

**Texas Certified
Community Behavioral
Health Clinic Basics**

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Integrated Care Strategy
Texas Health and Human Services
July 17, 2023

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Overview

- Integrated Care Strategy Team Introduction
- Texas Certified Community Behavioral Health Clinic (CCBHC) Basics
- Texas CCBHC Required Services
- Health Information Exchange Landscape
- Legal Aspects of Person-Centeredness
- Continuous Quality Improvement
- Community Needs Assessment
- Person-First Language
- Outpatient Withdrawal Management
- Aligning Mental Health and Substance Use Assessments
- Peer Support, Recovery Coaching, and Family Partner Supports
- Confidentiality

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**Integrated Care
Strategy Team**

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- Suzie Brady, Policy Lead
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- Melissa Rodriguez, Provider Relations Lead
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**Texas CCBHC Basics
(1 of 2)**

A model that:

- Integrates mental health, substance use, and primary care screenings
- Addresses nonmedical drivers of health
- Uses care coordination within the Texas CCBHC and across partner organizations

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**Texas CCBHC Basics
(2 of 2)**

- Six main criteria:
 - ▶ Staffing
 - ▶ Service availability and accessibility
 - ▶ Care coordination
 - ▶ Scope of services
 - ▶ Quality and other reporting
 - ▶ Governance
- Services and supports driven by a community needs assessment

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**Texas CCBHC
Required Services**

Delivered Directly by Texas CCBHC	Delivered by Texas CCBHC or Partner
Crisis behavioral health services	Targeted case management
Screening, assessment, and diagnosis	Mental health rehabilitation services
Person-centered treatment planning	Peer specialist services and family partner supports
Comprehensive outpatient mental health and substance use services	Outpatient primary care screening and monitoring of key health indicators and health risk
	Veterans' services

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Health Information Exchange Landscape

- The Health Information Exchange:
 - ▶ Moves health information electronically among different health care information systems while maintaining the meaning of the information being exchanged; and
 - ▶ Facilitates access and retrieval of clinical data to provide safer and more timely, efficient, effective and equitable person-centered care.
- CCBHCs develop and implement a health information technology (IT) plan to improve care coordination between the CCBHC and all partners using a health IT system.

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Legal Aspects of Person-Centeredness

- Psychiatric Advance Directives – a legal tool allowing a person with mental illness to state their preferences for treatment in advance of a crisis
- Legally Authorized Representatives - a person who can consent to treatment for a person who is not mentally capable to communicate at a given time
- CCBHCs ensure people served:
 - ▶ Receive information about Psychiatric Advance Directives during the initial evaluation
 - ▶ Incorporate the people they choose in planning and implementing treatment

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Continuous Quality Improvement

- CCBHC Continuous Quality Improvement plans are:
- Deliberate and defined processes responsive to community needs which require continuous and ongoing effort
 - Separate what is thought to be happening from what is really happening and develop interventions for improvement
 - Reflect past performance, address priorities for improvement, and based on community needs

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Community Needs Assessment

The Community Needs Assessment:

- Identifies community needs and determines program capacity
- Identifies program strengths and challenges
- Results are incorporated into operations (such as staffing plans, services offered, and clinic locations and hours)

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Person-First Language

- Describes a person and their abilities, choosing words that portray the person accurately
- Contributes to person-first approaches, which ensure a person with a disability is listened to and placed at the center of decisions about their life
- CCBHCs must write recovery and treatment plans in a person-first manner, describing strengths and areas of need and using the words of the person being served

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Outpatient Withdrawal Management

- The process by which the body clears itself of substances, overseen by clinical staff managing the acute and potentially dangerous physiological effects of stopping drug or alcohol use
- Often managed with medications and always delivered in conjunction with outpatient treatment services
- CCBHCs must deliver outpatient withdrawal management

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Aligning Mental Health and Substance Use Assessments

- Assessments gather key information and enable providers to understand a person’s readiness for change, strengths, areas of need, diagnoses, disabilities, and natural supports
- Texas uses separate assessments for mental health and substance use services – both use a biopsychosocial approach and have other similarities
- CCBHCs must ensure a whole-person approach is used in treatment planning and service delivery

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Peer Support, Recovery Coaching, and Family Partner Support

- The process of giving encouragement or assistance to overcome a challenge in life by someone with lived experience
- Incorporated into the treatment team to offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, and communities of support
- CCBHCs must offer peer support, recovery coaching, and family partner supports

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Confidentiality

- Privacy and confidential requirements include:
 - ▶ Health Insurance Portability and Accountability Act
 - ▶ The federal Substance Abuse Confidentiality Regulations, 42 Code of Federal Regulations, Part 2
- Consent for services and release of information forms completed during the intake process

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Questions

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