

## Medicaid Health Homes: An Overview

States have the opportunity to improve care coordination and care management for Medicaid beneficiaries with complex needs by developing Medicaid health homes. Health homes integrate physical and behavioral health (both mental health and substance abuse) and long-term services and supports for high-need, high-cost Medicaid populations. By better coordinating care and linking people to needed services, health homes are designed to improve health care quality and reduce costs.

Not to be confused with patient-centered medical homes, health homes are specifically for Medicaid beneficiaries with chronic illnesses. In contrast to the physician-led primary care focus of the medical home, health homes offer person-centered, team-based care coordination with a strong focus on behavioral health care and social supports and services. Some states are building health home models on a medical home framework by expanding links to providers and increasing the breadth of available support services.

### Progress in Health Home Implementation

States must submit a Medicaid state plan amendment (SPA) to the Centers for Medicare & Medicaid Services (CMS) to create a health home program. As of January 2019, 22 states and the District of Columbia have approved SPAs, with some states submitting multiple SPAs to target different populations or phase-in regional implementation (resulting in 37 unique models). More than one million Medicaid beneficiaries have been enrolled in health homes to date (see Exhibit 1).<sup>1</sup> Nearly a half-dozen other states are planning health home models.

### Target Populations

To be eligible for health home services, an individual must be a Medicaid beneficiary diagnosed with the following according to state-defined criteria: (1) two chronic conditions; (2) one chronic condition and risk for a second; or (3) a serious mental illness. The statute creating health homes listed chronic conditions that include mental health conditions, substance use disorder, asthma, diabetes, heart disease, and overweight (body mass index over 25). States may propose other conditions to CMS for incorporation into their health home models.

### Mandated Core Services

The goal of the Medicaid health home state plan option is to promote access to and coordination of care. States have flexibility to define the core health home services, but they must provide all six core services, linked as appropriate and feasible by health information technology:

- Comprehensive care management;
- Care coordination;
- Health promotion;
- Comprehensive transitional care and follow-up;
- Individual and family support; and
- Referral to community and social services.

States receive enhanced federal funding (90 percent federal match) for health home services for the first eight fiscal quarters from the effective SPA date, and, after that, states receive their usual match rate.

**Table 1. Medicaid Health Home Enrollment<sup>1</sup>**

State	Focus Area	Enrollees
Alabama	Chronic conditions and SMI	217,750
California	Chronic conditions	----
	SMI	----
Connecticut	SMI	6,700
District of Columbia	SMI	1,305
	Chronic conditions	----
Illinois	SMI	----
Iowa	Chronic conditions	13,330
	SMI/SED	25,323
Maine	Chronic conditions	53,348
	SMI/SED	5,248
	SUD	----
Maryland	SMI & SUD	4,808
Michigan	SMI/SED	701
	Chronic conditions	1,824
	SUD	----
Minnesota	SMI/SED	1,500
Missouri	Chronic conditions	20,092
	SMI	25,787
New Jersey	SMI	515
	SED	258
New Mexico	SMI/SED	350
New York	Chronic conditions and SMI	262,520
	Chronic conditions (I/DD)	----
North Carolina	Chronic conditions	540,841
Oklahoma	SMI	5,141
	SED	4,340
Rhode Island	Chronic conditions and SMI	1,576
	SMI	8,247
	SUD	2,937
South Dakota	Chronic conditions and SMI	6,027
Tennessee	SMI	----
Vermont	SUD	5,664
Washington	Chronic conditions	77,511
West Virginia	SMI	714
	Chronic conditions	----
Wisconsin	HIV/AIDS	291
<b>Total health home enrollees</b>		<b>1,294,648</b>

SOURCE: [Health Home Information Resource Center](#). Data as of December 2016 with the exception of North Carolina's that is as of May 2016. Minnesota's SMI/SED SPA was effective July 2016, listed enrollment is estimated. California's chronic conditions SPA, the District of Columbia's chronic conditions SPA, Maine's SUD SPA, Tennessee's SMI SPA, and West Virginia's chronic conditions SPA are not yet reporting data. Idaho, Kansas, Ohio, and Oregon have terminated their Medicaid health home SPAs and are no longer providing health home services.

I/DD = intellectual/developmental disabilities.....SED = serious emotional disturbance SMI = serious mental illness SUD = substance use disorder

## Service Providers

Health home services may be provided by a designated provider or a team of health care professionals. Designated providers may include: physicians, clinical practices or clinical group practices, rural health clinics, community health centers, community mental health centers, home health agencies, behavioral health service agencies, or other

providers such as pediatricians, gynecologists, and obstetricians who are appropriate for the needs of the targeted population.

The team providing health home services may include physicians, nurse care coordinators, nutritionists, social workers, behavioral health professionals, or any professionals that the state deems appropriate for its model. These professionals may be: (1) based in primary care or behavioral health providers' offices; (2) coordinated virtually; or (3) located in other settings that suit beneficiaries' needs. In any configuration, health home providers use person-centered care planning and coordination/ service integration to reduce fragmentation of care.

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## Flexibility of Design

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The health home option waives the Medicaid state plan requirements for statewideness as well as for comparability of services. Therefore, states can target health home enrollment by condition and geography. Thus, states can develop health homes that serve individuals with a particular qualifying condition (e.g., SMI), or area of the state (e.g., city, county, or group of counties). To further customize the health home model, states can prioritize enrollment or tier payments based on severity/risk of the patient. However, states cannot target health homes by criteria such as age, delivery system, or dual eligibility status (i.e., eligible for both Medicare and Medicaid). For example, states cannot develop health home models that target children with serious emotional disturbance. Instead, states can develop models that enroll individuals with serious mental illness across the age continuum and tailor health homes to meet the needs of both children and adults.<sup>2</sup>

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## Support for States Pursuing Health Homes

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States may request federal planning funds – at their medical assistance service match rate – to support health home program design.<sup>3</sup> In addition, technical assistance is available from CMS' [Health Home Information Resource Center](#) to assist state Medicaid agencies in developing and implementing health home models tailored to their unique goals and needs.

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## Additional Resources

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Health Home State Medicaid Director Letter (CMS/November 2010) SMDL 10-024 Re: Health Homes for Enrollees with Chronic Conditions. Center for Medicaid and CHIP Services (CMCS). November 16, 2010. Available at: <http://www.medicaid.gov/State-Resource-Center/Medicaid-State-Technical-Assistance/Health-Homes-Technical-Assistance/Health-Home-Information-Resource-Center.html>.

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## Endnotes

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<sup>1</sup> Additional information and the states' approved SPAs can be found at: <http://www.medicaid.gov/State-Resource-Center/Medicaid-State-Technical-Assistance/Health-Homes-Technical-Assistance/Health-Home-Information-Resource-Center.html>.

<sup>2</sup> K. Moses, J. Klebonis, and D. Simons. *Developing Health Homes for Children with Serious Emotional Disturbance: Considerations and Opportunities*. Health Home Information Resource Center, February 2014. Available at: [http://www.chcs.org/usr\\_doc/Developing\\_Health\\_Homes\\_for\\_SED\\_02\\_24\\_14.pdf](http://www.chcs.org/usr_doc/Developing_Health_Homes_for_SED_02_24_14.pdf).

<sup>3</sup> States interested in a planning grant should submit a *Letter of Request* of no more than two pages describing their health home planning activities, with an estimated budget to the Centers for Medicare & Medicaid Services. Letters of request should be sent via email to [healthhomes@cms.hhs.gov](mailto:healthhomes@cms.hhs.gov).