



Office of Senator Cindy F. Friedman  
Chair, Joint Committee on Health Care Financing  
Fourth Middlesex District

## *A PRESENTATION BY SENATOR CINDY FRIEDMAN*

November 4, 2019

# STATE POLICY PERSPECTIVES ON MENTAL HEALTH & SUBSTANCE USE DISORDER

# THE STATE STATISTICS DRIVING POLICY

- >1 million MA adults have a diagnosable mental illness/behavioral disorder (21% of adults).
- Half a million MA adults have a substance use disorder (10% of adults).
- 5 opioid overdose deaths per day in Massachusetts
- Among Massachusetts youth (12-17 years old):
  - 50,000 suffer from severe major depression
  - 21,000 have a substance use disorder
- ***Among adults and children in Massachusetts with mental health challenges, fewer than half receive any treatment.***

Sources: <https://www.mhanational.org/issues/mental-health-america-all-data>

[https://www.mass.gov/files/documents/2019/08/21/Opioid-related-Overdose-Deaths-among-MA-Residents-August-2019\\_0.pdf](https://www.mass.gov/files/documents/2019/08/21/Opioid-related-Overdose-Deaths-among-MA-Residents-August-2019_0.pdf)



# STATE STATISTICS....continued

## **Comorbidity → med/surg + behavioral health (BH)**

- 45% of adult med/surg inpatients in MA have a co-occurring BH condition
  - 31% longer inpatient stays than those w/o BH condition (5.5 days vs. 4.2)
  - Readmission rate nearly double of those w/o BH condition

## **Co-morbidity → SUD + other mental illness**

- Those with SUD are twice as likely to have other mental illness
- Those with mental illness are twice as likely to have co-occurring SUD

## **Jail and prison populations**

- High rates of mental illness/BH conditions, SUD, and comorbidity (estimates vary)

Sources: <https://www.drugabuse.gov/sites/default/files/rrcomorbidity.pdf>  
[https://www.mass.gov/files/documents/2019/07/10/PrisonPopTrends\\_2018\\_Final.pdf](https://www.mass.gov/files/documents/2019/07/10/PrisonPopTrends_2018_Final.pdf)



# CHALLENGES IMPACTING ACCESS TO CARE

Inadequate enforcement of mental health parity

Limited integration of care

Criminalization of mental illness & SUD

Low reimbursement rates

Workforce crisis

Persistent stigma



# LEGISLATIVE STRATEGIES: ENFORCEMENT OF MENTAL HEALTH PARITY

 Filed a bill to address mental health parity implementation

 Filed a bill requiring that medical necessity for acute mental illness treatment be determined by clinicians, not insurers

 Addressed “ghost networks” - bills passed in Senate and House; expect final enactment this session



## LEGISLATIVE STRATEGIES: ENCOURAGING INTEGRATION OF CARE

- ✓ Enhanced licensing authority at DMH and DPH to ensure we're building capacity to treat co-occurring mental illness and SUD
- ? Looking at models of integration of primary care and behavioral health care – what are best levers to support adoption?



# LEGISLATIVE STRATEGIES: DE-CRIMINALIZING MENTAL ILLNESS & SUD

- ✓ Created a Middlesex County Restoration Center Commission
- ✓ Established a center for police training in mental health crisis intervention
- ✓ Now providing MAT treatment for SUD in corrections facilities
- 📄 Treatment, not imprisonment for pre-trial or probation drug use (bill filed)



# LEGISLATIVE STRATEGIES: ADDRESSING LOW REIMBURSEMENT RATES

- ✓ Established a commission to create updated taxonomy of behavioral health & SUD clinician specialties – to be used by insurers to update coding for reimbursement
- 📄 Filed a bill to let behavioral health/SUD providers collectively bargain with insurance carriers, shielding them from antitrust laws
- ? Looking at Governor's proposal to shift health care \$\$ to primary care and behavioral health



# LEGISLATIVE STRATEGIES: ADDRESSING WORKFORCE CRISIS

- ✓ Enacted limits on insurers' retroactive “clawbacks” of payments to providers
- ✓ \$2 million in FY20 budget for loan forgiveness program for mental health professionals
- 📄 Filed a bill to create a Behavioral Health Workforce Commission



# LEGISLATIVE STRATEGIES: REDUCING STIGMA; SUPPORTING EVIDENCE-BASED CARE

- ✓ \$5 million in FY20 budget for evidence-based harm reduction strategies for SUD
- ✓ \$500,000 in FY20 budget for a DPH public awareness campaign to reduce stigma around mental health
- ✓ Section 35 – Now require that all facilities for civil commitments offer MAT for SUD
- 📄 Section 35 – filed bill to move civil commitments out of correctional facilities
- 📄 Drafting legislation to pilot safe consumption





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# QUESTIONS/DISCUSSION