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Convening + Uniting + Transforming

Behavorial Health Integration Workgroup

Thursday, October 23, 2025 | 2:00

agenda

Welcome & Announcements	*PCC Team*
Co-Chair Remarks & Roll Call	*Mary Giliberti, MHA* *Alin Severance, UPMC Health Plan*
AUD/SUD Treatment in Primary Care	*Helen Jack*, *University of Washington*
PC-BH Referrals: Leveraging Outcomes-based Matching	*Mike Thompson & David Kraus,* *Outcomes Referral, Inc*
Behavioral Health & Whole Person Care	*Brenda Brennan Reiss,* *Intermountain Healthcare*
Wrap Up & Next Steps	*Larry McNeely, PCC*

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Welcome & Announcements

PCC Team

PCC's Hill Advocacy

- October 15, 2025: The PCC urged lawmakers to pass a bipartisan bill that reopens the government, restores funding for vital primary care services and protects access to affordable coverage.
- October 16, 2025: the PCC joined more than 150 organizations on a Families USA-led sign-on letter urging Congress to "extend the enhancements to premium tax credits without delay changes that could place health coverage out of reach for millions of vulnerable Americans."

FOR IMMEDIATE RELEASE
Press Contact: Tod Didier
tdidier@thepcc.org | 202-417-2069

Washington, D.C. (October 15, 2025) – Ann Greiner, President and CEO of the Primary Care Collaborative (PCC) has issued the following statement on the continuing government shutdown:

"On October 1, funding for critical primary care programs and telehealth waivers lapsed—and today CMS has announced it will be holding Medicare physician fee schedule claims. While Congress works to bridge divides on government funding, the consequences for everyday Americans' health are substantial and growing.

"This impasse has created unnecessary, additional burdens for American families and the primary care teams on which they rely. We urge lawmakers to pass a bipartisan bill that reopens the government, restores funding for vital primary care services and protects access to affordable coverage."

PCC, 150 Organizations Urge Extension of Expiring Health Care Tax Credits

October 16, 2025

The Honorable John Thune
Majority Leader
United States Senate
Washington, D.C. 20510

The Honorable Charles E. Schumer
Minority Leader
United States Senate
Washington, D.C. 20510

The Honorable Mike Johnson
Speaker of the House
United States House of Representatives
Washington, D.C. 20515

The Honorable Hakeem Jeffries
Minority Leader
United States House of Representatives
Washington, D.C. 20515

Dear Majority Leader Thune, Minority Leader Schumer, Speaker Johnson, and Minority Leader Jeffries:

As millions of families across the country struggle to pay for the high and rising cost of health care, the more than 150 undersigned organizations representing patients, workers, small businesses, health care providers, public health professionals and other health care stakeholders strongly urge Congress to permanently **extend the enhancements to the premium tax credit without delay and without any changes** that could place health

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Closing the Distance in Rural Primary Care: Evidence, Stories and Solutions

1:30 PM ET, November 12, 2025

promise of primary care

October 30, 2025 | 3:00 PM ET | Zoom

- Breakdown of new polling data on WPC, effects on messaging/how to leverage data most effectively
- Messaging in Today's Landscape
- Updates to primary care messaging slate

Register at: https://thepcc.pub/POPCOct25
Password: PCC2025

ARHQ's Behavioral Health Resources

- **AHRQ's Investments in Primary Care Research for 2023 and 2024**
  - Second comprehensive review of AHRQ's recent investments in primary care research – covering federal fiscal years (FYs) 2023 and 2024

ARHQ's Behavioral Health Resources

- **Behavioral Health Integration Ecosystem Directory**
  - This is a directory of federal and non-federal programs that support the integration of behavioral health and primary care.
- **Medications for Opioid Use Disorder Playbook**
  - A practical guide for providing medications for opioid use disorder (MOUD) and immediate care for patients with opioid use disorder (OUD) in primary care and other ambulatory care settings.

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Co-Chair Remarks & Roll Call

Mary Giliberti | MHA
Alin Severance | UPMC Health Plan

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AUD/SUD Treatment in Primary Care

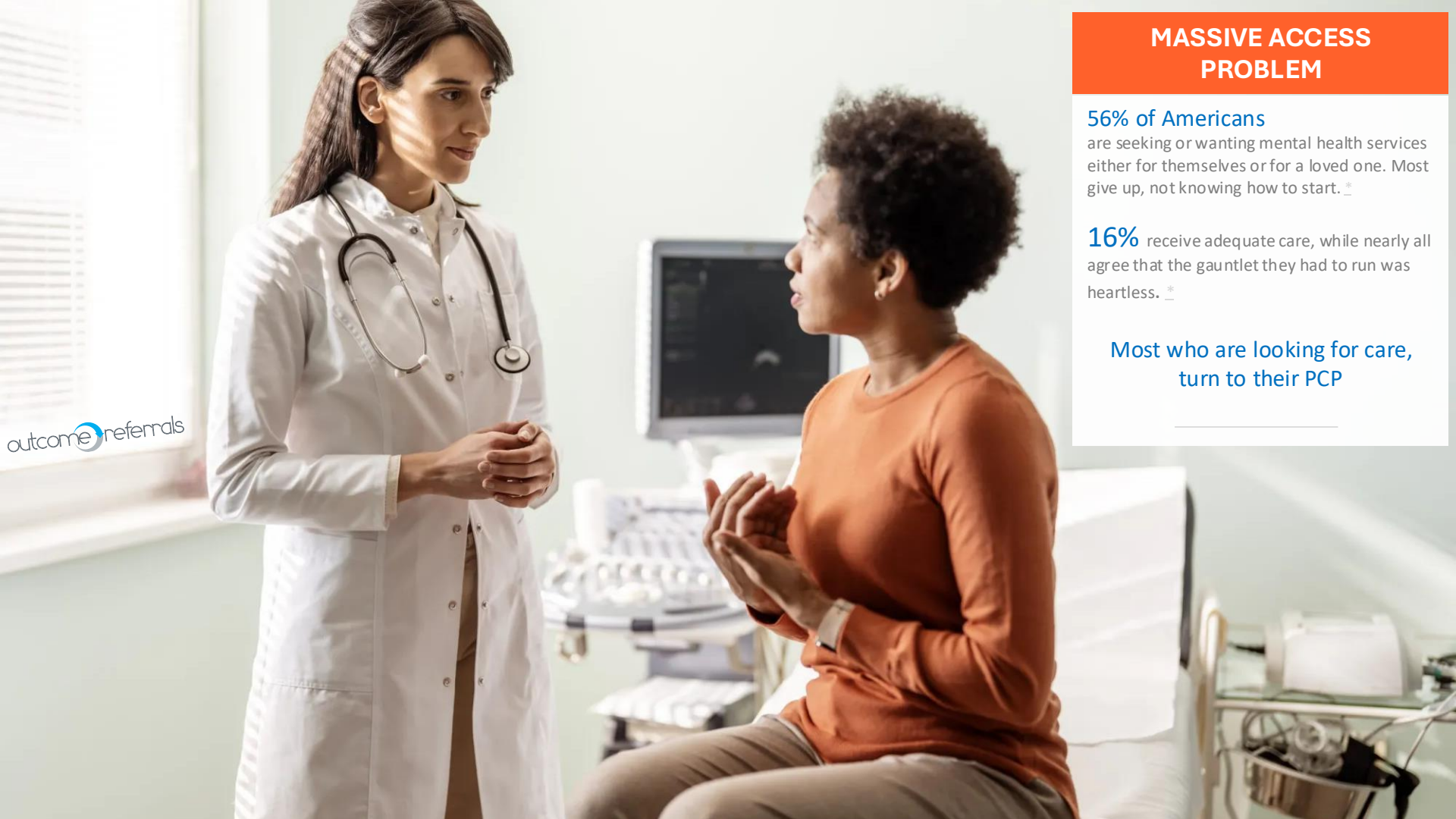
Helen Jack | University of Washington

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PC-BH Referrals: Leveraging Outcomes-based Matching

Mike Thompson
David Kraus | Outcome Referral, Inc



MASSIVE ACCESS PROBLEM

56% of Americans
are seeking or wanting mental health services either for themselves or for a loved one. Most give up, not knowing how to start. *

16% receive adequate care, while nearly all agree that the gauntlet they had to run was heartless. *

Most who are looking for care, turn to their PCP

Leading the Research on Matching



UMass MEDICAL SCHOOL

Protected by US Patent No. 7,873,525

Psychotherapy Research, May 2011; 21(3): 267–276

Therapist effectiveness: Implications for accountability and patient care

DAVID R. KRAUS[1], LOUIS CASTONGUAY[2], JAMES F. BOSWELL[2], SAMUEL S. NORDBERG[2], & JEFFREY A. HAYES[2]

2011

96% of providers are exceptional at treating at least one major behavioral health condition

JAMA Psychiatry | Original Investigation

Effect of Matching Therapists to Patients vs Assignment as Usual on Adult Psychotherapy Outcomes
A Randomized Clinical Trial

Michael J. Constantino, PhD; James F. Boswell, PhD; Alice E. Coyne, MS; Thomas P. Swales, PhD; David R. Kraus, PhD

2021

Population outcomes more than double - and the percent of patients that return to health and productivity quintuple - when patients are assigned a TOP Match provider

Journal of Consulting and Clinical Psychology

© 2016 American Psychological Association
0022-006X/16/$12.00 http://dx.doi.org/10.1037/ccp0000083

Predicting Therapist Effectiveness From Their Own Practice-Based Evidence

David R. Kraus, Jordan H. Bentley, and Pamela C. Alexander
Outcome Referrals, Inc., Framingham, Massachusetts

James F. Boswell
University at Albany, SUNY

2016

Provider skills are predictable, stable, and reliable

© 2023 American Psychological Association
ISSN: 0022-006X

Journal of Consulting and Clinical Psychology

Therapist Perceptions of Their Own Measurement-Based, Problem-Specific Effectiveness

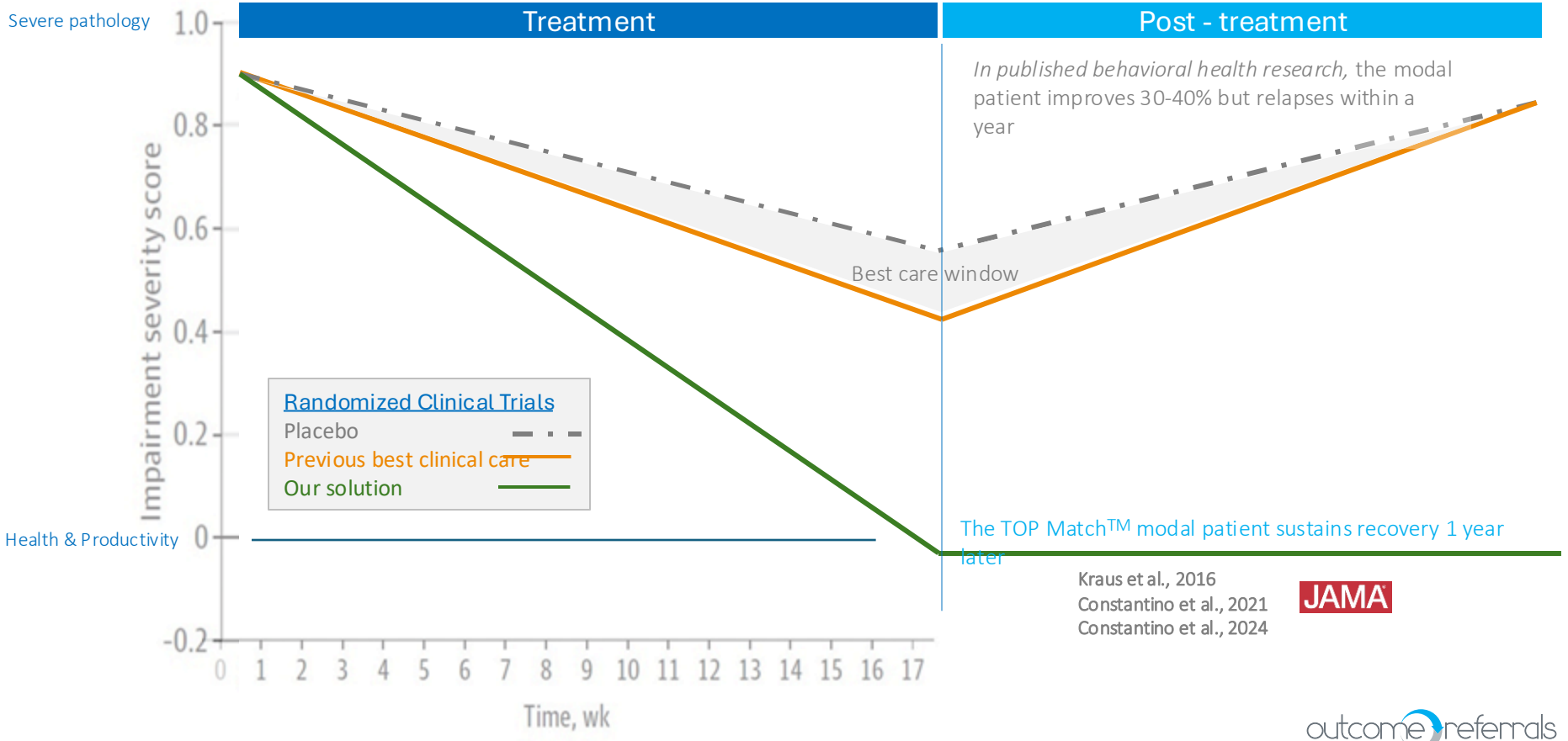
Michael J. Constantino[1], James F. Boswell[2], Alice E. Coyne[3], Heather J. Muir[1], Averi N. Gaines[1], and David R. Kraus[4]

2023

Providers overestimate their skills– most often rating areas as exceptional when they are ineffective or harmful

outcome referrals

Setting the New Gold Standard



Kraus et al., 2016
Constantino et al., 2021
Constantino et al., 2024

JAMA

outcome referrals

Express Access Measures & Improves Results

Typical Behavioral Health Solutions

- Filter based on patient-identified needs and preferences
- Leverage co-located and virtual solutions
- Cite "% staying with initial provider"

TOP Match Difference *

- Connects you with a provider who is 5X more effective at restoring health and productivity
- Match based on clinical fit, not just personal affinity – which lead to 80% effectiveness vs 16% effectiveness
- Can more than double results of even the most effective existing options

Financial Outcomes follow Clinical Outcomes
BH Costs - Medical Offsets - Productivity

* U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.

* Constantino MJ, Boswell JF, Coyne AE, et al. Effect of matching therapists to patients. *JAMA Psychiatry*. 2021;78(9):960-969.

Three Steps to Recovery

1 Assess clinical needs

7-minutes to actionable insights



IMPORTANT: Before answering any question, please read the message on the back regarding the purpose and use of this information.

TOP4.2 Adult CS
David R. Kraus, Ph.D. © BHL, 2004
ENGLISH

Indicate how much of the time during the past two weeks you have . . .

	All	Most	A Lot	Some	A Little	None	
1	○	○	○	○	○	○	been satisfied with your relationships with others
2	○	○	○	○	○	○	been satisfied with your daily responsibilities
3	○	○	○	○	○	○	been satisfied with your general mood and feelings
4	○	○	○	○	○	○	been satisfied with your life in general
5	○	○	○	○	○	○	felt too much conflict with someone
6	○	○	○	○	○	○	been emotionally hurt by someone
7	○	○	○	○	○	○	felt someone else had too much control over your life
8	○	○	○	○	○	○	had trouble falling asleep
9	○	○	○	○	○	○	had nightmares
10	○	○	○	○	○	○	awakened frequently during the night
11	○	○	○	○	○	○	had trouble returning to sleep after awakening in the night
12	○	○	○	○	○	○	had a paying job
13	○	○	○	○	○	○	had conflicts with others at work or school regardless of fault
14	○	○	○	○	○	○	missed work or school for any reason
15	○	○	○	○	○	○	not been acknowledged for your accomplishments at work or school
16	○	○	○	○	○	○	had your performance criticized at work or school
17	○	○	○	○	○	○	not been excited about your work or school work
18	○	○	○	○	○	○	physically hurt someone else or an animal
19	○	○	○	○	○	○	had desires to seriously hurt someone
20	○	○	○	○	○	○	had thoughts of killing someone else
21	○	○	○	○	○	○	felt that you were going to act on violent thoughts
22	○	○	○	○	○	○	felt no desire for, or pleasure in, sex
23	○	○	○	○	○	○	felt sexually incompatible with your partner or frustrated by the lack of a partner
24	○	○	○	○	○	○	felt emotional or physical pain during sex
25	○	○	○	○	○	○	had trouble functioning sexually (having orgasms, ...)
26	○	○	○	○	○	○	had a racing heart
27	○	○	○	○	○	○	felt light-headed
28	○	○	○	○	○	○	had shortness of breath
29	○	○	○	○	○	○	had a dry mouth or trouble swallowing ("a lump in your throat")
30	○	○	○	○	○	○	had sweaty hands (clammy) or cold hands or feet
31	○	○	○	○	○	○	had to do something to avoid anxiety or fear (washing hands, ...)
32	○	○	○	○	○	○	avoided certain situations due to fear or panic
33	○	○	○	○	○	○	felt panic in places that would be hard to leave if necessary
34	○	○	○	○	○	○	felt down or depressed
35	○	○	○	○	○	○	felt little or no interest in most things
36	○	○	○	○	○	○	felt guilty
37	○	○	○	○	○	○	felt restless
38	○	○	○	○	○	○	felt worthless
39	○	○	○	○	○	○	felt tired, slowed down, or had little energy
40	○	○	○	○	○	○	worried about things
41	○	○	○	○	○	○	had trouble concentrating or making decisions
42	○	○	○	○	○	○	noticed your thoughts racing ahead
43	○	○	○	○	○	○	inflicted pain on yourself
44	○	○	○	○	○	○	felt rested after only a few hours of sleep
45	○	○	○	○	○	○	thought about killing yourself or wished you were dead
46	○	○	○	○	○	○	planned or tried to kill yourself
47	○	○	○	○	○	○	felt you were better than other people
48	○	○	○	○	○	○	felt on top of the world
49	○	○	○	○	○	○	worried that someone might hurt you
50	○	○	○	○	○	○	had unwanted thoughts or images
51	○	○	○	○	○	○	seen or heard something that was not really there
52	○	○	○	○	○	○	felt someone or something was controlling your mind
53	○	○	○	○	○	○	spent more time drinking or using drugs than you intended
54	○	○	○	○	○	○	neglected school, work, or other responsibilities because of using alcohol or drugs
55	○	○	○	○	○	○	felt you wanted or needed to cut down on your drinking or drug use
56	○	○	○	○	○	○	had your family, a friend, or anyone else tell you they objected to your alcohol or drug use
57	○	○	○	○	○	○	found yourself thinking about a drink or getting high
58	○	○	○	○	○	○	used alcohol or drugs to relieve uncomfortable feelings, such as sadness, anger, or boredom

Provider Code | Primary Da | Payer request, follow payer instructions or leave blank | Pre-treatment assessment | Treatment starts today | First assessment during treatment | Middle of treatment assessment | Last assessment during treatment | Post treatment assessment | Completely Self-Administered | Self-Administered with some assistance | Semi-structured Interview | Clinician Judgement

Client Code | Case-Mix form is attached | Case-Mix not completed | 2000 | Units of service delivered | Units stored are in... | Hours | Days

Participating plans | Draft



Linda's TOP: 360° view of her well-being



Assessments are repeated every 30 - 90 days – measurement informed care
Aggregate data becomes a measure of provider skill

outcome referrals

	DEPRESSION	PANIC	PSYCHOSIS	MANIA	SUICIDE	VIOLENCE	SUBSTANCE MISUSE	WORK/SCHOOL	SOCIAL FUNCTIONING	LIFE QUALITY	SLEEP	SEXUAL FUNCTIONING
65	ABOVE	ABOVE	ABOVE		ABOVE						ABOVE	
66												
67								BELOW		BELOW		
68												
69	ABOVE				ABOVE	ABOVE					ABOVE	
70							ABOVE					
71					ABOVE							
72				ABOVE								
73			ABOVE				ABOVE					
74		ABOVE				ABOVE						BELOW
75										ABOVE		
76		ABOVE					ABOVE	ABOVE	ABOVE			
77												
78									ABOVE		ABOVE	
79			ABOVE	ABOVE								ABOVE
80		ABOVE							ABOVE		ABOVE	
81											ABOVE	ABOVE
82						ABOVE		ABOVE			BELOW	BELOW
83	BELOW						ABOVE				BELOW	
84				BELOW				BELOW	BELOW			
85		ABOVE		ABOVE			ABOVE				ABOVE	BELOW
86												
87					BELOW						BELOW	
88			ABOVE		ABOVE	ABOVE	ABOVE	ABOVE	ABOVE			
89	ABOVE	ABOVE		BELOW	ABOVE							
90											ABOVE	
91							ABOVE	ABOVE				
92	ABOVE				ABOVE		ABOVE	ABOVE				
93	ABOVE	ABOVE			ABOVE					ABOVE		
94											BELOW	
95	BELOW			BELOW					BELOW			
96						ABOVE					ABOVE	
97	ABOVE		ABOVE	ABOVE	ABOVE			ABOVE			ABOVE	
98	BELOW										BELOW	BELOW
99							ABOVE				BELOW	
100	ABOVE											
101		BELOW	BELOW					BELOW	ABOVE	BELOW		
102						ABOVE						
103				BELOW	ABOVE		ABOVE		BELOW			
104												
105												
106	BELOW		BELOW	BELOW					BELOW	BELOW	BELOW	
107	ABOVE				ABOVE					ABOVE		
108	BELOW			ABOVE						BELOW		
109			ABOVE									

2 Assess clinicians

3 Assign right provider

Our AI systems generate scorecards on clinicians

No one is statistically above on all domains

10% can be classified as “super shrinks”

2% are unable to be scientifically matched



There are many A+ TOP Matches: who are statistically “above” their peers on Linda’s primary area of need (”panic”)

MATCHED THERAPISTS A+ P.O.D. GRADE

outcome referrals

The Outcomes-Based Referral Process

- Patient take a full panel diagnostic screen
  - Identifies and ranks all patient's behavioral health issue
- View multiple providers with proven outcomes treating each patient's issues
  - Providers previous 30 patients best predict success with their next patient
- Patient selects favorites
- Patient receives appointment offers from providers and accepts the offer they like best



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Express ACCESS

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www.OutcomeReferrals.com
https://ExpressAccessNetwork.com

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Brenda Brennan Reiss | Intermountain Healthcare

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Wrap Up and Next Steps

Larry McNeely | PCC