

ESSENTIAL HEALTH BENEFITS PUBLIC HEARING OF July 31, 2012

The Coalition for Whole Health EHB Consensus Principles and Service Recommendations*

Benefit Recommendations:

It is critically important that the EHB package is designed in a way that ensures that the MH and SUD needs of children, youth, adults, and elderly persons are well met. As national organizations working to ensure the ACA is effectively implemented for people with SUD and MH service needs, we offer the following specific recommendations to ensure adequate coverage for MH and SUD conditions:

Mental Health and Substance Use Disorder Services

- Outpatient treatment
To include all services traditionally covered by insurance, such as assessment, treatment planning, laboratory services, individual, group and family evidence-based psychotherapy services, appropriate medication prescribing and monitoring. Outpatient treatment should also cover screenings, referral, and ambulatory detoxification
- Inpatient hospital services
To include all services traditionally covered by insurance, including detoxification and psychiatric stabilization services
- Intensive outpatient
To include all intensive outpatient and partial hospital services traditionally covered by insurance for the treatment of substance use disorders
- Intensive home-based treatment
To include all services traditionally covered by insurance for children and adults with serious mental illness and/or substance use disorders, such as counseling, behavior management, and medication management

- Crisis services
To include emergency room crisis intervention, stabilization, and mobile crisis services
- Residential substance use disorder treatment
To include all services traditionally covered by insurance related to residential substance use disorder treatment (sub-acute treatment) that correspond to the American Society of Addiction Medicine's level III of care

Prescription Drugs

Prescription drug coverage must include coverage for all medications approved for the treatment of mental illness and substance use disorders

Rehabilitative and Habilitative Services and Devices

- Psychiatric rehabilitation skills training and other services
To include all services traditionally covered by insurance, including skills training to address functional impairments, furnished in any appropriate setting, and also to include rehabilitation services designed to avoid institutional placement for children and adults with severe mental illness, such as therapeutic foster care
- All clinically appropriate treatments for eating disorders
- Recovery support services, including peer support and coaching

Pediatric Services

- Prevention, Early Identification, and Treatment
Age appropriate outpatient, inpatient, and home-based pediatric mental health and substance use disorder prevention services, screenings, treatment, recovery and rehabilitative services, so as to provide equivalent coverage to that for adults

Preventive and Wellness Services

- Home visiting programs
Evidence-based home visiting for caregivers, infants and toddlers
- Wellness Services

Consumer and family education on maintaining healthy weight, good nutrition, substance use prevention, and other aspects of a healthy lifestyle, including wellness

- Prevention services including those required by the ACA, and suicide and drug screenings for adults
- Individuals and families, across the lifespan, should have coverage to receive education and skills training about preventing, treating, and recovering from substance use and/or mental disorders.

Chronic Disease Management

- Comprehensive care management
Intensive case management for persons with severe mental illness and substance use disorders
- Care coordination and health promotion
Including care coordination services for children, adults, and elderly persons with mental illness and substance use disorders
- Patient and family support
Including education and self-management assistance for persons with severe mental illness and substance use disorders
- Appropriate referral to community and social support services

The Coalition for Whole Health brings together advocates from the mental health and substance use disorder fields for a united force working toward the best care under the Affordable Care Act. More than 100 organizations are members.

Mental Health America of Colorado and the National Alliance on Mental Illness Colorado prefer that Options A or D or E be chosen for the essential health benefits benchmark plan.