

BUILDING OUT BEHAVIORAL HEALTH NETWORK AND SERVICES FOR YOUTHS

**Panel Presentation at the
Legislative Finance Committee Meeting
August 18, 2022**



DOUGLAS ZIEDONIS, M.D
Executive Vice President, UNM Health Sciences and
Chief Executive Officer, UNM Health System



HEALTH & HEALTH SCIENCES

Introduction & Key Points:

- Doug Ziedonis

- Rodney McNease, Executive Director Gov. Affairs for UNM Hospital & Behavioral Health Administration
- Mauricio Tohen, Professor and Chair, Department of Psychiatry

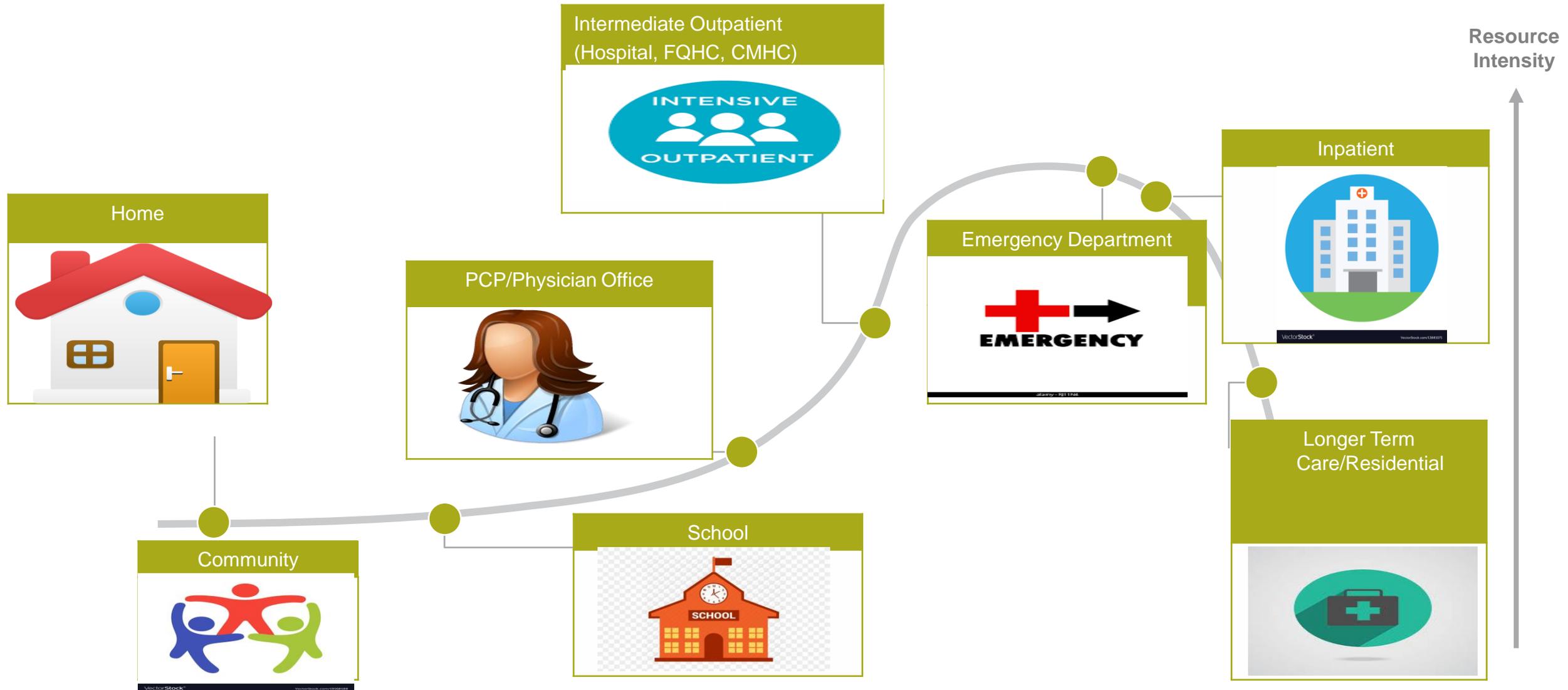
- **Key Points for today:**

- (1) Complex behavioral health system of care – coordination, collaboration, and resources
- (2) Public Health and Prevention Strategies Critical (SDOH, ACEs, Health Equity)
- (3) Virtual Health – telehealth, Online/Apps, Tele-consult, and Tele-mentoring / ECHO
- (4) Must address substance use, misuse, addiction, and co-occurring disorders
- (5) Crisis and Clinical Services Needs
- (6) Workforce Development – existing providers and new providers
- (7) Special Populations and Needs, including rural, tribal, DD/ASD, Transitional Age Youth, etc
- (8) Financial Needs and Models
- (9) UNM aspirations and roles

Big Goals and Vision for Child, Youth, and Emerging Adults Behavioral Health

- Improving quality of life, recovery, hope, self-empowerment, networks of support, and productivity for individuals and families
- Addressing Social Determinants of Health, Adverse Childhood Events, and Multi-Generational Traumas to prevent behavioral health and health problems
- Prevention and treatment services for substance use, misuse and addiction amongst our children, youth, and emerging adults
- Support families, communities, and schools to provide the support for our children, youth, and emerging adults, including by reducing domestic violence, homelessness, and basic needs gaps.
- Increase our behavioral health workforce and provide needed supports across all of New Mexico, including through tele-consultation, tele-health, and tele-mentoring.
- Increase community based clinical behavioral health resources, including crisis residential services

Behavioral Health System of CARE - Continuum



Collaborations across the Community



- ❖ Focus on Health Equity – addressing stigma and parity for behavioral health services
- ❖ Strengthen collaborations and support for Community-Based Services and require BH screening
- ❖ Need Prevention, SBIRT / BH Screening, and Public Health
 - ❖ Social Determinants of Health, Adverse Childhood Events, & Multi-Generational Traumas
- ❖ Prevention & educational School Based Services (Public Health School)
- ❖ Prevention and education services for families
 - ❖ Expansion of Family Peer Support Services
- ❖ Mobile Behavioral Health Units – homelessness (300 families and 200 young adults) & broadband issues
- ❖ Virtual Health Support
 - ❖ tele-health, tele-consultation, and tele-mentoring



Tele-consultation Statewide Service (proposed)

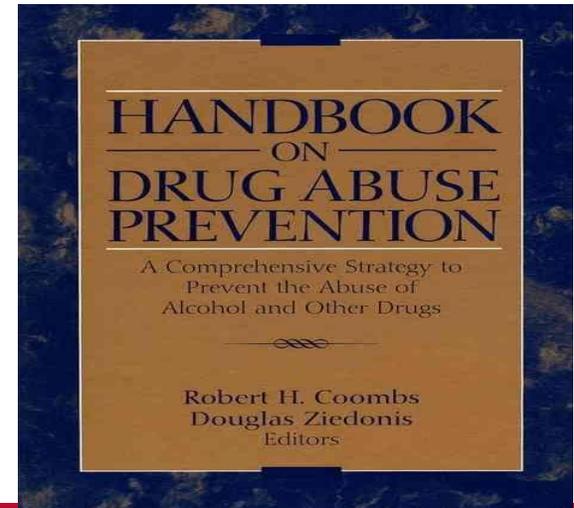
- * Teleconsultation is not Telemedicine (clinician and patient connect)
- * Teleconsultation is not Project ECHO tele-mentoring (only clinicians join together in learning communities to learn from a case discussion and sharing of best practices).
- * Teleconsultation provides support to primary care and other providers across New Mexico when they have a patient they are helping and the provider would like support for the one case.
 - Community BH providers, school-based health centers, and FQHCs High-Fidelity Wrap-Around services

Services for the Providers include (example from Massachusetts: www.mcpap.com)

- Telephone consultation with either a Child and Adolescent Psychiatrist or independently licensed Behavioral Health Clinician
- Face-to-face consultation with either a Child and Adolescent Psychiatrist or independently licensed Behavioral Health Clinician when indicated (regional services network in BH collaborative)
- Resource and Referral
- Practice-focused training and education

Must address Substance Use, Misuse, Addiction, and Co-Occurring Mental Illness and Addiction

- ❖ Nicotine & Tobacco still are the Gateway Drug
 - ❖ Explosion of vaping (open and closed devices)
 - ❖ Tobacco and many other substances
 - ❖ Leading cause of morbidity, mortality, and other acute impacts
- ❖ Increased access to outpatient **addiction** services
 - ❖ Tobacco/nicotine, alcohol, fentanyl/heroin, THC, stimulants, inhalants, etc
- ❖ Often co-occurring mental illness and addiction
- ❖ Residential services (age and gender considerations)
- ❖ School, College, and University Settings
 - ❖ Addiction Prevention & Treatment Services
 - ❖ Freshman Year
 - ❖ Recovery Dorms



Crisis and Clinical Services Needs

- ❖ Plans for new UNM Child Psychiatric Center in Albuquerque, but need continuum of services pre & post hospitalization (step-down services)
- ❖ Develop regional network of Partial Hospital and Intensive Outpatient programs, including for special populations
- ❖ Crisis Services: Increase Statewide Tele-consult Support for Rural Emergency Departments, 988 MH Crisis Line, and development of Regional Crisis Services
- ❖ Specialized Residential treatment options for special populations

Special Populations

- Transitional Age Youth / Emerging Adults
 - Unique knowledge and skills needed
 - Programs to bridge transition from child to adult services
- Juvenile Justice Population (MAYSI-2 Screening)
- Developmental Disabilities and Autism Spectrum Disorders
- Rural and Tribal Populations
- Youth identified with High Adverse Childhood Events and history of child maltreatment or present in domestic violence cases
- Populations need culturally and linguistically tailored services
- College and University Behavioral Health & Basic Needs



Improving Support for Rural & Tribal Mental Health in NM

- ❖ Tailored programs for rural and tribal communities leveraging telehealth resources
- ❖ ECHO Programs for rural PCPs and other providers providing tele-mentoring
- ❖ Development of teleconsultation services in real time to rural primary care providers
- ❖ Tailored programs for Urban Native American families and children and youth

Workforce

- ❖ Workforce development at all levels of providers
 - ❖ Expand Community Health Workers (with BH expertise)
 - ❖ Peer Specialists, Recovery Coaches, Lived Experience, Culturally centered peer support specialists, BH medical assistants, social workers, Tobacco Treatment Specialists etc
 - ❖ Low salaries for providers, especially addiction providers
- ❖ Expand capacity of Training programs for MDs, Ph.D. Advanced Practice Providers, Clinical Pharmacists with incentives for recruitment and retention
- ❖ Targeted incentives for practicing in underserved areas
- ❖ Simplifying licensure and credentialing
- ❖ Tuition mitigation strategies
- ❖ Loan Forgiveness with Service Commitment in New Mexico

Financial Needs

- ❖ Creation of a Reimbursement & Utilization Framework that addresses service gaps, leveraging Medicaid and commercial insurance
- ❖ Continued work on Regulatory Simplification for BH Delivery System
- ❖ Incentives for providers to develop or expand services in rural and frontier areas
- ❖ Streamline and standardize MCO practices around utilization review and claims management

UNM Aspirations and Roles

- ❖ Work with State and Community Leaders in Strategic Planning and Implementation
- ❖ Expand a more comprehensive continuum of care - as it relates to specialty, sub-specialty, and intermediate levels of care.
- ❖ Statewide Workforce Training and Education of all levels of BH providers
 - ❖ Degrees, Certificates, Badges, Continued Professional Learning, etc
- ❖ Expertise Statewide through Project ECHO, Telehealth & Tele-consultation
- ❖ Collaborate with other partners - CYFD, BHSD, HSD, and community partners in system development and strategic planning
- ❖ Create expanded access in line with community need
- ❖ Public Health initiatives in Behavioral Health (new SPH), including Health Equity
- ❖ Research, Program Evaluation, and Health Economics activities focused on NM needs

Thank you and Questions

Reach out anytime!



@DouglasZiedonisMD

Email: HSC-EVP@salud.unm.edu
dziedonis@salud.unm.edu

