



Integrated Care:

Our care centers you.

Our care team works together to help you live your healthiest life.

We include you in your care planning because you know yourself best.

We talk with you to make sure you understand your health.

We focus on you as a whole person and can help you with all your needs, not just the reason you came to see us today.

Tell anyone on your care team if you need something so that we can help you. Ask us if you have any questions.

Call us: [Agency phone #]



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Behavioral Health Home Model



HEALTH HOME
Information Resource Center

FACT SHEET - DECEMBER 2022

Medicaid Health Homes: An Overview

States have the opportunity to improve care coordination and care management for Medicaid beneficiaries with complex needs by developing Medicaid health homes. Health homes integrate physical and behavioral health (both mental health and substance abuse) and long-term services and supports for high-need, high-cost Medicaid populations. By better coordinating care and linking people to needed services, health homes are designed to improve health care quality and reduce costs.

Not to be confused with patient-centered medical homes, health homes are specifically for Medicaid beneficiaries with chronic illnesses. In contrast to the physician-led primary care focus of the medical home, health homes offer person-centered, team-based care coordination with a strong focus on behavioral health care and social supports and services. Some states are building health home models on a medical home framework by expanding links to providers and increasing the breadth of available support services.

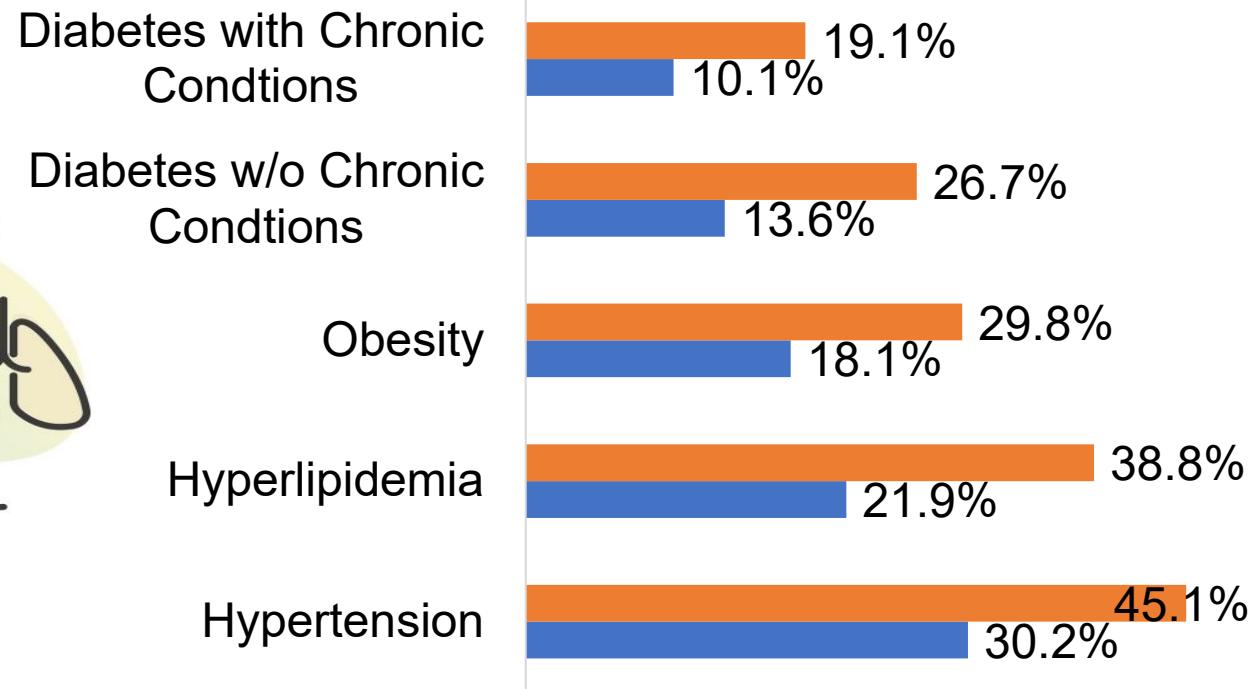
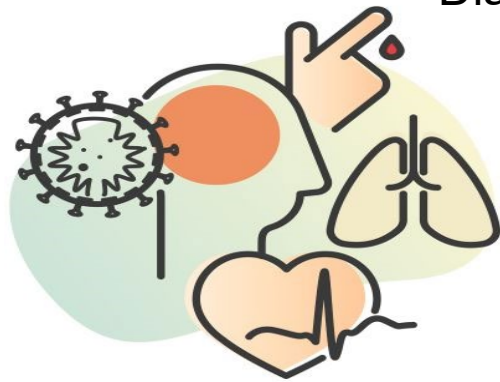
Why is Integration Important?

- The lifespan of people with severe mental illness (SMI) is shorter compared to the general population. Life expectancy estimates for adults with SMI range from 8-30 years lower than for the general population. (Chang et al., 2011)
- Approximately half of these deaths result from preventable natural causes or modifiable risk factors (Parks et al. 2006; Piatt et al. 2010; Sterling et al. 2010; Walker et al. 2015).
- Having a mental health condition is a risk factor for developing a chronic physical health condition



Comorbid & Co-occurring Prevalence

BHH Population CY2019



■ BHH Enrolled ■ CT Medicaid

Behavioral Health Home Diagnostic Details for CY 2021

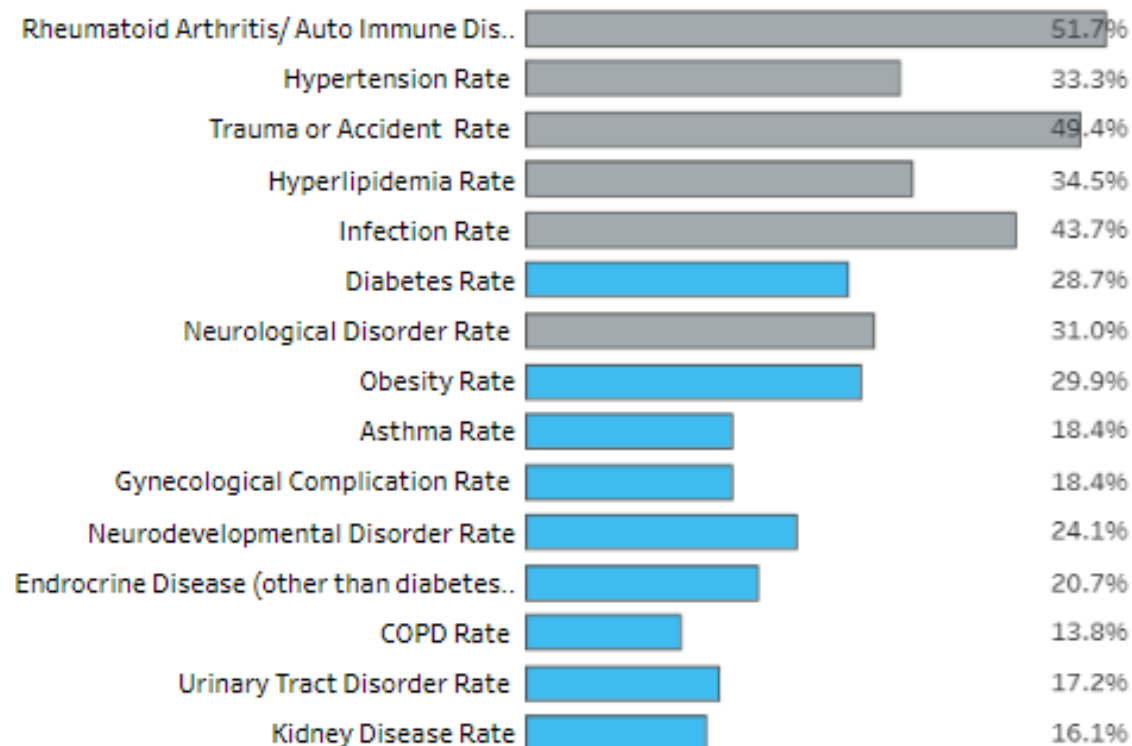


The Prevalence Rates Below List the Top 15 Diagnoses in Each Category Select a diagnosis within each category to view the prevalence rates and demographics for enrollees with the diagnosis in that category. Gray = over 30% of members have had the diagnosis

Medical Diagnosis 2021

All

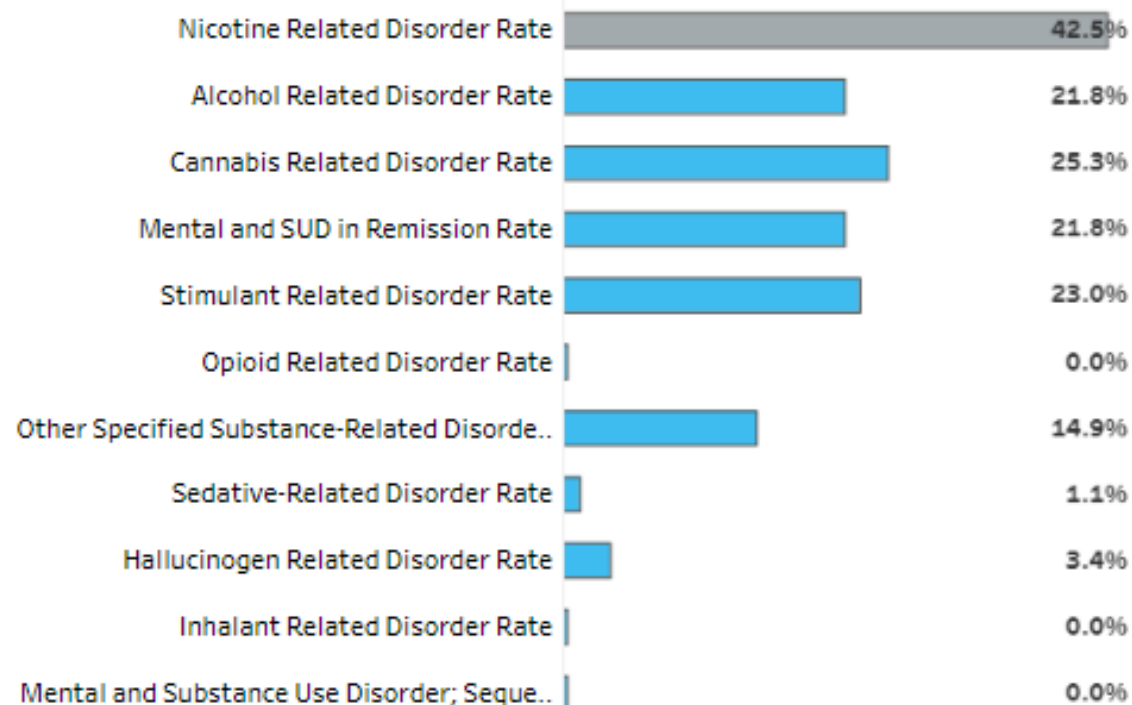
Medical Prevalence Rates



Substance Use Diagnosis 2021

All

Substance Use Disorder Prevalence Rates



The Eight Dimensions of Wellness Overview

Every aspect of wellness can affect a person's life. Working to improve all 8 dimensions is an essential goal because overall wellness relates directly to a person's physical and mental health.



The Eight Dimensions of Wellness

1. **Physical wellness** refers to your body's health. It is important to strive for optimal physical wellness because the effects go beyond your body and influence your mind, emotions and overall well-being.
2. **Intellectual wellness** is represented through lifelong learning and creativity. Increasing your knowledge will help increase your opportunities for success.
3. **Emotional wellness** pertains to your ability to recognize process and express your different emotions.
4. **Social wellness** plays a major role in your overall health. Your ability to interact with others, maintain meaningful & healthy relationships that make you feel connected are some of the components of social wellness.
5. **Spiritual wellness** is about having a core set of principles or values that you look to for moral and spiritual structure and guidance.
6. **Environmental wellness** is what you do to make the world a better place. Improving the planet and the lives of others make you feel better and improve your well-being.
7. **Vocational wellness** is about finding passionate work that you enjoy.
8. **Financial wellness** involves things such as income, debt, and savings, as well as a person's understanding of financial processes and resources.