# Maine's DHHS Certified Community Behavioral Health Clinic (CCBHC) Overview

### Department of Health and Human Services

Friday, May 3, 2024



#### What is CCBHC?

#### Certified Community Behavioral Health Clinics (CCBHCs) offer:

- Coordinated mental health and substance use services across the lifespan regardless of diagnosis, ability to pay, or place of residence.
- Person- and family-centered services driven by the needs and preferences of clients and their families
- A range of evidence-based, trauma-informed services and supports to meet the needs of their communities
- Collaboration with other providers and health care systems to ensure coordination of care.

2023: Planning, Design, and Stakeholder Engagement

2024: Certify and Build Capacity

**Expansion and Innovation** 

Maine DHHS aims to have a certification processes, reimbursement structure, and programmatic infrastructure to support an integrated behavioral health system designed to meet community needs, emphasize outcomes monitoring and accountability, and provide comprehensive coordinated care to any person regardless of diagnosis or ability to pay.

#### The CCBHC Model

CCBHCs receive daily or monthly rates tied to quality measures to expand the scope of mental health & substance use services available in their communities.



**Staffing** 



Availability & Accessibility of Services



**Care Coordination** 



**Scope of Services** 



**Quality & Other Reporting** 



Organizational Authority, Accreditation & Governance



# CCBHC's Partnerships in Care













Behavioral Health Residential or Inpatient settings & Opioid **Treatment Programs** 



Assess and screen for behavioral and physical health needs and provide **Care Coordination** to needed services



Schools

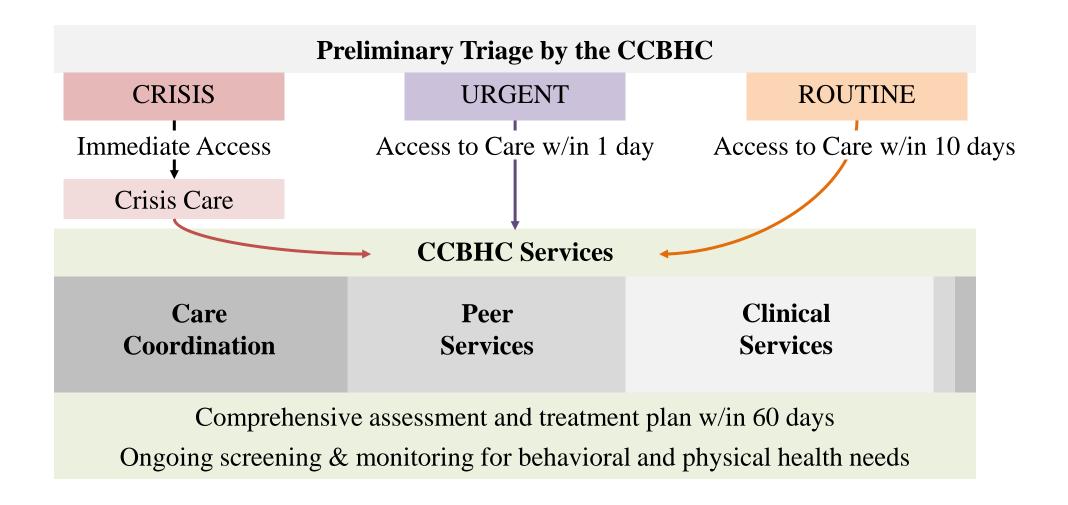


Child Welfare Services



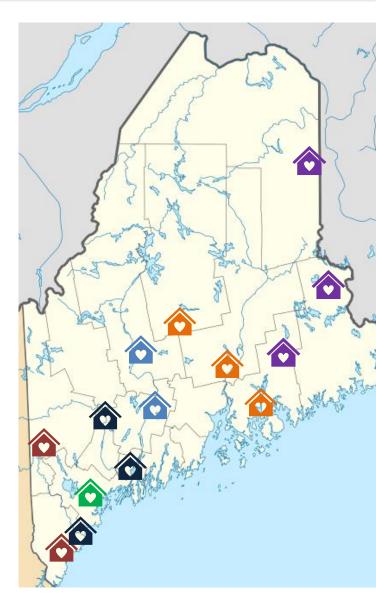
Police & Jails

#### CCBHC Access to Care



## Prospective CCBHCs in Maine

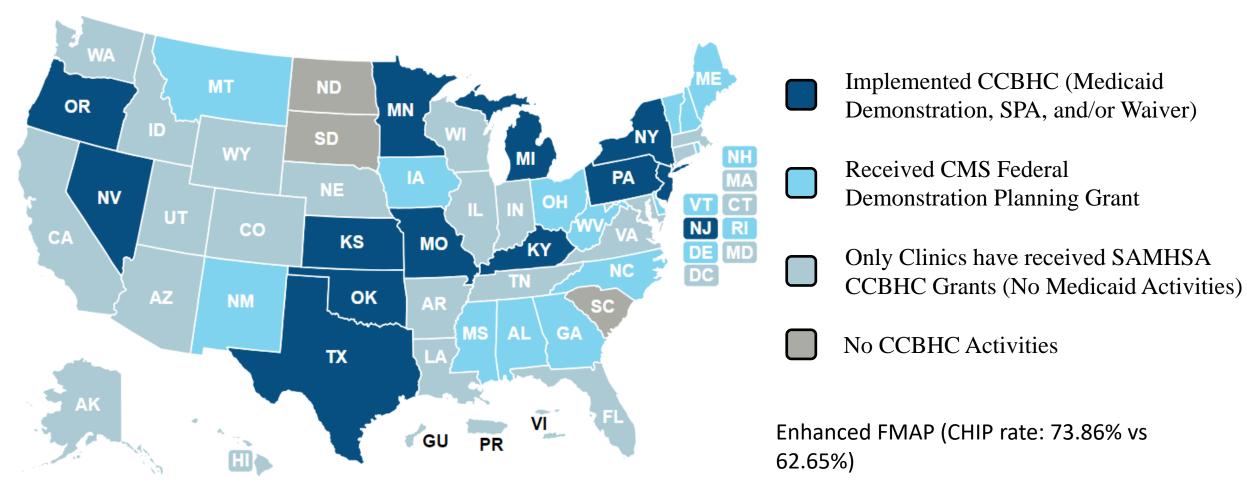
- Aroostook Mental Health Center (Aroostook, Washington, & Hancock Counties)
- Community Health and Counseling Services (Piscataquis and Penobscot\* Areas)
- Kennebec Behavioral Health (Somerset\* & Kennebec Counties)
- **♦ Spurwink (Cumberland County\*)**
- Sweetser (Brunswick\*, Lewiston\*, and Sanford\* areas)



<sup>\*</sup>Indicates current SAMHSA CCBHC Grant Locations

## **CCBHC** Nationally

- More than 500 CCBHCs are operating in 46 states, plus Puerto Rico, Washington D.C. and Guam.
- 26 States, including Maine, are participating or preparing to participate in the Federal CMS & SAMHSA CCBHC
   Demonstration Program



# SUD Required and Allowable Evidence-based Practices

#### **Increase Access to Evidence-Based Practices (EBPs) including:**

# Required EBPs (at least one per area):

- Medications for Opioid Use Disorder
- Substance Use Disorder Treatment for youth (must choose at least one):
  - Adolescent-Community
     Reinforcement Approach (A-CRA)
  - Multi-Dimensional Family Therapy (MDFT)

#### Other Allowable EBPs:

- Contingency Management
- Intensive Outpatient Treatment
- Ambulatory Withdrawal Management

#### Traumatic Loss Support:

Prolonged Grief Disorder Treatment

# CCBHC's Delivery and Coordination of Substance Use Care

#### **CCBHC\***

- Person-centered treatment planning for all behavioral health needs
- Co-occurring capable services
- Tier 2 Naloxone Provider
- Connection to necessary services not offered by the CCBHC (e.g., Methadone treatment)

Direct Care
Referrals
Coordination
Communication
Collaboration

#### **Substance Use Services**

- Medication for Opioid Use Disorder and other SUD Prescribing Services
- Opioid Health Homes (and future SUD Health Homes)
- Case Management for SUD
- Outpatient Therapy for SUD
- Access to Opioid Treatment Programs (i.e., Methadone Providers)

\*CCBHCs must meet Opioid Health Home (OHH) requirements

# Opportunities for Learning and Feedback in CCBHC Design

#### **Public CCBHC Stakeholder Meetings**

Maine DHHS holds bi-monthly public stakeholder sessions to engage partners with the behavioral health system of care to inform the design the CCBHC model. These sessions are facilitated by the National Council for Mental Wellbeing.

4<sup>th</sup> Monday Bi-Monthly, 10:30am-12:00pm, Via Zoom

Next Meeting: May 20, 2024, 10:30am-12:00pm

To Register: <a href="https://mainestate.zoom.us/meeting/register/tZUoduGhrjksE935lo4f7KqfMSmZ9MHWTtLD">https://mainestate.zoom.us/meeting/register/tZUoduGhrjksE935lo4f7KqfMSmZ9MHWTtLD</a>

#### **Consumer Information and Feedback Sessions**

The Office of Behavioral Health is collaborating with Consumer Council System of Maine to offer quarterly CCBHC information and feedback for people receiving behavioral health services.

Wednesdays, 3:00-4:30pm, Via Zoom

Next Session: May 22<sup>nd</sup>, 2024

Email: Mindy.Smith@maine.gov

## Contact and Engagement

#### General Questions and Contact Information:

CCBHC\_DHHS@maine.gov







# The CCBHC Transformation

- Community Needs Assessment
- Comprehensive Service Array including 24/7 Crisis Services
- Establishment of Care Coordination, Clinical Pathways, and Expansion of Evidence-Based Practices
- Strengthen & Expand Partnerships
- Implement Quality Improvement
- Create Funding & Payment Mechanisms
- Recruit and Train Staff
- Evaluate, evaluate, evaluate!



# Access to Services – Priority Populations

- SBIRT Approach to initial screening and intervention planning
- Screenings Used
  - -Audit Tool (Alcohol Use)
  - -AC OK
  - -5 A's (Tobacco Use)
  - -PQH9 and PGH9a
- Other developmental risk screening tools
- Care Coordination begins at first contact with KBH





## Care Coordination

- Care Planning
- Communication, Coordination,
   & Collaboration
- Linkage & Referral with warm connections
- Follow-up & Monitoring
- Advocacy & Support





## Evidence-Based Practices

- OHH-MAT "medication first approach"
  - ABC Attachment Behavioral Catch Up Program for pregnant women and new parents
  - EBP approaches to individual and group therapy
- CRAFT (Community Reinforcement & Family Training)
- A-CRA (Adolescent Community Reinforcement Approach)
- ACT & MI
   (Acceptance and Commitment Therapy & Motivational Interviewing)
- Recovery Coaching CCAR



# Increased Access to Care and Recovery Support for Individuals with SUD and COD

- Rapid access to OHH
  - Holistic and person-centered service within an integrated team approach to care
  - Increasing engagement through expressive and horticultural therapies
- Recovery Coaching Center
  - Building recovery capital through peer support and community inclusion
- ROAR (Recovery & Opioid Addiction Resources)
- Project Recovery



# Building Treatment and Recovery Capital Partnerships

- Working closely with Somerset Public Health, Skowhegan PD, & Somerset County Sheriff Department
- Coordination with Bridge Clinic at Redington-Fairview
- Network development with other providers & critical community stakeholders
- City of Augusta Project Recovery





# Looking Ahead

- More training to increase co-occurring capable competency and capacity
- Formal Care Coordination Agreements with Methadone Clinics and Addiction Specialty Care
- Expansion of MAT into Kennebec County
- Transformation of Opioid Health Home into SUD Home
- Advancing Contingency Management Treatment & Community-based Withdrawal Management
- Brain Injury Screening for individuals who have overdosed





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