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Caring for People with Mental Health and Substance Use Disorders in Primary Care Settings

Webinar Series

June 3, July 29, and August 26, 2020

Forum on Mental Health and Substance Use Disorders



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FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

June 3, 2020

Dear Colleagues:

Welcome to the workshop on *Caring for People with Mental Health and Substance Use Disorders in Primary Care Settings: A Webinar Series*, an activity hosted by the Forum on Mental Health and Substance Use Disorders at the National Academies of Sciences, Engineering, and Medicine.

The workshop will examine approaches to facilitate the delivery of essential components of care for people with mental health and substance use disorders in primary care settings using several illustrative conditions, such as depression, alcohol use disorders, and substance use disorders.

Due to restrictions on travel and public gatherings as a result of the COVID-19 pandemic, the workshop originally scheduled to be held in-person in Washington, DC, has been converted into a series of webinars to be held on June 3, 2020, July 29, 2020, and August 26, 2020.

The first webinar on June 3 will explore the landscape of evolving models of care such as Accountable Care Organizations, Patient-Centered Medical Homes, Collaborative Care arrangements, and how essential components of care for mental health and substance use disorders might be induced for those care models. The webinar will also explore the policy issues related to implementing these models and the essential components of care.

A summary of this workshop will be published by the National Academies Press. The webinar's meeting materials as well as a video archive of the webinar will be available at:

<https://www.nationalacademies.org/event/06-03-2020/care-models-and-payment-strategies-to-facilitate-the-delivery-of-essential-components-of-care-for-people-with-mental-health-and-substance-use-disorders-a-workshop>

We hope you will find the workshop presentations informative, thought-provoking, and inspiring, and that the suggestions made by the workshop participants will contribute to improved care and informed policymaking regarding people living with mental health and substance use disorders.

Sincerely,

Deidra Roach, MD (Co-Chair)
Medical Project Officer
National Institute on Alcohol Abuse and
Alcoholism
Division of Treatment and Recovery Research

Ruth Shim, MD, MPH (Co-Chair)
Luke & Grace Kim Professor in Cultural
Psychiatry
Associate Professor, Department of
Psychiatry and Behavioral Sciences
University of California, Davis

FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

**Caring for People with Mental Health and Substance Use Disorders
in Primary Care Settings: A Webinar Series**

Part 1
June 3, 2020
12:00-1:30 PM ET

WEBINAR NOTES

- Join the webcast via this link:
<https://s3.amazonaws.com/stream.sparkstreetdigital.com/master.html?type=q&et=1591200000&id=20200603-hmd&q=72180>
- An archive of the video webcast and presentation slides will be available at:
<https://www.nationalacademies.org/event/06-03-2020/care-models-and-payment-strategies-to-facilitate-the-delivery-of-essential-components-of-care-for-people-with-mental-health-and-substance-use-disorders-a-workshop>
- Proceedings of the workshop will be published following National Academies procedures. Rapporteurs will compose the proceedings from the workshop transcript and external reviewers will examine the proceedings to make sure it accurately reflects workshop discussions and conforms to institutional policies.
- Interested in receiving updates from the Forum on Mental Health and Substance Use Disorders or the National Academies of Sciences, Engineering, and Medicine's Health and Medicine Division?

Sign up for the **Forum** listserv at:

<https://nationalacademies.us8.list-manage.com/subscribe?u=ab74d126b7d2db12591de5c2c&id=211686812e>

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Part 1

June 3, 2020

12:00-1:30 PM EST

| | |
|----------|--|
| 12:00 PM | <p>Welcome from the Forum on Mental Health and Substance Use Disorders</p> <p>Colleen L. Barry, PhD, MPP Fred and Julie Soper Professor and Chair, Department of Health Policy and Management, Johns Hopkins Bloomberg School of Public Health Co-Director, Johns Hopkins Center for Mental Health and Addiction Policy Research</p> <p>Howard Goldman, MD, PhD Professor of Psychiatry University of Maryland at Baltimore, School of Medicine</p> <p><i>Co-Chairs, Forum on Mental Health and Substance Use Disorders</i></p> |
| 12:05 PM | <p>Welcome and Workshop Overview</p> <p>Deidra Roach, MD Medical Project Officer National Institute on Alcohol Abuse and Alcoholism Division of Treatment and Recovery Research</p> <p>Ruth Shim, MD, MPH Luke & Grace Kim Professor in Cultural Psychiatry Associate Professor, Department of Psychiatry and Behavioral Sciences University of California, Davis</p> <p><i>Co-Chairs, Workshop Planning Committee</i></p> |
| 12:10 PM | <p>Integrating Care for Mental Health and Substance Use Disorders into Primary Care</p> <p><i>Focus of Session</i></p> <ul style="list-style-type: none">- Examine the evidence surrounding models for integrating behavioral health services into primary care- Identify the essential components of integrated care |

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| | <ul style="list-style-type: none">- Explore the impact of existing policies and examine additional policy options to address barriers to integration of behavioral health into primary care <p><i>Speakers:</i></p> <p>Beth McGinty, PhD, MS Associate Professor, Associate Chair for Research and Practice Department of Health Policy and Management Co-Deputy Director, Center for Mental Health and Addiction Policy Research Associate Director, ALACRITY Center for Health and Longevity in Mental Illness Johns Hopkins Bloomberg School of Public Health</p> <p>Gail Daumit, MD, MHS Samsung Professor of Medicine Vice Chair, Clinical and Translational Research Department of Medicine Director, ALACRITY Center for Health and Longevity in Mental Illness Johns Hopkins University School of Medicine</p> |
| 12:40 PM | <p>Panel Reactions</p> <p>Collen Barry Howard Goldman Deidra Roach Ruth Shim</p> |
| 1:05 PM | <p>Audience Q&A</p> |
| 1:25 PM | <p>Closing Remarks</p> |
| 1:30 PM | <p>Adjourn</p> |

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***Caring for People with Mental Health and Substance Use Disorders
in Primary Care Settings: A Webinar Series***

Part 1 Speakers and Panelists

Colleen L. Barry, PhD, MPP (Forum Co-Chair)

Fred and Julie Soper Professor and Chair
Department of Health Policy and
Management

Johns Hopkins Bloomberg School of Public
Health

Co-Director, Johns Hopkins Center for Mental
Health and

Addiction Policy Research

Gail Daumit, MD, MHS

Samsung Professor of Medicine

Vice Chair, Clinical and Translational
Research Department of Medicine

Director, ALACRITY Center for Health and
Longevity in Mental Illness

Johns Hopkins University School of Medicine

Howard Goldman, MD, PhD (Forum Co-Chair)

Professor of Psychiatry

University of Maryland at Baltimore
School of Medicine

1501 South Edgewood Street, Suite L
Baltimore, MD 21227

Beth McGinty, PhD, MS

Associate Professor

Associate Chair for Research and Practice
Department of Health Policy and
Management

Co-Deputy Director, Center for Mental
Health and Addiction Policy Research

Associate Director, ALACRITY Center for
Health and Longevity in Mental Illness

Johns Hopkins Bloomberg School of Public
Health

Deidra Roach, MD (Planning Committee Co-Chair)

Medical Project Officer

National Institute on Alcohol Abuse and
Alcoholism

Division of Treatment and Recovery Research

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WEBINAR PART 1 SPEAKERS AND PANELISTS



Colleen L. Barry PhD, MPP (Forum Co-Chair) is the Fred and Julie Soper Professor and Chair of the Department of Health Policy and Management at the Johns Hopkins Bloomberg School of Public Health. She has a joint appointment in the Department of Mental Health. Professor Barry's research focuses on how health and social policies can affect a range of outcomes for individuals with mental illness and substance use disorders, including access to medical care and social services, care quality, health care spending, financial protection and mortality. She is involved in numerous research studies examining the implications of health insurance expansions and health care delivery system reform efforts on the treatment of mental illness and substance use disorders. She also conducts empirical research to understand how communication strategies influence public attitudes about opioid addiction, mental illness, gun policy, and obesity and food policy. One focus of this work is to identify evidence-based approaches to reducing stigma. She has authored over 180 peer-reviewed articles on these topics. Dr. Barry is founding co-Director (with Elizabeth Stuart) of the Johns Hopkins Center for Mental Health and Addiction Policy Research and is a core faculty member in the Johns Hopkins Center for Gun Policy and Research. Professor Barry received her Ph.D. in health policy from Harvard University and her masters degree in public policy from the John F. Kennedy School of Government at Harvard.



Gail L. Daumit, MD, MHS is Samsung Professor of Medicine in the Division of General Internal Medicine at the Johns Hopkins University School of Medicine, and is Vice Chair for Clinical and Translational Research in the Department of Medicine. She is a practicing general internist, epidemiologist and mental health services researcher whose research is devoted to improving physical health and decreasing premature mortality for persons with serious mental illnesses. She directs a NIMH ALACRITY Center focused on testing implementation strategies to scale up evidenced-based interventions to decrease cardiovascular risk in community mental health settings. Dr. Daumit's clinical trial of a behavioral weight loss intervention for persons with serious mental illness won the Society for Clinical Trials Trial of the Year in 2014. She served on the World Health Organization Guideline Development Group for Identification and Management of Physical Health Conditions in People with Severe Mental Disorders.

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Howard H. Goldman, MD, PhD, is a professor of psychiatry at the University of Maryland School of Medicine. His expertise is in evaluating mental health services and financing programs and policies. Dr. Goldman's recent research has focused on evaluating employment demonstrations for people with severe mental disorders who are connected to the disability programs of the Social Security Administration (SSA). He has also been involved in various studies related to early intervention services for individuals experiencing a first episode of psychosis. In the past he served as principal investigator of the study team conducting the Evaluation of

Parity in the Federal Employees Health Benefits program, sponsored by the government. Dr. Goldman served as the senior scientific editor of the Surgeon General's Report on Mental Health from 1997 to 1999, for which he was awarded the Surgeon General's Medallion. During 2002 and 2003, Dr. Goldman was a consultant to the President's New Freedom Commission on Mental Health. From 2004 to 2016 he served as editor of *Psychiatric Services*, a mental health services research and policy journal published monthly by the American Psychiatric Association. He has served on the editorial boards of several other journals, including *Health Affairs*, the *American Journal of Psychiatry* and the *Journal of Mental Health Policy and Economics*. He is a member of the National Academy of Social Insurance, having served on its disability policy panel. Dr. Goldman is a member of the NAM, who currently chairs a Standing Committee providing advice to SSA on its disability programs. He has also served as a member or consultant on numerous NASEM consensus committees related to disability policy. Dr. Goldman received joint M.D.-M.P.H. degrees from Harvard University and a Ph.D. in social policy research from the Heller School at Brandeis University.



Beth McGinty, PhD, MS conducts research focused on evaluation of mental health and substance use policies. Her interests include the evaluation of policies designed to better integrate behavioral, somatic, and social services for people with serious mental illness; study of policy approaches to addressing the U.S. opioid epidemic; and evaluation of policy issues at the intersection of mental illness, substance use, and violence. In close concert with her policy evaluation research, Dr. McGinty conducts implementation research focused on developing strategies for wide-spread scale up of effective health and social services for people with mental illness or substance use disorders. She also conducts communication research examining how communication strategies influence public stigma toward,

and support for policies that benefit, people with mental health or substance use conditions. At Johns Hopkins, Dr. McGinty is the Deputy Director of the Center for Mental Health and Addiction Policy Research and the Associate Director of the ALACRITY Center for Health and Longevity in Mental Illness. She completed her PhD in Health and Public Policy from the Department of Health Policy

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and Management at the Johns Hopkins Bloomberg School of Public Health in 2013 and was awarded a MS in Health and Behavior Studies from Columbia University in 2006.



Deidra Roach, MD (Planning Committee Co-Chair) has more than 30 years of experience in the field of addiction treatment. She currently serves as a medical project officer for the National Institute on Alcohol Abuse and Alcoholism where, among other responsibilities, she manages research portfolios addressing the treatment of co-occurring mental health and alcohol use disorder and alcohol-related HIV/AIDS among women. She also serves on the Interagency Coordinating Committee on Fetal Alcohol Spectrum Disorders (ICCFASD), the NIH Coordinating Committee for Research on Women's Health, and the Extramural Advisory Work Group, Subcommittee on Inclusion Governance, a trans-NIH committee to advise the Office of the Director/NIH on matters related to ensuring diversity in research participation. Dr. Roach co-chairs the Interagency Work Group on Drinking and Drug Use in Women and Girls, a trans-DHHS committee which promotes collaborative research and other activities focused on the prevention and treatment of substance use and co-occurring mental health disorders among women and girls.



Ruth Shim, MD, MPH (Planning Committee Co-Chair) is holder of the Luke & Grace Kim Professorship in Cultural Psychiatry in the Department of Psychiatry and Behavioral Sciences at the University of California, Davis School of Medicine. She is an Associate Professor of Clinical Psychiatry, Director of Cultural Psychiatry, and Chair of the Vice Chancellor's Advisory Committee on Faculty Excellence in Diversity at UC Davis Health. Dr. Shim received an MPH in health policy from Rollins School of Public Health at Emory University and an MD from Emory University School of Medicine. She is a member of the Board of Trustees of the Robert Wood Johnson Foundation and the American Association of Community Psychiatrists. She serves on the Editorial Boards of Psychiatric Services, Community Mental Health Journal, and American Psychiatric Publishing, and is co-editor of the book, *The Social Determinants of Mental Health*. She is a 2018-2019 Fellow of the Executive Leadership in Academic Medicine (ELAM) Program. Dr. Shim's research focuses on mental health disparities and inequities, and she provides clinical psychiatric care in the UC Davis Early Diagnosis and Preventative Treatment (EDAPT) Clinic.

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PLANNING COMMITTEE ROSTER

Deidra Roach, MD (Co-Chair)

Medical Project Officer
National Institute on Alcohol Abuse and
Alcoholism
Division of Treatment and Recovery Research

Ruth Shim, MD, MPH (Co-Chair)

Luke & Grace Kim Professor in Cultural
Psychiatry
Associate Professor, Department of
Psychiatry and Behavioral Sciences
University of California, Davis

Jeffrey Buck, PhD

Senior Advisor for Behavioral Health
Center for Clinical Standards and Quality
Centers for Medicare & Medicaid Services

W. Perry Dickinson, MD

Director, Practice Innovation Program
Professor, Department of Family Medicine
University of Colorado
*Representing the American Board of Family
Medicine*

Richard Frank, PhD

Professor of Health Economics,
Department of Health Care Policy
Harvard Medical School

Howard H. Goldman, MD, PhD

Professor of Psychiatry
University of Maryland School of Medicine

Pamela Greenberg, MPP

President and CEO
Association for Behavioral Health and
Wellness

Caren Howard

Advocacy Manager
Mental Health America

R. Kathryn McHugh, PhD

Director, Stress, Anxiety, and Substance Use
Laboratory
Associate Psychologist, Substance Use
Disorders Division, McLean Hospital
Assistant Professor of Psychology,
Department of Psychiatry
Harvard Medical School
*Representing the American Psychological
Association*

Kathy Pham, PharmD, BCPPS

Director of Policy and Professional Affairs
American College of Clinical Pharmacy

Martin Rosenzweig, MD

Chief Medical Officer
Optum Behavioral Health

Alexander Ross, ScD

Senior Behavioral Health Advisor
Office of Planning, Evaluation, and Analysis,
Health Resources and Services
Administration, HHS

Matthew Tierney, MS, NP, FAAN

Associate Clinical Faculty,
UCSF School of Nursing
*Representing the American Psychiatric Nurses
Association*

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Planning Committee Biographies



Deidra Roach, MD (Co-Chair) has more than 30 years of experience in the field of addiction treatment. She currently serves as a medical project officer for the National Institute on Alcohol Abuse and Alcoholism where, among other responsibilities, she manages research portfolios addressing the treatment of co-occurring mental health and alcohol use disorder and alcohol-related HIV/AIDS among women. She also serves on the Interagency Coordinating Committee on Fetal Alcohol Spectrum Disorders (ICCFASD), the NIH Coordinating Committee for Research on Women's Health, and the Extramural Advisory Work Group, Subcommittee on Inclusion Governance, a trans-NIH committee to advise the Office of the Director/NIH on matters related to ensuring diversity in research participation. Dr. Roach co-chairs the Interagency Work Group on Drinking and Drug Use in Women and Girls, a trans-DHHS committee which promotes collaborative research and other activities focused on the prevention and treatment of substance use and co-occurring mental health disorders among women and girls.



Ruth Shim, MD, MPH (Co-Chair) is holder of the Luke & Grace Kim Professorship in Cultural Psychiatry in the Department of Psychiatry and Behavioral Sciences at the University of California, Davis School of Medicine. She is an Associate Professor of Clinical Psychiatry, Director of Cultural Psychiatry, and Chair of the Vice Chancellor's Advisory Committee on Faculty Excellence in Diversity at UC Davis Health.

Dr. Shim received an MPH in health policy from Rollins School of Public Health at Emory University and an MD from Emory University School of Medicine. She is a member of the Board of Trustees of the Robert Wood Johnson Foundation and the American Association of Community Psychiatrists. She serves on the Editorial Boards of *Psychiatric Services*, *Community Mental Health Journal*, and *American Psychiatric Publishing*, and is co-editor of the book, *The Social Determinants of Mental Health*. She is a 2018-2019 Fellow of the Executive Leadership in Academic Medicine (ELAM) Program.

Dr. Shim's research focuses on mental health disparities and inequities, and she provides clinical psychiatric care in the UC Davis Early Diagnosis and Preventative Treatment (EDAPT) Clinic.



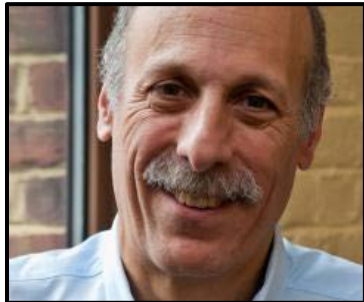
Jeffrey A. Buck, PhD is the Program Lead for the Inpatient Psychiatric Facility (IPF) Quality Reporting Program and the Senior Advisor for Behavioral Health in the Center for Clinical Standards and Quality (CCSQ) at the Centers for Medicare & Medicaid Services (CMS). He serves as the subject matter expert for the QIO Program's behavioral health work. Previously, he served as a senior advisor with the agency's Center for Strategic Planning. Before coming to CMS, Dr. Buck held

senior positions in the Substance Abuse and Mental Health Services Administration (SAMHSA). There, he directed many of SAMHSA's analytic studies of behavioral health services and financing. Dr. Buck's publications have addressed behavioral health issues in the financing and utilization of services, insurance coverage and parity, Medicaid, health care reform and administrative data systems.



W. Perry Dickinson, MD - is a Professor in the University of Colorado, Department of Family Medicine, and Director of the Practice Innovation Program at the University of Colorado. He is also the Director of the Colorado Health Extension System (CHES), a statewide cooperative of the major practice transformation organizations, state agencies, and other related groups involved in practice and health system transformation support and community health improvement.

The Practice Innovation Program and CHES have provided practice transformation support to over 900 primary care and specialty practices over the past five years in large scale implementation and research projects that include the AHRQ-funded EvidenceNOW Southwest and the CMML-funded Colorado State Innovation Model and Transforming Clinical Practice initiatives, all with Dr. Dickinson as the principal investigator or director of practice transformation. Dr. Dickinson has led multiple other studies investigating the process of practice transformation, particularly focusing on the implementation of advanced primary care models, self-management support, and integrated behavioral health services in primary care practices. His research expertise particularly lies in the area of health services research and implementation science, often blending traditional research, evaluation, and quality improvement methodologies in studying system and practice changes in response to large-scale transformation projects. Dr. Dickinson is Past President of the Society of Teachers of Family Medicine, the North American Primary Care Research Group, the Board of Directors of the Annals of Family Medicine, and the Council of Academic Family Medicine. He is the 2018 recipient of the Curtis Hames Award, an annual award from the Society of Teachers of Family Medicine and the Curtis Hames Foundation recognizing lifetime contributions to family medicine and primary care research.



Richard G. Frank, PhD is the Margaret T. Morris Professor of Health Economics in the Department of Health Care Policy at Harvard Medical School. From 2009 to 2011, he served as the deputy assistant secretary for planning and evaluation at DHHS directing the office of Disability, Aging and Long-Term Care Policy. From 2013 to 2014, he served as a Special Advisor to the Office of the Secretary at the Department of Health and Human Services, and from 2014 to 2016 he served as Assistant Secretary for Planning and Evaluation in the Department of Health and Human Services. His research is focused on the economics of mental health and substance abuse care, long term care financing policy, health care competition, implementation of health reform and disability policy. Dr. Frank served as an editor for the *Journal of Health Economics* from 2005 to 2014. Dr. Frank was awarded the Georgescu-Roegen Prize from the Southern Economic Association, the Carl A. Taube Award from the American Public Health Association, and the Emily Mumford Medal from Columbia University's Department of Psychiatry. In 2011, he received the Distinguished Service Award from the Mental Health Association of Maryland. Dr. Frank also received the John Eisenberg Mentorship Award from the National Research Service Awards. He was elected to the Institute of Medicine (National Academy of Medicine) in 1997. He is co-author with Sherry Glied of the book *Better but Not Well* (Johns Hopkins Press).



Howard H. Goldman, MD, PhD, is a professor of psychiatry at the University of Maryland School of Medicine. His expertise is in evaluating mental health services and financing programs and policies. Dr. Goldman's recent research has focused on evaluating employment demonstrations for people with severe mental disorders who are connected to the disability programs of the Social Security Administration (SSA). He has also been involved in various studies related to early intervention services for individuals experiencing a first episode of psychosis. In the past he served as principal investigator of the study team conducting the Evaluation of the Implementation and Impact of Mental Health and Substance Abuse Parity in the Federal Employees Health Benefits program, sponsored by the government. Dr. Goldman served as the senior scientific editor of the Surgeon General's Report on Mental Health from 1997 to 1999, for which he was awarded the Surgeon General's Medallion. During 2002 and 2003, Dr. Goldman was a consultant to the President's New Freedom Commission on Mental Health. From 2004 to 2016 he served as editor of *Psychiatric Services*, a mental health services research and policy journal published monthly by the American Psychiatric Association. He has served on the editorial boards of several other journals, including *Health Affairs*, the *American Journal of Psychiatry* and the *Journal of Mental Health Policy and Economics*. He is a member of the National Academy of Social Insurance, having served on its disability policy panel. Dr. Goldman is a member of the NAM, who currently chairs a Standing Committee providing advice to SSA on its disability programs. He has also served as a member or consultant on numerous NASEM consensus committees related to disability policy. Dr. Goldman received joint M.D.-M.P.H. degrees from

Harvard University and a Ph.D. in social policy research from the Heller School at Brandeis University.



Pamela Greenberg, MPP is the President and CEO of the Association for Behavioral Health and Wellness (ABHW); she joined the organization in 1998. ABHW is the leading association working to raise awareness, reduce stigma, and advance federal policy to improve mental health and addiction care. ABHW represents major national and regional health plans who care for more than 200 million people.

Pamela serves on the Editorial Board of the Bloomberg BNA Health Insurance Report and is a liaison to the National Committee for Quality Assurance Standards Committee. In 2015, Ms. Greenberg joined the Advisory Board of Landmark Health, a company that provides home-based medical care to individuals with multiple chronic conditions, and in 2017 she joined InnovaTel Telepsychiatry's Strategic Advisory Board. She was the Chair of the Coalition for Fairness in Mental Illness Coverage, one of the leading Coalitions that helped develop, advocate for, and get the Wellstone-Domenici Mental Health Parity and Addiction Equity Act of 2008 signed in to law. Additionally, Pamela served as President of The College for Behavioral Health Leadership.

Prior to joining ABHW Pamela was the Deputy Director of Federal Affairs for America's Health Insurance Plans (AHIP). Before joining AHIP Ms. Greenberg was a Legislative Assistant at Capitol Associates, a healthcare consulting firm in Washington, D.C. Pamela has a B.A. from Mount Holyoke College and a Masters in Public Policy from Georgetown University.



Caren Howard currently serves as Advocacy Manager for Mental Health America, and she has 12 years' experience in legislative, political campaign and advocacy work.

As Advocacy Manager, Howard builds the MHA Regional Policy Council's four yearly conferences; advises strategy for influencing federal and state policymakers on a wide range of health and social issues including health care, education, and criminal justice; and facilitates relationship-building between MHA affiliates and their state and local elected officials through MHA's Back Home Campaign and Hill Day programs.

Howard joined MHA in January 2017 after working as a top fundraiser for several members of the House of Representatives. Prior to fundraising, Howard worked on Capitol Hill serving her hometown representative, Congressman John P. Sarbanes, and former Majority Leader Congressman Steny H. Hoyer. She worked with the successful coordinated campaign in New Mexico during the 2008 election cycle.

Howard earned a B.A. in Political Science at Spelman College, the nation's top-ranked Historically Black College and University for ten years. She resides in Takoma Park, Maryland and continues involvement in her hometown school and community affairs in Columbia, Maryland.



R. Kathryn McHugh, PhD received her B.A. from Harvard College and her Ph.D. from Boston University. She is currently the Director of the Stress, Anxiety and Substance Use Laboratory at McLean Hospital and an Assistant Professor at Harvard Medical School. Dr. McHugh's research focuses on the nature and treatment of anxiety and substance use disorders. Her work is currently funded by grants from the National Institute on Drug Abuse, including a 5-year grant to develop and test a novel cognitive-behavioral therapy for co-occurring opioid use disorder and anxiety disorders. She has published more than 100 manuscripts and book chapters as well as an edited book published by Oxford University Press on the dissemination and implementation of treatment for psychological disorders. Dr. McHugh is a recipient of a number of awards, including the David Shakow Early Career Award for Distinguished Scientific Contribution to Clinical Psychology and the Theodore Blau Early Career Award for Outstanding Contribution to Professional Clinical Psychology. She is an Associate Editor of the journals *Behavior Therapy* and *Cognitive Therapy and Research* and recently was the Co-Chair of the American Psychological Association Taskforce on Clinical Responses to the Opioid Crisis. Dr. McHugh is also a practicing clinical psychologist, specializing in cognitive-behavioral therapy for the treatment of anxiety, depressive, and substance use disorders.



Kathy Pham, PharmD, BCPPS is the Director of Policy and Professional Affairs at the American College of Clinical Pharmacy (ACCP), a professional and scientific society that provides leadership, education, advocacy, and resources enabling clinical pharmacists to achieve excellence in practice, research, and education. Dr. Pham came to ACCP from the Pew Charitable Trusts, where she served as Senior Officer of the Drug Safety Project. Her previous clinical experience has been in pediatric pharmacy practice, with the majority of that time spent as the NICU clinical specialist and pharmacy residency director at Children's National Medical Center in Washington, D.C. She is also a board-certified pediatric pharmacotherapy specialist.

Dr. Pham earned her Doctor of Pharmacy degree from Rutgers, the State University of New Jersey. After completing her pharmacy residency at the University of Illinois at Chicago, she practiced as a pediatric clinical pharmacist and held faculty appointments at various schools of pharmacy including Long Island University, Rutgers, Creighton University, University of Maryland, and Virginia Commonwealth University.

Dr. Pham leads ACCP's engagement, collaboration, and communication with medical, pharmacy, other health professional societies, health quality organizations, and payers/purchasers to promote and help achieve medication optimization for individual patients and populations. She participates

as the ACCP representative in working groups and task forces of health policy development and research enterprises at the national level that address issues of interprofessional practice, research, and education.



Martin Rosenzweig, MD is the chief medical officer of Optum Behavioral Health and has been with the organization for almost 20 years. Dr. Rosenzweig is board-certified in psychiatry and a clinical associate in the Department of Psychiatry at the University of Pennsylvania. In addition to his work with Optum, he maintains a role in active clinical practice focused on the treatment of individuals with mood disorders and other psychiatric disorders. He is a Graduate of the University of the Witwatersrand Medical School in Johannesburg, South Africa and completed his residency and psychiatric residency at Pennsylvania hospital and his fellowship in psychopharmacology at the University of Pennsylvania.



Alexander Ross, ScD is senior advisor on behavioral health in the Office of Planning, Analysis and Evaluation, at the Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Service. Alex supports HRSA Bureaus and Offices fostering the integration of behavioral health and primary care. Dr. Ross' work has included an emphasis on financing issues regarding behavioral health/primary care services and assuring that an appropriately trained health care workforce is available to meet the Nation's needs. In addition to his current work, Dr. Ross has held positions at HRSA in the Office of Planning and Evaluation, the Bureau of HIV/AIDS, and the Office of Public Health Practice. Alex has a Doctor of Science Degree in Health Policy from The Johns Hopkins University Bloomberg School of Hygiene and Public Health.



Matthew Tierney, PhD is Associate Clinical Faculty at the UCSF School of Nursing, and is Clinical Director of Substance Use Treatment and Education for the Office of Population Health at UCSF Health. He represents the American Psychiatric Nurses Association (APNA) on this panel. An educator and active clinician for over 2 decades, his work has focused on increasing access to essential substance use and addictions treatment by developing and implementing innovative clinical treatment programs and by empowering the healthcare workforce through education. As a Nurse Practitioner certified in adult primary care and psychiatric-mental health care, his clinical work has focused on providing evidence-based care to vulnerable and highly-stigmatized populations. His work in clinical program development includes helping create and then direct the nation's first clinic focused exclusively on buprenorphine treatment initiation and stabilization. As an educator, he teaches addictions content at numerous health sciences programs at the University of California San Francisco, and he has helped to build the behavioral health workforce nationally and internationally through multiple venues including: the creation of behavioral health scope and standards of practice for nursing; since 2008, teaching the federally-mandated course content to receive the "DEA

waiver” to prescribe buprenorphine; and through educational service at numerous organizations including IntNSA, AMERSA, ASAM, and APNA, where he was inaugural Chair of the Addictions Council and helped create an educational program that is available free-of-charge to all nurses nationwide, conceived in response to the White House ONDCP’s call to address the opioid overdose epidemic.

His current research includes co-investigator status on two grants: one from SAMHSA to expand/enhance access to medication-assisted treatment (MAT) services for persons with opioid use disorder by ensuring the training of students in the medical, physician assistant and nurse practitioner fields; and a grant from the National Council of State Boards of Nursing (NCSBN) examining whether and how state NP scope of practice regulations impact the supply of NPs providing MAT for opioid use disorder. Matthew received a Master of Science Degree from UCSF in 2000.

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Health and Medicine Division

FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

Behavioral health and substance-related disorders affect approximately 20 percent of Americans. Of those with a substance use disorder, approximately 60 percent also have a mental health disorder. These disorders account for a substantial burden of disability, have been associated with an increased risk of morbidity and mortality from other chronic illnesses, and can be risk factors for death by suicide, incarceration, and homelessness. They can compromise a person's ability to seek out and afford health care, and to adhere to care recommendations.

Despite the high rates of comorbidity of physical and behavioral health conditions (which include mental health and substance-related and addictive disorders), the integration of services for these conditions into the American health care system has proved challenging. Part of the explanation lies in a historical legacy of discrimination, based on misunderstanding, that made people with these disorders (and their families) reluctant to seek help, and also led to segregated and even inhumane services. Health insurance programs also often provided limited coverage of services for mental health and substance use disorders compared to services for other conditions.

Those with mental health conditions, particularly serious disorders, and their advocates face numerous barriers to receiving quality care. Studies suggest that one-third to one-half or more of people with serious mental health disorders do not receive treatment. The most common reason for not seeking care is inability to pay. Also, fear of discrimination in housing, employment, military service, and other arenas can deter people from seeking or continuing care.

The goal of reducing reliance on long-term inpatient care in separate institutions has been more fully realized than the goal of providing adequate treatment and services in the community. Nearly 90 million Americans live in areas with a shortage of mental health professionals. Another barrier to care is adequate training and other support for primary care providers in recognizing mental health and substance use disorders and appropriately managing patient care through direct services, referral, and collaboration. Often evidence-based psychosocial interventions are not even available as part of routine clinical care, due to issues of access to quality care, training, insurance coverage, and fragmentation of care.

Statement of Work

The Health and Medicine Division of the National Academies of Sciences, Engineering, and Medicine will initiate a *Forum on Mental Health and Substance Use Disorders* to provide a structured environment and neutral venue to discuss data, policies, practices, and systems that affect the diagnosis and provision of care for mental health and substance use disorders. Its activities will focus on adults (including older adults) and will facilitate sustained attention to these disorders throughout the Academies. Forum participants could address a broad range of care delivery issues, including:

- innovation to facilitate access to short- and long-term services for mental health and substance use disorders in various care settings;
- coordination and integration of these services in primary and specialty health care delivery systems;
- regulatory challenges related to maintaining the confidentiality of behavioral health information and treatment records;
- standardization of diagnosis and treatment;
- financing evidence-based care in different settings;
- policy and systems changes to decriminalize people with mental health and substance use disorders;
- engagement of patients and families;
- the use of technology, such as telemedicine and mobile applications, to deliver and support care;
- standardization of data collection to enable data matching, aggregation, and sharing;
- the role of recovery, wellness, and peer counseling;
- benchmarks to assess and improve quality of care;
- professional education and training; and
- strategies, technologies, and infrastructure for strengthening the evidence base, care practices, and cultural relevance of diagnosis and interventions.

Forum activities will emphasize potential opportunities for action and may include expert meetings, public workshops, and webinars; summary publications; and targeted communications and community engagement.

Forum members and participants will include federal, state, and local government officials; representatives of consumer and family advocacy groups; service providers; payers; policy analysts; researchers; educators; and representatives of relevant professional associations and foundations.

Sharyl J. Nass, Ph.D.
Director, Board on Health Care Services
202-334-2320 | snass@nas.edu

Andrew M. Pope, Ph.D.
Director, Board on Health Sciences Policy
202-334-1739 | apope@nas.edu

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