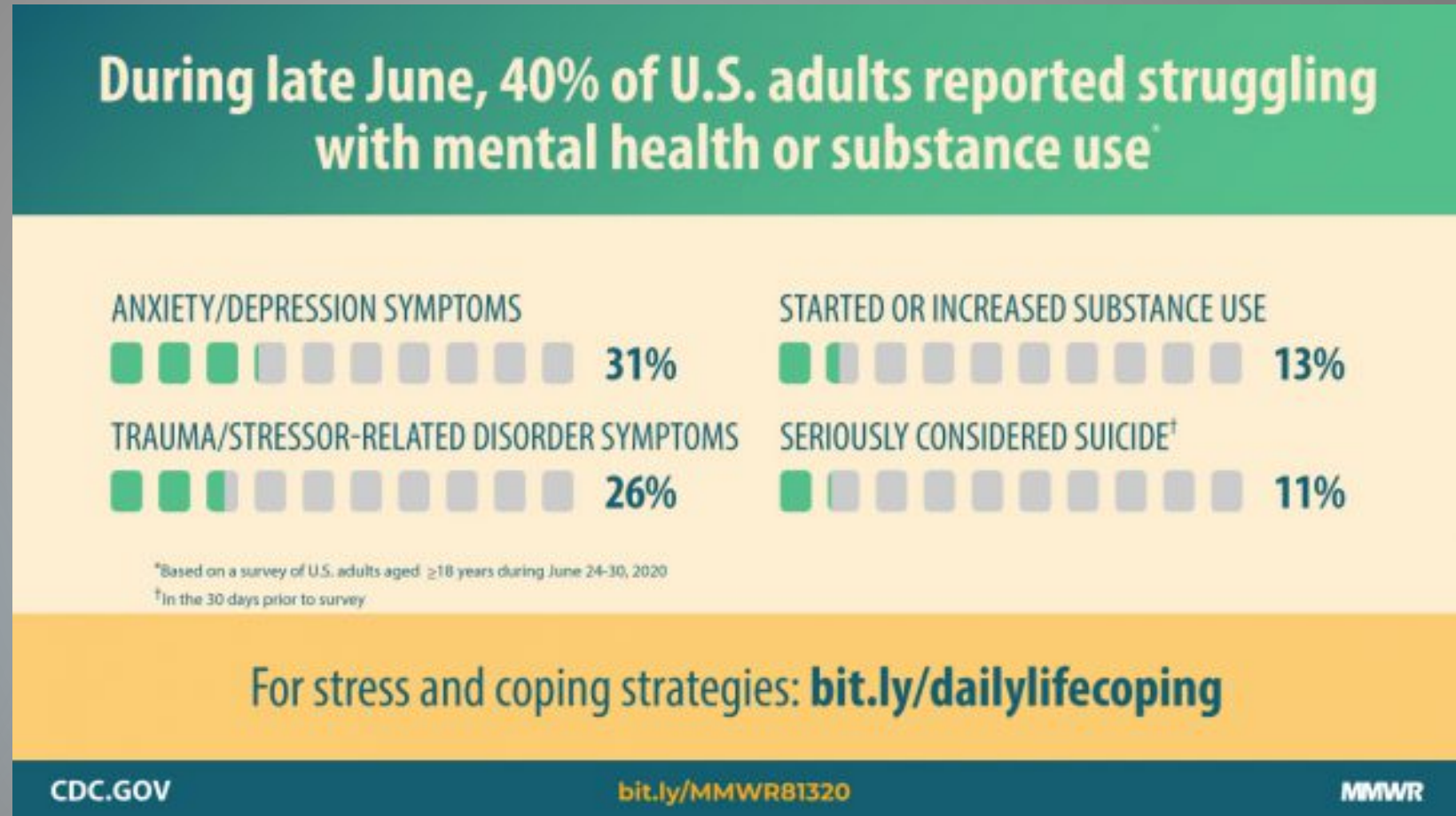
- ▶ 3.7 million received SUD treatment in any location
- ▶ 2.4 million received SUD treatment in specialty setting

LESS THAN 10% receive SUD treatment in a specialty setting

*Of population 12 and older

Mental Health and Substance Use During COVID

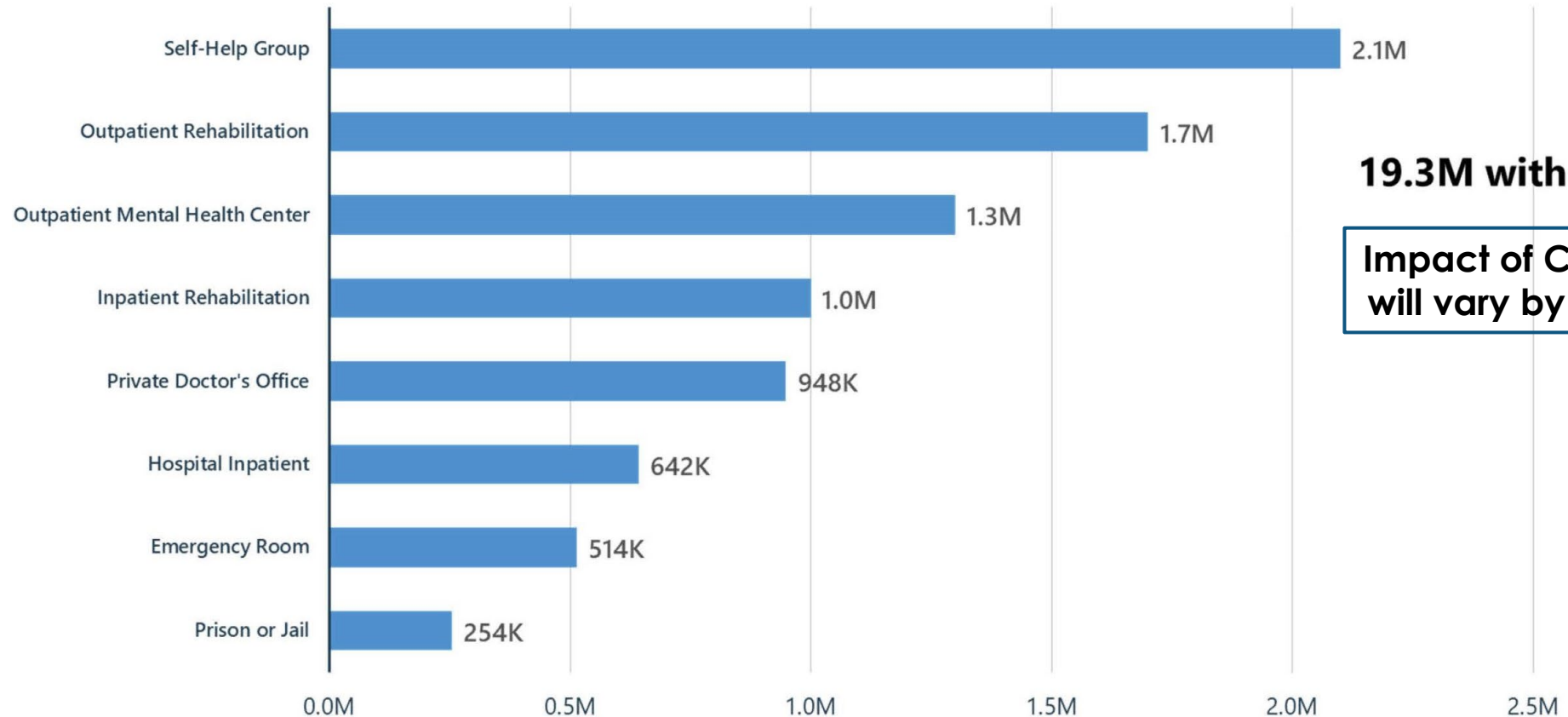
Younger adults, racial/ethnic minorities, essential workers, unpaid adult caregivers experience disproportionately



CONTINUUM OF SERVICES

Locations Where Substance Use Treatment Was Received

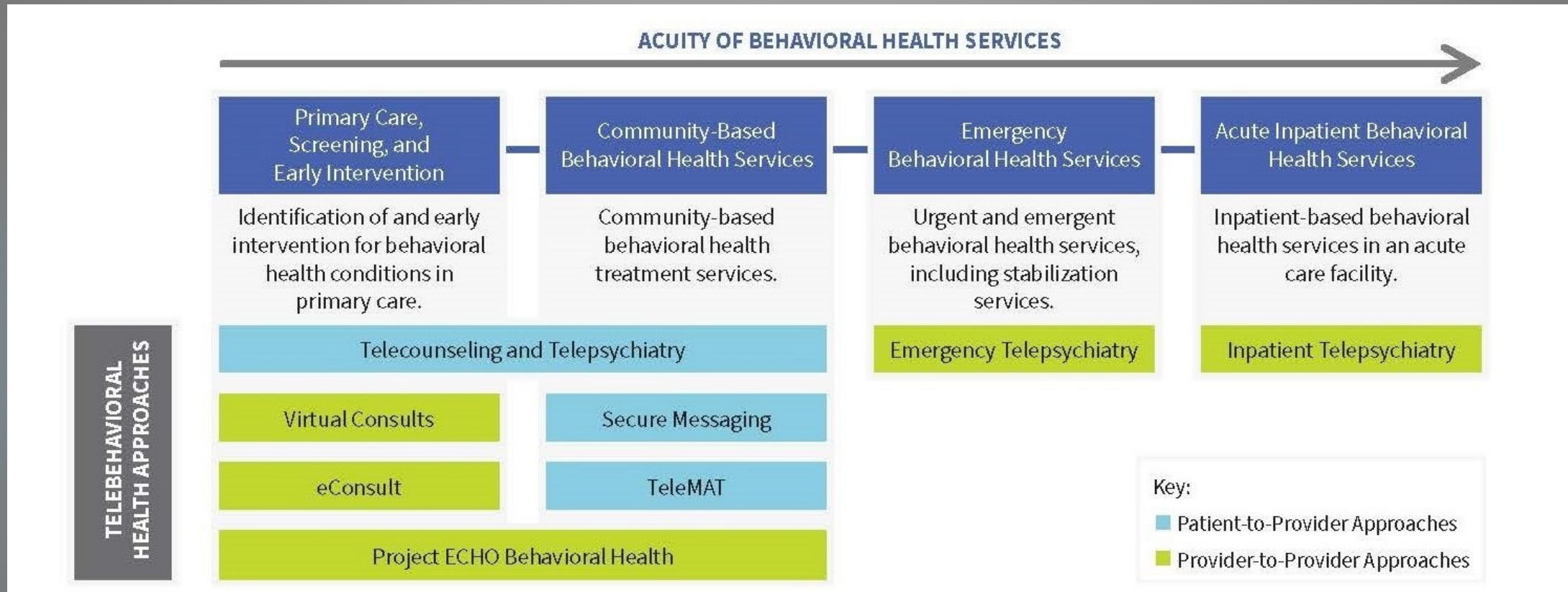
PAST YEAR, 2019 NSDUH, 12+



Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.



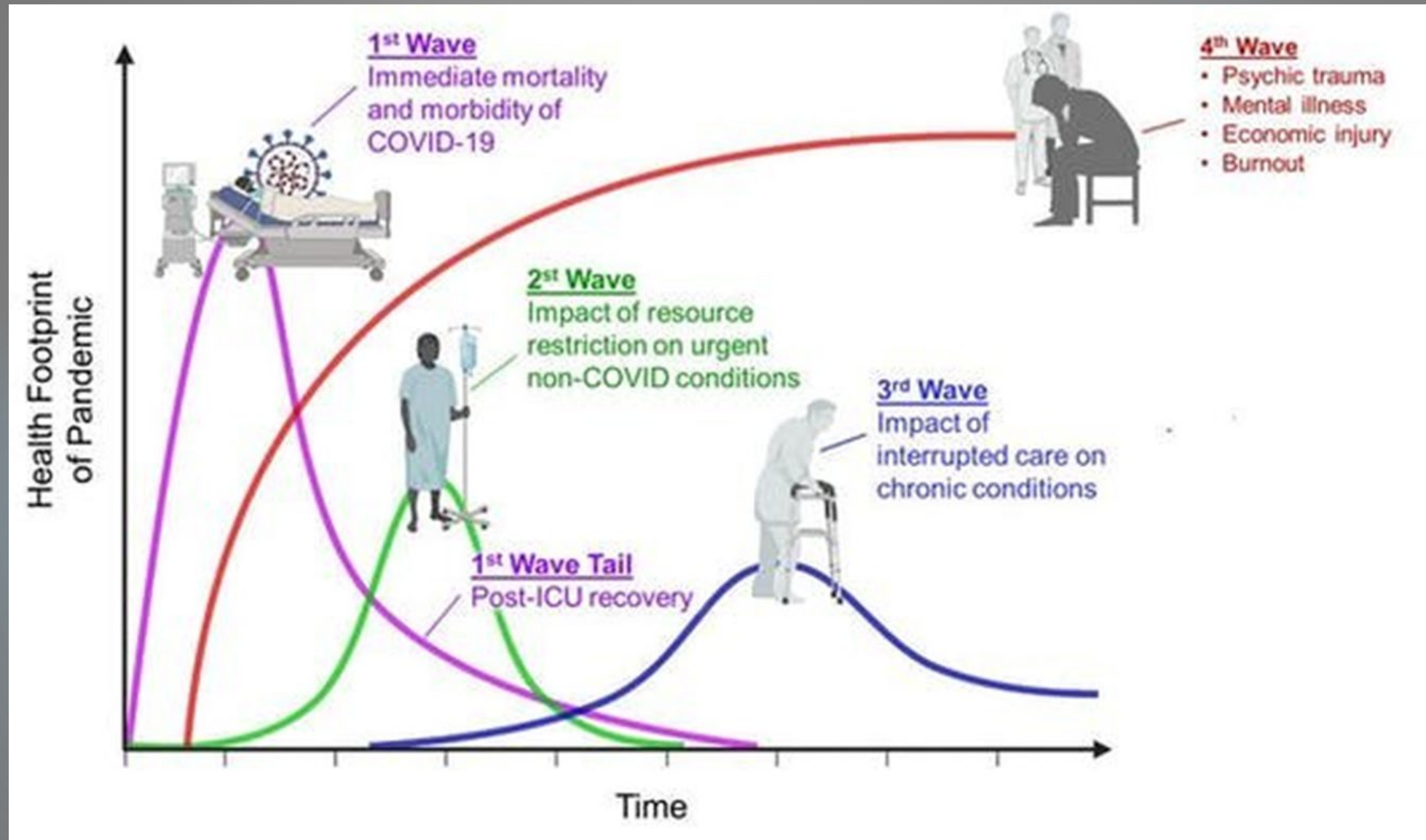
Behavioral Health Continuum of Services and Telehealth



PANDEMIC DISRUPTION IN SERVICE DELIVERY

Four Phases of COVID-19 Pandemic

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Home / News / Healthiest Communities

Coronavirus Pandemic Disrupts Treatment for Another Epidemic: Addiction

Drug rehabs around the country have experienced flare-ups of the coronavirus or financial difficulties related to the pandemic.

By Kaiser Health News, Contributor July 6, 2020, at 10:48 a.m.

- Financial Difficulties
- Coronavirus Positivity
- Reduced Census
- Close or Limit Operations
- Keep Clients and Staff Safe

- Reduced No-Shows
- Delaying Care
- Switch to Telehealth
- Shifting settings

SYSTEM ADAPTATIONS

Shifting Treatment Options/Setting

SAMHA is advising that:

- ▶ **Outpatient Treatment Options**, when clinically appropriate, be used to the greatest extent possible.
- ▶ **Inpatient Facilities and Residential Programs** should be reserved for those for whom outpatient measures are not considered an adequate clinical option. It is recommended that **Intensive Outpatient Treatment Services** be utilized whenever possible.
- ▶ **Comprehensive long term residential treatment programs**, where COVID related precautions can be implemented, remain a viable treatment option when clinically indicated

Switch to Telehealth



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CDC has released guidance on the expanded use of telehealth services.

SAMHSA strongly recommends the use of telehealth and/or telephonic services to provide evaluation and treatment of patients. These resources can be used for:

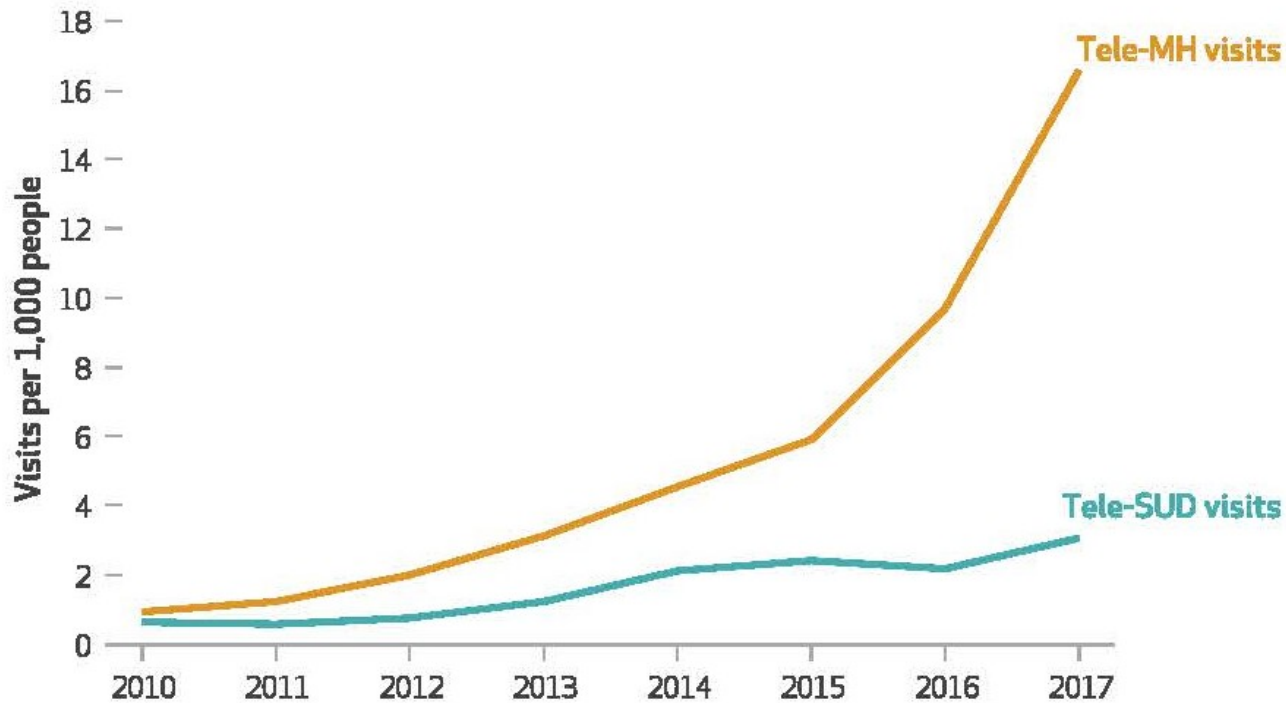
- ▶ Initial evaluations
- ▶ Evaluations for consideration of buprenorphine for OUD
- ▶ Individual or group therapies such as evidence-based interventions including cognitive behavioral therapy for mental and/or substance use disorders

Telebehavioral Healthcare Approach and Description

APPROACH	DESCRIPTION
Telecounseling and Telepsychiatry	Patient connects to a behavioral health provider via phone or video to receive routine counseling or therapy.
TeleMAT	Patient connects via phone, video, and/or secure message to a behavioral health provider to receive Medication Assisted Treatment (MAT).
Secure Messaging	Patient uses a secure messaging platform to communicate with their provider about a behavioral health issue, request a prescription refill, or ask the provider a question.
Virtual Consult	A non-behavioral health provider uses phone or video to connect to a behavioral health provider to discuss a patient case and receive treatment and/or referral guidance. Video is sometimes used to visually assess the patient.
eConsult	A non-behavioral health provider sends a structured and formatted message to a behavioral health provider to ask a question or receive treatment advice for a patient.
Project ECHO Behavioral Health	“Hub-and-spoke” telementoring model that provides community-based providers (“spokes”) with access to specialists at a “hub” via phone and video to conduct virtual case reviews with and discuss treatment recommendations.
Emergency Telepsychiatry	Emergency medicine provider in an emergency department uses phone or video to consult with a remote psychiatrist who assesses the patient and makes treatment plan recommendations to the emergency medicine provider.
Inpatient Telepsychiatry	Inpatient medicine provider in a hospital uses phone or video to consult with a remote psychiatrist who assesses the patient and makes treatment plan recommendations to the inpatient provider.

Telehealth for SUD and Mental Health Services

Telemedicine visits for substance use disorder (tele-SUD) per 1,000 people diagnosed with SUD and telemental health (tele-MH) visits per 1,000 people diagnosed with mental illness, 2010-17



SOURCE Authors' analysis of claims data for 2010-17 from the OptumLabs Data Warehouse. **NOTE** Tele-SUD visits had a primary diagnosis of SUD, and tele-MH visits had a primary diagnosis of mental illness.

LOOKING TO A POST-COVID FUTURE

Enhancing Adoption of Telehealth

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- ▶ **Prior to COVID-19 limited spread of telehealth for SUD**
 - ❑ Federal and state regulations
 - ❑ Insurance reimbursement
 - ❑ Patient and provided preferences
- ▶ **During COVID-19 major regulatory and reimbursement policy changes have reduced barriers to use of telehealth**
 - ❑ Most apply only under current public health emergency
 - ❑ Allows multiple technologies (i.e., telephone or video)
 - ❑ Rates of payment for services delivered via telehealth the same as traditional in person methods



Behavioral Health System Transformation

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COVID-19 has profoundly altered access to and delivery of behavioral health services across the US.

- ▶ Will the demand for traditional behavioral health services return?
- ▶ Do and will the regulatory and reimbursement changes need to be maintained ?
- ▶ What has been the impact on quality and patient outcomes?
- ▶ Will telehealth be a supplement or substitute for in-person care?

What will the **new “normal”** look like?

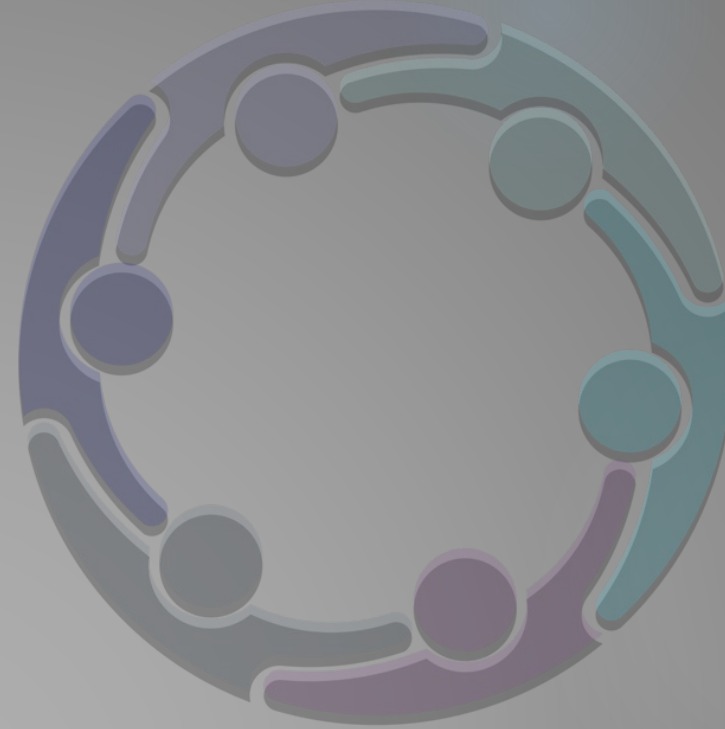


Impact of COVID-19

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Challenges and Opportunities

- ▶ Patients/Consumers
- ▶ Providers
- ▶ Payers



Working together to improve the delivery of behavioral health services

References (selected)

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A wooden signpost with four directional signs: HELP, SUPPORT, ADVICE, and GUIDANCE, set against a blue sky with clouds.

THANK YOU!

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