

# Missouri CMHC Healthcare Homes

Year 5 | 2016

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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 1<sup>st</sup> 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



## What is a Healthcare Home?

Add:

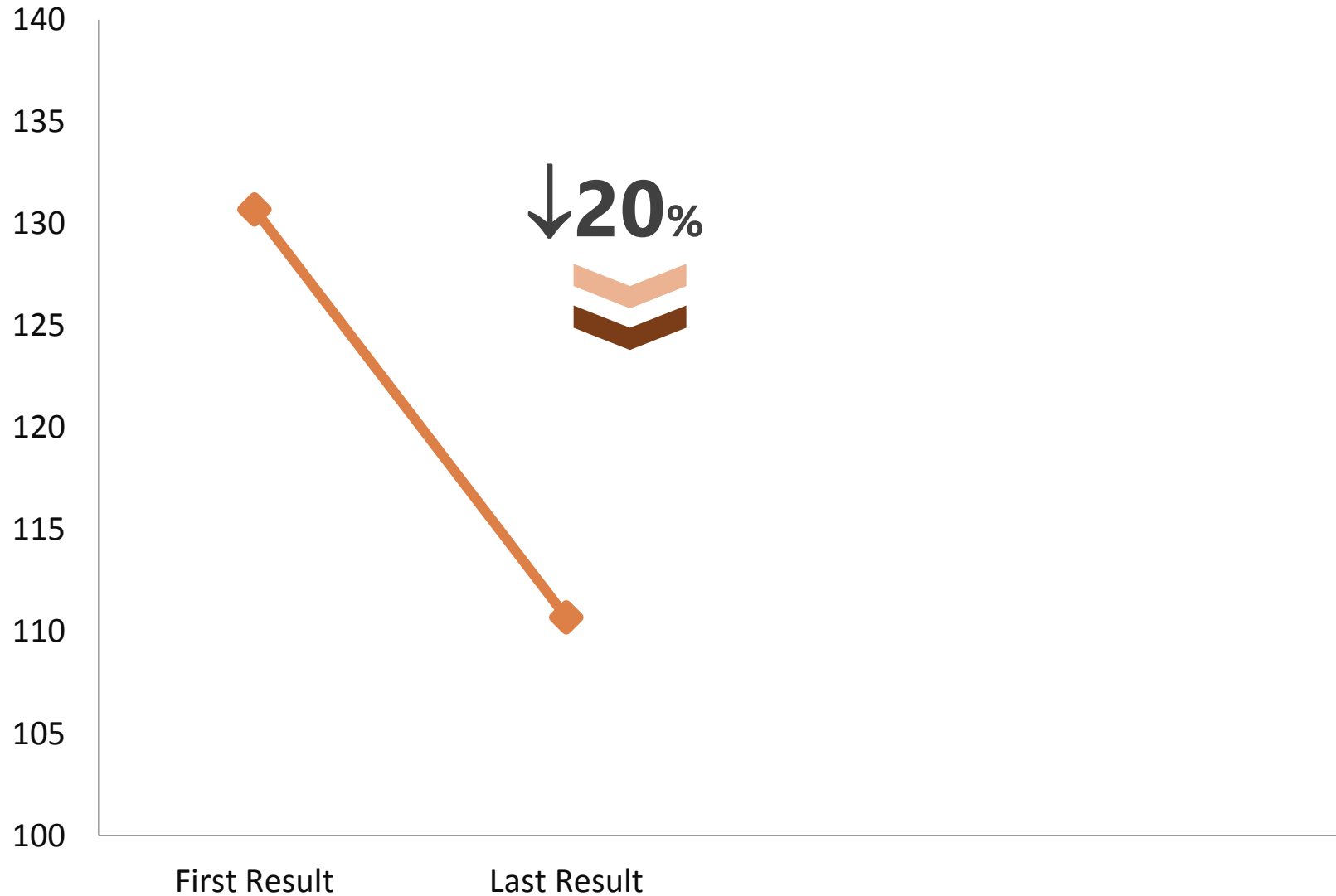
Nurse Care Managers

Primary Care Physician  
Consultants

Director

Care Coordinator

# Small Changes = Big Difference



## Improving uncontrolled cholesterol

Cholesterol

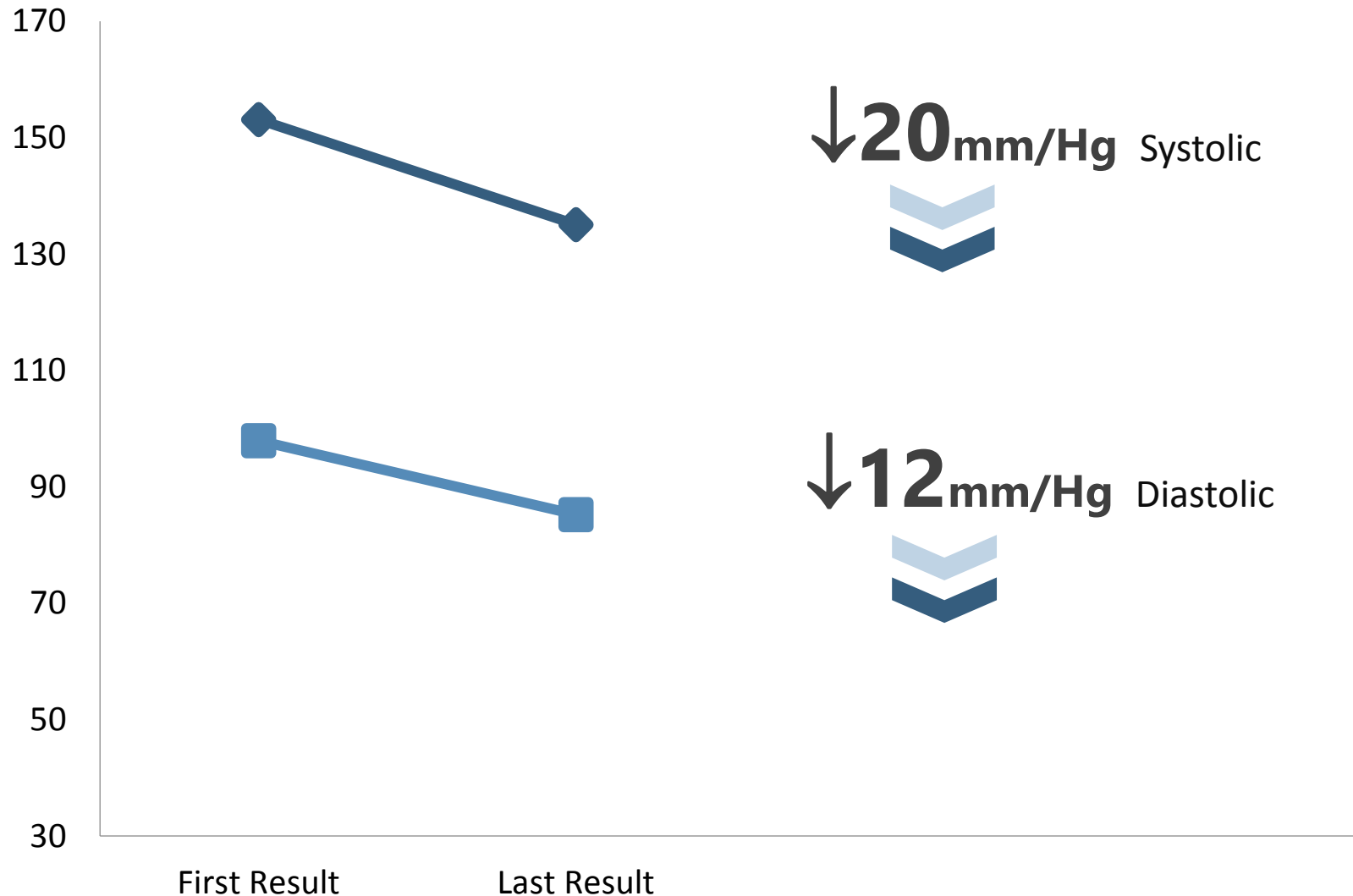
↓ 10%

10% ↓ in cardiovascular disease





# Small Changes = Big Difference



## Improving uncontrolled blood pressure

Blood Pressure

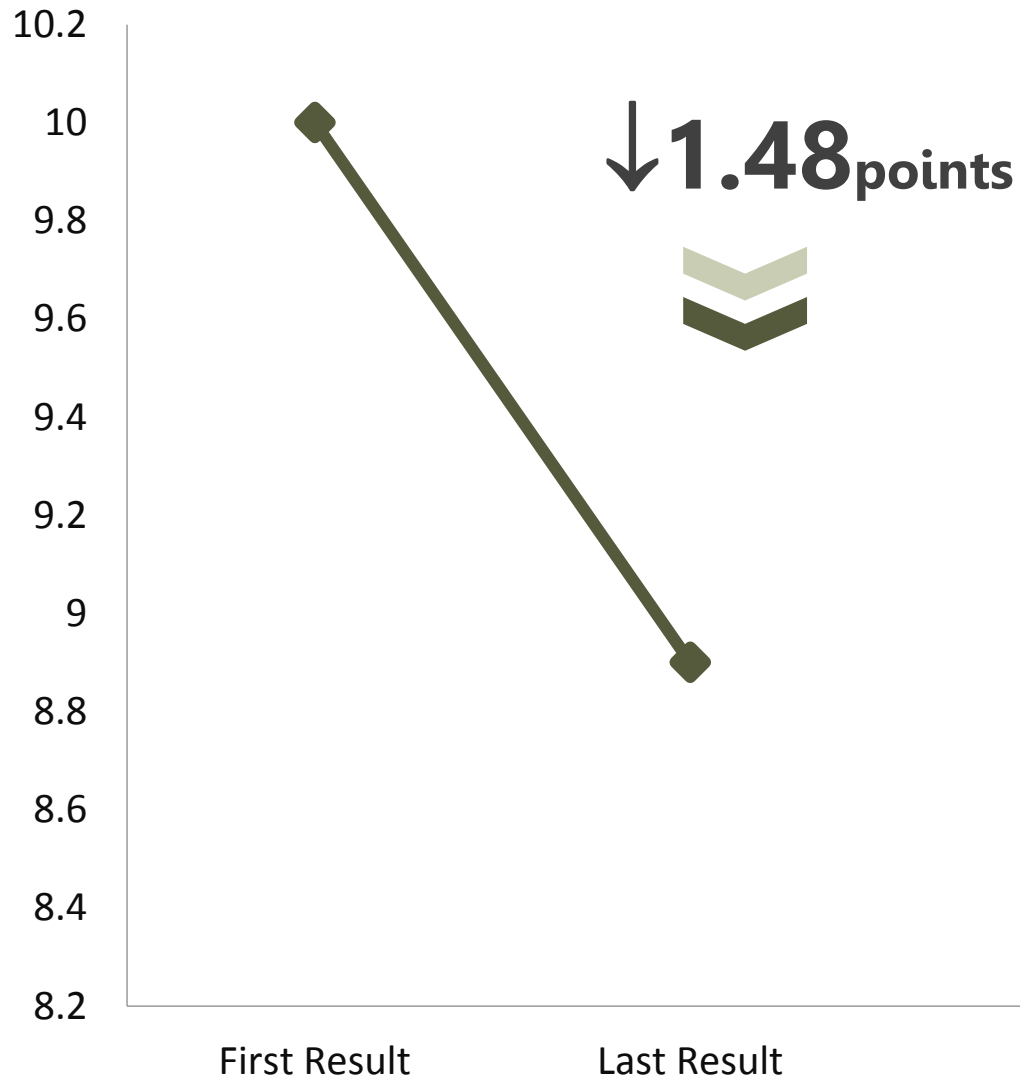
↓ 6 mm/Hg

16% ↓ in cardiovascular disease

42% ↓ in stroke



# Small Changes = Big Difference



## Improving uncontrolled A1c (blood sugar)

**A1c**

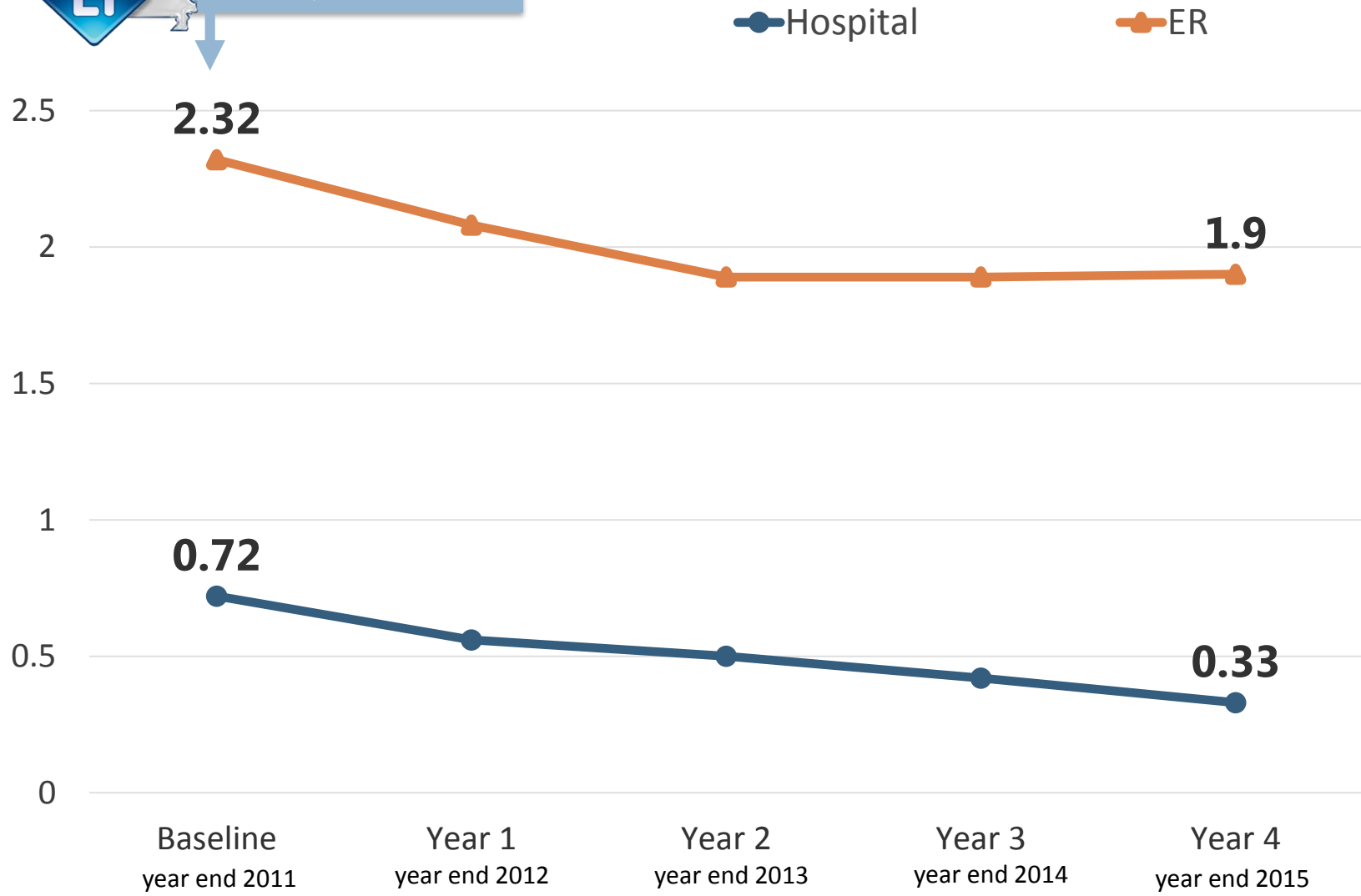
↓ 1 point

**21%** ↓ in diabetes related deaths

**14%** ↓ in heart attacks

**37%** ↓ in microvascular complications

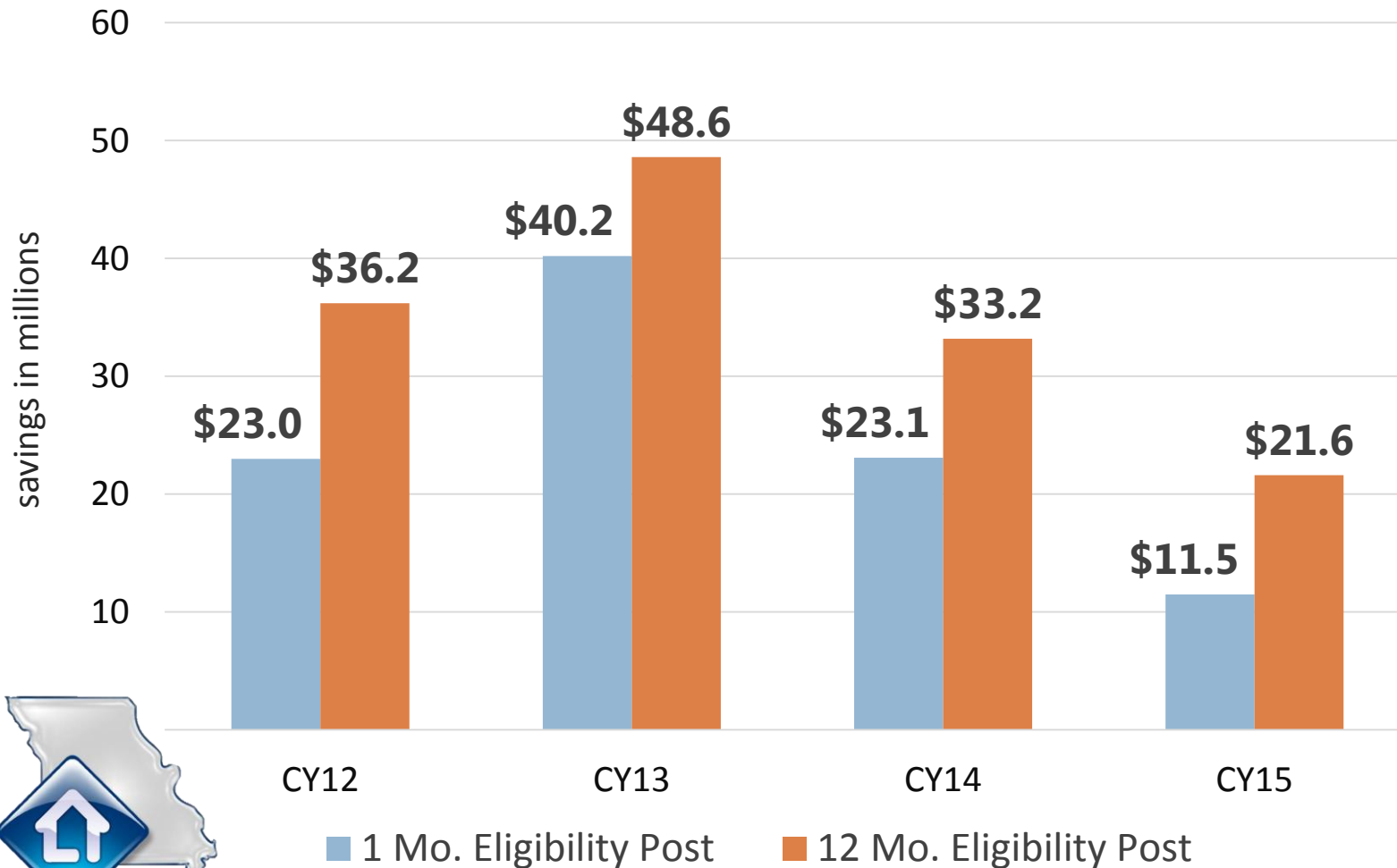




# Average # Hospital & ER Encounters

Over the first 4 years, CMHC Healthcare Homes produced a net savings of **\$98 million!**

# Cost Savings (2012-2015)





- **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**



**Missouri  
Model-  
*nationally  
recognized!***



- 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.

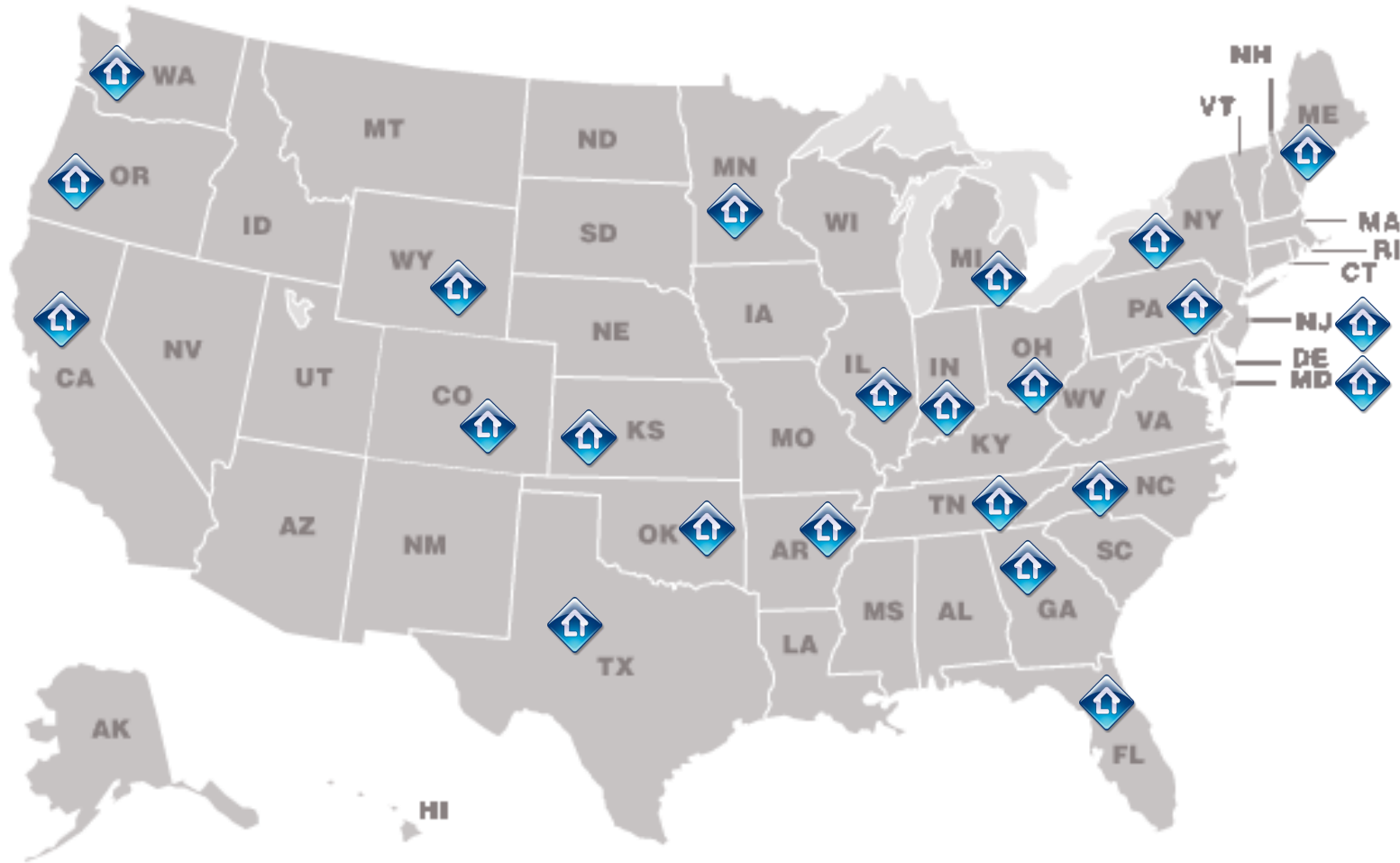


**HCH  
SUCCESS!!!**

Submitted by  
Preferred  
Family  
Healthcare



= states Missouri has consulted with on health homes and the Missouri model of integrated care



the  
**Missouri Model**  
of integrated care



# For more information

## MO Health Home Resources

MO Department of Mental Health  
[dmh.mo.gov/mentalillness/mohealthhomes.html](http://dmh.mo.gov/mentalillness/mohealthhomes.html)

MO Coalition for Community Behavioral  
Healthcare  
[mocoalition.org/#!/health-homes/c14fu](http://mocoalition.org/#!/health-homes/c14fu)

MO Department of Social Services | MO  
Primary Care Health Homes  
[dss.mo.gov/mhd/cs/health-homes/](http://dss.mo.gov/mhd/cs/health-homes/)

CMS Health Home Information Resource  
Center  
[www.medicaid.gov/state-resource-center/medicaid-state-technical-assistance/health-homes-technical-assistance/health-home-information-resource-center.html](http://www.medicaid.gov/state-resource-center/medicaid-state-technical-assistance/health-homes-technical-assistance/health-home-information-resource-center.html)

## 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](http://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](http://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.661013can) Psychiatric Association |