

Behavioral Health Services ***Focusing on: Anxiety &*** **Depression**

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Beacon Health Options

Behavioral Health is defined as both acute and chronic psychiatric and substance use disorders as referenced in the most recent Diagnostic and Statistical Manual of Mental Disorders (DSM) of the American Psychiatric Association.

Information is available through [Beacon](#) on Behavioral Health benefits and services such as:

- Locating Behavioral Health Providers
- Making an urgent appointment
- Arranging an appointment in a timely manner
- Checking a Member's benefits and eligibility

Performance Improvement Project

Goal Statement

- To reduce potentially preventable emergency department (ED) visits and inpatient (IP) stays among patients/Members with anxiety and/or depression through improved medication management among primary care Providers (PCPs) and improved treatment for Behavioral Health (BH) conditions

Target Population

- Include all patients/Members who have a diagnosis of Anxiety or Depression identified by the CMS Chronic Conditions Warehouse algorithms
- Complex Needs = three (3) or more ED visits AND two (2) or more IP stays

Performance Improvement Project (PIP)

PIP Outcome Measures

- Reduce high utilization among patients/Members who have Anxiety or Depression
- Reduce Potential Preventable ED Visits (PPVs) among Members
- Reduce Potential Preventable Admissions (PPAs) among Members

Access the Texas Providers tool kit: [Texas Provider Toolkit](#)

PIP Interventions

Support High Volume Primary Care Providers (PCP)

- Depression & Anxiety Screening and Scoring in [Texas Primary Care Toolkit](#)

Support Members

- Reduce stigma, offer other avenues of treatment other than EDs; informational brochures from online toolkit

Proactive Outreach to Members with Complex Needs

- Each plan will identify Members meeting criteria
- Continue to monitor Members meeting criteria

Connecting Members with Beacon

- Physicians should use screening tools (i.e., PHQ-2 & 9, GAD-7) in Beacon's Texas Primary Care Toolkit at each appointment with patient/Member to determine if they screen positive for anxiety and/or depression
- Should a patient/Member have a positive outcome, they can be directed to contact Beacon at 855-481-7045 to be connected with a behavioral health professional
- You can also start the process on a Member's behalf by filling out the [PCP Behavioral Health Recommendation Form](#)
- If a patient/Member is in crisis and appears to be an imminent threat to themselves or someone else, *Beacon recommends that your crisis call protocols be observed and 911 be called immediately*
 - Beacon has licensed behavioral health clinicians available 24-7 by phone to assist in assessing and triaging patient/Members

Performance Improvement Project APM HEDIS

Goal Statement

- To increase the metabolic monitoring of members prescribed antipsychotic medications

Target Population

- Members aged one (1) through seventeen (17) with at least two dispensing dates of antipsychotic medications
- There must be at least one Glucose lab test AND one LDL-C lab test

Performance Improvement Project APM HEDIS

What can Providers do to improve APM rates?

- Document patient's response to medication
- Document lab results and any action that may be required
- Use supplemental lab data to update medical records when applicable
- Monitor the glucose and cholesterol levels of children and adolescents on antipsychotic medications
- Monitor children on antipsychotic medications to help to avoid metabolic health complications such as weight gain and diabetes
- Establish a baseline and continuously monitor metabolic indices to ensure appropriate management of side-effects of antipsychotic medication therapy

Resources:

[Metabolic Monitoring for Children and Adolescents on Antipsychotics \(APM\) Measure](#)

[Beacon Health Options](#)

Performance Improvement Project APP HEDIS

Goal Statement

- The percentage of children and adolescents age one (1) through seventeen (17) with a new prescription for an antipsychotic medication that had documentation of psychosocial care as their first-line treatment

Target Population

- Members dispensed their first antipsychotic medication
- Which members are excluded
 - Members with at least one inpatient encounter or two (2) outpatient encounters with a diagnosis of schizophrenia, schizoaffective disorder, bipolar, other psychotic disorder, autism or other developmental disorder

Performance Improvement Project APP HEDIS

When does a Member “Pass” the measure?

- When there is documentation of psychosocial care in the 121-day period from ninety (90) days prior through thirty (30) days after the medication is dispensed

What can Provider's do to improve APP rates?

- When prescribed, antipsychotic medications should be part of a comprehensive, multi-modal plan for coordinated treatment that includes psychosocial care
- Psychosocial care, which includes behavioral interventions, psychological therapies and skills training, among others, is the recommended first-line treatment option for children and adolescents diagnosed with nonpsychotic conditions such as attention-deficit disorder and disruptive behaviors

Performance Improvement Project APP HEDIS

- Periodically review the ongoing need for continued therapy with antipsychotic medications
- Assess the need for Case Management and refer if necessary
- Ensure progress notes are complete and accurate

Resources:

[Psychological Care for Children and Adolescents on Antipsychotics \(APP\) Measure](#)

Child Psychiatry Access Network (CPAN)

What is CPAN?

- One-fourth to one-third of the pediatric cases you see each day involve mental health concerns
- You may not feel adequately trained to address these issues and, even if you do, they can be very time-consuming
- The Texas Legislature funded CPAN to offer you free consultation and continuing education to help improve the quality of care you are able to offer pediatric patients with mental health concerns

Child Psychiatry Access Network (CPAN)

What are the Goals of CPAN?

- For individual Primary Care Providers
 - Prompt access to a child Psychiatrist for phone consultation on medication questions, including follow-ups
- For practices that have Behavioral Health Clinicians
 - Expert consultation on difficult cases
- For pediatric health homes
 - Help to fully incorporate behavioral services into the practice through access to a child psychiatrist
- For patients needing specialized care
 - Help to identify resources for evaluation and ongoing care

For more information please visit [Beacon Health Options](#).

Beacon Health Options Member Services

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Website: <https://www.beaconhealthoptions.com/providers/dashboard/>

Questions regarding PIP:

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