

Behavioral Health as Part of Comprehensive Pain Care & Payment Design

Symposium

Nov. 12, 2020 | 12:00-2:30PM ET

Host:

Alliance to Advance
Comprehensive Integrative Pain
Management (AACIPM)

in partnership with

American Psychological
Association



Alliance to Advance
Comprehensive
Integrative
Pain Management

Welcome and Context for Symposium



Amy Goldstein, MSW

Director

**Alliance to Advance
Comprehensive Integrative
Pain Management**

Behavioral Health as Part of Comprehensive Pain Care & Payment Design



Connecting the Dots
Towards a Paradigm
Shift



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**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

Thank You

Primary support for the AACIPM Initiative, A Paradigm Shift to Advance Comprehensive Integrative Pain Management, is from:



Special thanks to our fiscal sponsor, The Pain Community



#AACIPM

AACIPM Sponsors

Paradigm Shifter

Foundation for
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Expert



SOCIETY of
PAIN & PALLIATIVE CARE PHARMACISTS

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Academic Collaborative for Integrative Health

American Holistic Nurses Association

National Patient Advocate Foundation

The Pain Community

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AACIPM is a Multi-Stakeholder Collaborative

Mission is to align and activate key stakeholders in shared interest to advance access to comprehensive integrative pain management

- People with Pain
- Payors
- Purchasers of Healthcare
- Healthcare Providers
- Healthcare Administrators
- Government Relations/Policy Experts
- Regulators
- Educators
- Researchers
- Students
- Patient/Caregiver Advocates
- Executive Branch Agencies

List can be seen at:

painmanagementalliance.org/engage/aacipm-participants/



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Why AACIPM is Needed

- Almost all clinical guidelines recommend first-line use of non-pharmacological treatments = not happening in practical terms.
- AACIPM engages SME to illustrate ROI when integrating pain care.
- Need collaboration - payors, providers to change status quo.
- Need coordinated efforts to improve access/utilization of conservative, non-pharm therapies and self-mgmt earlier
- CIPM avoids greater expense long term (surgeries, imaging)
- Important: CIPM includes pharmacological & non-pharmacological options, **right care at the right time.**
- Evidence is mounting showing cost-avoidance, improved function/quality of life, plus improved satisfaction of providers

AACIPM Core Work = Increase Access to CIPM

Advancing a Paradigm Shift with Policy and Practice Change



- Address Equity Issues
- Build Awareness
- Connect the Dots
- Engage Stakeholders
- Coalesce Around CIPM

- Practical Examples
- Resources for
 - Patients
 - Providers
 - Payors
 - Policymakers

- Partnerships
- Purchaser Education
- Benefit Design Workgroup
- Business Case
- Incr. Access/Drive Utilization



painmanagementalliance.org

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What Do We Know About Pain?

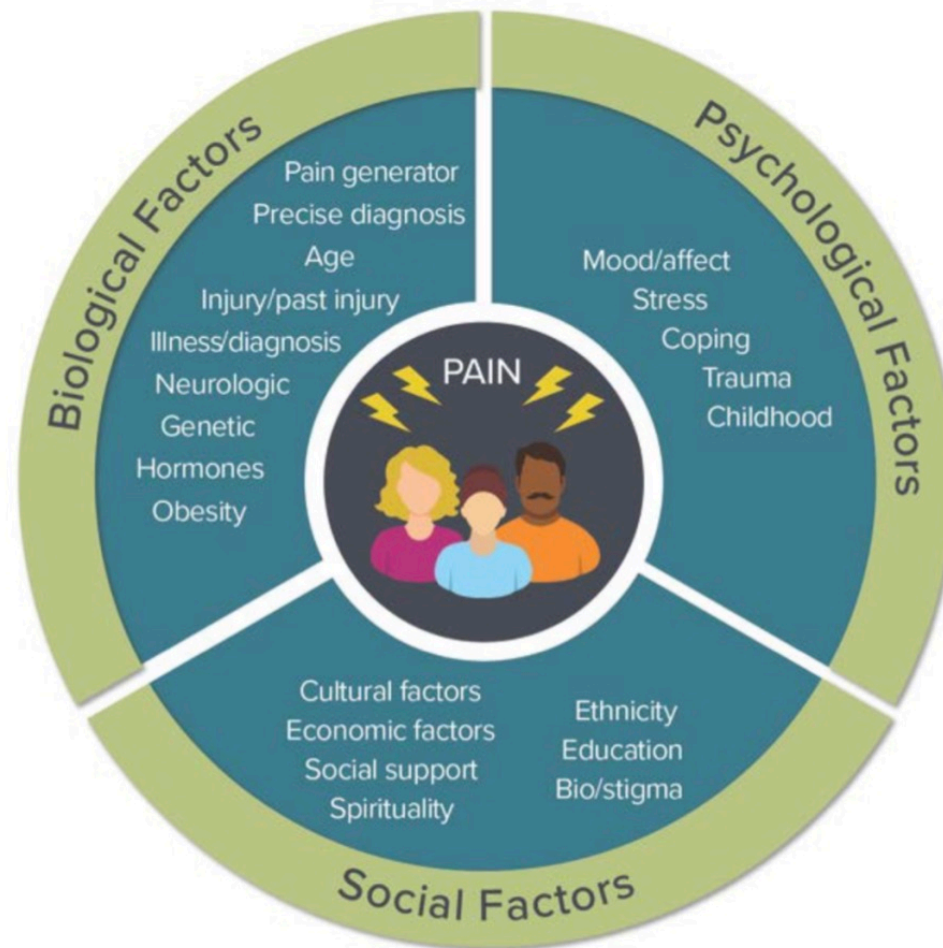


Figure 5: The Biopsychosocial Model of Pain Management



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U.S. Department of Health and Human Services (2019, May). Pain Management Best Practices Inter-Agency Task Force Report: Updates, Gaps, Inconsistencies, and Recommendations. Retrieved from U. S. Department of Health and Human Services website: <https://www.hhs.gov/ash/advisory-committees/pain/reports/index.html>

What is Comprehensive Integrative Pain Management?

Focused on the whole person

Evidence-based, person-centered, interdisciplinary,
coordinated, conservative care

**Moving from “What’s the matter with you?”
to “What matters to you?”**

AACIPM Compass: keeping people with pain at the
center of our focus

Objectives for Today:

- Increase awareness among key stakeholders about behavioral health as part of comprehensive pain management.
- Discuss the practical realities that exist for people with pain, providers, and purchasers of healthcare when it comes to integrating various therapies for pain and increasing utilization and quality outcomes.
- Provoke thought and action among stakeholders to advance a paradigm shift that aligns payment design and delivery of patient-centered care

Attendee Screen View – Q&A/Chat

- Use “Q&A” to submit a question to the speakers.
- Presenters will respond to questions via Q&A and verbally
- Use “Chat” to ask hosts about troubleshooting and to receive information from hosts

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Chat Q&A

Access Symposium Materials

- Agenda
- Presenter Bios and Slides
- Post-Meeting Feedback Survey
- Recordings (coming soon)

painmanagementalliance.org/bhp

Social Media

Keep the Momentum Going!

Use **#AACIPM**

Twitter: **@AACIPM @APA**

LinkedIn: [linkedin.com/company/aacipm](https://www.linkedin.com/company/aacipm)

[linkedin.com/company/american-psychological-association](https://www.linkedin.com/company/american-psychological-association)

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Planning Your Break

12:15-1:20pm ET = First Session/Panel

1:20-1:30pm = Break

1:30-1:35 = Mindfulness Exercise

1:35-2:30pm ET = Second Session/Panel

Sessions will be recorded and available as a resource

Welcome and Context for Symposium

Co-Moderators



Denise Giambalvo

Vice President

Midwest Business Group on Health



Stephen Gillaspay, PhD

Senior Director, Health Care Financing

American Psychological Association



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Welcome and Context for Symposium



Denise Giambalvo

Vice President

Midwest Business Group on Health

Midwest Business Group on Health

The source for leading health benefits professionals

- Over 130 members – **HR/health benefits professionals** from mid, large and jumbo employers, including coalitions, hospitals, health plans, pharmaceutical manufacturers, wellness vendors, consultants and professional associations – **covering over 4 million lives**
- Employer members **spend more than \$12 billion annually** on health benefits
- Activities focus on the Purchaser Perspective:
 - Education, networking and benchmarking
 - Health benefits research
 - Community-based initiatives
 - Health benefits purchasing



Pain Management is Important to Employers

2018: MBGH launches [Addressing Pain Management & Opioid Use](#) toolkit

Why?

- Overuse of opioids costs employers nearly twice as much (\$19,450) in medical expenses on average annually than non-abusers (\$10,853)
- 65% of HR professionals surveyed by The Hartford said opioid addiction is having a financial impact on their company
- More than 1/2 of Americans live with chronic or recurrent pain
- 40% of Americans say **pain interferes** with their **mood**, **sleep** and the **ability to do work** or have enjoyment in their lives





Midwest Business Group on Health
The Source for Leading Health Benefits Professionals

AACIPM & MBGH Collaborate

March 2020: Employer advisory board on comprehensive integrative pain management

Key Learnings:

- Low back pain is one of the most common reasons for physician visits and the most common cause of job-related disability
- There is significant variability in reported insurance coverage of integrative therapies even though almost **all clinical practice guidelines** recommends **starting with non-pharmacological therapies** for low back pain
- Employer respondents reported inconsistencies with their processes to manage health care cost and quality
- Well-being/whole person approach is a focus for employers

Today

In Shadow of Pandemic, U.S. Drug Overdose Deaths Resurge to Record The New York Times

➔ Lack of access to drugs leads to lower tolerance = higher risk of overdose

➔ Isolation: no access to group counseling sessions; limited or no emotional support system

Digital Solutions



Welcome and Context for Symposium



Stephen Gillaspay, PhD

Senior Director, Health Care Financing
American Psychological Association



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About APA

APA is the leading scientific and professional organization representing psychology in the United States, with more than 121,000 researchers, educators, clinicians, consultants and students as its members.





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Focusing on the behavioral health aspect of pain management is a component of APA's approach to addressing the opioid crisis.

APA wants to increase availability and adoption of psychological and behavioral (nonpharmacological) **Pain Management** interventions to reduce OUD prevalence.

- Expand the number of psychologists trained to provide pain management services
- Increase research funding awards that inform best practices for psychological and behavioral approaches to pain management
- Ensure adequate reimbursement and insurance coverage policies to support universal access to appropriate psychological and behavioral pain management services