

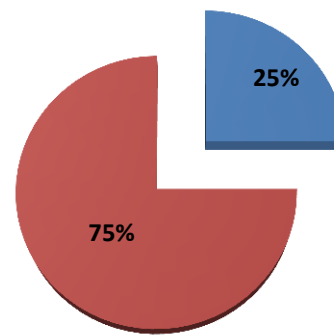
DHHS FY16/17 Budget Initiative: Behavioral Health Outpatient and Children’s Community Support

Overview

Maine spends over \$300 million dollars annually on Outpatient Mental Health Services. These are services provided to adults and children in a provider’s office, the person’s home, school or community. The services help to assess members to identify behavioral health and substance abuse issues, and create a plan to address these issues. When compared to other New England States, Maine is an outlier in reimbursement for behavioral health services.

FY12 - FY14 average percentage of total MaineCare Expenditures

■ Total Behavioral Health Spending ■ All Other MaineCare Spending



Rate Comparison with Massachusetts, Vermont and New Hampshire Medicaid

Therapy rates

These services are only provided in an outpatient setting (provider’s office). These services are for adults and children with mental illness, as well as their families to help resolve behavioral health issues. Examples can include helping with depression, bipolar disorder, schizophrenia, etc.

Service	Maine	Massachusetts	Vermont	New Hampshire
Group therapy (psychologist)	\$33.00/1.5 hours /client	\$24.98/1.5 hours/client	\$9.86 /session / client	\$21.12/session/client
Individual therapy (psychologist)	\$88.00/hour	\$74.94/hour	\$101.94/hour	\$72.00/hour
Individual therapy (MH agency)	\$84.00/hour	\$69.68/hour	\$101.16/hour	\$92.00/hour
Family/couple therapy (MH agency)	\$84.00/hour	\$69.68/hour	\$85.21/hour	\$58.00/hour
Group therapy (MH agency)	\$21.00/hour/client	\$16.72/hour/client	\$10.28/session/client	\$10.65/session/client

Substance Abuse Services rates

These services help adults and children, and their families, learn how to cope with and overcome the emotional, behavioral, and physical issues associated with addiction. These services can be provided through one-on-one visits with a provider, group therapy, and private visits with the member and their family.

Service	Maine	Massachusetts	Vermont	New Hampshire
Substance use disorder individual counseling	\$84.00/hour	\$67.16/hour	\$105.52/hour (SA treatment facility)	\$50.00/session
Substance use disorder group counseling	\$27.00/45min/client	\$13.44/45min/client	\$10.85-\$11.74/session/client	\$50.00/session
Substance use disorder family/couple counseling	\$42.00/30min	\$36.30/30 min	\$52.75/30 min (SA treatment facility)	\$50.00/session

Children’s Behavioral Health Day Treatment

These services provide families with trained staff to work in their homes, schools, or communities to help with life skills, controlling behaviors, and learning to cope with stressful situations.

Service	Maine	Massachusetts	Vermont	New Hampshire
Children’s Behavioral Health Day Treatment - BHP Level	\$58.60/hour	\$50.44/hour	No comparable rate	No comparable rate
Children’s Behavioral Health Day Treatment - Master’s level	\$95.00/hour	\$99.24/hour	No comparable rate	No comparable rate

Initiative

This initiative reduces the rate of reimbursement by 10% for Section 65 of the MaineCare Benefits Manual in the following services: Outpatient Services (therapy and assessments), Children’s Home and Community-based Treatment, and Children’s Behavioral Health Day Treatment. It also represents a 10% rate reduction to Section 28, Rehab and Community Support Services for Children with Cognitive Impairments and Functional Limitations.

Savings

Year	State	Federal	Total
SFY 16	(\$6,222,585)	(\$10,357,710)	(\$16,580,295)
SFY 17	(\$6,189,424)	(\$10,390,871)	(\$16,580,295)