Increasing Access to EBPs: Now with Telehealth

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Louisiana Department of Health: Office of Behavioral Health
NASMHPD CYF Conference
10.20.2020
Expanding Access to Evidence-Based Practices in Behavioral Health

https://laevidencetopractice.com/
What’s on the Menu?

- **Parent Management Training**
  - Parent Child Interaction Therapy
  - Triple P: Positive Parenting Program (Standard Level 4)

- **Trauma Treatment**
  - Child Parent Psychotherapy
  - Preschool/Youth PTSD Treatment
  - Trauma-Focused CBT
  - EMDR Therapy

- **Family Systems Interventions**
  - Homebuilders
  - Multisystemic Therapy
  - Functional Family Therapy
  - Functional Family Therapy- Child Welfare
Center for Evidence to Practice: 2019 Training Focus

EBPs for children ages 0-7 and their caregivers, and EBPs for trauma treatment
Then there was COVID...
Overnight Transformation

90% of Medicaid-funded child EBP providers reported continuing to see clients via telehealth

Source: Center for Evidence to Practice Telehealth Survey:
Telehealth Utilization

Pre and During Pandemic Comparison

▶ There was a significant increase (almost 6,000%) in the number of members receiving a specialized behavioral health service through a telehealth platform, from approximately 300 members per week in November (2019) compared to approximately 20K members per week in March (2020).

▶ There was a corresponding increase in the number of providers delivering services through telehealth platforms, with approximately 40 providers per week in November (2019) to approximately 900 providers per week in March (2020). This represents over a 2,000% increase.

Source: LA Medicaid Encounter Data
Telehealth Utilization

Therapy Member Data

The data illustrated represents information available at a single point in time, and does not account for claims lag. As encounter data will update with continued claims submissions in time, it should be considered incomplete as of this presentation.

Source: LA Medicaid Encounter Data
BH Services with the Most Telehealth Utilization

Per week in March 2020

- Evidence-based practice services
  - Functional Family Therapy (FFT): approximately 500 recipients
  - Multi-systemic Treatment (MST): approximately 300 recipients
  - Homebuilders (HB): approximately 30 recipients

Source: LA Medicaid Encounter Data
Jumping In:
Supporting Providers in Effective Use of Telehealth
EBP- Specific Telehealth Webinars

Trained CPP Practitioners: Register Now!

Trained EMDR Practitioners: Register Now!

Multisystemic Therapy Agencies: Register Now!

Trained TF-CBT Practitioners: Register Now!

Trained Dialectical Behavior Therapy (DBT) Practitioners: Register Now!

Trained PPT and YPT Practitioners: Register Now!

Trained PCIT Practitioners: Register Now!

Webinar: Implementing PCIT via Telehealth Platforms

May 21st, 2020
9:00 AM - 11:00 AM
# Uptake: Therapist Participation in EBP-specific Telehealth Webinars

<table>
<thead>
<tr>
<th>Training</th>
<th># participants</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implementing CPP via Telehealth</td>
<td>24</td>
<td>30-Apr</td>
</tr>
<tr>
<td>Implementing EMDR via Telehealth</td>
<td>60</td>
<td>8-May</td>
</tr>
<tr>
<td>Introduction to Telemental Health</td>
<td>82</td>
<td>15-May</td>
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<tr>
<td>Implementing TF-CBT via Telehealth (phase 1)</td>
<td>35</td>
<td>22-May</td>
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<tr>
<td>Implementing TF-CBT via Telehealth (phase 2)</td>
<td>24</td>
<td>5-Jun</td>
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<tr>
<td>Implementing TF-CBT via Telehealth (phase 3)</td>
<td>17</td>
<td>12-Jun</td>
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<tr>
<td>Implementing PPT/YPT via Telehealth</td>
<td>32</td>
<td>19-May</td>
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<tr>
<td>Implementing PCIT via Telehealth</td>
<td>30</td>
<td>21-May</td>
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<tr>
<td>Implementing DBT via Telehealth</td>
<td>22</td>
<td>26-May</td>
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<tr>
<td>Implementing MST via Telehealth</td>
<td>78</td>
<td>2-Sep</td>
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<tr>
<td>Implementing FFT via Telehealth</td>
<td>128</td>
<td>10-Oct</td>
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<tr>
<td>TeleMental Health Certification Program</td>
<td>50</td>
<td>Oct 1, 16, 22</td>
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</tbody>
</table>

Total participants: 582
Therapist Response to EBP-specific Telehealth Webinars

“I learned new evidenced-based strategies to use with my clients that have been successful on them.”

“Just that validation from others, hearing what they were doing was my confirmation that I’m doing things as others gave me my confidence.”

“The PCIT training increased my confidence level regarding attempting to conduct PCIT virtually.”

“I learned new skills, ways to navigate thru some tough barriers that may have been unknown. Secondly also felt nice to hear some similar challenges other clinicians and I had in common and so the self doubt was less.”
Telehealth Financial Support for Providers

Funding from SAMHSA Emergency COVID grant
Telehealth Financial Support for Providers

Eligibility Criteria:

- Agencies must be currently serving Medicaid-insured clients for child/adolescent behavioral health treatment.
- Practitioners must be working towards certification (i.e. trained or currently in training) or certified in one of the evidence-based practices from the LA Medicaid “menu.”

Funding from SAMHSA Emergency COVID grant
Telehealth Financial Support for Providers
Building Sustainable Telehealth Strategies

- September 2020
  - Participate in a one-on-one call with the Telehealth Certification Institute

- October 2020
  - Participate in the TeleMental Health Training

- November 2020
  - Submit telehealth subscription plan for approval
  - Begin contract process for receiving grant funds

Funding from SAMHSA Emergency COVID grant
Thank you!

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