

**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., 35<sup>th</sup> Floor, Chicago, Illinois 60601.

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

<b>Working Group Members</b>		<b>Present Y/N</b>	<b>CHI/SPI</b>
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	

<b>Working Group Members</b>		<b>Present Y/N</b>	<b>CHI/SPI</b>
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	

<b>Illinois Department of Insurance Staff Present</b>		<b>CHI/SPI</b>
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

<b>Interested Parties in attendance</b>		<b>CHI/SPI</b>
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).