



WEST VIRGINIA INTEGRATED BEHAVIORAL HEALTH CONFERENCE

Cultural Competence in providing Prevention within Behavioral Health Services

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Objectives

This session will provide participants with:

- Cultural competence methods to provide prevention in behavioral health services.
- Learn how prevention is a critical component of the Affordable Care Act.
- The role of behavioral health services in the law.



Institute of Medicine: Unequal Treatment (2002)

The Washington Post, March 23, 2002

“The Health Care Gap”

“Income and Race-based inequities are a sad fact in more than one facet of American life. History has shown how hard they are to overcome. But this week's report paints a picture that cannot be ignored.”



Mental Health: Culture, Race and Ethnicity, the Surgeon General's Report (2001)

Ethnic & Racial Minorities:

- Less access to, & availability of, behavioral health services
- Less likely to receive needed behavioral health services
- Less likely to receive high quality behavioral health care
- Underrepresented in behavioral health research
- Experience a greater burden of disability





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Cultural Competence Methods in Prevention

Cultural Competence

“A set of behaviors, attitudes and policies that come together in a system, agency , or program or among individuals, enabling them to function effectively in diverse cultural interactions and similarities within, among and between groups”

U.S. Dept. of Health and Human Services



SAMHSA's Strategic Prevention Framework (SPF)

Effective capacity building process

Required by SAMHSA and used by many others

Gives a roadmap based on research, data, and evidence

Decisions can be evaluated through data-driven measurement



Key Principles of the Strategic Planning Framework

- Strategic planning process
- Data used throughout the process to inform decisions
- Outcomes-based programming
 - Population level changes in consumption and consequences
- Public health approach
 - Agent
 - Host
 - Environment



SAMHSA's

Strategic Prevention Framework

Supports Accountability, Capacity, and Effectiveness



Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Mobilize and/or build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

Monitor, evaluate, sustain, and improve or replace those that fail



Cultural Competence and Assessment

- Involving representatives across sectors
- Collecting information in *culturally* appropriate ways
- Looking in your own backyard



Cultural Competence and Assessment

- Use a culturally competent evaluator
- Gain input and approval of the community for data collection and analysis
- Work with the community consistently
- Formulate culturally based assumptions of change:
 - Identify change from community perspective



Cultural Competence and Capacity

- Broad cultural representation is key to sustaining effective programming efforts in the long-term.
- Develop a cultural outreach policy
- Deliberately assess cultural competence as part of current capacity evaluations



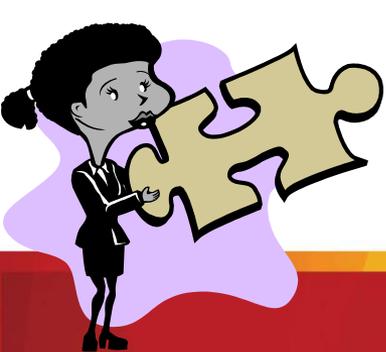
Cultural Competence and Planning

- The process is reflective of the interests of the priority population.
- Identify some of the cultural beliefs and attitudes including diverse sub-populations.
- Include for cultural elements i.e. language, attitudes, rites of passage, gender roles, values, norms, customs, etc.
- Be aware of cultural considerations in the adaptation of evidence-based approaches



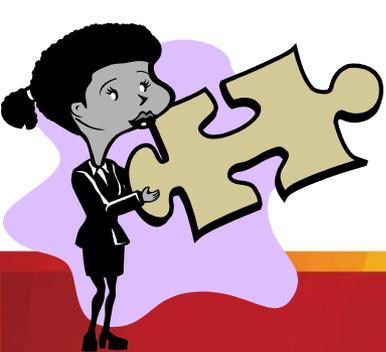
Cultural Competence and Implementation

- During program intervention process, consider cultural factors.
- Interventions demonstrate effectiveness within communities of culture.
- Gauging what the community input about the interventions before you implement.
- Make sure other subcultures have been considered during your selection process.



Cultural Competence and Evaluation

- Make sure the community is represented in the entire evaluation process
- Ensure that data collection tools reflect community culture
- Share outcomes with community members so that they can become champions of your efforts



Developing a Culturally Competent Prevention System

- Multi-dimensional/multi-leveled process
- System Level
- Organization Level
- Program Level
- Individual Level



Cultural Competence at the Systems level

- State Agency Leadership
- Articulate the Policy Vision
- Strategic Planning and Fiscal Alignment
- Ignite Interest
- Statewide Multicultural Advisory
- Create Accessible Framework
- Accountability: Standards, Contracting and New Initiatives
- Assuring Provider Plan Development



Cultural Competence at the Organizational Level

- Executive level support
- Cultural Competence committee
- Organizational cultural competence assessments
- Cultural competence plans
- Monitor utilization & outcomes by race/ethnicity
- Culturally & linguistic competence
- Ongoing staff training & supervision
- Connections to community & natural supports
- Client satisfaction surveys



Cultural Competence at the Individual Level

- Multidimensional, culturally relevant assessment
- Flexible roles and boundaries
- Questioning your cultural level
- Awareness of differences in cultural norms
 - individualism vs. collectivism
- Willingness to relinquish control and foster client direction
- Client assessment of provider cultural competence





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Prevention and Affordable Care Act

Affordable Care Act

- Starting October 1, 2013, consumers in all states:
 - choose affordable health insurance options through a new Health Insurance Marketplace.
- Some states are setting up:
 - State-based Marketplace,
 - State Partnership Marketplace
 - Remaining states will have a Federally-facilitated Marketplace



10 Standard health care benefits

- Preventive and Wellness
- Services & Chronic Disease Management
- Prescription Drugs
- Outpatient Services Hospitalization
- Mental Health & Substance Abuse Services
- Physical & Occupational Therapy Services and Supports
- Emergency Services Laboratory & Imaging Services
- Maternity & Newborn Care Pediatric Services including oral and vision care



Prevention and Wellness

- More people insured, with preventive and primary care coverage, leading to less uncompensated care
- Work with the community to advocate and provide incentives for smoking prevention, healthy eating, exercise, and reduction of substance abuse.
- Develop multi-sector partnerships, utilize key stakeholder resources (worksites, schools, etc.)



Prevention and Wellness

- Align policies to provide community-based support for all who wish to make health-related behavior change.
- Integrate healthcare and publicly available community-level data utilizing GIS mapping
- Determine where and for whom health-related strategic community-level prevention health promotion and disease-management support interventions would be most useful.



Prevention and Wellness

- Grants/contracts to support medical homes through:
 - Community Health Teams increasing access to coordinated care
 - Community-based collaborative care networks for low-income populations
 - Primary Care Extension Center program providing technical assistance to primary care providers
- Scholarships, loan repayment, and training demonstration programs to invest in primary care physicians, **midlevel providers, and community providers**
- \$11 billion for Federally Qualified Health Centers, 2011–2015, to serve 15 million to 20 million more patients by 2015



Prevention and Wellness

- Private insurance plans have to cover certain recommended preventive services, like cancer screenings
- Insurance companies are required to offer these services free to patient - without deductible, coinsurance, or copayment charges
- Law ensures many free preventive health services for children, including many vaccines



Prevention and Wellness

- People on Medicare can get a free wellness visit and personalized prevention plan each year
- Coverage of preventive services in private insurance and Medicare, including SBIRT, without cost-sharing and with a financial incentive to do the same in Medicaid
- No copayment, deductible, or coinsurance charges for recommended preventive services



Prevention and Wellness

- Prevention Trust Fund
- National Prevention Strategy
- Establishes a community-based prevention and wellness grant program to fund pilot programs for those 55 to 64 years of age
- Establishes a national public/private outreach and education campaign re: prevention





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Behavioral Health and Affordable Care Act

What's in Affordable Care Act for Behavioral Health?

- Expands Medicaid to 133% FPL—an estimated 16 million new enrollees, of which 1/3 are likely to have MI/SUD service needs
- Focus of grant dollars will be for community prevention, wellness, and support services
- Changes in Medicaid to assist youth to maintain coverage in times of transition will provide funding source, but still does not address other transition issues



What's in Affordable Care Act for Behavioral Health?

- Prevention research programs and national prevention plans
- Coverage of preventive services in benefits packages
- There will be an increased focus on telemedicine, which will facilitate mental health services and collaborative efforts from a distance, through the use of telecommunication technologies.



What's in Affordable Care Act for Behavioral Health?

- Increase in insurance coverage better access to care, and controlled costs.
- Mental illness can no longer be considered “pre-existing conditions,” which used to limit health insurance coverage.
- National goals have been set to identify and reduce mental health care disparities in the U.S.



What's in Affordable Care Act for Behavioral Health?

- State Health Homes will be made available for individuals recovering from substance abuse and mental health disorders.
- School-based mental health programs will be initiated for child mental health care.
- Grants will be allocated exclusively for training more mental health care professionals.



What's in Affordable Care Act for Behavioral Health?

- No-cost and low-cost preventative screenings will include mental health services
- Forces insurers and medical facilities to include mental health care as a part of general care services covered.
- Qualified Health Plans (QHPs) network of providers including those specializing in MH and SA
- Home visiting program through HRSA



Next Steps

- Develop an action plan
- Include others in the plan (culturally inclusive)
- Identify resources needed for each step
- Learn the provisions of the ACA
- Implement/Revise/Implement



Discussion/Questions

Thank you!

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