

# Emerging Collaborations for Mental Health Wellness

## Today's Featured Speakers



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# Cross-System Collaboration to Promote Child and Adolescent Behavioral Health

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Delivering the Next  
**Generation**  
of Health Care

# Overview of Presentation

- AmeriHealth Caritas Ohio - Who We Are
- Next Generation of Medicaid Managed Care
- Child and Adolescent Behavioral Health Crisis
- Behavioral Health Snapshot of Ohio's Youth
- School-Based Behavioral Health Care Initiative
- Resources: (1) How to Take Action and (2) OhioRISE

# AmeriHealth Caritas Ohio (ACOH)

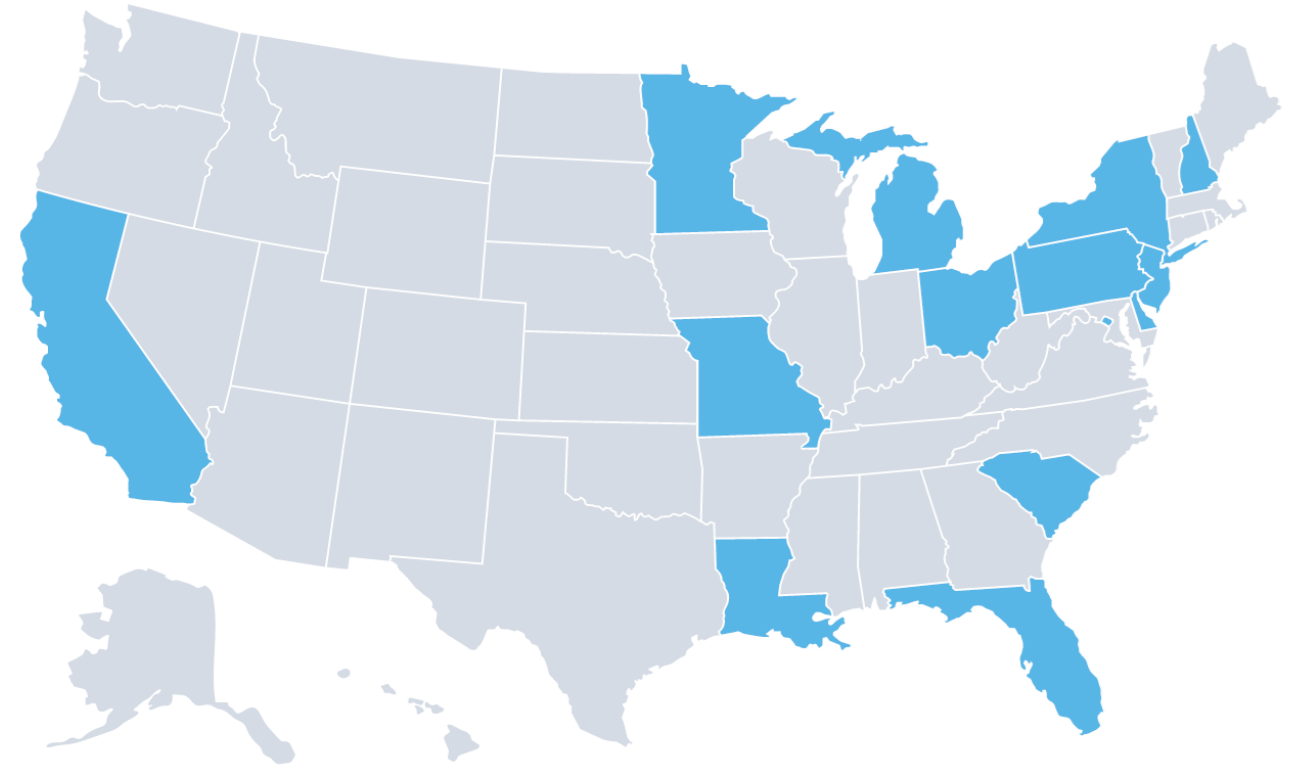
One of Ohio's New Medicaid  
Managed Care Organizations (MCOs)

<https://www.amerihealthcaritasoh.com/>



# AmeriHealth Caritas Family of Companies

- Over 35 years experience as national leaders in managed care solutions for those most in need
- More than 5 million members across 12 states and D.C. with an expanding national footprint
- **AmeriHealth Caritas Ohio** – launched February 2023 with Ohio's Next Generation Medicaid Program



# Organizational Alignment with Ohio's Next Generation Medicaid Program



## Our Mission

To help people get care, stay well, and build healthy communities

## Our Vision

To be the national leader in **empowering those in need**, especially the marginalized and underserved, across their full life journey from wellness to resilience



**Support for you:**

- Our Member Services team can help answer questions about your benefits.
- Call the 24/7 Behavioral Health Crisis Line for help with your behavioral health urgent needs.
- Call the 24/7 Nurse Call Line for health advice at any time.
- Members have access to bilingual staff.
- Our Rapid Response and Outreach Team can help you find a health care provider, schedule appointments, and find transportation.
- Members have access to health education to promote healthier lifestyles.
- Our member portal and mobile apps can help you monitor your health, including care and medicines.
- Members receive a member newsletter with education and information about our programs and services.

That's not all. For more information about our benefits and services, please visit [www.amerhealthcaritasoh.com](http://www.amerhealthcaritasoh.com) or call Member Services at 1-833-764-7700 (TTY 1-833-889-6446).

**Qualifying members can also get extra benefits like:**

- **Mission GED®:** Qualifying members can receive coaching and vouchers to take a high school equivalency exam at no cost.
- **WY® (Formerly Weight Watchers) online membership:** Members ages 15 – 64 can get WW membership at no cost for six months.
- **CARE Card:** Earn rewards on a reloadable gift card by doing things that help you stay healthy.
- **Living Beyond Pain:** Pain management program to include alternative treatment options. This is in addition to the standard Medicaid benefit.
- **Food as Medicine:** Up to two meals per day, for seven days, at no cost for qualifying members discharged from a hospital.
- **Vision care:** One additional eye exam every 12 months for members ages 21 – 59 diagnosed with diabetes. This is in addition to the standard Medicaid benefit.
- **Dental care:** One additional cleaning and exam per calendar year for members 21 and older (some restrictions and limitations apply). This is in addition to the standard Medicaid benefit.
- **Transportation benefits:** All members can get unlimited nonemergency trips for provider visits more than 30 miles from their home. Qualifying members can get up to 30 nonemergency one-way trips per year within 30 miles of their home.
- **Foster Care Transition:** Care package valued up to \$50 and specialized support for members leaving foster care.
- **Boys & Girls Clubs:** Membership, at participating clubs, for qualified members younger than age 19.
- **Bright Start®:** Members get access to our pregnancy care program.

\* These benefits will be available during the program year. Certain terms and conditions may apply.

**We care about your health and offer you access to:**

**Care Managers** who can help you understand your health conditions. They can also help you learn about your medicines and find you support in your community.

**Health programs** for members with asthma, diabetes, heart disease, and weight management concerns. We also have a program to support pregnant members.

**Community Health Navigators** to help you find resources in your community.

**AmeriHealth Caritas Ohio Wellness & Opportunity Centers** located throughout the state. These are great places to visit to learn about our programs and connect to community.

**Community outreach** and access to local groups and providers to help with health information and screenings.



**AmeriHealth Caritas Ohio**



**meriHealth Caritas Ohio**

**Learn more!**

More tells you about  
meriHealth Caritas Ohio  
Please call us at  
1-889-6446 or visit  
[amerhealthcaritasoh.com](http://amerhealthcaritasoh.com)

**to enroll today:**

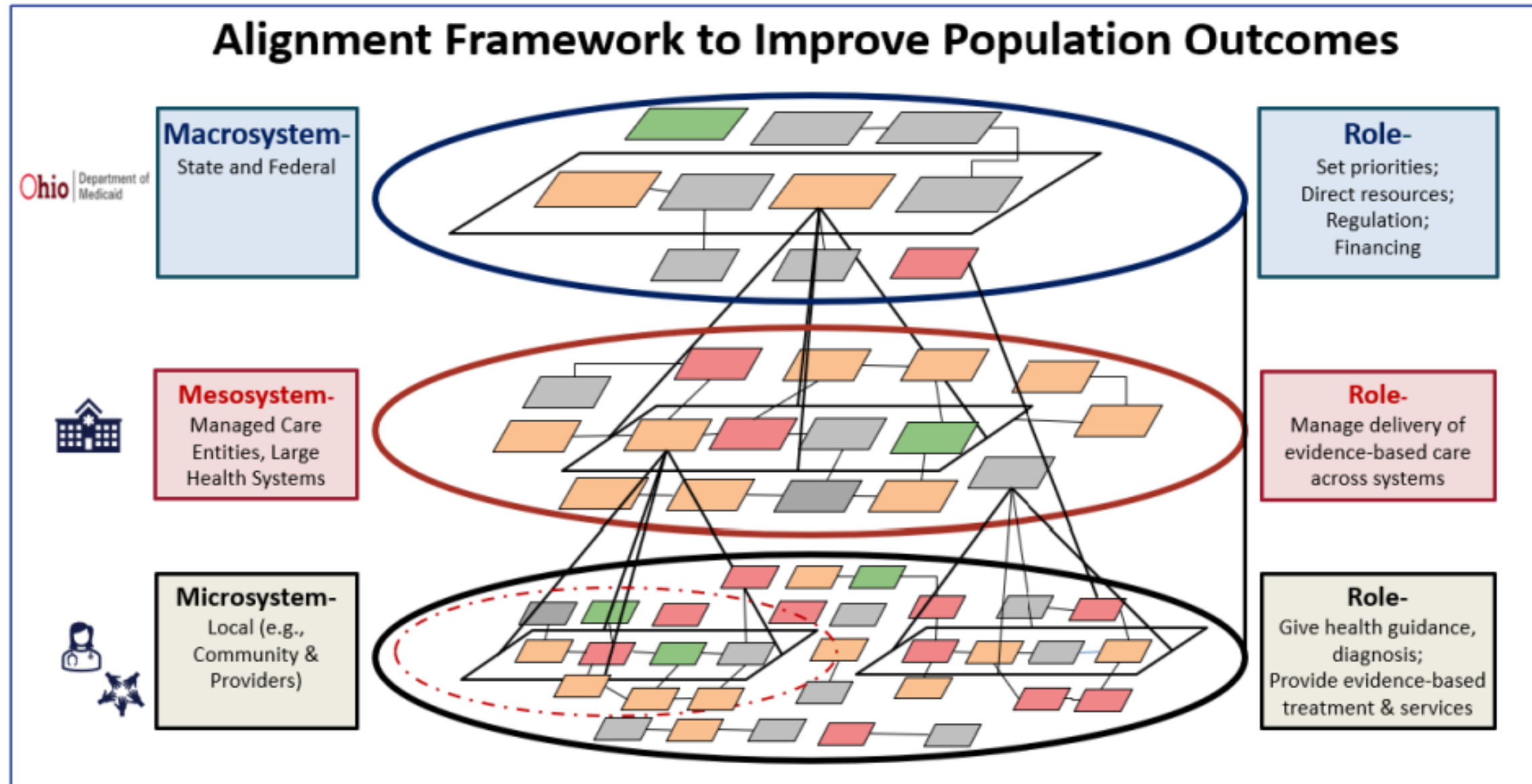
Call the Ohio Medicaid Hotline  
at **1-800-324-8680**  
(TTY 1-800-292-3572)  
or visit [www.ohiomh.com](http://www.ohiomh.com).

# Ohio Medicaid | Next Generation Managed Care Program

- **7 MCOs and OhioRISE** (statewide program for youth with complex behavioral health and multisystem needs)
- **Next Generation Highlights:**
  - Population Health Approach
  - Quality Improvement Program
  - Health Equity Commitment
  - Cross-Plan Collaboration
    - Standardization and transparency
    - Joint QI and community reinvestment projects for collective impact



# Applegate Alignment Model



# Population Health Priority

Improve Behavioral Health and  
Wellness Outcomes among  
Ohio's Children and Adolescents



# Behavioral Health | Definition

encompasses **mental health** and **substance use**,  
as well as overall **psychological well-being** and  
**any behavior** that affects whole person health  
(including physical, emotional, and social health)<sup>1, 2, 3</sup>

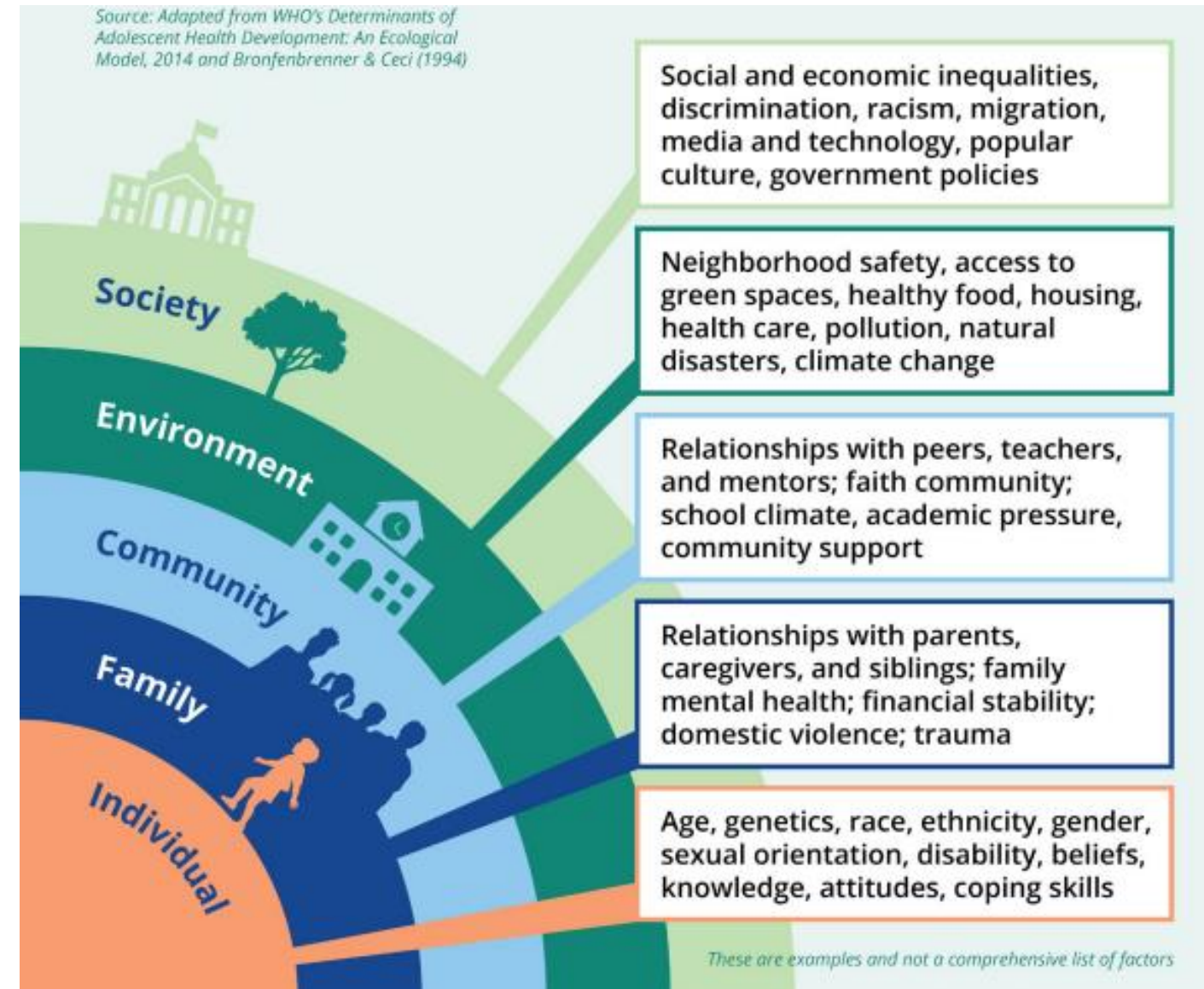
1. American Psychological Association. APA dictionary of psychology <https://dictionary.apa.org/behavioral-health>
  2. Centers for Medicare and Medicaid Services. Behavioral health; 2020 <https://www.cms.gov/behavioral-health>
  3. Center for Disease Control and Prevention <https://www.cdc.gov/pcd/issues/2020/20>
-

# Youth Behavioral Health Crisis Predates the Pandemic

CDC's National Youth Risk Behavior Survey showed alarming increase in depression symptoms and suicidal thoughts/behaviors in the 10 years preceding the pandemic

Many Factors Impact  
Child and Adolescent  
Behavioral Health

CDC Youth Risk Behavior Survey (2009-2019 Trends Report)  
(<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>)



# Pandemic-Era Stressors Amplified Existing Crisis

Disruptions to  
Home, School,  
Community

Social Isolation  
Disconnectedness  
Social Media

Loss of Important  
Activities  
extracurriculars, school  
events, graduation, family  
gatherings, celebrations, etc.

Loss of Loved Ones  
200K U.S. youth lost a parent  
or caregiver to COVID-19

Financial Concerns  
29% of students had a parent  
or caregiver lose their job

Abuse at Home  
55% reported emotional  
abuse and 11% reported  
physical abuse at home

Covid-19 Orphanhood, Imperial College London, 2022; CDC Adolescent Behaviors and Experiences Survey, Jan-June 2021.

# What the Pandemic Reinforced

## **Schools Play an Essential Role to Child Development, Health, Wellness, and Safety**

- Academic and intellectual development
- Structure, organization, and routine
- Safe environment (adult supervision)
- Physical activity, exercise, recreation
- Social and emotional development
- Community, connectedness, sense of belonging
- Access to critical services, supports, resources

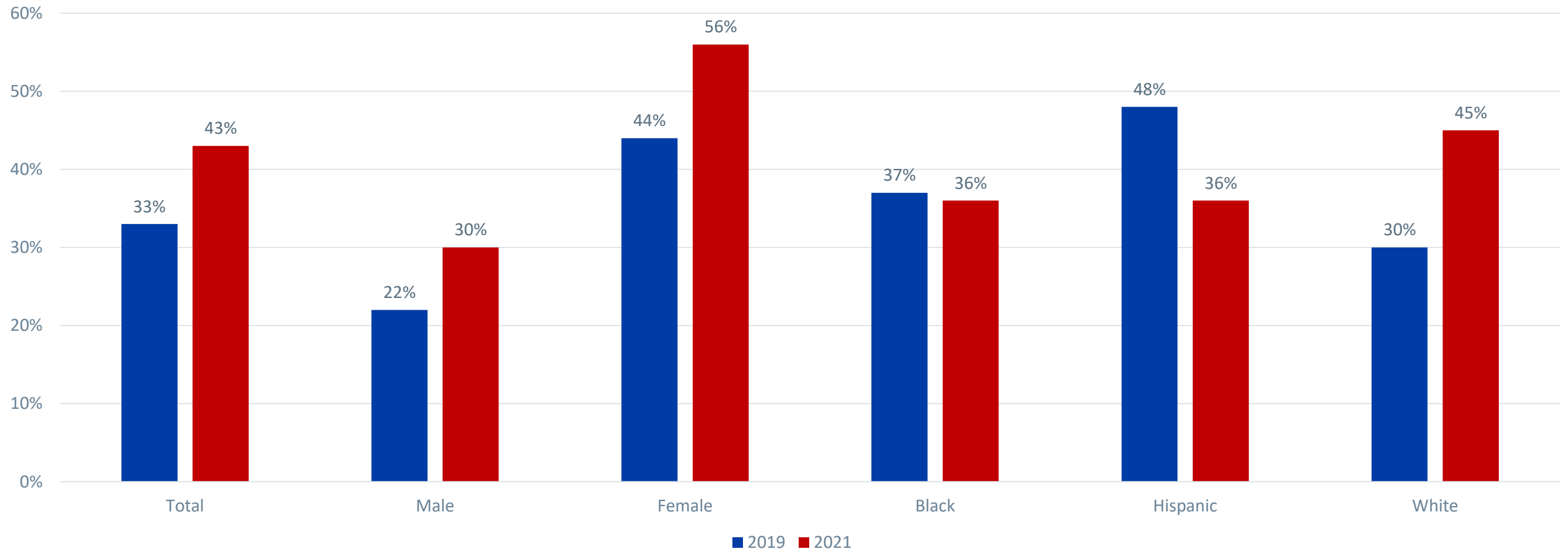
# Behavioral Health Snapshot

## Ohio's Youth



# Youth Depression | 2019 vs. 2021

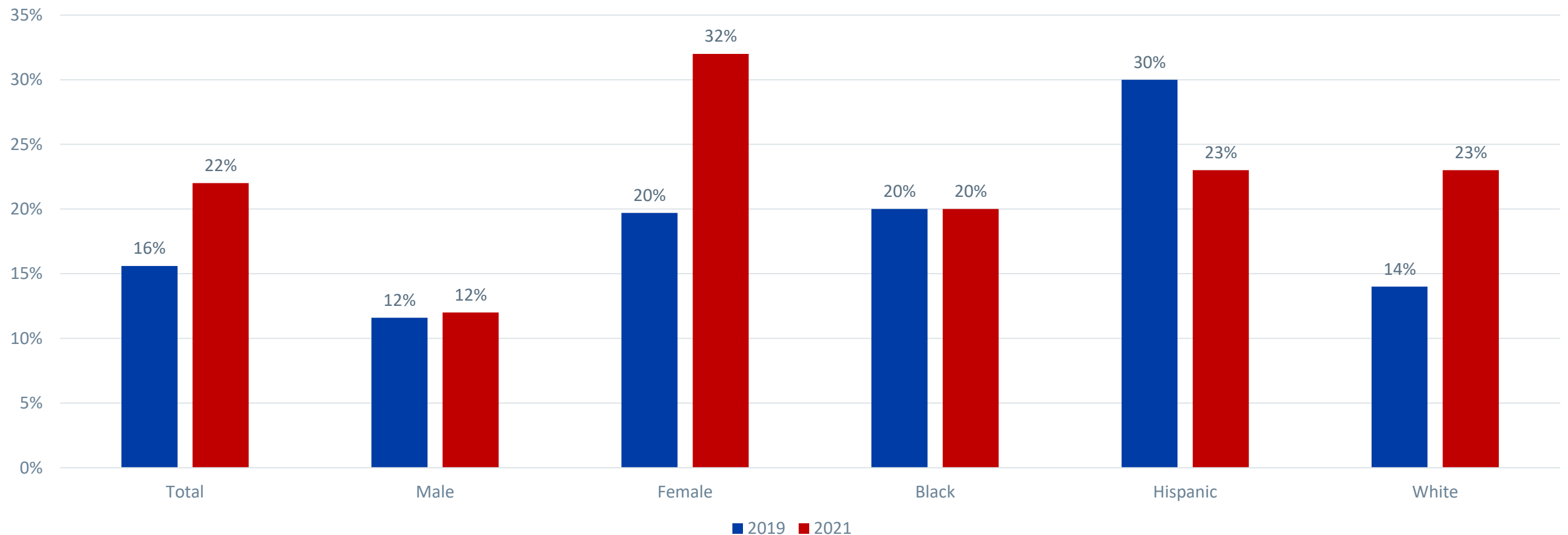
% of High School Students in Ohio reporting **Persistent Sadness and Hopelessness** that Interferes with Daily Activities



CDC Youth Risk Behavior Survey (2019 and 2021) | <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

# Suicidal Thoughts | 2019 vs. 2021

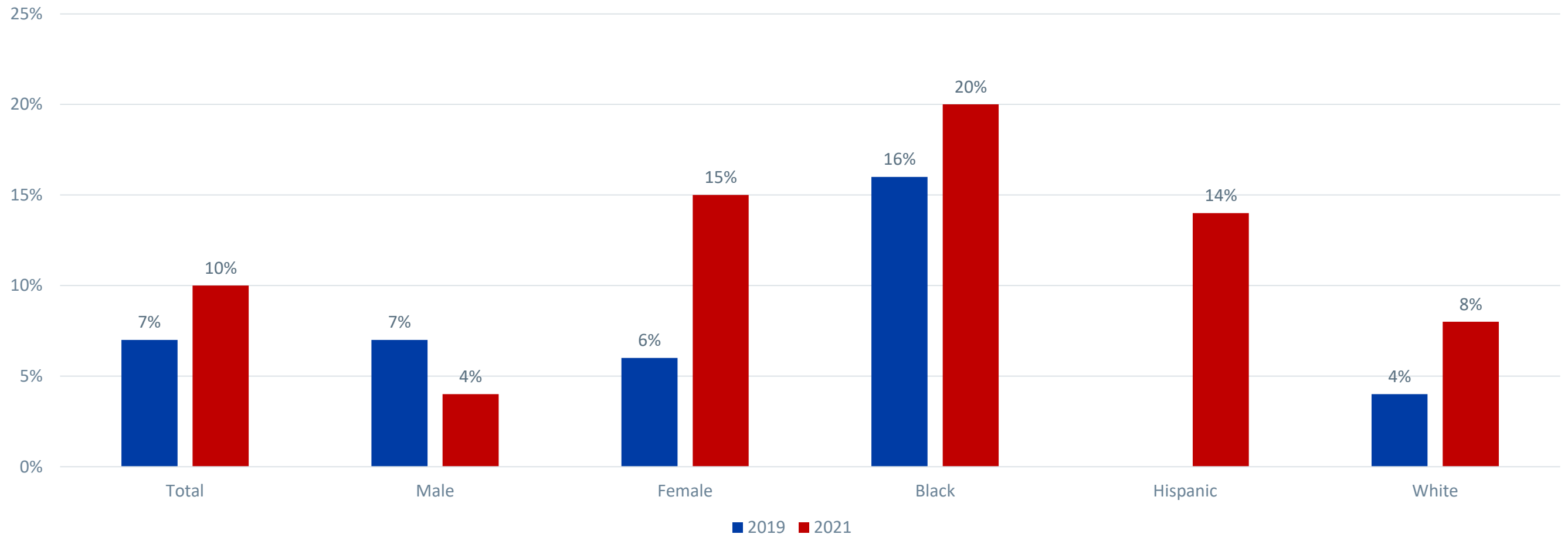
% of High School Students in Ohio who  
**Seriously Considered Attempting Suicide**



CDC Youth Risk Behavior Survey (2019 and 2021) | <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

# Youth Suicide Attempts | 2019 vs. 2021

% of High School Students in Ohio who Reported  
**Suicide Attempt** within last 12 months

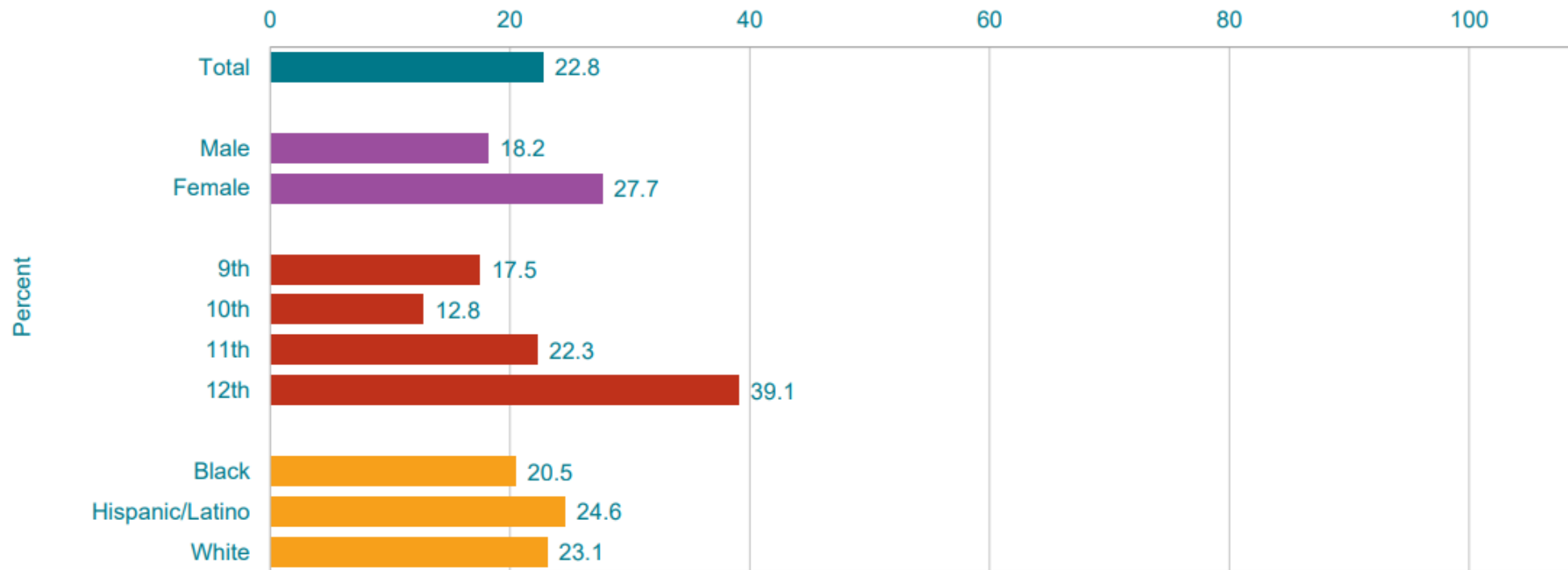


CDC Youth Risk Behavior Survey (2019 and 2021) | <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

# Ohio Youth | Alcohol Use (2021)

CDC Youth Risk Behavior Survey (2021) | <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

## Percentage of High School Students Who Currently Drank Alcohol,\* by Sex, Grade,† and Race/Ethnicity, 2021



\*At least one drink of alcohol, on at least 1 day during the 30 days before the survey

†11th > 10th, 12th > 9th, 12th > 10th, 12th > 11th (Based on t-test analysis,  $p < 0.05$ .)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

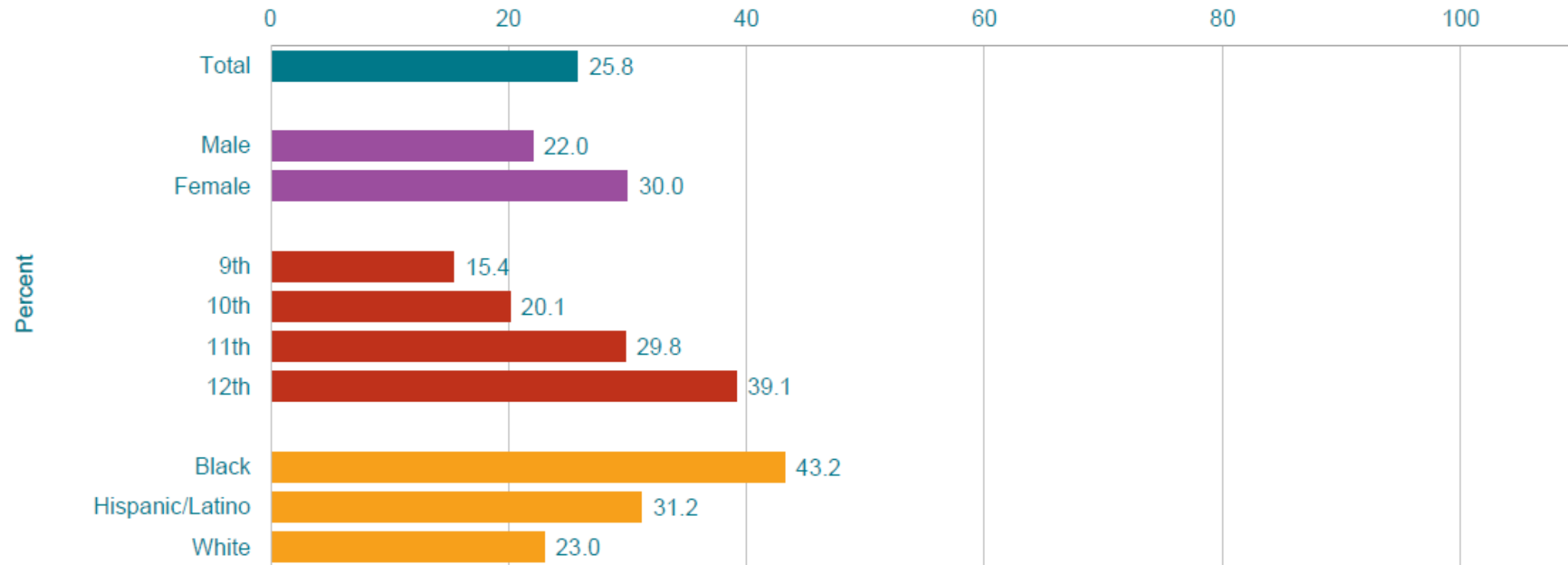
This graph contains weighted results.

Ohio - YRBS, 2021 - QN41

# Ohio Youth | Marijuana Use (2021)

CDC Youth Risk Behavior Survey (2021) | <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

## Percentage of High School Students Who Ever Used Marijuana,\* by Sex, Grade,† and Race/Ethnicity,† 2021



\*One or more times during their life

†11th > 9th, 12th > 9th; B > W (Based on t-test analysis,  $p < 0.05$ .)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

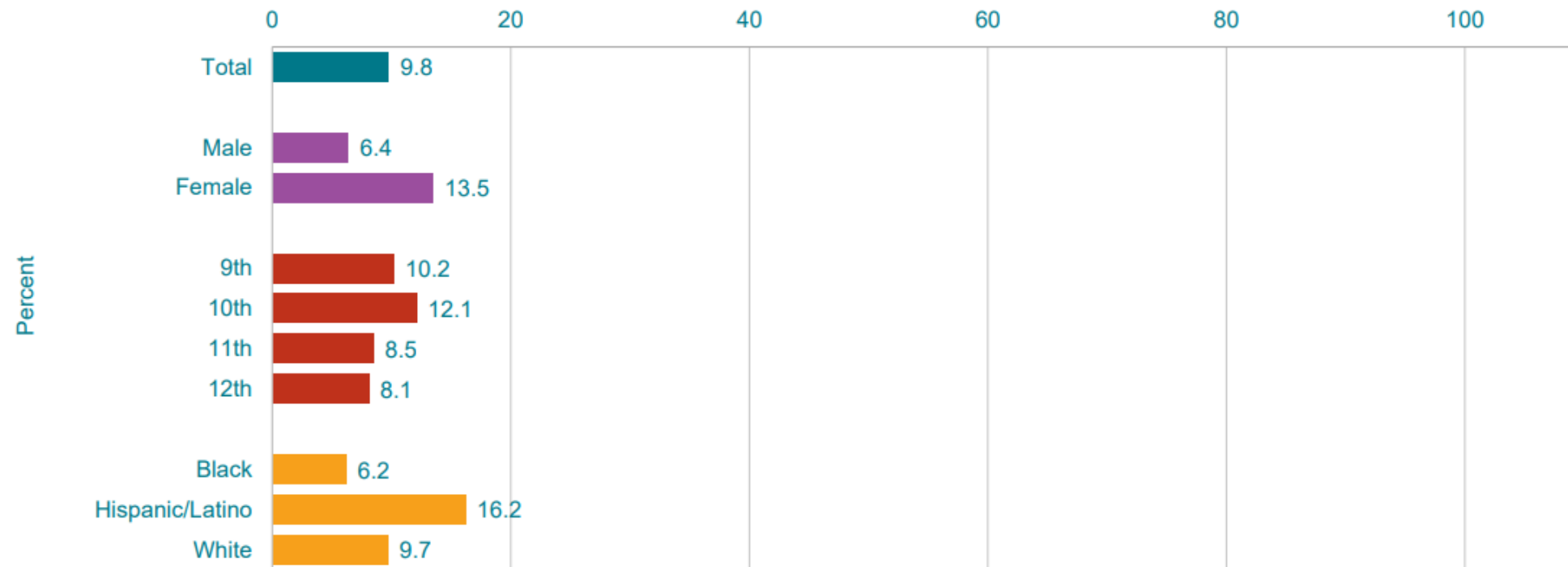
This graph contains weighted results.

Ohio - YRBS, 2021 - QN45

# Ohio Youth | Opioid Misuse (2021)

CDC Youth Risk Behavior Survey (2021) | <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

## Percentage of High School Students Who Ever Took Prescription Pain Medicine Without a Doctor's Prescription or Differently Than How a Doctor Told Them to Use It,\* by Sex,<sup>†</sup> Grade, and Race/Ethnicity, 2021



\*Counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life

<sup>†</sup>F > M (Based on t-test analysis,  $p < 0.05$ .)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

This graph contains weighted results.

Ohio - YRBS, 2021 - QN49

# Ohio Youth | Behavioral Health Disparities

Girls, LGBTQ+ youth, and racial/ethnic minorities are at increased risk

## Risk Factors Include:

- Systemic and structural racism
- Stigma and discrimination
- Peer victimization and bullying
- Unrealistic standards around physical appearance and weight (girls)
- Sexual harassment and violence (girls)

# Takeaways | Call to Action

- Youth behavioral health decline predated and intensified by pandemic
- Girls, LGBTQ+ youth, and racial/ethnic minorities at higher risk
- Schools play critical role in youth development, health, wellness, safety, and sense of belonging

Cross-system  
collaboration is essential  
Everyone has a role to play

**PRIORITY:**  
Partnering with and building  
capacity in schools

# Challenges & Opportunities

## High Demand

350% increase in  
demand for BH

## Workforce Shortage

42 BH professional  
shortage areas

## School Counselors

403 students to 1  
counselor in Ohio

## Burnout & Stress

in education and  
BH workforce

## Payment Models

Do not support full  
continuum care

Ohio Department of Mental Health & Addiction Services. (2021). Understanding Supply and Demand Within Ohio's Behavioral Health System [White paper]; American School Counselor Association Student-to-School-Counselor Ratio (2020-2021)

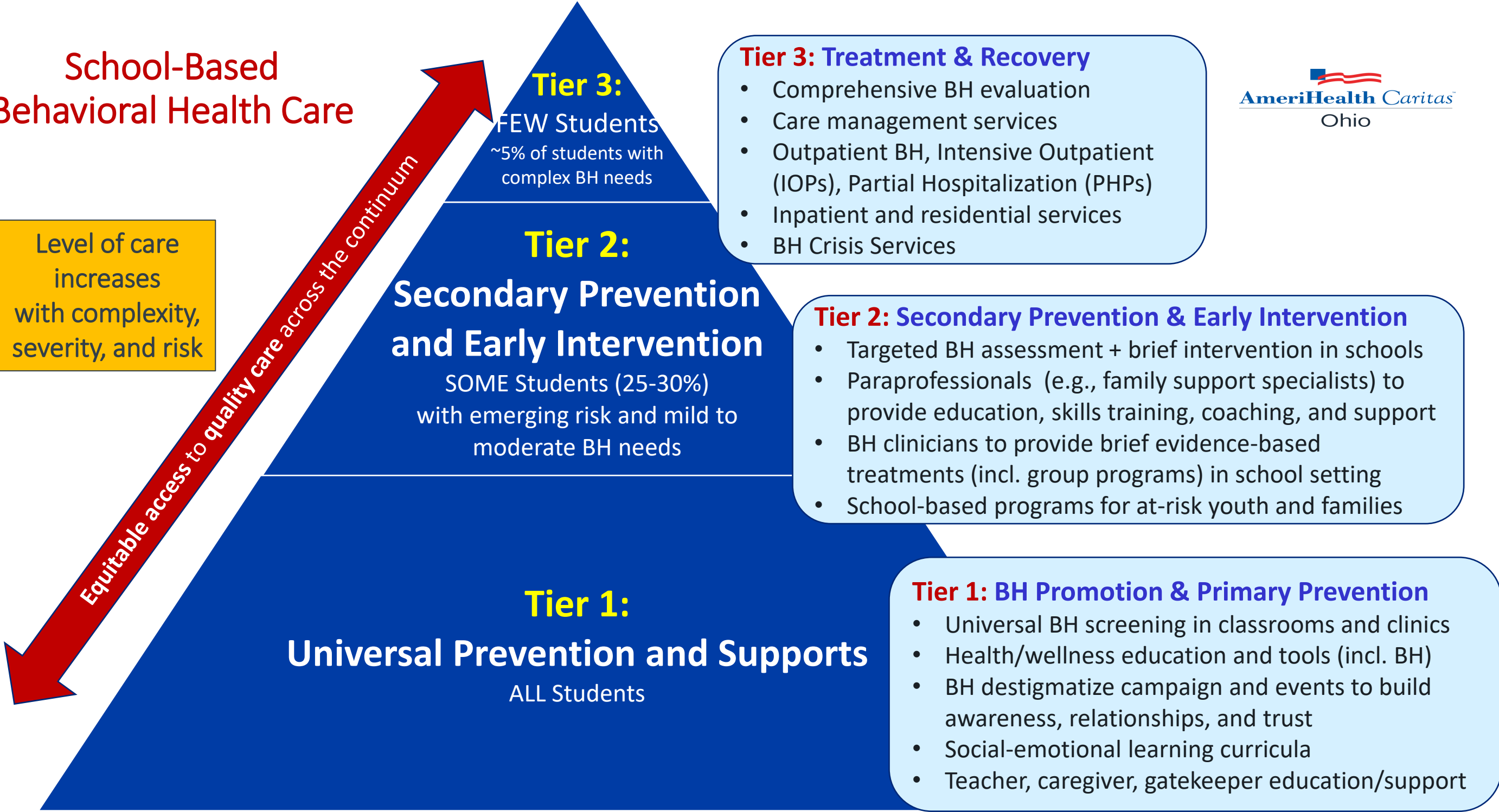
# Better Health Partnership

## Child and Adolescent Behavioral Health Subcommittee



# School-Based Behavioral Health Care

Level of care increases with complexity, severity, and risk



# School-Based Behavioral Health Initiative



**Universal (school-wide) Screening** to identify youth and families with BH needs and emerging risk

**Evidence-Based Interventions & Supports** focused on modifiable risk and protective factors (e.g., school and family connectedness; caregiver engagement; youth coping and psychological flexibility)

**Teacher, Staff, and Caregiver Support** to reduce burnout/stress and promote behavioral health/wellness

<https://publications.aap.org/pediatrics/article/144/1/e20183766/37106/Adolescent-Connectedness-and-Adult-Health-Outcomes?autologincheck=redirected>

# More to Come...



# How to Take Action Based on Your Role

Visit: <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>

Young People

Family &  
Caregivers

Educators

Healthcare  
Professionals

Journalists &  
Media

Social Media  
& Video Game  
Companies

Community  
Organizations

Funders

Employers

Governments

Researchers

# Additional Information about the OhioRISE Program

**What is OhioRISE?** OhioRISE is a special Medicaid program designed to help youth up to age 20 who have complex behavioral health challenges.

**How does OhioRISE help improve the education experience?** OhioRISE can help students who struggle in the classroom due to unmet behavioral health needs.

**When should a student be referred to OhioRISE?** The following behaviors may indicate a student's need for additional support and/or referral to OhioRISE:

- Difficulty controlling emotions
- Changes in social interactions/ withdrawing from peers and friends
- Changes in academic performance
- Behavioral challenges: aggression, defiance, impulsivity, or hyperactivity
- Self harm or threats to harm others
- Disorganized thinking and speech
- Involvement in multiple system (e.g., justice, child welfare, developmental disability)

## **How does a Student enroll in OhioRISE?**

- Certain needs for behavioral healthcare identified by the Child and Adolescent Needs and Strengths (CANS) assessment, **or**
- A recent inpatient hospital stay for mental illness or substance use disorder, **or**
- A recent inpatient stay in a Psychiatric Residential Treatment Facility (PRTF)



# Thank You

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Delivering the Next  
**Generation**  
of Health Care