



MIDATLANTIC PATH FORWARD MEASUREMENT BASED CARE FORUM

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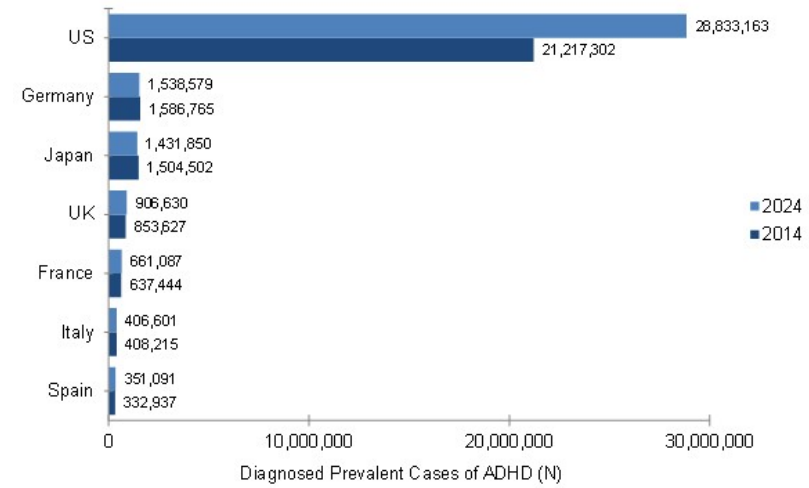
**“What gets measured
gets managed”**

- Peter Drucker



PHQ-9

GAD-7



Sources: nimh.nih.gov/health/statistics/mental-illness.shtml; ncbi.nlm.nih.gov/pmc/articles/PMC3984580; afsp.org/executive-summary-survey-mental-health-suicide-united-st

Mental Illness in America

Who Is Impacted by Mental Illness?

44.7 million
adults aged 18 or older in the U.S. live with a mental, behavioral or emotional disorder. That represents 18.3% of all U.S. adults.



14.5%
of U.S. men live with a mental, behavioral or emotional disorder.

33.9%
of U.S. men with these disorders received treatment in 2016.



21.7%
of U.S. women live with a mental, behavioral or emotional disorder.

48.8%
of U.S. women with these disorders received treatment in 2016.

50.4%

Treatment included inpatient treatment/counseling

Americans have a
47.4%
chance of experiencing a mental health challenge during their lifetime.



82%
of people who received psychotherapy for a mental health condition believed it to be very or somewhat helpful.

75%
of those who received prescription medication believed it to be very or somewhat helpful.



82%
of patients with borderline personality disorder have experienced positive results through cognitive behavioral therapy (CBT).

77%
of panic disorder patients have been helped by CBT.

51-87%
of patients with depression have been helped by CBT.

Guiding Strategies to Better Support Behavioral Health Needs

PROMOTE

Actively Promote
Mental Health &
Prevent Mental
Illness

REDUCE

Diligently Work
To Reduce
Stigmas
Associated With
Mental Illness

MODERNIZE

Offer a Digital
Health
Platform to
Increase
Access

PRIORITIZE

Better
Integrate
Medical &
Behavioral
Care

IMPROVE

Support & Care
For Special
Populations

Measurement Based Care

Screening:

Mental Health screening is the attempt to detect mental health symptoms in a large number of seemingly healthy individuals.

CPT code 96127 is used when performing a brief emotional/behavioral assessment with a standardized instrument, and includes scoring and documentation.

For primary care practices to screen all patients annually for depression - Annual depression screening code G0444 should be used. The service must be provided in a primary care setting, in place of service office, outpatient hospital, independent clinic or in a state or local health department.

Measurement Based Care

Test Administration:

Once the potential for a mental health condition has been established, testing is used to determine the presence or absence of that mental health condition.

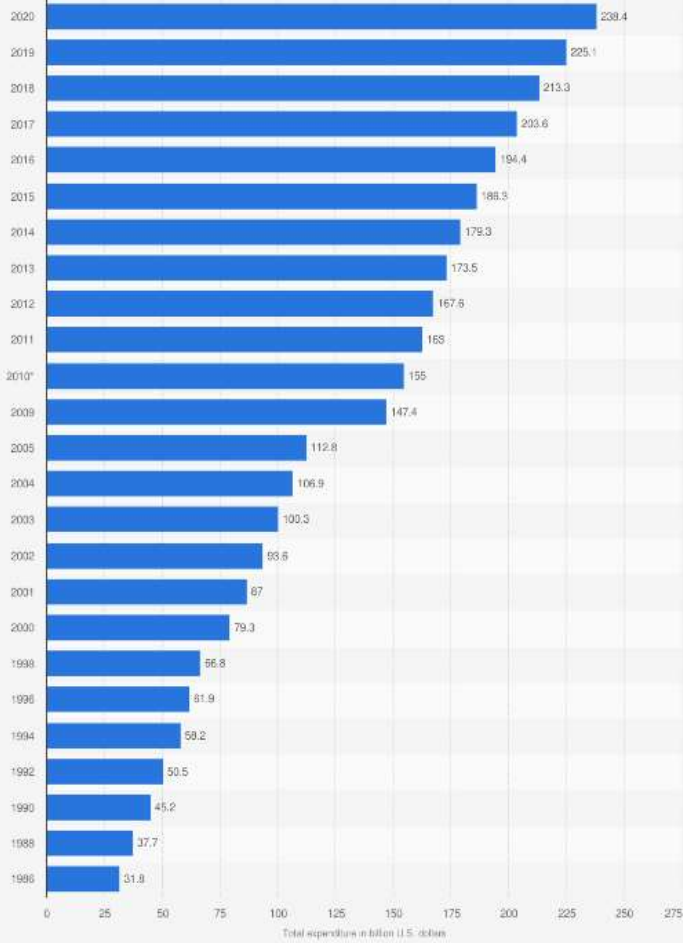
CPT code 96136 is used when tests are administered by a physician or other qualified healthcare professional and is defined as “Psychological or neuropsychological test administration/scoring by physician or other qualified healthcare professional, two or more tests, any method; first 30 minutes”. Note specifically that this code requires that at least 2 tests are administered and that they may be administered using any method.

Test Evaluation Services:

Test evaluation services are designed to cover the physician/ qualified healthcare professional’s time in evaluating the results of a patient’s mental health tests and determining a plan of action.

CPT Code 96130 is used by “Psychological testing evaluation services by physician or other qualified healthcare professional, including integration of patient data, interpretation of standardized test results and clinical data, clinical decision making, treatment planning and report and interactive feedback to the patient, family member(s) or caregiver(s), when performed; first hour”.

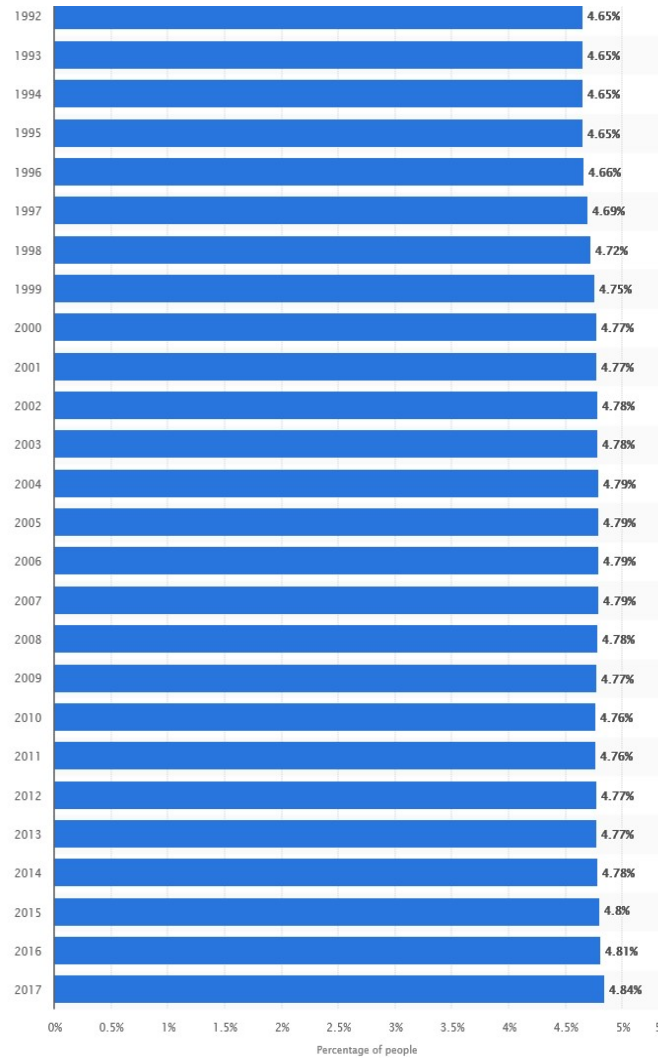
Total U.S. expenditure for mental health services from 1986 to 2020 (in billion U.S. dollars)



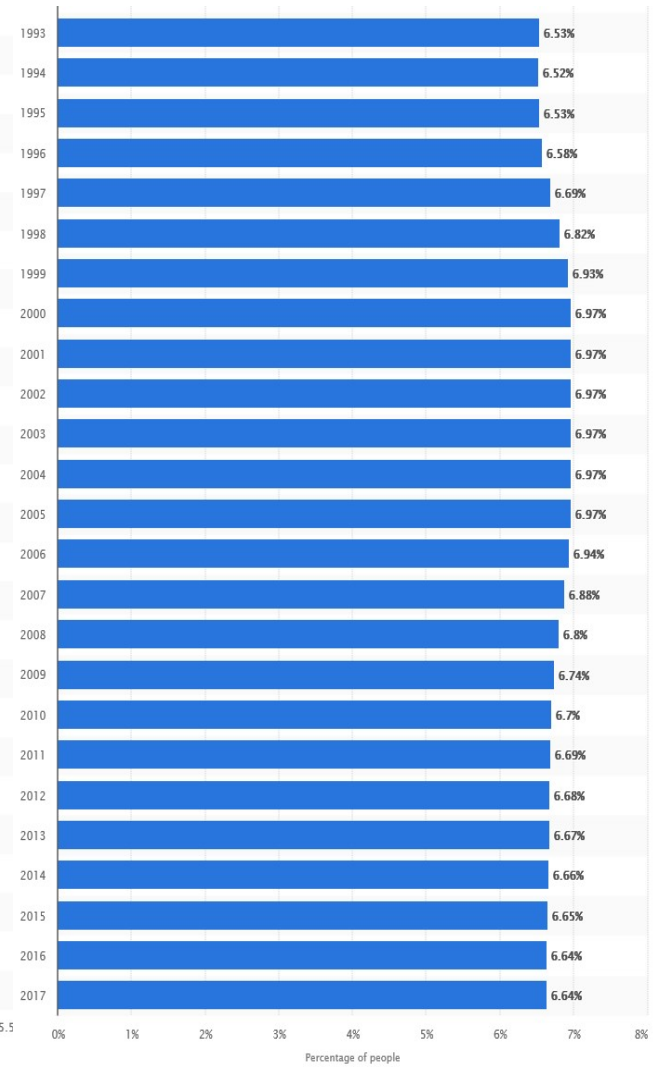
Source: SAMHSA
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Additional information:
United States: 1986 to 2014

Depression



Anxiety



**“There is nothing so
useless as doing
efficiently that which
should not be done at all.”**

- Peter Drucker