



The PsychU Guide To The Utah Mental Health System

This resource is provided for informational purposes only and is not intended as reimbursement or legal advice.

You should seek independent, qualified professional advice to ensure that your organization is in compliance with the complex legal and regulatory requirements governing health care services, and that treatment decisions are made consistent with the applicable standards of care.

Except as otherwise indicated, the information provided is accurate to the best of Otsuka's knowledge as of December 2017.

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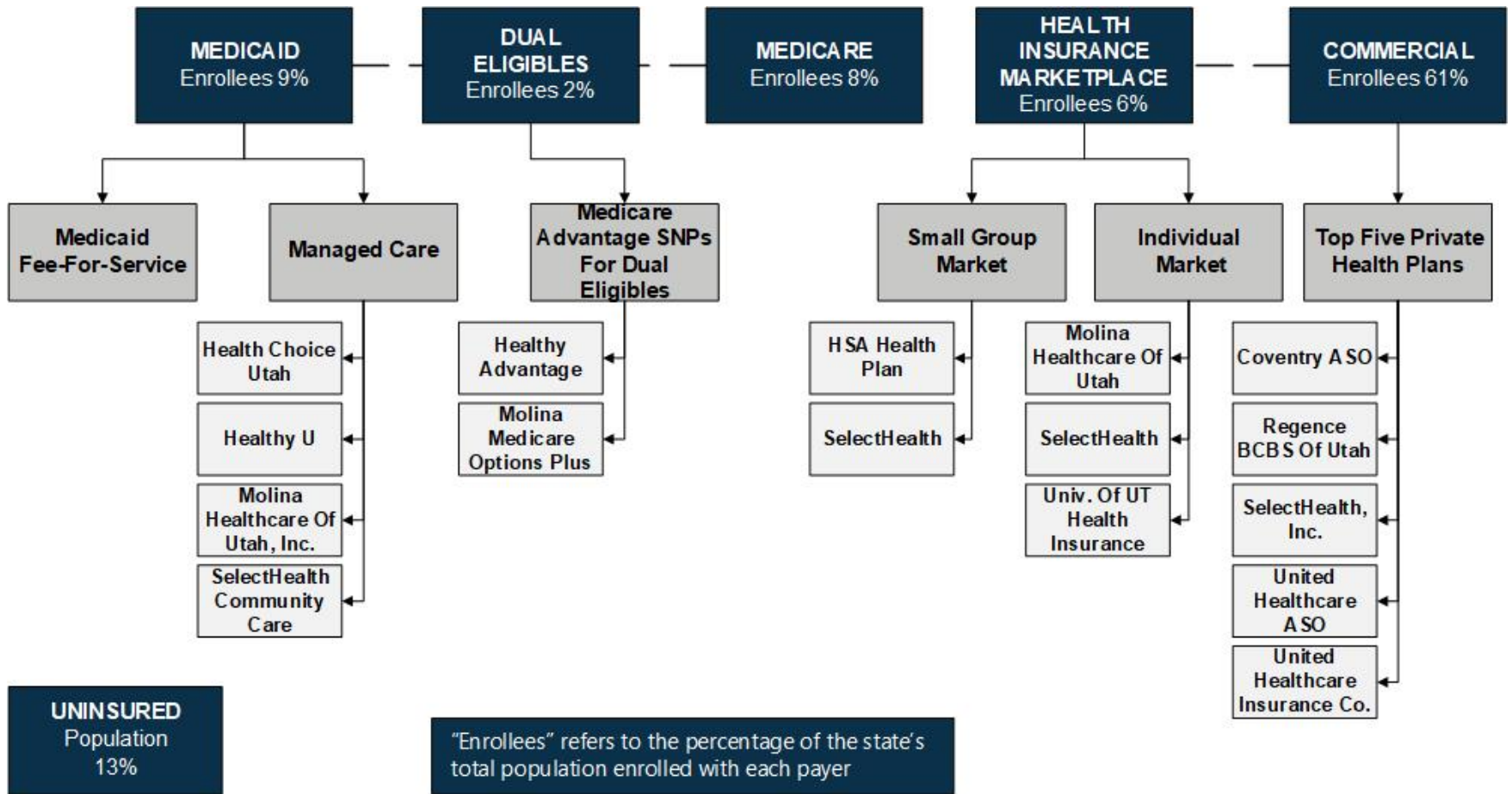
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Appendix A: Sources

ACO = Accountable Care Organization
BH = Behavioral Health
DSAMHG = Division Of Substance Abuse & Mental Health Governance
FFS = Fee-For-Service
MCP = Managed Care Program
PCN = Primary Care Network
PMHP = Prepaid Mental Health Plans
SMI = Serious Mental Illness

A. UTAH HEALTH CARE MARKETPLACE OVERVIEW

1. Physical Health Care Coverage Map



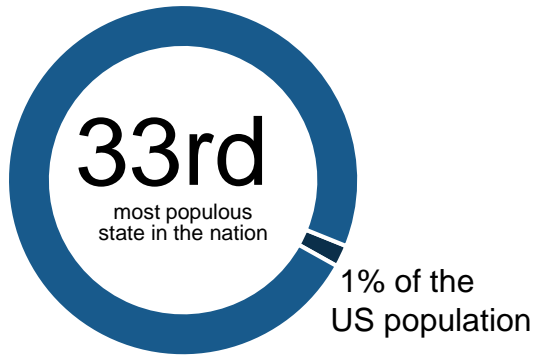
ASO = Administrative Services Only
BCBS = Blue Cross Blue Shield

HSA = Health Savings Account
SNP = Special Needs Plan

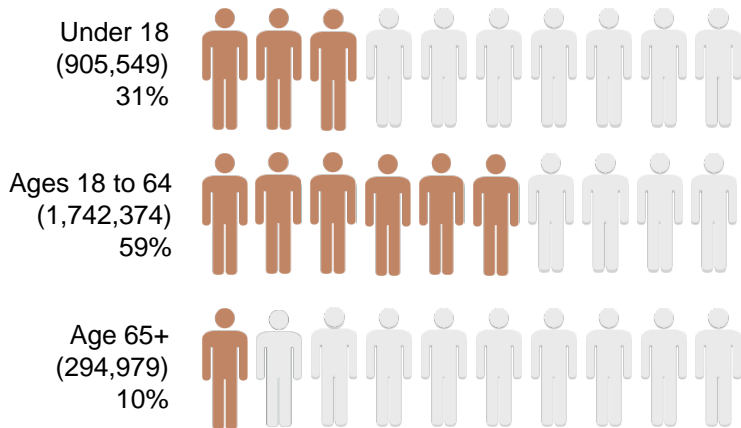
UT = Utah

2. Population Demographics

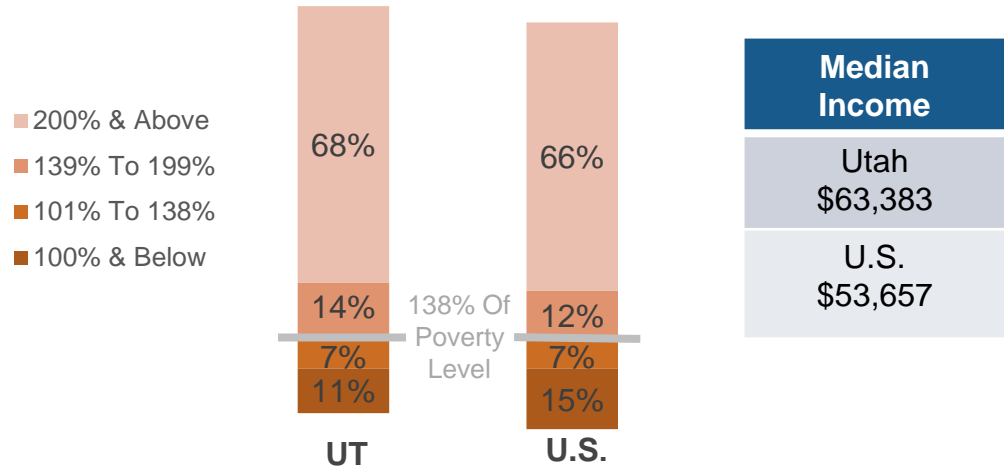
Total Utah Population – 2,942,902
 SMI Population – 105,876



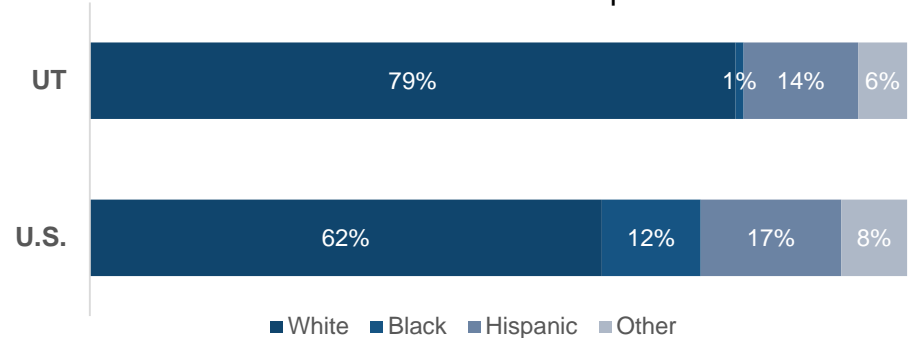
Population Distribution By Age



Population Distribution By Income To Poverty Threshold Ratio

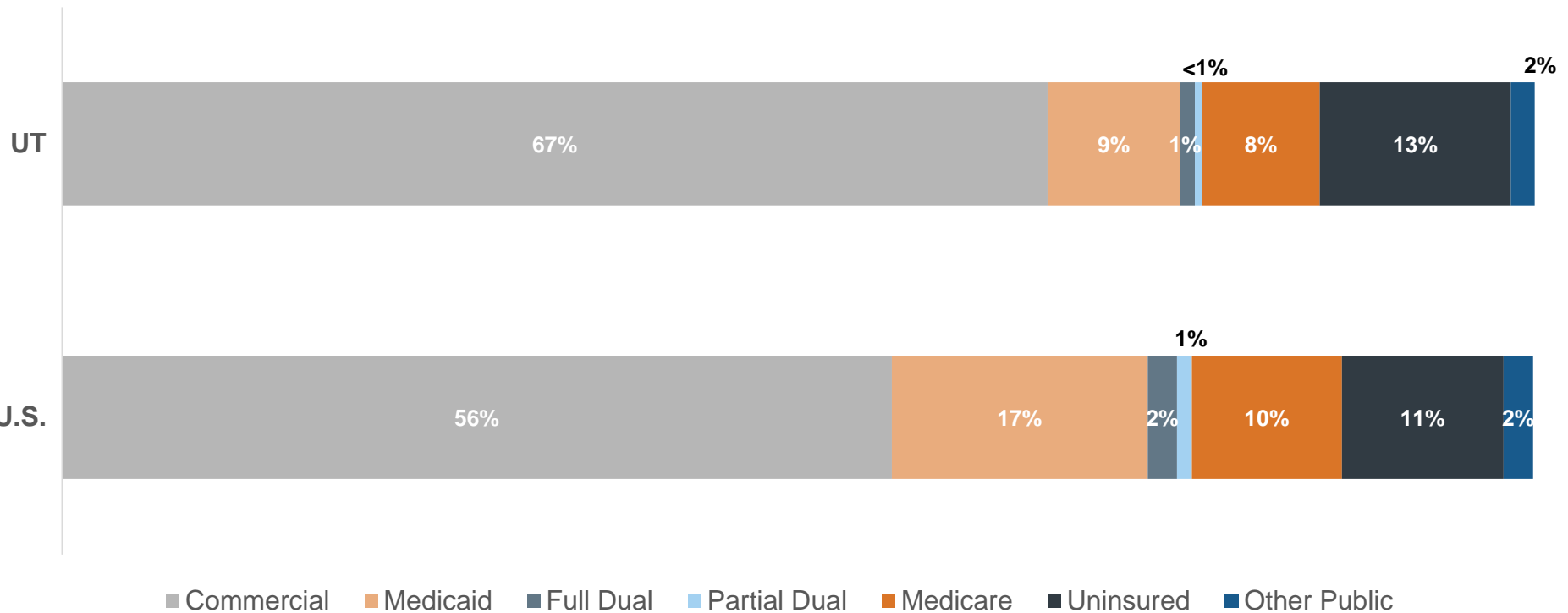


Utah & U.S. Racial Composition



SMI = Serious Mental Illness

3. Population Distribution By Payer: United States v. Utah



4. Largest Health Plans By Enrollment

Plan Name	Plan Type	Enrollment*
SelectHealth, Inc.	Commercial	630,330
Regence BlueCross BlueShield Of Utah	Commercial	300,157
Medicare FFS	Medicare	225,237
Coventry	Commercial ASO	101,998
Select Health Community Care	Medicaid Managed Care	94,398
UnitedHealthcare Insurance Company	Commercial ASO	85,576
TRICARE	Other Public	75,296
Molina Healthcare Of Utah, Inc.	Medicaid Managed Care	74,593
UnitedHealthcare Insurance Company	Commercial	73,507
UnitedHealthcare Of Utah, Inc.	Medicare	62,826

*Medicaid as of August 2017; Medicare as of April 2017; TRICARE as of February 2017; Commercial as of 4th quarter 2016

ASO = Administrative Services Only
FFS = Fee-For-Service

5. Largest Health Plans By Estimated Serious Mental Illness (SMI) Enrollment

Plan Name	Plan Type	Enrollment*	Estimated SMI Enrollment
Medicare FFS	Medicare	225,237	32,209
SelectHealth, Inc.	Commercial	630,330	14,939
UnitedHealthcare Of Utah, Inc.	Medicare	62,826	8,984
Regence BlueCross BlueShield Of Utah	Commercial	300,157	7,114
SelectHealth Community Care	Medicaid Managed Care	94,398	5,248
TRICARE	Other Public	75,296	4,217
Molina Healthcare Of Utah, Inc.	Medicaid Managed Care	74,593	4,147
SelectHealth, Inc.	Medicare	23,555	3,368
Medicaid FFS	Medicaid	53,157	2,566
Healthy U	Medicaid Managed Care	44,961	2,500

*Medicaid as of August 2017; Medicare as of April 2017; TRICARE as of February 2017; Commercial as of 4th quarter 2016

FFS = Fee For Service

6. Health Insurance Marketplace

Health Insurance Marketplace	
Type Of Marketplace	<ul style="list-style-type: none"> Federal for both marketplaces as of January 1, 2018 In previous years, the state operated its own small group marketplace
Individual Enrollment Contact	www.healthcare.gov
	1-800-318-2596
Small Business Enrollment Contact	www.healthcare.gov/small-businesses
	1-800-706-7893

2017 Individual Market Health Plans

- Molina Healthcare Of Utah
- SelectHealth
- University Of Utah Health Insurance Plans

2017 Small Group Market Plans

- HSA Health Plan
- SelectHealth

HSA = Health Savings Account

B. UTAH MEDICAID SYSTEM OVERVIEW

7. Delivery System, Risk, & Federal Participation

Medicaid Financial Delivery System

Is Managed Care Mandatory For Populations With SMI?	Yes, in 13 of 29 counties, accounting for 90% of the Medicaid population
Is Managed Care Mandatory For Dual Eligibles?	Yes, in 13 of 29 counties
Total Medicaid Population Distribution	<ul style="list-style-type: none"> • 19% in FFS • 81% in Managed Care
Medicaid Beneficiaries With SMI: <i>Primary Service System</i>	Because 90% of the Medicaid population resides in mandatory managed care enrollment counties, and because there is not a managed care exemption for individuals with SMI, the majority of SMI beneficiaries are enrolled in managed care

Medicaid Financing & Risk Arrangements: Behavioral Health

Traditional Behavioral Health Services*	<ul style="list-style-type: none"> • <u>FFS Population</u>: Included in the capitated Prepaid Mental Health Plan (PMHP) contracts • <u>ACO Population</u>: Excluded from the ACO's capitation rate and included in the capitated PMHP contracts
Specialty Behavioral Health Services	
Pharmaceuticals	<ul style="list-style-type: none"> • <u>FFS Population</u>: Covered FFS by the state • <u>ACO Population</u>: Excluded from the ACO's capitation rate and covered FFS by the state

*7% of the Medicaid population resides in four counties where some or all behavioral health services are provided FFS by the state.

ACO = Accountable Care Organizations **SMI** = Serious Mental Illness
FFS = Fee-For-Service

8. Expansion Decision

State Medicaid Expansion Decision	
Participating In Expansion?	No
Date Of Expansion	Not applicable
Medicaid Eligibility Income Limit For Able-Bodied Adults	<ul style="list-style-type: none"> • 55% of the FPL for parents and caretaker relatives • The Primary Care Network section 1115 demonstration waiver allows capped enrollment of parents and childless adults with income up to 100% of FPL
Legislation Used To Expand Medicaid	None

FPL = Federal Poverty Level

9. Care Coordination Entities

Medicaid Care Coordination Entities For Chronic Care Populations (Including SMI)

Managed Care Plan	✓	Utah utilizes capitated ACOs to provide Medicaid Managed Care; they are responsible for case management
ACO Program	✓	ACOs are required to report on quality measures, but performance does not affect payment
Health Home		None
Medical Home		None
PCCM Model		None

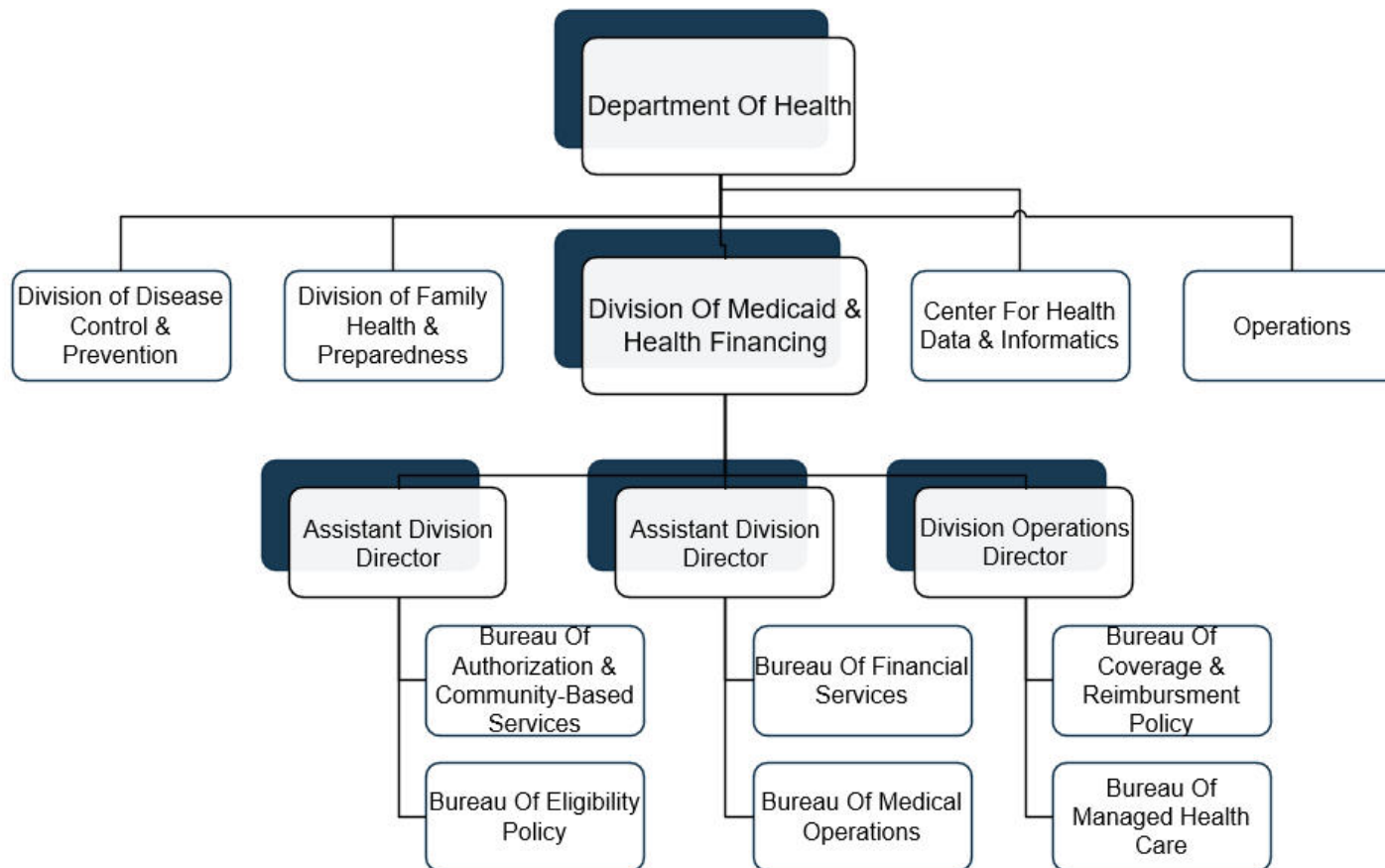
ACO = Accountable Care Organization
PCCM = Primary Care Case Management
SMI = Serious Mental Illness

10. The Uninsured

State Agency Responsible For Uninsured Citizens & Delivery System Model

Physical Health Services	The Department Of Health, Office Of Primary Care & Rural Health oversees funding for physical health services for the uninsured population
Mental Health Services	The Department Of Human Services Division Of Substance Abuse & Mental Health contracts with county-operated Local Mental Health Authorities to provide mental health treatment services to the uninsured population
Addiction Treatment Services	The Department Of Human Services Division Of Substance Abuse & Mental Health contracts with county-operated Local Substance Abuse Authorities to provide addiction treatment services to the uninsured population

11. Organizational Chart



12. Key Leadership

Name	Position	Department
Joseph Miner, MD	Executive Director	Department Of Health
Nate Checketts	Deputy Director, State Medicaid Director	Division Of Medicaid & Health Financing
Emma Chacon	Division Operations Director	Division Of Medicaid & Health Financing
Tonya Hales	Assistant Division Director	Division Of Medicaid & Health Financing
Janica Gines	Assistant Division Director	Division Of Medicaid & Health Financing

13. Program Benefits

Federally Mandated Services

- Inpatient hospital services other than services in an Institution for Mental Disease (IMD)
- Outpatient hospital services
- Rural Health Clinic services
- Federally Qualified Health Center (FQHC) services
- Laboratory and X-ray services
- Nursing facilities for individuals 21 and over
- Early & Periodic Screening, Diagnosis & Treatment (EPSDT)
- Family planning services and supplies for individuals of child-bearing age
- Physician services
- Medical and surgical services of a dentist
- Home health services
- Nurse midwife services
- Nurse practitioner services
- Pregnancy services, including tobacco cessation programs
- Free standing birth centers
- Non-emergency transportation to medical care

Utah's Optional Services

- Podiatry, optometry, and clinic services
- Chiropractors' services (pregnant women)
- Private duty nursing
- Limited dental services
- Physical therapy and occupational therapy
- Services for individuals with speech, hearing, and language disorders (pregnant women)
- Prescribed drugs
- Dentures and eyeglasses (pregnant women) and prosthetic devices
- Diagnostic, screening, preventive services, and rehabilitative services
- Services for individuals age 65 and older in IMDs
- Public institution and intermediate care facility services
- Inpatient psychiatric services for individuals under 22
- Hospice care
- Case management
- Special tuberculosis services
- Nursing facility services for patients under 21
- Personal care services

C. UTAH MEDICAID FINANCING & SERVICE DELIVERY SYSTEM

14. Overview

Medicaid System Characteristics		
Characteristics	Medicaid FFS	Medicaid Managed Care
Enrollment (August 2017)	53,157	231,890
SMI Enrollment	Because 90% of the Medicaid population resides in mandatory managed care enrollment counties, and because there is not a managed care exemption for individuals with SMI, the majority of SMI beneficiaries are enrolled in managed care	
Management	<ul style="list-style-type: none"> Physical Health: Department Of Health Behavioral Health: 11 Prepaid Mental Health Plans (PMHPs) 	<ul style="list-style-type: none"> Physical Health: Four ACO Behavioral Health: 11 PMHPs
Payment Model	<ul style="list-style-type: none"> Physical Health: FFS Behavioral Health: Capitated rate 	<ul style="list-style-type: none"> Physical Health: Capitated rate Behavioral Health: Capitated rate
Geographic Service Area	<ul style="list-style-type: none"> Physical Health: Statewide Behavioral Health: 25 counties; in four counties some or all services are delivered FFS by the state 	<ul style="list-style-type: none"> Physical Health: Available statewide, but only mandatory in 13 of 29 counties; plans are available by county Behavioral Health: 25 counties; in four counties some or all services are delivered FFS by the state

Total Medicaid Beneficiaries: 285,047

Total Medicaid With SMI Beneficiaries: 17,958

ACO = Accountable Care Organizations
FFS = Fee-For-Service
SMI = Serious Mental Illness

15. Enrollment By Eligibility Group

Mandatory FFS Enrollment

- Residents of nursing facilities
- Residents of intermediate care facilities for I/DD
- Individuals enrolled in another managed care program
- Individuals with less than three months eligibility remaining
- Retroactive eligibility
- Residents of Utah State Hospital
- Residents of the Utah Developmental Center
- Medically needy individuals age 19 and over
- Primary Care Network members (capped enrollment demonstration program for adults)

Option To Enroll In FFS Or Managed Care

- Residents Of:
 - Beaver
 - Carbon
 - Daggett
 - Duchesne
 - Emery
 - Garfield
 - Grand
 - Juab
 - Kane
 - Millard
 - Piute
 - San Juan
 - Sanpete
 - Sevier
 - Uintah
 - Wayne counties

Mandatory Managed Care Enrollment

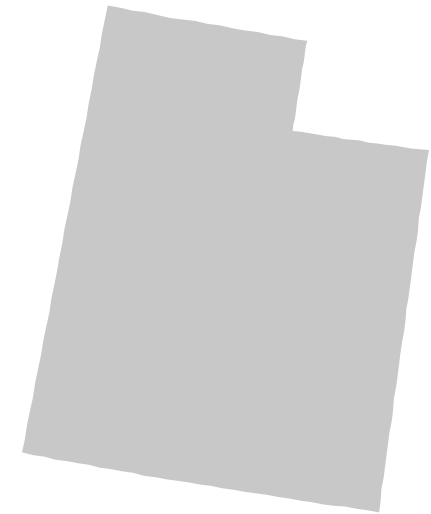
- The following residents of Box Elder, Cache, Davis, Iron, Morgan, Rich, Salt Lake, Summit, Tooele, Utah, Wasatch, Washington, and Weber counties:
 - Children
 - Parents and caretaker relatives
 - Aged, blind, and disabled population
 - Dual eligibles
 - Children receiving foster care
 - Pregnant women
 - Breast and cervical cancer program

FFS = Fee-For-Service

I/DD = Intellectual / Developmental Disabilities

16. Fee-For-Service (FFS) Program: Program Overview

- FFS enrollment as of August 2017 was 53,157*



* Derived by subtracting August 2017 managed care enrollment from August 2017 total enrollment

17. Fee-For-Service (FFS) Program: Primary Care Network (PCN) Overview

- Utah has a section 1115 waiver program, PCN, that provides limited Medicaid benefits to parents and childless adults ages 19 to 64 with income up to 100% of the FPL who do not otherwise qualify for Medicaid
- Enrollment in the program is capped at 25,000 individuals; population subcaps for the parent and caretaker group and the childless adult group were removed in June 2017
- All services are delivered and financed through the FFS system; members are responsible for co-payments on some services, up to \$1,000 per member per year
- Utah offsets the cost of the PCN program by reducing the state plan benefits of an eligibility category called current eligible; the following individuals are included in the current eligibles group:
 - Adult family members
 - Medically needy adults who are not pregnant, postpartum, aged, blind, or disabled
- As part of the PCN cost offset, targeted case management for substance abuse is not available to members of the current eligibles group
- Historically, current eligible group mental health benefits were also reduced as part of the PCN cost offset package; in October 2017, the Centers For Medicare & Medicaid Services (CMS) approved an amendment to the PCN waiver that restores full mental health benefits to this population
 - The October 2017 amendment also authorizes state plan benefits for 25,000 additional enrollees in a new targeted adult population with income up to 5% of the FPL
 - Several additional amendments to the waiver governing the program are pending
- Utah is not considered a Medicaid expansion state because it has not expanded Medicaid to all individuals with income below 138% of the FPL

FPL = Federal Poverty Level

18. Fee-For-Service (FFS) Program: Primary Care Network (PCN) Benefits

PCN does not provide behavioral health services; PCN enrollees are not eligible for services through Utah's Prepaid Mental Health Plans

PCN Covered Services

- Primary care
- Limited emergency care
- Basic dental care
- Eye exams
- Routine lab services
- X-rays
- Four pharmacy prescriptions per month
- Diabetes control supplies
- Limited family planning services

Services Not Covered Under PCN

- Inpatient hospital stays
- Specialty care
- Mental health services
- Outpatient substance abuse services
- Targeted case management
- Health education
- Medical or surgical dentistry
- Non-emergency transportation
- Long-term care
- Hospice

19. Fee-For-Service (FFS) Program: Behavioral Health Overview

- Behavioral health services are the responsibility of the 11 at-risk Prepaid Mental Health Plans (PMHPs); the PMHPs are operated by the counties or their subcontractors
 - In addition to managing behavioral health benefits, PMHPs may also provide services
- Beneficiaries are automatically enrolled with the PMHP serving their county of residence
 - In Utah County, mental health services are provided by Wasatch Mental Health, while substance use disorder services are provided by Utah County Department Of Drug & Alcohol Prevention & Treatment
 - One county, Wasatch, does not have a PMHP; Medicaid enrollees receive behavioral health services through the FFS delivery system
 - This county is home to about 1% of the Medicaid population
 - In Box Elder, Cache, and Rich counties, where 6% of Medicaid population resides, the PMHP, Bear River Mental Health, provides mental health services only; substance abuse services are provided FFS by the state
- Some services are excluded from the PMHP's capitation rate and provided FFS by the state:
 - Services provided in a primary care setting
 - Mental health and substance abuse pharmacy
 - Medically necessary detoxification
 - Outpatient methadone maintenance
 - Outpatient services for foster care children
- Additionally, American Indians may receive behavioral health services FFS from Tribal health care providers, and all FFS enrollees may receive behavioral health services from FQHCs

FQHC = Federally Qualified Health Center

20. Fee-For-Service (FFS) Program: Behavioral Health Benefits

FFS Mental Health Benefits Provided By PMHPs*

- Psychiatric inpatient services
- Diagnosis, testing, assessment
- Individual, group, and family therapy
- Pharmacologic management
- Skills training and development services
- Psychosocial rehabilitative services
- Targeted case management
- Peer support
- EPSDT services
- Emergency services
- Electroconvulsive therapy
- Post-stabilization care services
- 1915 (b)(3) services***
 - Psychoeducational services
 - Personal services
 - Respite care
 - Supportive living

FFS Substance Abuse Treatment Benefits Provided By PMHPs

- Targeted case management**
- Outpatient services

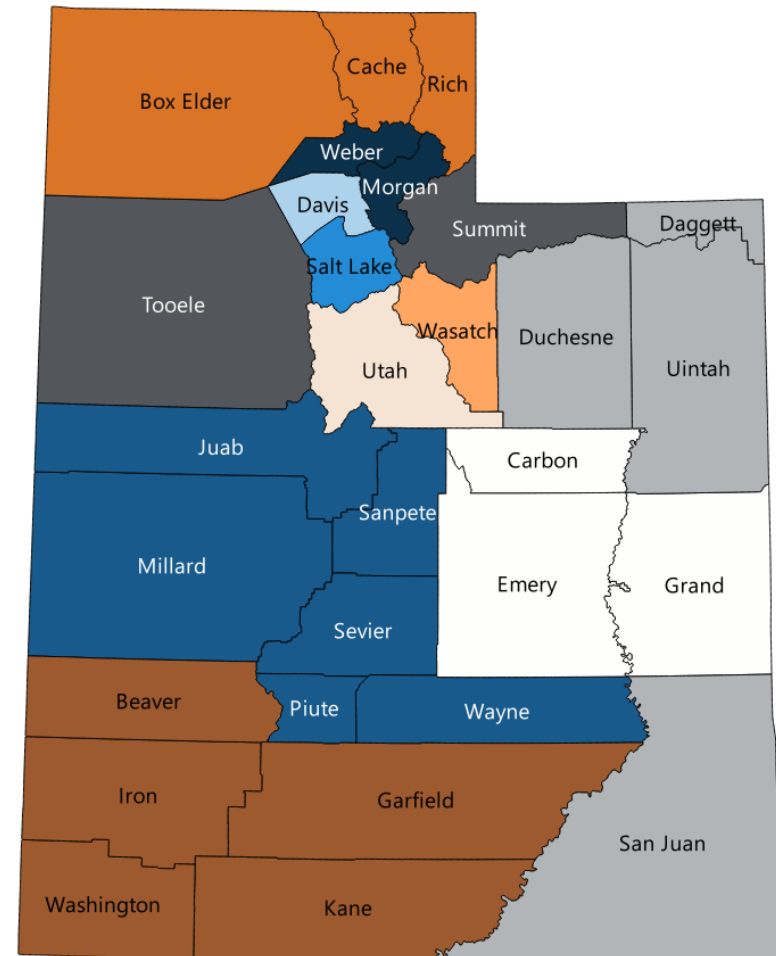
** Targeted case management for substance abuse is not offered for adult family members and medically needy adults who are not pregnant, postpartum, aged, blind, or disabled

*** 1915(b)(3) services are not included in the state plan, but are provided by the state through managed care waiver savings; these services are not provided solely for the treatment of substance use disorders and are not available to adult family members and medically needy adults who are not pregnant, postpartum, aged, blind, or disabled

EPSDT = Early & Periodic Screening, Diagnostic, & Treatment
PMHP = Prepaid Mental Health Plans

21. Fee-For-Service (FFS) Program: Behavioral Health Benefits: PMHP Service Areas

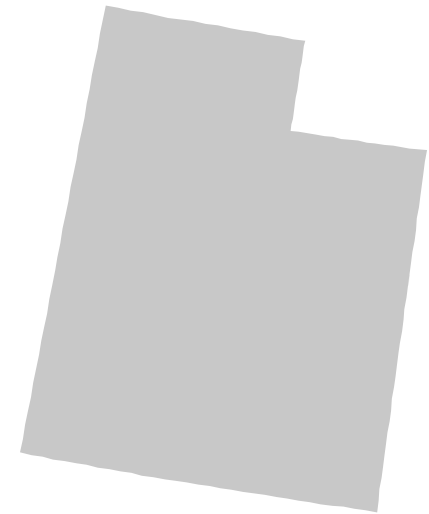
- Bear River Mental Health Services (mental health services only, substance abuse treatment reimbursed FFS)
- Central Utah Counseling Center
- Davis Behavioral Health
- Four Corners Behavioral Health
- Northeastern Counseling Center
- Salt Lake County Division of Behavioral Health/Optom Health
- Southwest Behavioral Health Center
- Valley Behavioral Health
- Wasatch Mental Health (mental health services); Utah County Department of Drug & Alcohol Prevention & Treatment (substance abuse treatment)
- Weber Human Services
- Behavioral health services reimbursed FFS



PMHP = Prepaid Mental Health Plans

22. Fee-For-Service (FFS) Program: Serious Mental Illness (SMI) Population

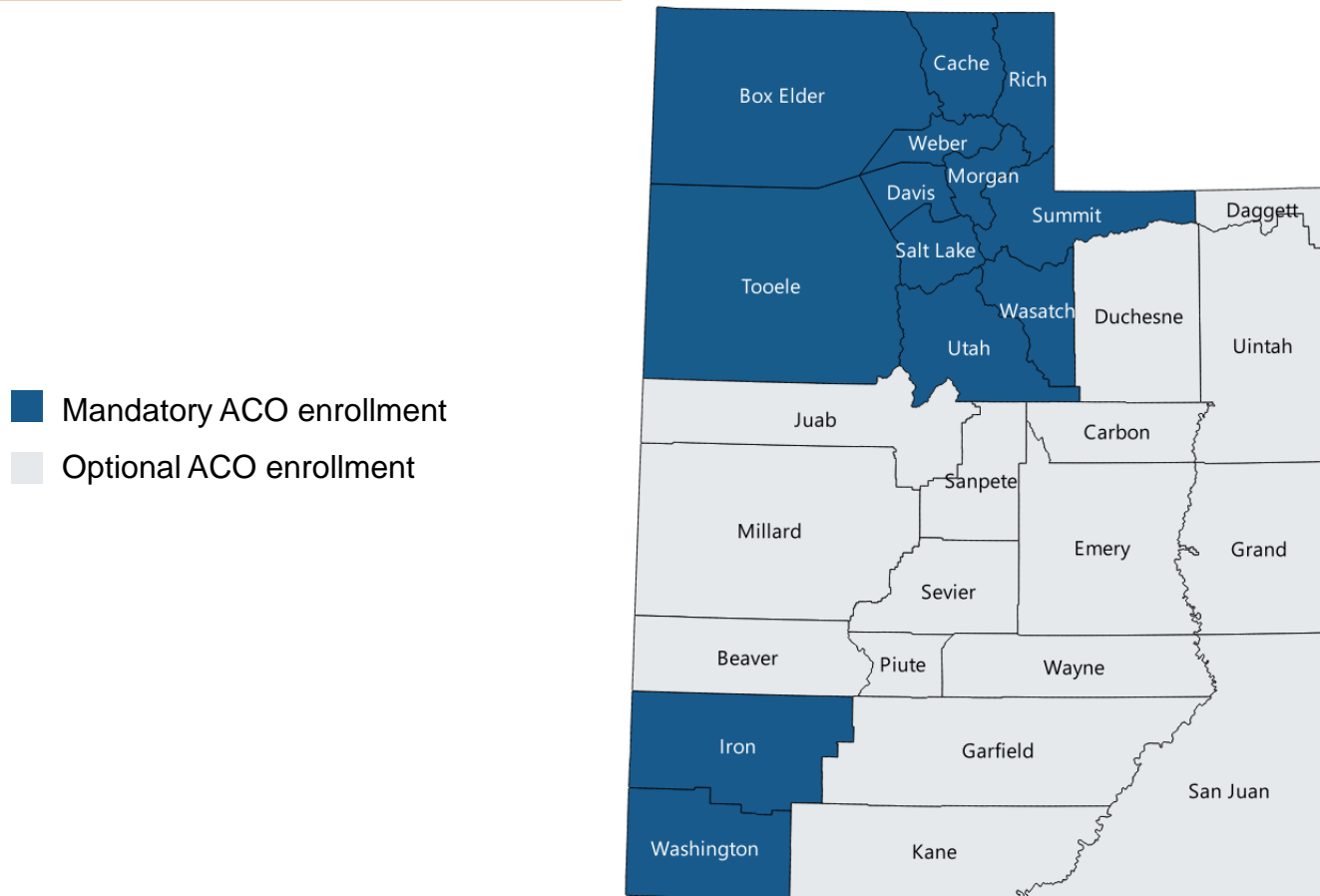
- Because 90% of the Medicaid population resides in mandatory managed care enrollment counties, and because there is not a managed care exemption for individuals with SMI, the majority of SMI beneficiaries are enrolled in managed care
- A small number of beneficiaries with SMI may reside in the 16 counties where managed care enrollment is optional



23. Managed Care Program: Program Overview

- Managed care enrollment as of August 2017 is 231,890
- Managed care is delivered through capitated Accountable Care Organizations (ACOs)
 - ACOs are composed of traditional health plans and local health systems
 - ACOs are required to report on quality measures, but performance does not affect payment
- ACOs are available statewide, but enrollment is mandatory only in counties served by at least two ACOs, and specified in the section 1915 (b) waiver authorizing the managed care program
 - Currently there are 13 mandatory enrollment counties, comprising 90% of the state Medicaid population
 - Members in mandatory enrollment counties must choose an ACO; if they do not, one is assigned to them

24. Managed Care Program: ACO Enrollment Counties



- Mandatory ACO enrollment
- Optional ACO enrollment

ACO = Accountable Care Organization

25. Managed Care Program: Behavioral Health Overview

- Behavioral health services provided in a primary care setting and medical detoxification provided in a facility are the responsibility of the ACOs
- Specialized behavioral health services are the responsibility of the 11 at-risk Prepaid Mental Health Plans (PMHPs)
- The following benefits are covered FFS by the state:
 - Mental health and substance abuse pharmacy
 - Outpatient methadone maintenance
 - Outpatient behavioral health services for foster care children
 - Services delivered by Tribal health care organizations

ACO = Accountable Care Organization
FFS = Fee-For-Service

26. Managed Care Program: Behavioral Health Benefits

Managed Care Mental Health Benefits Provided By PMHPs*

- Psychiatric inpatient services
- Diagnosis, testing, assessment
- Individual, group, and family therapy
- Pharmacologic management
- Skills training and development services
- Psychosocial rehabilitative services
- Targeted case management
- Peer support
- EPSDT services
- Emergency services
- Electroconvulsive therapy
- Post-stabilization care services
- 1915 (b)(3) services***
 - Psychoeducational services
 - Personal services
 - Respite care
 - Supportive living

Managed Care Substance Abuse Treatment Benefits Provided By PMHPs

- Targeted case management**
- Outpatient services

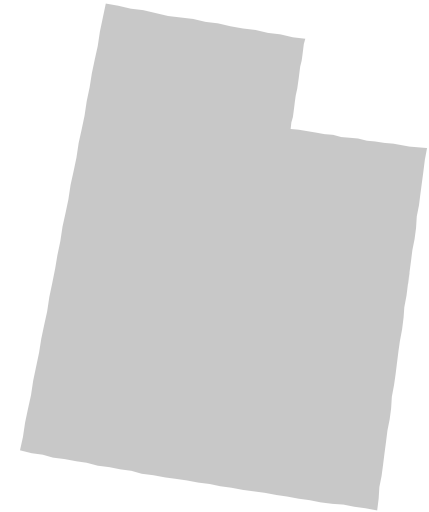
** Targeted case management for substance abuse is not offered for adult family members and medically needy adults who are not pregnant, postpartum, aged, blind, or disabled

*** 1915(b)(3) services are not included in the state plan, but are provided by the state through managed care waiver savings; these services are not provided solely for the treatment of substance use disorders and are not available to adult family members and medically needy adults who are not pregnant, postpartum, aged, blind, or disabled

EPSDT = Early & Periodic Screening, Diagnostic, & Treatment
PMHP = Prepaid Mental Health Plans

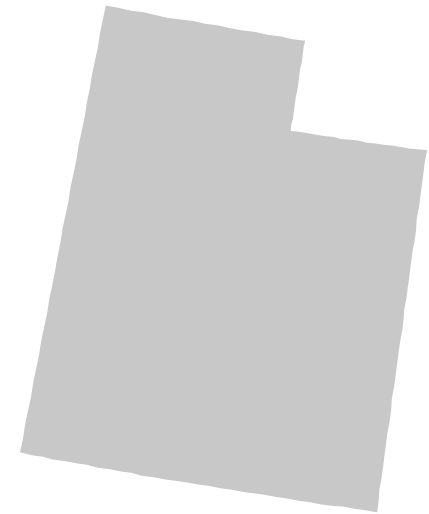
27. Managed Care Program: Serious Mental Illness (SMI) Population

- Because 90% of the Medicaid population resides in mandatory managed care enrollment counties, and because there is not a managed care exemption for individuals with SMI, the majority of SMI beneficiaries are enrolled in managed care
- A small number of beneficiaries with SMI may reside in the 16 counties where managed care enrollment is optional



28. Care Coordination Initiatives

- Utah has not pursued the health home state plan option authorized by the Patient Protection & Affordable Care Act and has not invested in a statewide model of Patient-Centered Medical Homes (PCMH)
- The state considers its managed care program an ACO initiative
 - ACOs are required to report on quality measures, but performance does not affect payment



ACO= Accountable Care Organization

29. Program Waivers With Impact On The SMI Population

Waiver Title	Waiver Description	Waiver Type	2018 Enrollment Cap	Effective Date	Expiration Date
Choice of Health Care Delivery Program & Hemophilia Disease Management Program UT-01	Authorizes mandatory enrollment in ACOs for managed delivery of physical health care services in 13 counties.	1915 (b)	None	01/01/12	06/30/17
Prepaid Mental Health Plan (UT-02)	Authorizes regional contractors to provide managed care for Medicaid behavioral health services at a capitated rate. Enrollment is automatic by county of residence.	1915 (b)	None	07/01/13	06/30/17
Primary Care Network (PCN)	<ul style="list-style-type: none"> Extends primary care coverage to 25,000 able-bodied adults with income up to 100% of FPL Authorizes state plan benefits for 25,000 target population adults with income up to 5% of the FPL Authorizes IMDs as a setting for addiction treatment 	1115	50,000	07/01/02	06/30/22

ACO = Accountable Care Organization
FPL = Federal Poverty Level
IMD = Institution For Mental Disease

SMI = Serious Mental Illness
UT = Utah

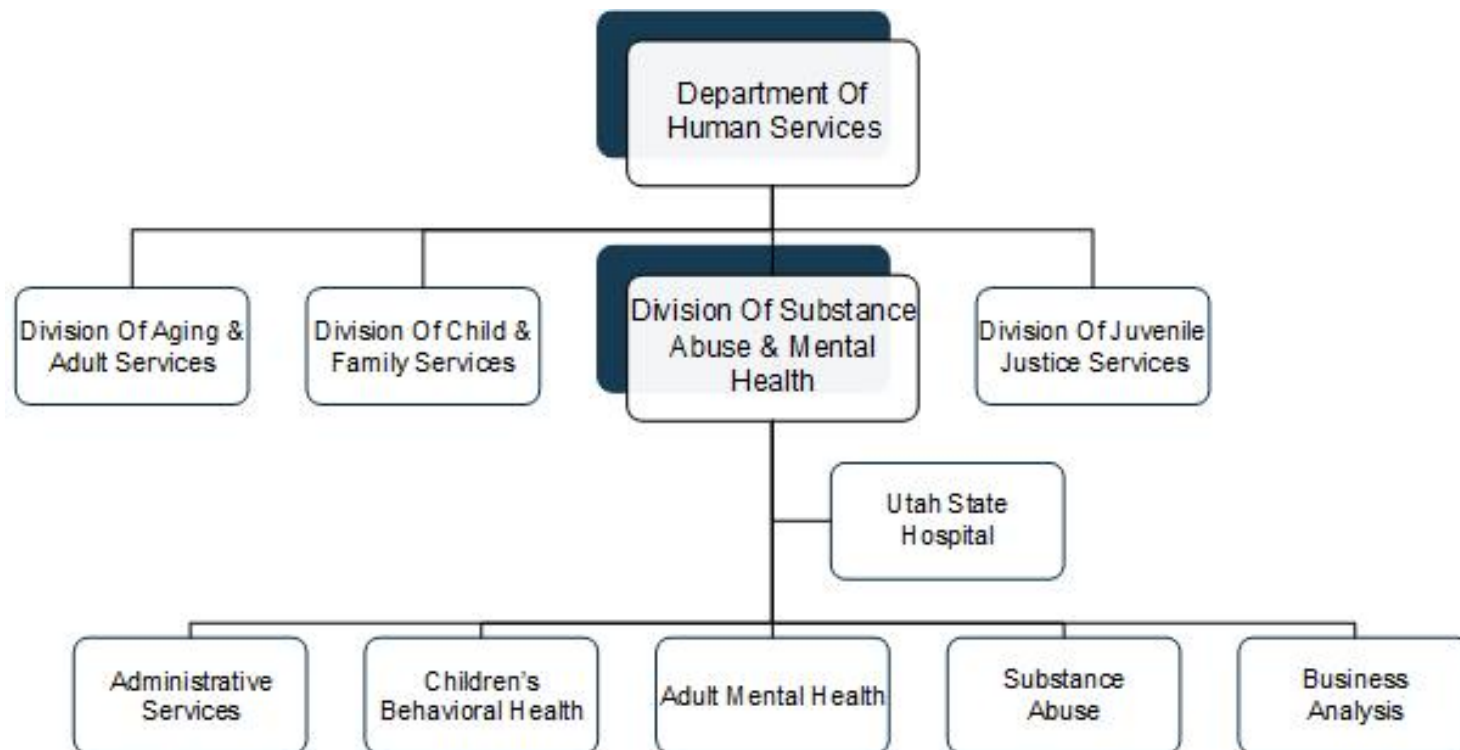
30. Program Waivers With Impact On The SMI Population (Continued)

Waiver Title	Waiver Description	Waiver Type	2018 Enrollment Cap	Effective Date	Expiration Date
UT New Choices (0439.R02.00)	Provides Home- and Community-Based Services (HCBS) to individuals over the age of 65 and persons with physical disabilities ages 18 to 64 in need of a nursing facility level of care	1915 (c)	2,200	07/01/15	06/30/20
Utah Waiver For Individuals Age 65 or Older (0247.R05.00)	Provides HCBS to individuals over the age of 65 and in need of a nursing facility level of care	1915 (c)	650	07/01/15	06/30/20
UT Physical Disabilities (0331.R03.00)	Provides HCBS to individuals age 65 and over and persons with physical disabilities ages 18 to 64 in need of a nursing facility level of care	1915 (c)	140	07/01/16	06/30/21
Utah Acquired Brain Injury (0292.R04.00)	Authorizes HCBS for individuals with acquired brain injury, ages 18 and older, who require a nursing facility level of care	1915 (c)	130	07/01/14	06/30/19

SMI = Serious Mental Illness
UT = Utah

D. UTAH BEHAVIORAL HEALTH ADMINISTRATION & FINANCE SYSTEM

31. Division Of Substance Abuse & Mental Health Governance: Organizational Chart



32. Division Of Substance Abuse & Mental Health Governance: Key Leadership

Name	Position	Department
Ann Silverberg Williamson	Executive Director	Department Of Human Services
Lana Stohl	Deputy Director, Programs	Department Of Human Services
Doug Thomas	Director	Division Of Substance Abuse & Mental Health
Jeremy Christensen	Assistant Director, Adult Mental Health	Division Of Substance Abuse & Mental Health
Ruth Wilson	Assistant Director, Children's Behavioral Health	Division Of Substance Abuse & Mental Health
Brent Kelsey	Assistant Director, Substance Abuse	Division Of Substance Abuse & Mental Health
Dallas Earnshaw	Superintendent	Utah State Hospital

33. State Psychiatric Institutions

Institution	Location	Beds	FY 2017 Admissions	FY 2017 Discharges	Average Daily Census
Utah State Hospital	Provo	329	341	343	297

FY = Fiscal Year

34. Accountable Care Organizations (ACOs)

Medicare Shared Savings Program

- Aledade Accountable Care 11, LLC
- Physicians Accountable Care Of Utah
- Physicians Accountable Care Solutions, LLC
- Revere Health

Medicaid

- Health Choice Of Utah
- Healthy U
- Molina Healthcare Of Utah, Inc.
- SelectHealth Community Care

Commercial

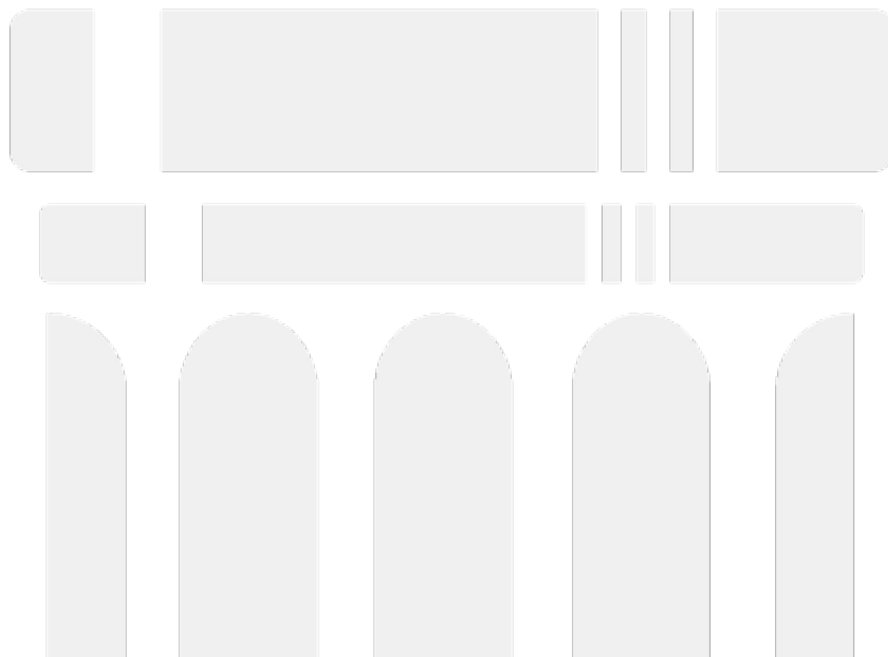
ACO

Health Choice Preferred

Commercial Insurer

Cigna, Regence BlueCross BlueShield, Humana

APPENDIX A: SOURCES



Sources

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A. Health Care Marketplace Overview

1. Physical Health Care Coverage Map

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