Missouri CMHC
Healthcare Homes

Natalie Fornelli, Manager of Integrated Care
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- It is NOT a residence!
- A health care provider responsible for:
  - Comprehensive Care Management
  - Care Coordination and Health Promotion
  - Comprehensive Transitional Care
  - Patient and Family Support
  - Referral to Community and Social Support Services
  - Use of Health Information Technology
- Missouri was the 1st in the nation!
- 26 CMHC Healthcare Homes

What is a Healthcare Home?

- Reduce ER usage
- Reduce hospital admissions and readmissions
- Reduce healthcare costs
- Reduce use of long-term care facilities
- Improve health outcomes
- Improve care experience/satisfaction
Clients eligible for a CMHC healthcare home must meet one of the following three criteria:

1. A serious and persistent mental illness
2. A mental health condition and substance use disorder
3. A mental health condition and/or substance use disorder and one other chronic health condition:
   - Diabetes
   - Cardiovascular disease
   - Chronic obstructive pulmonary disease (COPD)/Asthma
   - Overweight/Obese (BMI >25)
   - Tobacco use
   - Developmental disability
Cholesterol ↓ 10% in cardiovascular disease

Small Changes = Big Difference

First Result

Last Result

Improving uncontrolled cholesterol

Cholesterol

↓ 10%

10% ↓ in cardiovascular disease
Blood Pressure ↓ 6 mm/Hg 16% ↓ in cardiovascular disease 42% ↓ in stroke

Small Changes = Big Difference

First Result

Last Result

↓20 mm/Hg Systolic

↓12 mm/Hg Diastolic

Improving uncontrolled blood pressure

Blood Pressure

↓ 6 mm/Hg

16% ↓ in cardiovascular disease 42% ↓ in stroke
Small Changes = Big Difference

Improving uncontrolled A1c (blood sugar)

A1c
↓ 1 point

21% ↓ in diabetes related deaths
14% ↓ in heart attacks
37% ↓ in microvascular complications
Average # Hospital & ER Encounters

CMHC Health Homes
January 1, 2012

Baseline
year end 2011

Year 1
year end 2012

Year 2
year end 2013

Year 3
year end 2014

Year 4
year end 2015
Over the first 4 years, CMHC Healthcare Homes produced a net savings of $98 million!
October 2015
- The American Psychiatric Association (APA) Psychiatric Services Gold Achievement Award
- The National Association of State Chief Administrators (NASCA) 2015 Case Study conducted by Harvard University
John has lost over 100 pounds while with our agency! He walks 1-3 miles a day for exercise. He also completed his GED last October and has set a “quit” day for smoking cessation- June 16th. John was one of our original Healthcare Home clients auto-enrolled by the state. Despite having setbacks, he has persevered through it all. He is now working on becoming a Certified Peer Specialist for our agency and will begin volunteering 4-6 hours a week in June. He has moved out of the RCF and into his own apartment and is working 4 days a week at Burger King. Our agency is honored to have him as a part of our program and looking forward to observing him inspire others.
states Missouri has consulted with on health homes and the Missouri model of integrated care
For more information

MO Health Home Resources

MO Department of Mental Health
dmh.mo.gov/mentalillness/mohealthhomes.html

MO Coalition for Community Behavioral Healthcare
mocoalition.org/#!health-homes/c14fu

MO Department of Social Services | MO Primary Care Health Homes
dss.mo.gov/mhd/cs/health-homes/

CMS Health Home Information Resource Center

Articles and Recognitions

“The Promise of Convergence: Transforming Health Care Delivery in Missouri” (Harvard Case Study for 2015 NASCA Institute on Management and Leadership)
www.naspo.org/dnn/Portals/16/2015%20NASCA%20Case%20Study%20-%20The%20Promise%20of%20Convergence%20FINAL%20for%20article.pdf

Gold Award: Community-Based Program: A health Care Home for the “Whole Person” in Missouri’s Community Mental Health Centers (APA Achievement Awards 2015)
ps.psychiatryonline.org/doi/full/10.1176/appi.ps.661013can Psychiatric Association