

# Health Care for Maine

Working Together To Preserve Healthcare Access

October 7, 2025

Certified Community  
Behavioral Health  
Clinic (CCBHC)



# Kennebec Behavioral Health (KBH)

Providing effective, innovative mental  
health and substance use disorder  
services in Maine since 1960



**Carla Stockdale, LCSW**  
Chief Clinical Officer



**Tina Chapman, MBA**  
Senior Engagement Officer



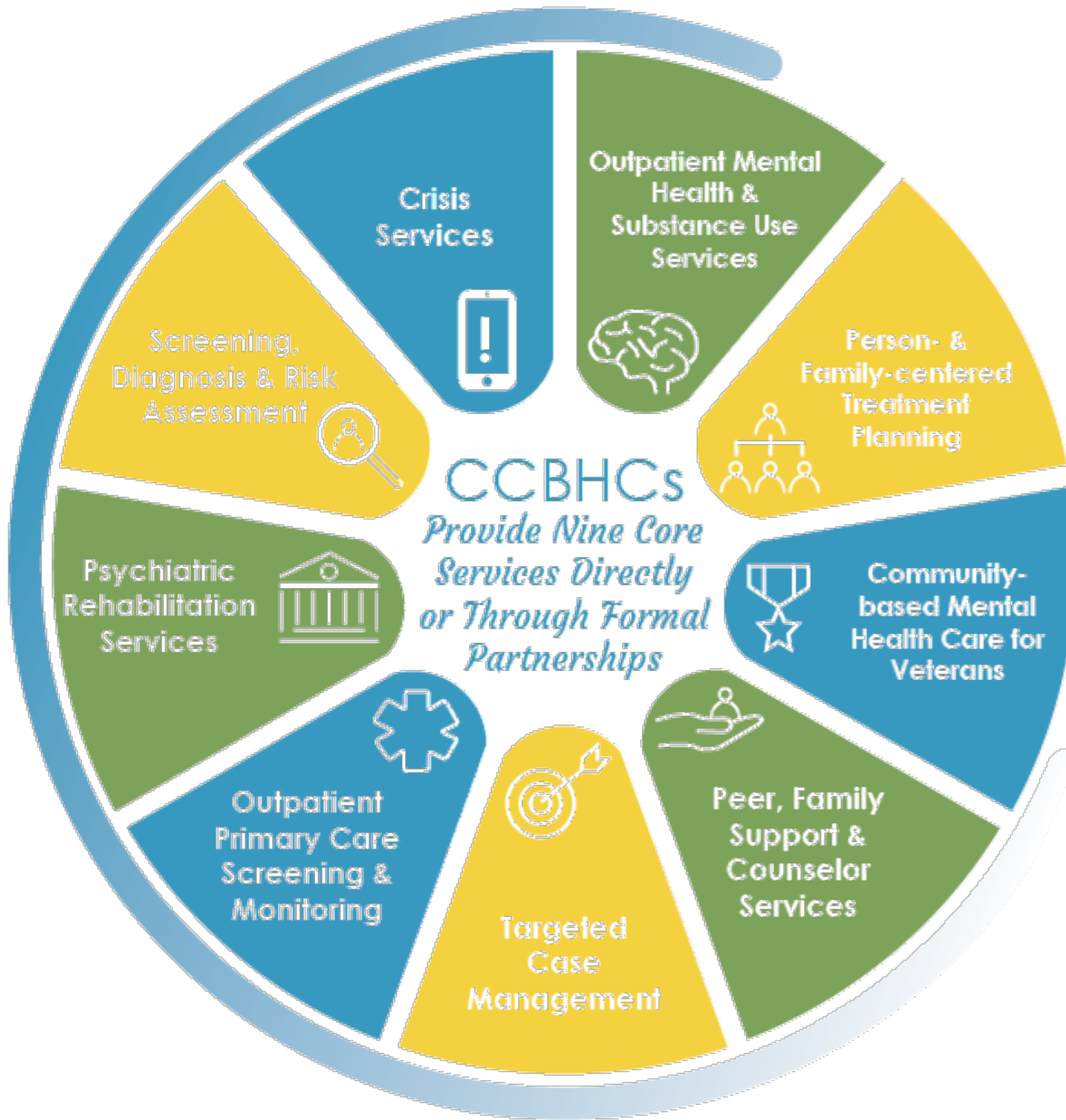




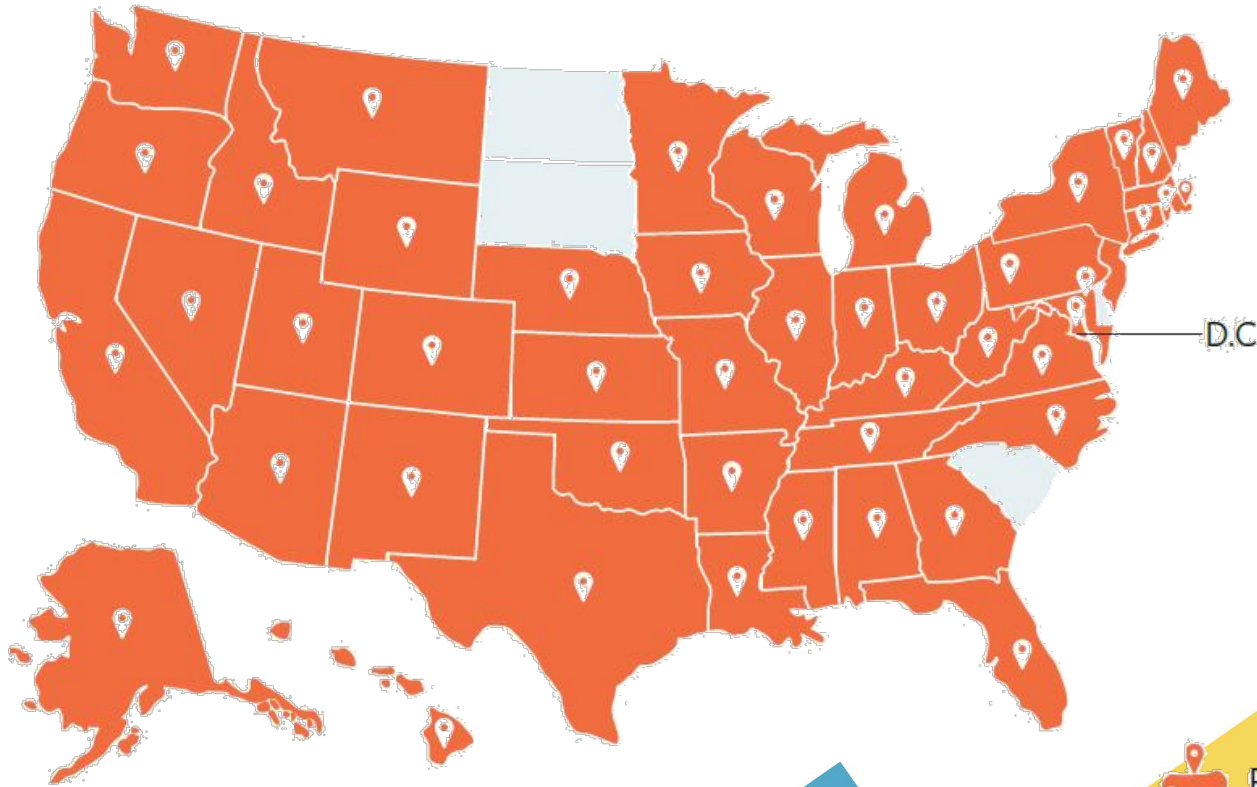
# What is a Certified Community Behavioral Health Clinic (CCBHC)?

- CCBHCs provide integrated, evidence-based, trauma-informed, recovery-oriented and person and family-centered care
- CCBHCs offer a full range of mental health care, substance use disorder, and primary care screening services
- CCBHCs build collaborative relationships with other providers and health care systems to ensure coordination of care





# CCBHCs Serve More than 3 Million People in the U.S.!



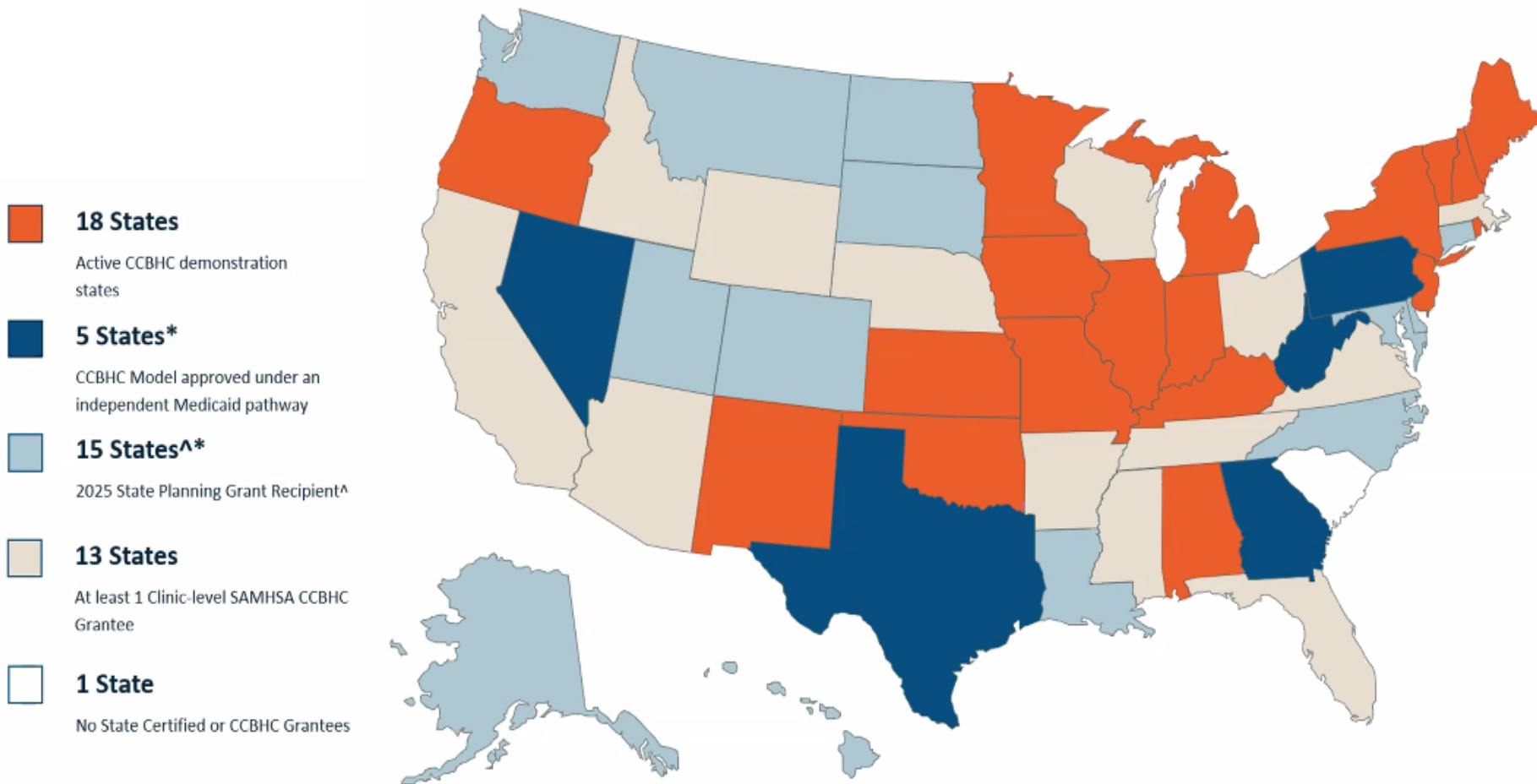
There are more than 500 CCBHCs in 46 states in the U.S.

1 out of every 4 CCBHCs is located in a rural area.





# Federal & State CCBHC Actions Across the Country



**Notes:**

\* Given that West Virginia has a planning grant and an Independent Medicaid Pathway, overall state count across categories is greater than 51.

^ Planning grant states also include West Virginia and Washington, D.C. Planning grants were awarded December 31, 2024, but for simplicity are referred to as 2025 Planning Grants given that they primarily cover the 2025 calendar year.



The views expressed in this webinar are solely the opinions and views of the people participating. They do not necessarily reflect the opinions or views of the National Council for Mental Wellbeing, its employees or partners. We are providing this content for informational purposes only.



# Expanded Access to Care

CCBHCs serve  
an estimated **3 million**  
**people**  
per year

People who most often  
enjoy expanded access to  
care with CCBHCs:

- Children & Youth
- People without a prior source  
of outpatient care
- People who are uninsured

Medicaid CCBHCs  
increased the number of  
people they serve by an  
average of **33%**



# A New Standard of Care



<https://youtu.be/Uu-fF9hyYJ8>

# Increased Access to Substance Use Disorder Services

**3** of every **4** People age 12 or older who need treatment for substance use disorders do not receive it

CCBHCs serve more than  
**373,000**  
**people**  
with an SUD diagnosis

**67%**  
of CCBHCs hired staff with a substance use focus

**87%** of CCBHCs offer MAT for Opioid Use Disorder





## Better integration with primary care

**76%**

of CCBHCs have increased their referrals to primary care

**30%**

of CCBHCs increased their referrals by 20% or more

**94%**

of CCBHCs help clients set and attend referral appointments

**79%**

of CCBHCs track clients' follow-through on referrals

**68%**

of CCBHCs provide health education & promotion





# Reduced Hospital & Emergency Room Usage

**85%** of CCBHCs have collaborative activities in place with hospital and/or ED partners

CCBHCs report a **62%** Reduction in hospitalization and emergency room visits

**34%** of CCBHCs have staff co-located in a hospital/ED to deliver support

# Better Collaboration with Criminal Justice Agencies

**70%**

of CCBHCs provide services or take referrals in partnership with court

**64%**

of CCBHCs increase outreach to individuals with justice system involvement

**49%**

of CCBHCs provide reentry support services for people being released from jails and prisons

# Addressing Social Determinants of Health

81%

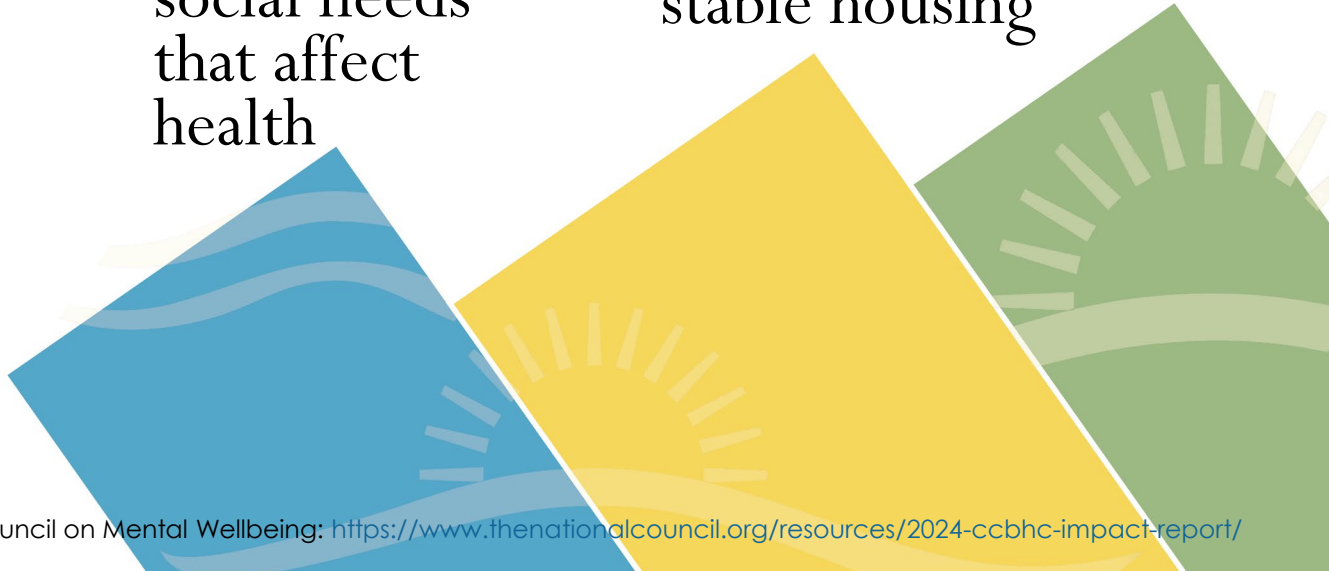
of CCBHCs increase outreach to individuals who have historically been underserved

81%

of CCBHCs increase screening for unmet social needs that affect health

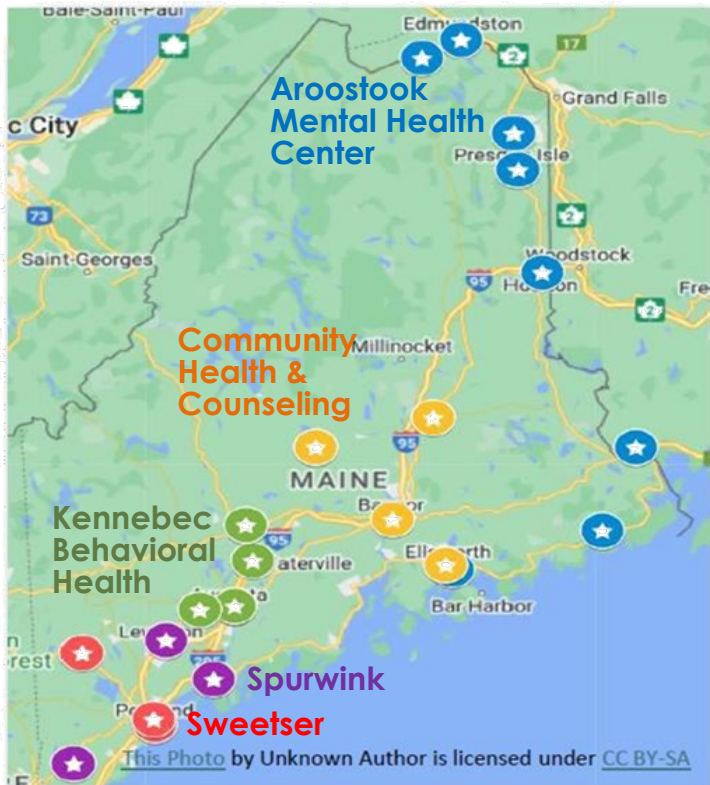
91%

of CCBHCs assist clients with finding or maintaining stable housing





# Certified Community Behavioral Health Clinics in Maine



KBH is one of 5 CCBHCs in Maine. These agencies have been designated by the Maine Department of Health & Human Services to provide a full range of mental health & substance use disorder services under an integrated care model.

# CCBHC Services at KBH

## Kennebec and Somerset County

- Medication Clinic Services
- Outpatient
- Case Management/Behavioral Health Home (BHH)
- Opioid Health Home (OHH)
- Multi-System Therapy (MST)
- School-Based Services
- Peer Support Services
- Recovery Coaching

Crisis Services are a required element in CCBHC but the cost is currently covered through state contracting.

# Current System vs. CCBHCs

Outcomes	Current System	CCBHCs
Requires stopgap funding measures	✓	✗
Doesn't reimburse providers for all services delivered to clients	✓	✗
Has led to chronic underfunding and a workforce crisis	✓	✗
Enables providers to forecast community needs	✗	✓
Expands access to care for everyone, including veterans — regardless of their ability to pay	✗	✓
Unlocks millions in federal funding	✗	✓
Ensures new clients can access outpatient appointments within 10 days	✗	✓
Makes crisis services available 24/7 and delivered within 3 hours	✗	✓
Allows providers to hire and retain staff needed to keep pace with growing demand for care	✗	✓
Requires comprehensive outcomes reporting, giving WA population-level data	✗	✓
Mirrors the Federally Qualified Health Center (FQHC) model	✗	✓
Funds preventive and engagement services proven to reduce risk of suicide, mental health crises	✗	✓
Supports crucial investments in quality and tech infrastructure	✗	✓



# Quality Measures



To measure the performance of health care providers, health care systems, or



To inform quality improvement initiatives in health care settings



To compare performance of providers over time or performance across

Maine CCBHCs are required to report on a standard set of Quality Measures connected to the screenings and follow-up they provide for children and adults.

# Quality Measures



SOCIAL DRIVERS  
OF HEALTH



SUICIDE RISK  
ASSESSMENT



UNHEALTHY  
ALCOHOL USE



DEPRESSION  
REMISSION -6 MOS



CLINICAL  
DEPRESSION

# CCBHC Values

- Whole-Person, Recovery, and Resilience focus
- Serving people regardless of ability to pay
- Warm and meaningful *connections* that really support engagement
- Effective transitions of care
- Proactive, responsive, and close collaboration within KBH and with community partners
- Trauma-Informed Care
- Integrated Care
- Other partnerships (Primary care, medical specialists, schools, VA, justice system, etc.)






# Improving Access to Care



CCBHCs must ensure that individuals receive services regardless of their ability to pay. People who receive CCBHC services at KBH can qualify for reduced fees based on their household income if they do not have insurance, ensuring that financial barriers do not prevent access to services.



### Sliding Fee Scale

You may be able to pay a discounted rate for KBH services if the total income from all the people in your household falls into column A, B, C, D, or E in the table below. The percentage of our Full Rate that you would be charged is shown in the chart at the bottom of the page.

Please complete a KBH Financial Assistance Application to see if you can receive a discounted rate for our services. Thank You!

#### Federal Poverty Guidelines 2025

Family size	100% and Below				
	A	B	C	D	E
1	\$15,650.00	\$19,562.00	\$23,475.00	\$27,387.00	\$31,300.00
2	\$21,150.00	\$26,437.00	\$31,725.00	\$37,012.00	\$42,300.00
3	\$26,650.00	\$33,312.00	\$39,975.00	\$46,635.00	\$53,300.00
4	\$32,150.00	\$40,187.00	\$48,225.00	\$56,362.00	\$64,300.00
5	\$37,650.00	\$47,062.00	\$56,475.00	\$65,887.00	\$75,300.00
6	\$43,150.00	\$53,937.00	\$64,725.00	\$75,512.00	\$86,300.00
7	\$48,650.00	\$60,812.00	\$72,975.00	\$85,173.00	\$97,300.00
8	\$54,150.00	\$67,687.00	\$81,225.00	\$94,762.00	\$108,300.00
Per Each Additional Member	add \$5,500	add \$6,875	add \$8,250	add \$9,625	add \$11,000

#### KBH Sliding Fee Scale

Income Level	Percentage of the Standard Fee you would pay if approved
A	10%
B	20%
C	30%
D	40%
E	50%

*\*Please inquire for additional fees not listed. Listed rates are based on the self-pay fees for current year. Please note that payment is due at the time of visit. Thank you.\**

#### Questions on Financial Services and Insurance?

KBH Staff can help you apply for MaineCare or other insurance coverage depending on your eligibility. KBH staff can also answer other questions you may have on payment for services. Ask your KBH Care coordinator or Case Manager for more information.

<sup>1</sup> Revised 2/21/24, 2/22/24, 2/27/24, 9/24, 11/24, 4/25, 5/25

# The Role of Care Coordination



Care Coordination provides support and regular connection



Care Coordination helps clients identify areas where they most need support for their recovery



Care Coordination helps clients get medical appointments and find community resources





# Care Coordination at KBH

- Care Coordination is an activity rather than a stand-alone service/level of care.
- Assigned right after the Comprehensive Assessment
- Helping clients get “set up” for services (gathering ROIs and records, addressing barriers, providing check-ins, etc.)
- Monitoring client’s risk level and facilitating Crisis services when needed
- Provide referrals and connect to community resources
- Warm handoff to program staff

# Evidence-Based Practices

- Multi-Systemic Therapy (MST)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Parent-Child Interaction Therapy (P-CIT)
- Dialectical Behavioral Therapy (DBT)
- Attachment Biobehavioral Catch-Up (ABC)
- Adolescent Community Reinforcement Approach (A-CRA)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Acceptance and Commitment Therapy (ACT)
- Peer Recovery:
  - WRAP (Wellness & Recovery Action Plan)
  - WHAM (Whole Health Action Management)



# Military & Veterans Liaison

KBH has a Military & Veterans Liaison who can help active service members, veterans, and military family members who are receiving CCBHC Services access VA benefits and navigate their care. Our Liaison is also available to consult with KBH staff to support treatment needs for clients.



# What Does CCBHC Mean for KBH Clients?

- Will be easier for clients to get care
- Will provide better quality care
- Will provide expanded services
- Provides access to 24/7 Crisis Care
- Provides Care Coordination support
- Clients can keep seeing the same KBH team they know and trust
- Enhanced services such as Employment Services & Peer Support will be available





“The only thing that CCBHC changes is everything”.

