

About US

Behavioral Health Projects

“Strategies for Measuring the Quality of Psychotherapy.” Report for the Office of the Assistant Secretary for Planning and Evaluation, Department of Health and Human Services (HHS).

“Mental Health Parity Self-Assessment Tool.” Technical assistance tool developed for the Centers for Medicare & Medicaid Services.

“State Options for Integrating Physical and Behavioral Health Care.” Technical assistance issue brief for the Centers for Medicare & Medicaid Services.

“Evidence-Based Practices for Medicaid Beneficiaries with Schizophrenia and Bipolar Disorder.” Report for the Office of the Assistant Secretary for Planning and Evaluation, HHS

“Developing Medicare and Medicaid Substance Abuse Treatment Spending Estimates.” Report for the Office of the Assistant Secretary for Planning and Evaluation, HHS

“Integrating Mental Health Treatment into the Patient Centered Medical Home.” Report for the Agency for Healthcare Research and Quality

Mathematica Policy Research has conducted influential work to improve mental health and substance abuse services and policies. We combine our deep knowledge of behavioral health care with our data collection and analytic capabilities to provide a wide array of services.

RESEARCH, EVALUATION, AND POLICY ANALYSIS

Our policy analysis and evaluation work focus on the most pressing issues facing the behavioral health care system: the financing and delivery of home- and community-based services for adults and children, the integration of physical and behavioral health care, the uptake of evidence-based practices, and housing and homelessness. Recent evaluations have examined the implementation and outcomes of several major state and federal initiatives, including Rethinking Care for Individuals with Co-Occurring Physical and Behavioral Health Conditions in Pennsylvania, SOAR, the Medicaid Emergency Psychiatric Services Demonstration, and the Medicare and Medicaid Behavioral Health Care Innovation Awards.

DEVELOPMENT OF QUALITY MEASURES

Mathematica has substantial experience developing measures that assess the quality of behavioral health care for states, health plans, and providers. Our measures have been endorsed by the National Quality Forum and are used in national reporting programs. We are currently developing measures that use data from claims and medical records to monitor the quality of care for people with serious mental illnesses, post-traumatic stress disorder, and substance use disorders. We are also creating measures for the Inpatient Psychiatric Facility Quality Reporting program for the Centers for Medicare & Medicaid Services and have developed quality measures to assess psychiatric residential treatment for the Department of Veterans Affairs.

DATA ANALYTICS AND QUALITY IMPROVEMENT

Our team has substantial experience using data to identify opportunities for quality improvement and providing consultation on quality improvement strategies. Much of our work has involved using Medicaid and other administrative and claims data to identify high-risk populations and to examine variation in the quality and costs of care across states and facilities. For example, our recent work has focused on the variation in spending on substance abuse treatment and the use of evidence-based practices for serious mental illness across state Medicaid programs. We have also worked with state agencies to examine trends in service use and to recommend strategies for developing community-based services and reducing costs. Finally, we have conducted on-site quality reviews and provided consultation to residential treatment facilities to develop quality improvement plans.

“Rethinking the Mental Health Treatment Skills of Primary Care Staff: A Framework for Training and Research.”

Administration and Policy in Mental Health

“Seclusion and Restraint Practices in Residential Treatment Facilities for Children and Youth.”

American Journal of Orthopsychiatry

“Effects of a Discharge Planning Program on Medicaid Coverage of State Prisoners with Serious Mental Illness.”

Psychiatric Services

“Mental Disorders Among Non-Elderly Nursing Home Residents.”

Journal of Aging & Social Policy

TECHNICAL ASSISTANCE AND TRAINING

Our staff has a unique combination of program and data expertise that allows us to provide states, health plans, and providers with technical assistance and training. We have developed policy briefs and decision support tools that provide guidance on a range of topics, including mental health parity requirements, the alignment of Medicare and Medicaid behavioral health benefits, and strategies for coordinating care. We provide consultation to state agencies and health plans to improve their programs and reduce costs. We have also provided mental health skills training to primary care staff and worked directly with behavioral health providers to implement new programs.

DATA COLLECTION

We excel in collecting data from mental health and substance abuse treatment facilities and consumers of behavioral health services. Our team has conducted the National Survey of Mental Health Services, the National Survey of Substance Abuse Treatment Services, and surveys of opioid treatment programs and residential treatment services for the Substance Abuse and Mental Health Services Administration. Many of our research projects involve surveys and focus groups of consumers of behavioral health services.

INTERDISCIPLINARY BEHAVIORAL HEALTH STAFF

Our interdisciplinary team includes physicians, psychologists, social workers, psychiatric nurses, senior state program administrators, economists, statisticians, performance measurement and program integrity experts, and survey methodologists. These staff have in-depth knowledge of behavioral health services, policies, program operations, and data sources.

SELECTED CLIENTS

Clients for which we have conducted major behavioral health projects include the Substance Abuse and Mental Health Services Administration, the Centers for Medicare & Medicaid Services, the Office of the Assistant Secretary for Planning and Evaluation, the Department of Veterans Affairs, the National Institute of Mental Health, the Administration of Children and Families, the Center for Health Care Strategies, and the Annie E. Casey Foundation.

For more information, visit http://www.mathematica-mpr.com/Health/mental_health.asp or contact Jonathan Brown, associate director of health research, at (202) 264-3446 or at jbrown@mathematica-mpr.com.

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