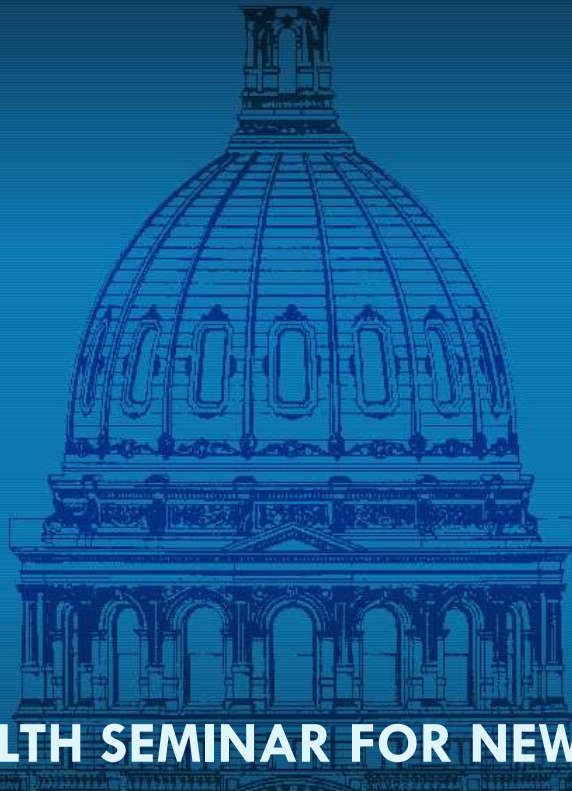


*Strong States, Strong Nation*



## **HEALTH SEMINAR FOR NEWER LEGISLATORS**

 **NATIONAL CONFERENCE** *of STATE LEGISLATURES*

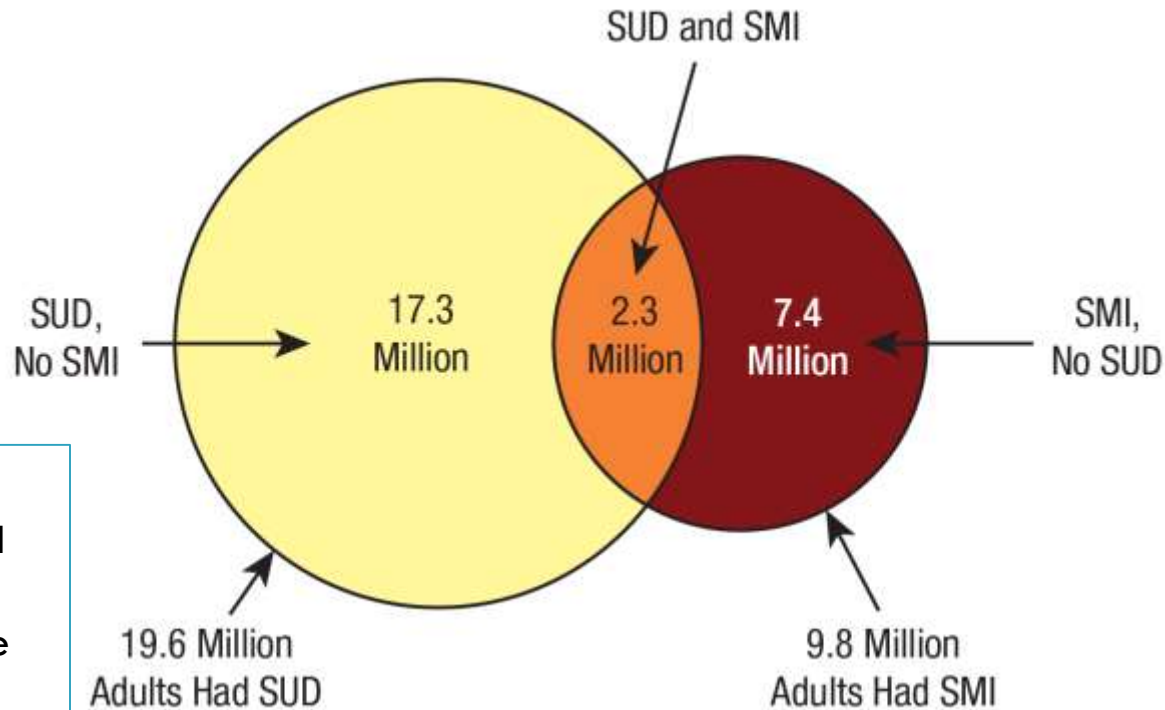
**Behavioral Health | Sunday, April 15, 2018**



# What's Covered Today

- ❑ The connections between substance use and mental health
- ❑ State strategies to address:
  - ❑ Opioids and Substance Use Disorders (SUD)
  - ❑ Both mental health and substance use
  - ❑ Mental Health

# Relationship Between Mental Health and Substance Use

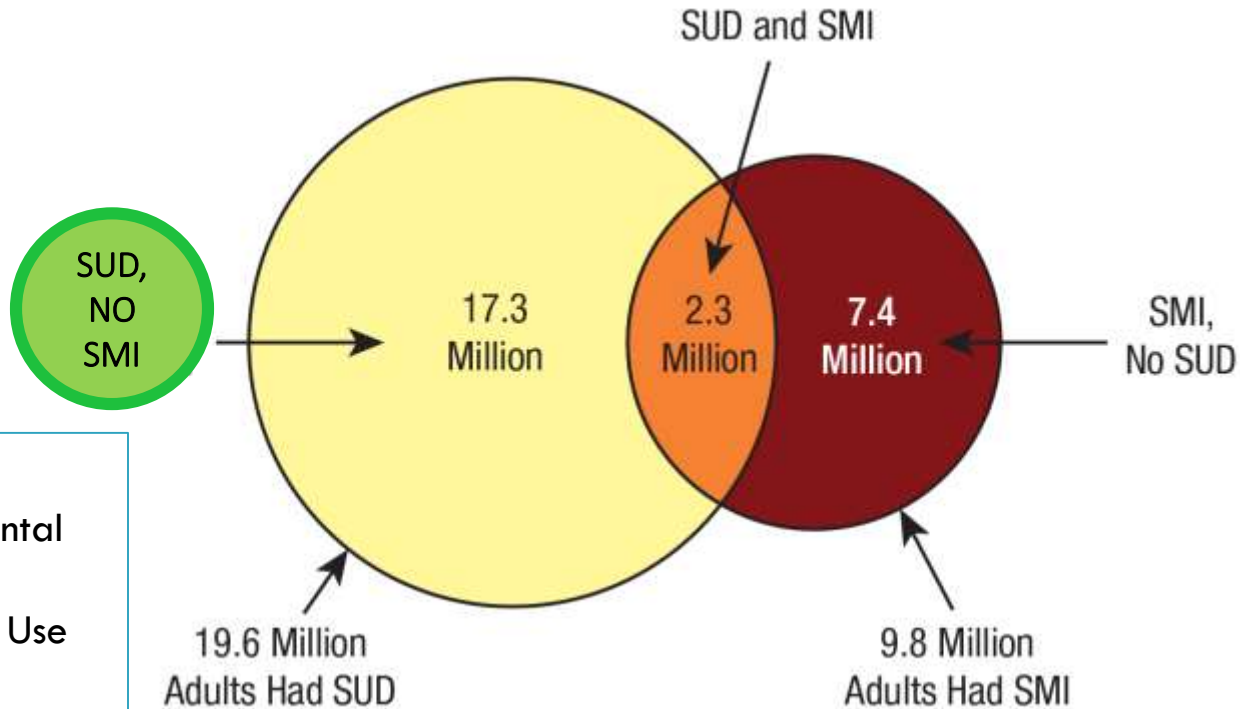


## Key

**SMI** - Severe Mental Illness

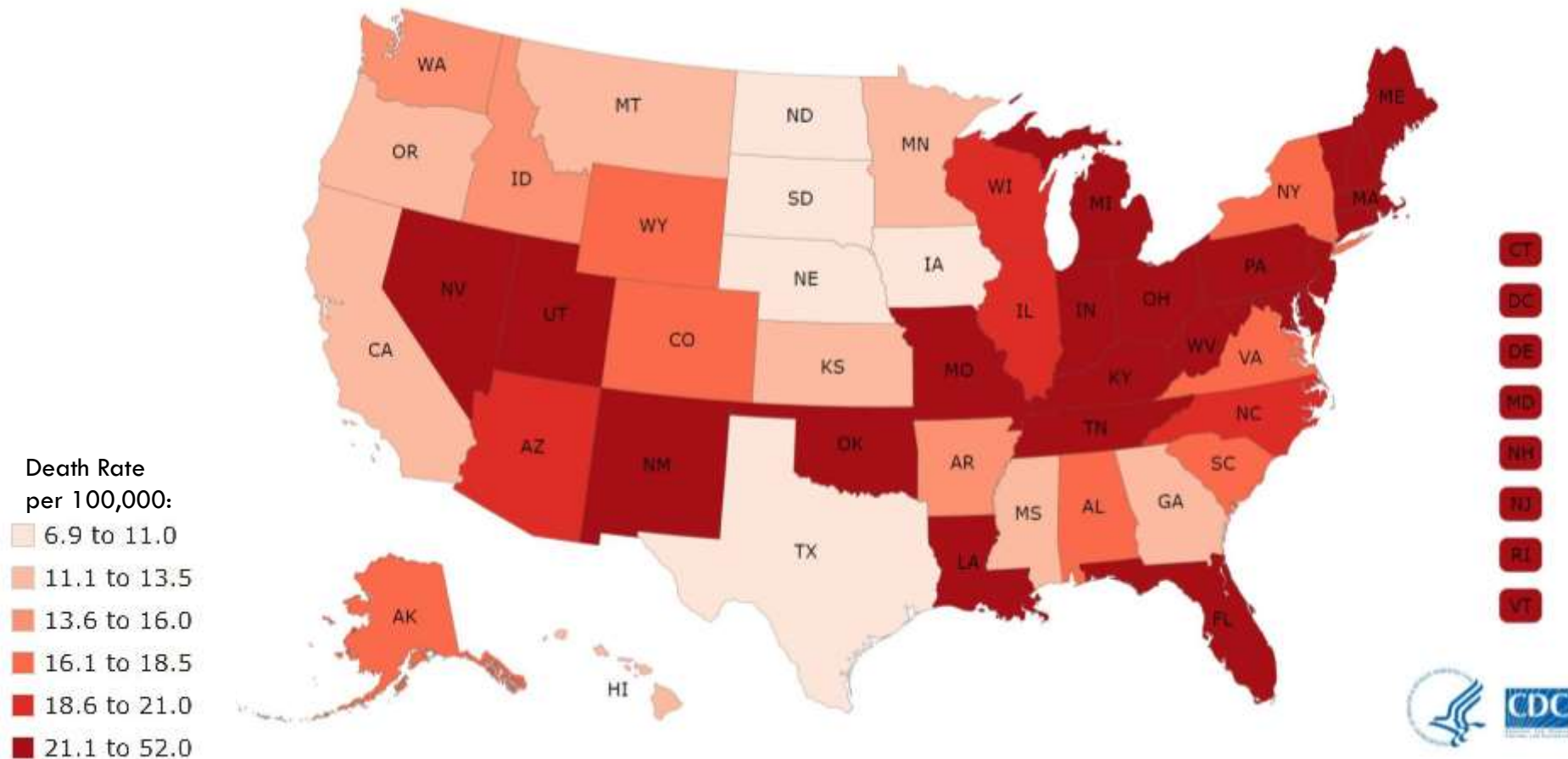
**SUD** - Substance Use Disorder

# Relationship Between Mental Health and Substance Use



# Drug Overdose Death Rate by State, 2016

(age-adjusted rate)



Source: <https://www.cdc.gov/drugoverdose/data/statedeaths.html>



# The Four Pillars of Opioid Policy

**Prevention**

**Intervention**

**Treatment**

**Recovery**

# Prevention & Intervention



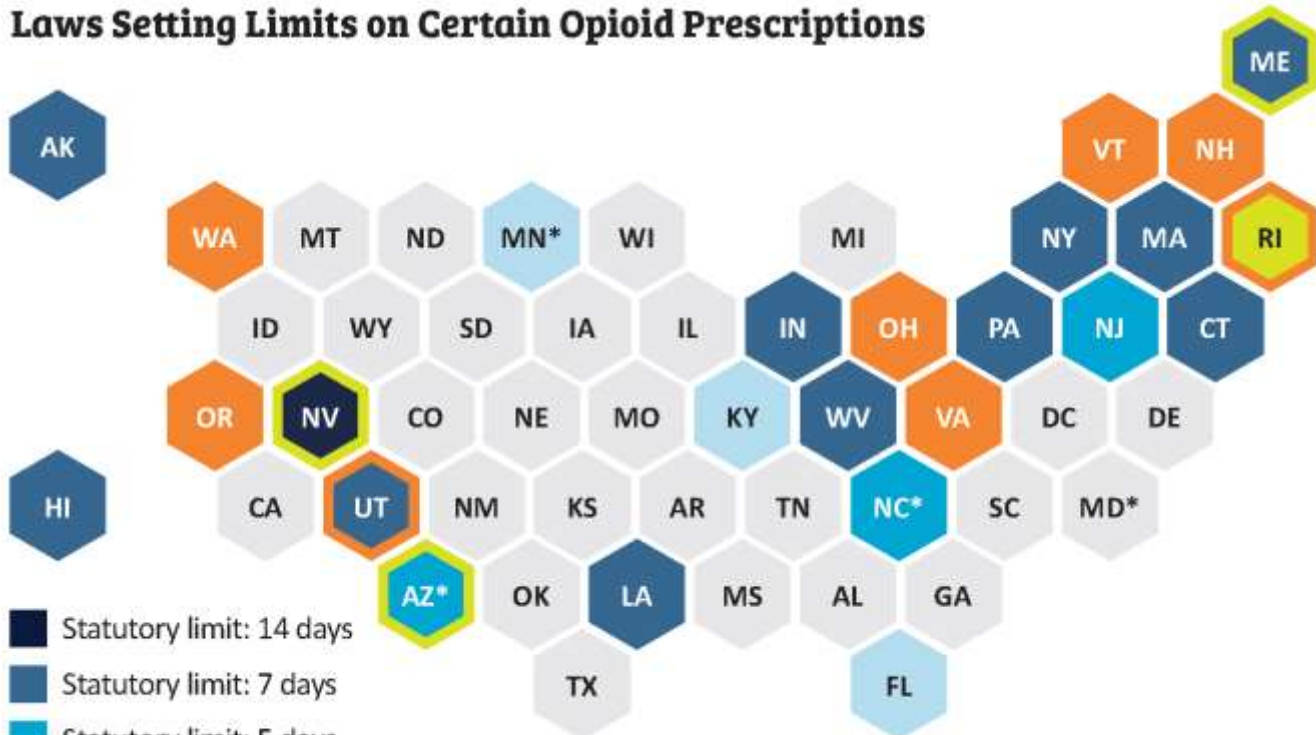
# Prevention: PDMP



- ❑ Prescription drug monitoring programs (PDMP) among most promising state strategies
- ❑ PDMP state action and best practices:
  - ❑ Registration
  - ❑ Delegates (e.g., nurse, medical assistant) and authorized users/recipients (e.g., health, public safety, licensing board)
  - ❑ Universal use
  - ❑ Data submission (real-time)
  - ❑ Active management
  - ❑ Ease of use and access (e.g., integration with electronic health record)
  - ❑ Interstate data sharing



# Laws Setting Limits on Certain Opioid Prescriptions



- Statutory limit: 14 days
- Statutory limit: 7 days
- Statutory limit: 5 days
- Statutory limit: 3-4 days
- Statutory limit: Morphine Milligram Equivalents (MME)
- Direction or authorization to other entity to set limits or guidelines
- No limits





# Prevention: Other State Actions

- ❑ Provider education & training
- ❑ Pain clinic regulation
- ❑ Alternative pain management
  - ▣ e.g., acupuncture, massage, chiropractor
- ❑ Public education campaigns
- ❑ Drug take-back days/drop-boxes
- ❑ Non-opioid directives
- ❑ Abuse-deterrent formulations

# Intervention (Rescue)



- Naloxone access laws
  - ▣ Immunity
  - ▣ Emergency responders, law enforcement, fire fighters
  - ▣ Lay person
  - ▣ Third party prescriptions
  - ▣ Standing orders
- Good Samaritan overdose/911 immunity
- Non-traditional partners

# Treatment & Recovery



**Treatment**

**Recovery**



# Treatment: Access to Care

- ❑ Increasing the number and type of providers
  - ❑ Expanding the number of patients to whom a provider can prescribe buprenorphine
  - ❑ Peer Support Specialists/Recovery Coaches
    - At least 13 states had a state-wide certification process for substance use disorder peer recovery coaches
    - Centers for Medicare & Medicaid Services requires state training and certification for peer support specialists to bill Medicaid
- ❑ Expanding the reach of providers through telehealth
  - ❑ Expanding providers, settings eligible for reimbursement
  - ❑ Specifying substance abuse services



# Treatment: Access to Care

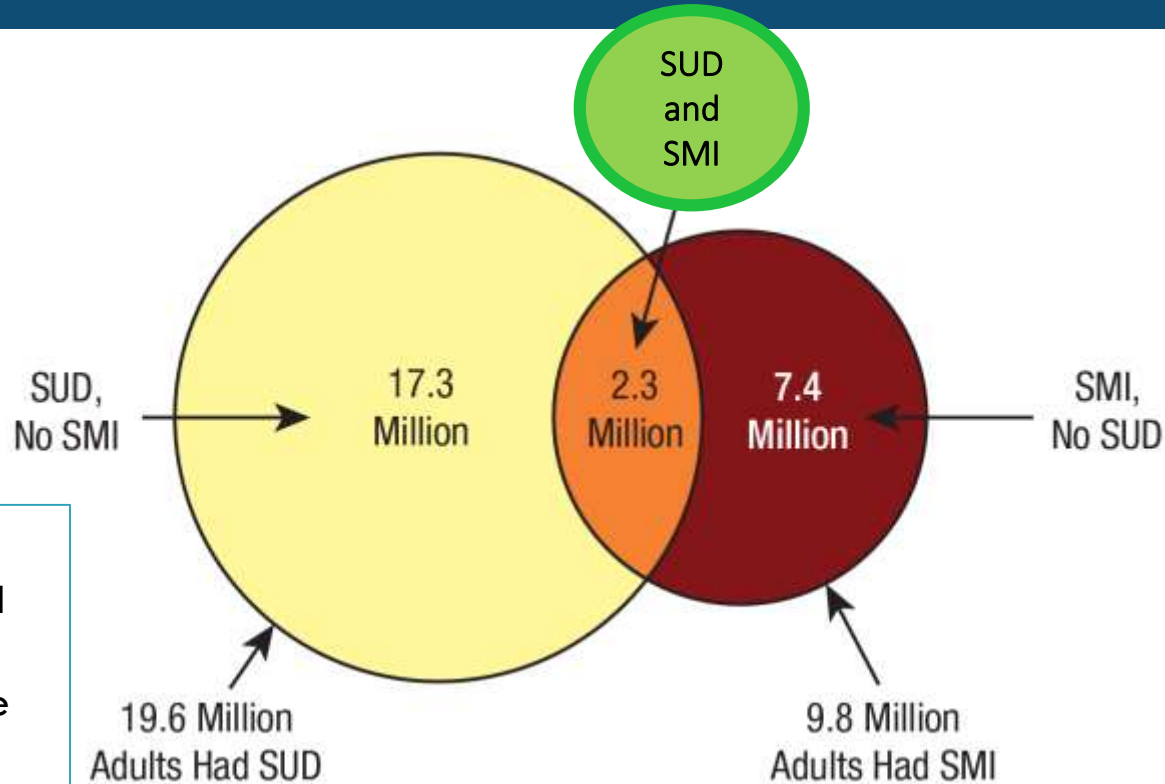
- ❑ Increasing funding and mandating coverage for detox and inpatient beds
- ❑ Medicaid - residential treatment is **OPTIONAL**
- ❑ Screening, Brief Intervention and Referral to Treatment (SBIRT)
- ❑ Requiring equal access and coverage of all FDA approved medication-assisted treatments (MAT)



# Recovery

- ❑ Recovery high schools and college campus efforts
- ❑ Peer Recovery Coaches
- ❑ Networks and support groups like Young People in Recovery, Faces & Voices of Recovery
- ❑ Sober Homes

# Relationship Between Mental Health and Substance Use



## Key

**SMI** - Severe Mental Illness

**SUD** - Substance Use Disorder



# Policy Options for both SUD and SMI



- ❑ Improving parity
- ❑ Removing prior authorization and “medically necessary” insurance requirements
- ❑ Removing “fail first” policies for prescriptions
- ❑ Increasing coordination and improving services for individuals with co-occurring disorders
- ❑ Increasing reimbursement rates for providers

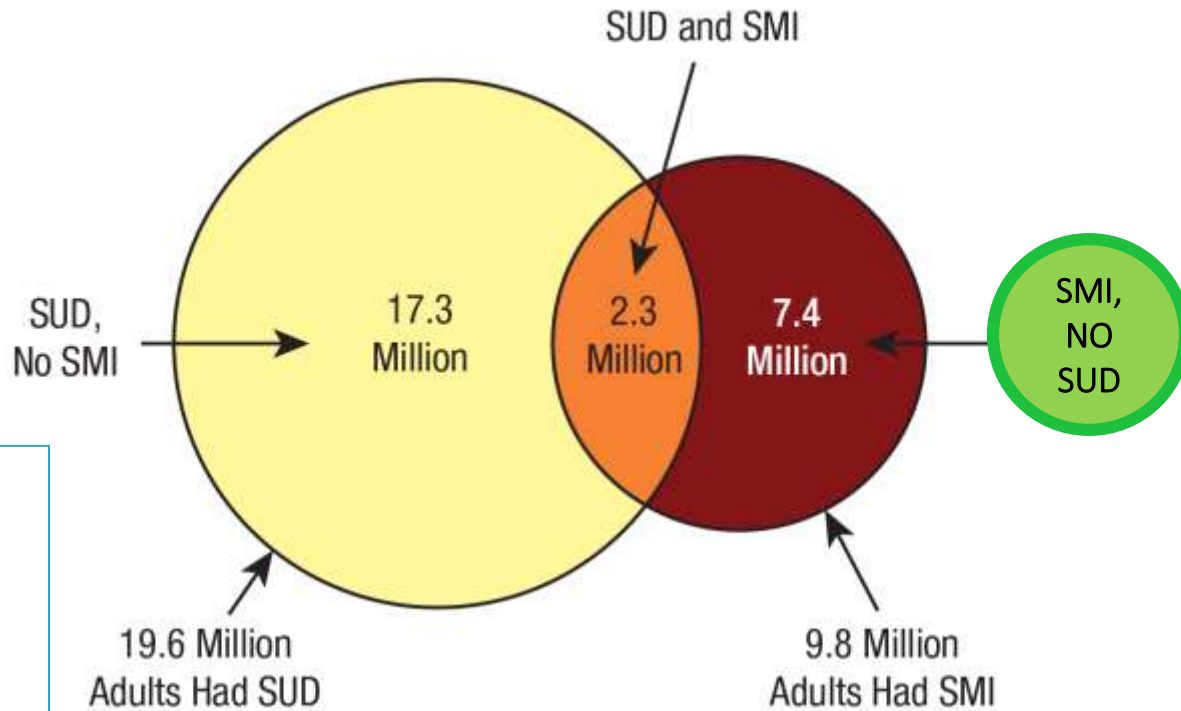
# Policy Options for both SUD and SMI



- ❑ Loan forgiveness/repayment programs for providers who specialize in these fields
- ❑ Increasing the number and type of providers covered by insurance
- ❑ Provider access to specialists
- ❑ Telehealth for behavioral health services



# Relationship Between Mental Health and Substance Use



## Key

**SMI** - Severe Mental Illness

**SUD** - Substance Use Disorder



# Mental Health: Treatment

- ❑ Crisis intervention and Mental Health First Aid training
- ❑ Integrating mental health into primary care
- ❑ School-based health centers counseling and talk therapy



# Tools and Resources

- ❑ NCSL Opioid Policy Deep Dive <http://www.ncsl.org/bookstore/state-legislatures-magazine/opioid-deep-dive-state-policy-updates.aspx>
- ❑ NCSL Opioid Prescribing Policies Brief [www.ncsl.org/research/health/prescribing-policies-states-confront-opioid-overdose-epidemic.aspx](http://www.ncsl.org/research/health/prescribing-policies-states-confront-opioid-overdose-epidemic.aspx)
- ❑ NCSL Injury Prevention Database [www.ncsl.org/research/health/injury-prevention-legislation-database.aspx](http://www.ncsl.org/research/health/injury-prevention-legislation-database.aspx)
- ❑ NCSL Prescription for Pain Management Brief <http://www.ncsl.org/documents/health/PainManagement216.pdf>
- ❑ NCSL Prescription Drug Monitoring Programs Postcard <http://www.ncsl.org/research/health/prescription-drug-monitoring-programs-postcard.aspx>
- ❑ Centers for Disease Control and Prevention <https://www.cdc.gov/drugoverdose/index.html>
- ❑ For information requests, please email: [Opioid-info@ncsl.org](mailto:Opioid-info@ncsl.org)

# Questions?



## Thank you!

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La Jolla, California | April 13-15, 2018