

**Illinois Department of Insurance
Minutes of the
Working Group Regarding Treatment and Coverage of Substance Abuse Disorders and Mental Illness
Open Meeting
Wednesday, December 16, 2015
3:30 p.m. to 5:00 p.m. CT**

Location: Illinois Department of Public Health Conference Room, 69 W. Washington St., 35th Floor, Chicago, Illinois 60601.

Video Conference location: Illinois Department of Public Health Conference Room, 535 W. Jefferson St., Springfield, IL 62767.

| Working Group Members | | Present Y/N | CHI/SPI |
|--------------------------------------|--|------------------------|----------------|
| Acting Director Anne Melissa Dowling | Illinois Department of Insurance | Y | CHI |
| Secretary James Dimas | Illinois Department of Human Services | N | |
| Director Felicia Norwood | Illinois Department of Healthcare and Family Services | N | |
| Director Nirav Shah | Illinois Department of Public Health | Y | CHI |
| Vern Rowen | Aetna | Y | CHI |
| Jill Wolowitz | Blue Cross Blue Shield | Y | CHI |
| Laura Minzer | Cigna | Y | CHI |
| Marvin Lindsey | Community Behavioral Healthcare Association of Illinois | Y | CHI |
| Mark Loafman | Cook County Health and Hospitals System | Y | CHI |
| Stephanie Place | Erie Foster Avenue Health Center | N | CHI |
| Dr. Thomas Britton | Gateway Foundation | N | CHI |
| Harmony Harrington | Humana | Y | CHI |
| Vincent Keenan | Illinois Academy of Family Physicians | N | |
| Sara Howe | Illinois Alcoholism and Drug Dependence Association | N | |
| Sam Gillespie | Illinois Department of Children and Family Services | Y | CHI |
| Susan Fonfa | Illinois Department of Healthcare and Family Services | Y | SPI |
| Dan Wasmer | Illinois Department of Human Services | N | |
| Maria Bruni | Illinois Department of Human Services/Division of Alcoholism and Substance Abuse | Y | CHI |
| Anne Marie Skallerup | Illinois Department of Insurance | Y | CHI |
| Paulette Dove | Illinois Department of Insurance | Y | CHI |
| Representative Lou Lang | Illinois General Assembly | N | |
| Rajesh Parikh | Illinois Primary Health Care Association | N | |
| Meryl Sosa | Illinois Psychiatric Society | N | |
| Dr. Fahmy Abdel | Illinois Society of Addiction Medicine | N | |

| Working Group Members | | Present Y/N | CHI/SPI |
|------------------------------|---------------------|------------------------|----------------|
| Renee Popovits | Popovits & Robinson | Y | CHI |
| Kelly O'Brien | The Kennedy Forum | Y | CHI |
| Heather O'Donnell | Thresholds | Y | CHI |
| Catherine Bresler | Trustmark | N | |
| Brendan Hostetler | United HealthCare | N | |

| Illinois Department of Insurance Staff Present | | CHI/SPI |
|---|----------------------------------|----------------|
| Alissandra Calderon | Illinois Department of Insurance | CHI |
| Carla Ripley | Illinois Department of Insurance | CHI |
| Amy Pinkerman Condo | Illinois Department of Insurance | CHI |
| Michael Rohan | Illinois Department of Insurance | SPI |
| Mary Petersen | Illinois Department of Insurance | SPI |
| Jeff Scott | Illinois Department of Insurance | SPI |

| Interested Parties in attendance | | CHI/SPI |
|---|--|----------------|
| Mike Brady | Blue Cross Blue Shield of Illinois | CHI |
| Joe Sternberg | Blue Cross Blue Shield of Illinois | CHI |
| Judy King | Chicago Health Project | CHI |
| Michael Murphy | Cigna | CHI |
| Doug Nemecek | Cigna | CHI |
| Frank Webster | HCSC | CHI |
| David Szostak | HCSC | CHI |
| Allison Huckstep | Humana | CHI |
| Jay Shattuck | Humana | CHI |
| Taylor Shattuck | Humana | CHI |
| Larry Weinstein | Humana | CHI |
| Ron Vlasaty | Illinois Advisory Council on Alcoholism & Other Drug Dependency | CHI |
| Eric F. Foster | Illinois Association for Behavioral Health | SPI |
| Patty Steward | Illinois Department of Healthcare and Family Services | SPI |
| Mark Huston | Illinois Department of Healthcare and Family Services/Division of Medical Programs Bureau of Pharmacy Services | SPI |
| Randy Malan | Illinois Department of Human Services/Prescription Monitoring Program | SPI |
| Sabrina Auer | Illinois Department of Public Health | CHI |
| Larry Barry | Illinois Life Insurance Council | CHI |
| Tanya Triche | Illinois Retail Merchants Association (IRMA) | CHI |
| Chelsea Laliberte | Live4Lali | CHI |
| Charlie Weikel | Office of the Governor | CHI |
| Amanda Brooks | PCC Community Wellness/IPHCA | CHI |
| Brianna Lantz | Pharmaceutical Care Management Association | SPI |

| Interested Parties in attendance | | CHI/SPI |
|----------------------------------|--|---------|
| Tom Taylor | PHRMA | CHI |
| Kathie Kane-Willis | Roosevelt University | CHI |
| Kate Wagner | The Kennedy Forum | CHI |
| Pam Rodriguez | Treatment Alternatives for Safe Communities (TASC) | CHI |
| David Hill | UnitedHealthcare | CHI |

Meeting Minutes

1. Call to Order: The inaugural semiannual meeting of the Working Group Regarding Treatment and Coverage of Substance Abuse Disorders and Mental Illness was called to order at 3:31p.m. by Directors Dowling Shah.

2. Introductions: Directors Dowling and Shah introduced themselves, welcomed all attendees and clarified the structure and focus of the meeting. The inaugural meeting is focused on commercial insurance. Topics will be presented, followed by an opportunity for speaking/sharing. Director Dowling indicated that the goal of the Working Group is to provide more tools for dealing with the current issue for the constituents of the State of Illinois.

Working Group members, interested parties and staff in Chicago and Springfield were introduced.

3. New Business/Topics for Discussion at the Inaugural Meeting

A. Confusion regarding the prohibition of “fail first” as a path to obtain care

Director Dowling clarified that “fail first” may have different meanings to different people, but generally it means that “someone has to fail a lower level treatment before obtaining another, higher level of treatment.”

B. Usage of the ASAM (American Society of Addiction Medicine) Guidelines

There was much conversation around the usage of the ASAM guidelines being helpful in most situations. However sometimes providers use ASAM guidelines while payers use other guidelines. The combination of systems and approaches to obtain information regarding medical necessity leads to confusion. Increased transparency may help decrease misunderstanding. It will be beneficial to continue to work to find a “middle ground” so needed services can be provided.

C. July 2014 clarification of non-quantitative standards in the Mental Health Parity Act

Discussion surrounding two questions. Have there been any differences/improvements noted since July 2014 when the clarification of the non-quantitative standards of the Mental Health Parity Act went into effect? Has it helped to bring more clarity/transparency/conversation to access treatment or are there still some things missing?

Attendees presented varied responses. There does seem to be a greater amount of clarity with more conversations taking place and great strides toward greater transparency. However, even with the improvements, in some areas, some confusion still exists. There is more progress to be made in this area. It is important to distinguish between provider network confusion and parity confusion.

D. Standardized credentialing, network adequacy and telemedicine as an appropriate option for some diagnoses

Discussed how deep into the service providers will carriers permit mental health/behavioral health treatment. There were many different viewpoints expressed in this area which led to discussing network adequacy and the potential to develop a standardized credentialing process for carriers. This led to a discussion about telemedicine as an appropriate option for some diagnoses, but not for others.

E. Process for Authorization of Residential Treatment, particularly for adolescents

Discussion of what is the best path for families to pursue in order to obtain commercial insurance coverage for loved ones. The discussion emphasized the fact that this is a very complex issue, to which an entire meeting could be devoted. Part of the confusion is due to the fact that the term “residential care” can refer to both residential addiction therapy services as well as behavioral therapy services. This is further complicated due to varied interpretations of the criteria.

Director Dowling shared that the ultimate goal of this Working Group is to find out what type of education is still needed and accurately ascertain where to devote resources. Attendees were encouraged to use the Department of Insurance for assistance, to convene meetings and have conversations.

4. Other Business

The meeting was opened for questions and comments.

There was a question about the process moving forward, including the involvement of pharmacists and pharmacy companies.

Recommendations for future meetings included: Medicaid information shared, non-covered services, claim denials, making methadone treatment available, Vivitrol (naltrexone) usage and insurance coverage, training for Police Officers.

5. Adjournment: The meeting was adjourned at 4:52pm (CT).