

Money Follows the Person Behavioral Health Pilot (MFP BH)

The Behavioral Health Pilot is a federally funded demonstration project in Bexar, Atascosa, Guadalupe, Wilson, and Travis Counties that provides specialized behavioral health services to help individuals with severe mental illness and / or substance use disorders transition from nursing facilities and live in the community.¹ These services include adult substance abuse treatment and Cognitive Adaptation Training (CAT), a rehabilitative service designed to help the individual establish daily routines, organize their environment, and build social skills. Services are provided up to six months before discharge and for one year post-discharge.

The goals of the Pilot are to help participants transition from nursing facilities, live successfully in the community and minimize recidivism into the nursing facility. Pilot services are provided in close coordination with other services and supports provided through the State's STAR+PLUS Medicaid managed care program and relocation services provided through the Texas Department of Aging and Disability Services.

Analysis of the first year of Pilot operations indicates that the Pilot has been successful in attaining its goals, thus far. Positive outcomes include:

- 88 % of the 60 individuals served thus far have successfully maintained independence in the community. Examples of increasing independence include operating a vehicle in order to independently commute; obtaining paid employment; volunteering at the nursing facility where the participant formerly resided; obtaining a GED; attending exercise or computer classes; and working towards a college degree.
- Substance abuse services have prevented relapse and helped participants who have relapsed regain sobriety.
- Pilot participants have shown statistically significant improvements in functioning independently.
- Medicaid expenses for participants discharged under the Pilot appear to be lower than expenses before discharge.

The Pilot has also highlighted relocation challenges for people with behavioral health conditions including lack of community housing; the need for a rehabilitative, rather than traditional nursing facility service paradigm; need to educate families and the long term services system about the needs / capabilities of people with behavioral health conditions; and the need more accessible, community based substance abuse treatment services for non-ambulatory clients.

The Pilot will continue into 2016. It will expand in 2010 to include more counties and to pilot reintegration of state facility patients. If the Pilot is successful, Pilot services will be considered for inclusion in the Texas Medicaid long term services and supports system. Currently these services are not included in the long term care system outside of the Pilot.

¹ The Pilot is funded under the Money Follows the Person Demonstration grant from the Centers for Medicare and Medicaid Services and administered by the Texas Department of State Health Services (DSHS). State facility patients will receive Pilot services via general revenue. The MFP BH annual grant budget is approximately \$1.2 million.