MIDatlantic PATH FORWARD
MEASUREMENT BASED CARE FORUM

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“What gets measured gets managed”

- Peter Drucker
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 2018.

- 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 2018.

How Effective Is Treatment?

- 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
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”.

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

- Peter Drucker