

# CPAA Medicaid Transformation Project Overview

## CPAA's Purpose

Cascade Pacific Action Alliance (CPAA) is an original pilot Accountable Community of Health (ACH) in Washington.

ACHs are local partners with the state's Healthier Washington Initiative. ACHs aim to transform the health system statewide: **better health, better care, and lower costs**. ACHs are guided by the principle that **health is more than health care: it's the total well-being of individuals, families, and communities**.

CPAA brings together clinical care, community and social services, educational service districts, public health efforts, community members, experts, and organizations to address local health challenges and implement regionally appropriate strategies to achieve **improved health and safety for all residents**.



## Social Determinants of Health

It's harder to be healthy if you don't have a home, you don't have food, or you don't have a job. CPAA's cross-sector stakeholders and partners **address social determinants of health, the social and environmental conditions that influence a person's health**:

- Prevent and mitigate adverse childhood experiences (ACEs)
- Decrease the impact of socioeconomic factors like poverty, chronic pain, untreated depression and anxiety, unstable housing, food insecurity, insufficient health literacy and self-management training, and substandard working conditions
- Increase access to care, including oral health, primary care, behavioral health, regular check-ups and preventative screenings, and transportation to appointments

## Medicaid Transformation Project Areas

<p><b>Bi-Directional Care Integration</b></p> <p>delivers whole-person care, addressing physical and behavioral health in an integrated system.</p>	<p><b>Care Coordination (Pathways)</b></p> <p>brings standardization and organization to care coordination services for individuals with complex needs.</p>	<p><b>Transitional Care</b></p> <p>coordinates services when a patient moves from one health care setting to another, improving patient safety and satisfaction.</p>
<p><b>Opioid Response</b></p> <p>applies practical, evidence-based approaches to both prevention and treatment services to address the opioid epidemic.</p>	<p><b>Reproductive, Maternal &amp; Child Health</b></p> <p>supports healthy families by increasing access to health services and mitigating the impact of adverse childhood experiences (ACEs).</p>	<p><b>Chronic Disease Prevention and Control</b></p> <p>supports early detection and patient self-management to help reduce the impact of chronic disease.</p>

## Background

The Medicaid Transformation is a 5-year agreement between Washington State and the Centers for Medicare and Medicaid Services (CMS). **It will provide up to \$1.5 billion to ACHs for regional projects and health improvement investments**. Investments made in these project areas will improve the delivery system overall and transform the way health care is provided in our region, **benefitting everyone in our communities**.

## Our Region

Cowlitz, Grays Harbor, Lewis, Mason, Thurston, Pacific, and Wahkiakum counties.



## Value-Based Care

CPAA aims to transform health care into a sustainable, value-based system. Value-based care is an **outcomes-focused approach that incentivizes high quality, whole-person care and reduces overall health care costs** by linking payments to patient health outcomes, rather than the current fee-for-service model.

# Chronic Disease Prevention and Control

## Project Purpose

Chronic Disease Prevention and Control focuses on educating our communities about health risks and chronic disease prevention: **our community members eat healthy, exercise, and practice other healthy lifestyle behaviors (e.g., not smoking) to prevent chronic diseases**, our workplaces and built environments support them in doing so, and community members who suffer from chronic diseases have the tools, resources, and motivational support systems to successfully manage their conditions.

## CPAA's Evidence-Based Approaches

CPAA aims to transform chronic disease prevention and control through the implementation and expansion of evidence-based approaches, such as the Chronic Care Model, to address chronic diseases like asthma, heart disease, and diabetes. Through the Medicaid Transformation's integrated health system improvement and whole-person approach to care, providers have a unique opportunity to reduce risk factors to prevent chronic disease, increase access to preventative health services, support patient self-management, and reduce costly, preventable complications.

Implement Core Principles of Chronic Care				
Improved patient self-management skills	Provide decision support	Population-based care	Informed, activated patients	Proactive health care team

Visit these links to learn more about evidence-based approaches for this project:

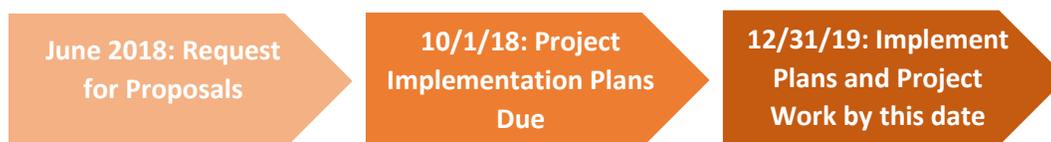
Chronic Care Model: [www.improvingchroniccare.org](http://www.improvingchroniccare.org)

National Diabetes Prevention Program: [www.cdc.gov/diabetes/prevention/index.html](http://www.cdc.gov/diabetes/prevention/index.html)

Chronic Disease Self-Management Program:

[www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/](http://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/)

## Key Dates for CPAA and Partnering Organizations



## How Does the Transformation Benefit Partnering Providers?

- Earn money by implementing evidence-based approaches
- Improve patient outcomes and satisfaction
- Access to technical assistance and workforce training
- Assistance moving towards value-based payment
- Connect with other partners and build relationships
- Add your voice to the conversation

## How Does CPAA Operate?

A 19-member **Board of Directors** receives input from:

- **CPAA Council**
- Project **Work Groups**
- **Support Team** to ensure projects and strategies align
- **Finance Committee** to ensure transparency and ongoing stewardship
- **Consumer Advisory Committee** with community members and Medicaid beneficiaries to apply a health equity lens and balance clinical considerations
- **Clinical Provider Committee** with different provider types to ensure clinical oversight and assess project feasibility

## Support Organization

CHOICE Regional Health Network is a nonprofit collaborative founded in 1995 with the mission to improve community health in Central Western Washington through collective planning and action of health care leaders. CHOICE serves as the administrative support organization for CPAA and provides logistical, administrative, and financial management services. For more information, visit [crhn.org](http://crhn.org).

**CHOICE**  
Regional Health Network