Evaluation of System-Wide Investment of Evidence-based Practices (EBPs): A Medicaid Population

R. Stewart, L. Shen, N. Cardamone, C. Comeau, A. Rothbard

**2007**
Community Behavioral Health begins promoting psychosocial evidence-based practices with system-level policy, investment, infrastructure in ongoing efforts to improve care.

**2013**
The Evidence Based Practice and Innovation Center (EPIC) is created to coordinate all the EBP efforts.

**2018**
EPIC launches a program designation, which through rigorous programmatic application and review, designated EBP providers.

**2019**
Designated providers now receive enhanced rate incentives.

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**Percent retained for 2 or more and 5 or more sessions**

<table>
<thead>
<tr>
<th>EBP Type</th>
<th>Race</th>
<th>Sessions</th>
<th>Percent Retained</th>
</tr>
</thead>
<tbody>
<tr>
<td>TF-CBT</td>
<td>Black</td>
<td>≥2</td>
<td>100%</td>
</tr>
<tr>
<td></td>
<td>Hispanic</td>
<td>≥2</td>
<td>96%</td>
</tr>
<tr>
<td></td>
<td>White</td>
<td>≥2</td>
<td>80%</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>≥2</td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td>Average</td>
<td>≥2</td>
<td>79%</td>
</tr>
</tbody>
</table>

**Percent retained for 2 or more and 5 or more sessions by race and EBP type**

- Patients who participated in TF-CBT or DBT had a higher likelihood of coming back (and coming back more often) to therapy compared to similar patients who participated in usual treatment.*
- The usage of EBPs, especially cognitive behavioral therapies, are strong in adults and children but inequities across racial groups persist.

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**Average # of therapy sessions**

<table>
<thead>
<tr>
<th>EBP Type</th>
<th>Race</th>
<th>Sessions</th>
<th>Average # of therapy sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>TF-CBT</td>
<td>Black</td>
<td>24.8</td>
<td>13.2</td>
</tr>
<tr>
<td></td>
<td>Hispanic</td>
<td>24.8</td>
<td>13.2</td>
</tr>
<tr>
<td></td>
<td>White</td>
<td>24.8</td>
<td>13.2</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>24.8</td>
<td>13.2</td>
</tr>
<tr>
<td></td>
<td>Average</td>
<td>24.8</td>
<td>13.2</td>
</tr>
</tbody>
</table>

**EBP usage rate by race and EBP type**

- Patients engaged with EBPs are retained more often than those in standard care.

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**Key**
- CBT: Cognitive Behavioral Therapy
- TF-CBT: Trauma-focused CBT
- DBT: Dialectal Behavioral Therapy
- PE: Prolonged Exposure
- PCIT: Parent-Child Interaction Therapy

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*We used propensity sampling to find a group of matched Medicaid controls with similar diagnostic profiles, prior hospitalization history, age, gender, and race.*
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### Members engaged with EBPs are retained more often than those in standard care

- Trauma-focused CBT and DBT show high rates of member engagement and high therapy retention.*
- *Retained patients are those with 2 or more therapy visits.

### Conclusions
- EBP implementation using enhanced rates was effective in increasing utilization of EBP treatments for appropriate populations and visit protocols.
- Members were retained longer in EBP treatments than in traditionally reimbursed outpatient treatment.
- There were no differences in retention by race for youth EBP treatments (TF-CBT and PCIT).

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<table>
<thead>
<tr>
<th>Unique Members by EBP Type</th>
<th>Retained, Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE</td>
<td>82%</td>
</tr>
<tr>
<td>PCIT</td>
<td>84%</td>
</tr>
<tr>
<td>DBT</td>
<td>85%</td>
</tr>
<tr>
<td>TF-CBT</td>
<td>82%</td>
</tr>
<tr>
<td>CBT</td>
<td>63%</td>
</tr>
</tbody>
</table>

### Percent retained

<table>
<thead>
<tr>
<th></th>
<th>TF-CBT Control</th>
<th>DBT Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>96%</td>
<td>94%</td>
</tr>
</tbody>
</table>

### Avg. # of therapy sessions (among retained)

<table>
<thead>
<tr>
<th></th>
<th>TF-CBT Control</th>
<th>DBT Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>15.9</td>
<td>11.5</td>
</tr>
</tbody>
</table>

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*Members who participated in TF-CBT or DBT had a higher likelihood of coming back (and coming back more often) to therapy compared to similar members* who received standard treatment.

*We used propensity sampling to find a group of matched Medicaid controls with similar diagnostic profiles, prior hospitalization history, age, gender, and race.*

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### EBP Usage Rate Among CBH Members by Race

- **Among children:**
  - PCIT: Black (100%), Hispanic (90%), White (80%), Other (70%), Average (82%)
- **Among adults:**
  - TF-CBT: Black (100%), Hispanic (90%), White (80%), Other (70%), Average (82%)

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### Percent retained for 2 or more and 5 or more sessions

- **EBP Usage Rate Among CBH Members by Race**
  - CBT: Cognitive Behavioral Therapy
  - TF-CBT: Trauma-focused CBT
  - DBT: Dialectal Behavioral Therapy
  - PE: Prolonged Exposure
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Source: CBH claims database. 2019 retention data.