



## **A New CBC Pathway Home™ Team for Healthfirst Medicare Members**

New York, NY (October 9, 2019) - Coordinated Behavioral Care IPA, Inc. (CBC) and Healthfirst Health Plan, Inc. (Healthfirst) have launched a new Pathway Home™ (PH) Team that will offer individualized, high-touch, care transition services for certain Healthfirst Medicare and Medicare/Medicaid Dual Eligible and Medicaid Advantage Plus members residing in the Bronx and Manhattan. The PH Team will initiate services during an inpatient stay and continue as they transition back to the community. Staffed by a multidisciplinary treatment team of peers, LPNs, RNs, social workers, and case workers, this PH Team, is modeled on the current award-winning PH Model, adapted from Critical Time Intervention (CTI), a time-limited evidence-based practice that mobilizes support during periods of transition.

CBC has subcontracted with The Bridge, in a novel contracting arrangement to offer eligible Healthfirst members a comprehensive range of evidence-based rehabilitative services, including mental health and substance abuse treatment, housing, vocational training and job placement, healthcare, education and creative arts therapies.

“We are very grateful for the opportunity to provide critical services to this vulnerable population. We look forward to working with Healthfirst and CBC to make this groundbreaking partnership a success,” said Susan Wiviott, Chief Executive Officer of The Bridge.

The target population will be individuals, enrolled in Healthfirst Medicare, Medicare/Medicaid Dual Eligible and Medicaid Advantage Plus plans, who have co-morbid medical and behavioral health conditions, and have been recently hospitalized. This PH Team will facilitate community integration and continuity of care by ensuring that a person has enduring ties to their community and support systems during these critical periods.

“This evidence-based model will provide a multi-disciplinary team approach that will assist Healthfirst members better manage, multiple chronic conditions,” said Ian Shaffer, MD, Healthfirst’s Vice President and Executive Medical Director for Behavioral Health. “It also helps individuals thrive in their communities by teaching wellness self-management techniques and fostering engagement in supportive services to sustain recovery.”

Pathway Home™, is an award-winning, care transitions model that addresses the emotional, physical and social needs of individuals returning to live in the community after a stay in a hospital or other institutional setting. Historically, these individuals have had difficulty connecting to community treatment services and have not received necessary support around the emotional stress related to returning to community living. This new Pathway Home™ Team will also rely on CBC’s established network of programs and services across the five boroughs as well as program expertise for successful implementation and monitoring.

“The purpose of this innovative approach to care management transition services has been able to demonstrate improved outcomes for adults with serious mental illness as well as reductions in hospital readmissions,” stated CBC CEO, Jorge Petit, MD.

Recent data analysis of outcome measures have shown that individuals who have enrolled in and successfully graduated from the Pathway Home™ have higher rates of attendance at behavioral health and physical health follow-up care appointments as well as a significant decrease in the average number of inpatient days per person-months during enrollment with a sustained effect after discharge from the program.



**About CBC:** CBC is a results-driven healthcare organization dedicated to improving the quality of care for Medicaid beneficiaries with serious mental illness, chronic health conditions and/or substance use disorders. CBC seeks to create a healthcare environment where New Yorkers—especially those most impacted by social determinants of health—receive coordinated, individualized and culturally competent care that is effective in preventing and managing chronic physical and behavioral health conditions. We help New Yorkers live long, healthy and fulfilling lives. CBC was launched in 2011 by innovative NYC not-for-profit behavioral health organizations in order to meaningfully participate in NYS’s Medicaid redesign and Value Based Purchasing initiatives. In the following years CBC developed a citywide Health Home, which is currently one of the largest of its type in NYC. CBC has launched effective gap-filling service programs for low-income New Yorkers that build on the expertise of its community-based service network. CBC “knits together” affiliated programs to holistically address individuals’ treatment and recovery needs, while assessing community deficiencies and connecting individuals to needed support.

#### **About The Bridge:**

Founded in 1954, The Bridge offers a comprehensive range of behavioral health services to ensure that the more than 2,800 men and women who come to us for help each year receive the assistance they need to lead stable, healthy, and productive lives. The agency provides the following services in Manhattan, Brooklyn, and the Bronx:

- supported housing to more than 1300 people and operates two shelters for homeless adults;
- an array of treatment programs including a mental health clinic, substance use treatment programs, a PROS program, care coordination and ACT team services; and
- a continuum of vocational services, including job training, paid internships, competitive job placement, and post-placement support services.

#### **About Healthfirst**

Healthfirst is New York’s largest not-for-profit health insurer, earning the trust of nearly 1.4 million members by offering access to affordable healthcare. Sponsored by New York City’s leading hospitals, Healthfirst’s unique advantage is rooted in its mission to put members first by working closely with its broad network of providers on shared goals. Healthfirst takes pride in being pioneers of the value-based care model, now recognized as a national best practice. For more than 25 years, Healthfirst has built its reputation in the community for top-quality products and services New Yorkers can depend on. It has grown significantly to serve the needs of members, offering market-leading products to fit every life stage including Medicaid plans, Medicare Advantage plans, long-term care plans, qualified health plans and individual and small group plans. Healthfirst serves members in New York City and on Long island as well as Westchester, Sullivan and Orange counties. For more information on Healthfirst, please visit [healthfirst.org](http://healthfirst.org).

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