

Behavioral Health Initiatives

Behavioral Health Updates

- **ARTS Program**

- 1115 waiver renewal (5 years) submitted to CMS and is currently under review
- DMAS received funding from Opioid Abatement Authority to support Discharge Bridge Programming
 - Year 1 will focus on technical assistance to hospitals on bridge programming
 - Year 2 will fund 2-3 sites

- **Medicaid Crisis Services**

- New DBHDS regulations for crisis services went into effect 07/17/24
- DMAS memo requires all crisis providers to update their enrollment by 10/17/24, including but not limited to submitting any active MOUs for Mobile Crisis and Community Stabilization and submission of a new Crisis Receiving Center license, if applicable.

RHRN Service Redesign - Project Overview

DMAS, in coordination with DBHDS, DHP and DMAS health plans, is employing an integrated and comprehensive approach to address rate, service, and workforce/provider roles for Medicaid over the next two years.

The project seeks to redesign DMAS' youth and adult legacy services: Intensive In-home, Therapeutic Day Treatment, Mental Health Skill Building, Psychosocial Rehabilitation, and Targeted Case Management.

The budget language authorizes DMAS to move forward with budget neutral changes to replace the legacy services with evidence-based, trauma-informed services.



Medicaid Behavioral Health Services Redesign Timeline

July 2024-June 2026

Year 1

July 2024-June 2025

Service research, stakeholder input, contractor support to develop service requirements

Develop service definitions and requirements

Develop FFS rates for each proposed new service

Estimate utilization, cost and budget impact for redesigned services

Year 2

July 2025-June 2026

Operationalize new services through licensure, regulatory, and policy manual changes

Prepare providers to transition to new services

Ensure MCO readiness to implement new services

New Services Go Live

Potential phased in approach of service implementation

Provider Survey to Inform Rate Study

[Link to Survey](#)

Due November 15, 2024



1115 SMI Waiver

- 1115 waivers are to test innovative approaches and include an evaluation component
- DMAS has an 1115 waiver for ARTS and former foster care youth program
- In 2018, a parallel IMD exclusion waiver opportunity was announced
- DMAS is in process of developing an initial application with a goal of submitting early next year

FOUR COMPONENTS:

Ensuring Quality of Care in Psychiatric Hospitals and Residential Settings

Improving Care Coordination and Transitions to Community-Based Care

Increasing Access to Continuum of Care Including Crisis Stabilization Services

Earlier Identification and Engagement in Treatment Including Through Increased Integration

Would cover:

- Short term inpatient in IMDs (< 60 days)
- Short term crisis stabilization in IMDs

Developmental Disability Waivers Operations and Policy Updates

- DMAS submitted and received approval from CMS for the renewal of the Community Living Waiver effective July 1, 2024.
- DMAS submitted in July and received approval additional waiver amendments to request approximately 3400 DD Waivers over the biennium for CL waiver and FIS waiver. A reminder that these will be rolled out quarterly as designated by the General Assembly (GA).
- Amendments to incorporate the GA requirements for 1915 c waivers were submitted on 9/20/24. CMS has 90 days to approve the amendments. Items included in the waiver amendment are as follows:
 - ✓ HB1963 (2023): Combining the annual service limits for Assistive Technology and Electronic Home-Based Services into an annual \$10,000 limit.
 - ✓ HB577/SB610 (2024): Allowing an individual who has been offered a slot on the waiver to delay enrollment for up to 365 days;
 - ✓ HB908/SB676 (2024): Disregarding Social Security Disability Income (SSDI) above the maximum Social Security Income (SSI) as determined by the Social Security Administration for purposes of pre-eligibility treatment of income;
 - ✓ HB909/SB488 (2024): Finalizing rules regarding when a Legally Responsible Individual (LRI) is the paid attendant for the personal care service;
 - ✓ Item 288.CCCCC (2024): Removing educational requirements for services facilitation providers.
- HCBS Final Settings Rule: These reviews are making great progress and will likely meet the project deadline early. Most providers and CSBs have been very responsive and supportive in finalizing these reviews. We appreciate that!

Brain Injury Services

- DMAS submitted and received approval from CMS for the addition of a new benefit called Traumatic Brain Injury Case management effective January 2, 2024.
- The current provider pool are those providers that were providers under the DARS contract for brain injury services and have CARF endorsement
- NEW! DMAS modified and submitted an updated State Plan Amendment to allow for those providers with a case management license from DBHDS. This has been approved by CMS. We hope this will provide more resources to access the benefit to individuals as well as business line opportunities to CSB/BHAs.
- DMAS is currently working on regulations for the benefit and a number of resources are posted on the DMAS website are available: <https://www.dmas.virginia.gov/for-providers/benefits-services-for-providers/long-term-care/programs-and-initiatives/brain-injury-services/>
- For more information about the benefit, please feel free to reach out to braininjuryservices@dmas.virginia.gov

Managed Care and Maternal Health Initiatives

Virginia Medicaid is Cardinal Care

Cardinal Care is DMAS' program name that includes all health coverage programs for all Medicaid members served through managed care and fee-for-service delivery systems



Cardinal Care Road Map

2021-2023 Cardinal Care Timeline

DMAS's strategy to achieve these legislative directives was implemented in phases, while working closely with the Centers for Medicare and Medicaid Services (CMS) to receive federal approval to consolidate the two managed care waivers and contracts

July 2021

As part of the 2021 Appropriations Act, DMAS was directed to merge the two managed care programs, Medallion 4.0 and Commonwealth Coordinated Care Plus (CCC Plus)

Sept 2023

DMAS received approval from CMS to consolidate the Medallion 4.0 and CCC Plus programs under Cardinal Care Managed Care waiver – effective October 1, 2023

Jan 2023

Rebrand as Cardinal Care Cardinal Care, DMAS' program name that includes all Medicaid, and FAMIS members served through both the managed care and fee-for-service delivery systems

Oct 2023

Medallion 4.0 and CCC Plus programs are consolidated under Cardinal Care

2024

The new Cardinal Care Managed Care Program will drive innovation and strengthen quality and accountability

Cardinal Care Managed Care Preparation for Implementation Activities



Member Engagement Actions

DMAS focuses on the member first

- Education and information
 - Revised Member 'New Mom' Letter
- Enhanced MCO Benefit Comparison Chart
- Cardiovascular Health – Ask About Aspirin



Old New Mom Letter

Welcome MOM!

We are thrilled to be a part of this journey with you and want to share the free services we offer to help you have a healthy pregnancy and healthy baby! To get more information about what is covered, visit www.coverva.org

Free Pregnancy services, as a Medicaid member, include:

- Prenatal Care – Care while you are pregnant
- Labor and Delivery - Care to deliver your baby
- Postpartum Care – Care after your baby is born
- Dental/Oral Care – Dental care received before and after your pregnancy
 - Call Smiles for Children at 1-888-912-3456 to schedule a dental appointment or visit www.dentaquest.com
- Transportation – Non-emergency transportation to your visits
 - Call 1-888-336-8331 or your managed care plan to arrange for transportation to medical appointments
 - Book your transportation the same day you book your doctor's appointment to make sure you have a ride

Once enrolled in Medicaid, you will receive your health coverage through a managed care health plan. To find out which health plan works best for your providers, or to choose your health plan:

- Download the free Virginia Managed Care App on your Android or iPhone
- Visit <https://virginiamanagedcare.com>
- Call the Managed Care Helpline at 1-800-643-2273

DURING your Pregnancy

- Make an appointment with your doctor as soon as possible, and ask if they accept Medicaid, FAMIS Moms or your Managed Care Plan
- Reach out to your health plan about available care coordination services during your pregnancy
- Text BABY to 511411 or go to www.text4baby.org to receive free text messages that provide support to pregnant women and new moms
- Talk to your doctor about your diet and any medicine or drugs you are taking or if you smoke or drink
- Call Quit Now Virginia at 1-800-784-8669 to get help to quit smoking and free text messages from Text2Quit
- Choose a pediatrician so your baby can begin receiving well child checkups in the first year
- Contact the WIC Program at 888-942-3663

Give your baby time to develop and grow!
As long as your pregnancy is healthy, it is best to allow for labor to begin on its own.

Continuing your care after you deliver is essential to a healthy recovery!

Follow us on social media!



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AFTER your Delivery

- How to Ensure BABY is Covered: Immediately call Cover Virginia at 1-855-242-8282 (toll free) or your eligibility worker at your local Department of Social Services to inform them of the birth of your child. Coverage is only effective after you have received a confirmed Medicaid number for your newborn baby.
- Make an appointment with your baby's doctor for a well-child visit once you get home. Well baby exams are an important way to monitor your baby's growth and development and check for serious problems.
- Schedule your postpartum appointment to see your doctor 6 to 8 weeks after you have your baby.
- Your health coverage may be extended beyond 60 days after you deliver!
 - Call Cover Virginia at 1-855-242-8282 (toll free) or your eligibility worker at your local Department of Social Services
 - Look for a Notice of Action letter from your local department of social services that will let you know if you qualify for continued coverage under the Medicaid Expansion program.

Keep this letter as a resource

Revised New Mom Letter

WELCOME, NEW PREGNANT MEMBER !

Virginia Department of Medical Assistance Services (DMAS) is thrilled to join you on this journey and to help you have a healthy pregnancy and healthy baby!



Free Pregnancy services

Once enrolled in Medicaid, you will receive your health coverage through your health plan.

Call the Virginia Managed Care Helpline at **1-800-643-2273 (TTY: 1-800-817-6608)** for more information on your health plan.

Contact your health plan for gifts (gift cards and/or diapers) that are offered for your family!

For more information about what is covered, along with additional resources visit:

www.dmas.virginia.gov/for-members/for-pregnant-women/



DURING YOUR PREGNANCY

- ✓ **Make an appointment with your doctor as soon as possible**, and ask if they accept your health plan.
- ✓ **Contact your health plan** about available care coordination services during your pregnancy.
- ✓ **Talk to your doctor** about your diet and any medication you are taking, or if you smoke or drink.
- ✓ **Choose a pediatrician** so your baby can begin receiving well - child checkups in the first year.



AFTER YOUR DELIVERY

- ✓ **Schedule your postpartum appointment** to see your doctor 6-8 weeks after you have your baby. Virginia Medicaid offers continued postpartum coverage, so you will receive health coverage for 12 months (including dental) after you deliver.
- ✓ **Ensure your baby is covered:** Call Cover VA at 1-855-242-8282 (TTY: 1-888-221-1590) or your eligibility worker at the local Dept. of Social Services to inform them of your child's birth. Coverage is only effective after you have received a confirmed Medicaid number for your newborn baby.
- ✓ **Schedule a well-child visit once you get home.** Well baby exams are an important way to monitor your baby's growth and check for any problems.

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Enhanced Benefits MCO Comparison chart



All health plans offer the same basic Medicaid services, the basic plan benefits include, but are not limited to:

- Full access to health care services during pregnancy
- Assistance in finding a provider and setting up appointments
- Transportation to and from appointments
- Mental health care and services for alcohol and drug problems
- Services and items that support breast feeding, including breast pumps
- Doula services
- High-risk pregnancy care
- Nurse midwife services
- Continued health coverage for 12 months after giving birth



Medicaid Dental Services include:

- Teeth cleaning
- Exams and x-rays
- Fillings
- Root canals
- Treatment of gum disease
- Tooth extractions



Maternal Health – Enhanced Benefits Health Plan Comparison Chart

Supporting maternal health is a priority for Virginia Medicaid

Use this chart to compare each health plan's extra benefits. For a full list of services, visit www.virginiamanagedcare.com.



Aetna Better Health Baby Matters 1-800-279-1878 TTY: 1-800-385-4104	Anthem Healthkeepers Plus New Baby New Life 1-800-354-7000 TTY: 1-800-901-0020	Molina Healthy Beginnings 1-800-472-4585 TTY: 711	Sentara Welcoming Baby 1-866-671-2108 TTY: 711	United Healthy First Steps 1-866-599-5985 TTY: 1-877-265-9199
During Pregnancy				
<ul style="list-style-type: none"> • \$25 each month to spend on over-the-counter items for yourself and baby through CVS Pharmacy® • \$50 Healthy Food Card- Every month for high-risk pregnant woman to buy healthy foods • \$50 Wellness Reward- For going to prenatal and postpartum visits • 24/7 Get information on preparing for breastfeeding with live video chats 	<ul style="list-style-type: none"> • \$50 Healthy Reward for 1st prenatal visit • Online support for your mental health during your pregnancy (Twill) • Women's Wellness and Recovery Program for women experiencing problems with drugs or alcohol (Empower) • OB Concierge Care- a digital app to access resources and added benefits to support a healthy pregnancy • 24/7 Online Medical Practice to improve maternal health outcomes (Pomelo) 	<ul style="list-style-type: none"> • Up to \$50 -Earn Rewards for healthy actions • Pregnancy Celebration- Mom and baby goodies • Baby Bundle- Get pregnancy supplies before birth • Mother-to-Baby Connections program • Online support offering Doula, pregnancy, and postpartum support (Mae) • Telehealth programs for before and after pregnancy (Ouma) 	<ul style="list-style-type: none"> • Up to \$75 Reward- Receive reward with Maternal health & wellness programs • \$75 every quarter- Grocery card for pregnant women • Healthy Savings Program - Discounted savings on healthy food, products & baby items • Up to \$35 - Healthy Member Incentive - For going to prenatal and postpartum visits 	<ul style="list-style-type: none"> • Up to \$50 in rewards, education & resources via Baby Scripts™ digital app • Gestational Diabetes • Healthy food box program • Virtual prenatal care & education (Pomelo Care) • Online support for your mental health (AbleTo) • 24/7 live video chat with a doctor
After giving birth				
<ul style="list-style-type: none"> • \$25 each month to spend on over-the-counter items for yourself and your baby at CVS Pharmacy® • \$50 Wellness Reward- For going to prenatal and postpartum visits • New Mom's Gift Box - Automatically delivered those that participate in care management with their MCO during the month after giving birth • Up to 300 size 1 baby diapers delivered to your home • Free home-delivered meals for seven days after you leave the hospital • 24/7 Breastfeeding help with live video chats 	<ul style="list-style-type: none"> • \$25 Healthy Reward for postpartum care visit • Baby Essentials Catalog- Pick up to 3 items for you or your baby (car seats, baby carriers, diapers and more to choose from) • Home delivered meals after pregnancy- (Nourished Well offers dietician services) • Online support for your mental health during your postpartum (Twill) • Women's Wellness and Recovery Program for women experiencing problems with drugs or alcohol (Empower) • Online Medical Access Program to improve maternal health (Pomelo) 	<ul style="list-style-type: none"> • Up to \$50- Healthy Rewards Program • After Delivery Celebration- Mom and baby goodies • Baby Bundle- Get pregnancy supplies • Mother to Baby Connections program • Online support offering Doula, pregnancy, and postpartum support (Mae) • Digital maternal telehealth programs for before and after pregnancy (Ouma) 	<ul style="list-style-type: none"> • Up to 400 Free Diapers (size newborn to size 2) • Home Delivered Meals - Up to 56 freshly prepared meals • Free baby monitor or sleep sack with the Safe Sleep Program • Up to \$35 - Healthy Member Incentive - For going to prenatal and postpartum visits 	<ul style="list-style-type: none"> • Up to 500 free diapers • Up to \$50 in rewards, education & resources via Baby Scripts™ digital app • Meal delivery service after giving birth • Free supply of absorbable menstrual undergarments • 24/7 virtual breastfeeding support and education (Pomelo Care) • Online support for your mental health (AbleTo)

Questions? Go to virginiamanagedcare.com. Or call us toll free at 1-800-643-2273 (TTY: 1-800-817-6608). We can speak with you in other languages.

Provider Engagement Actions

- Working with Virginia Hospital and Healthcare Association (VHHA) on maternal health initiatives.
- Working with provider systems to promote extended OB/GYN clinic hours, like pediatrics.
 - Petersburg – Southside Regional (Dr. Bazile) quarterly Saturday OBGYN clinic hours.
 - INOVA recently announced extended hours across the health system.
- Health systems updated their EMR discharge checklist to include postpartum appointment.
- Expanding OB/GYN Association and Federally-Qualified Health Center (FQHCs) collaboration and engagement.

Ask About Aspirin – Member Education Campaign

Ask About Aspirin

as a primary prevention against maternal heart disease

If

you have any of these risk factors



History of high blood pressure



Pregnant with more than one baby



Diabetes



Age <18, >35



Kidney disease



Obesity BMI > 30

Talk

to your provider about taking prenatal aspirin



Ask your healthcare provider before starting or stopping any medication, including aspirin.



CardinalCare
Virginia's Medicaid Program



SCAN ME!

THANK YOU CSBs!

**For all that You do for Medicaid
Members.**