The APA Practice Organization: Working on Behalf of Professional Psychology

Randy Phelps, Ph.D.
American Psychological Association

13th Annual VA Psychology Leadership Conference
San Antonio, Texas
May 13, 2010
Overview

- Healthcare economics – The driver of change
- APAPPO and tools for practice
- APA Summit on the Future of Professional Practice
Unprecedented Opportunities for Psychology

- VHA is largest integrated care system in the US, and largest single employer of psychologists
- Unprecedented needs of aging veteran & returning vets and families – primary care / integrated care roles
- The new challenges for VA (rural care & extended access)
- Attentive public & policymakers
- Huge funding increases
Median salaries of APA members for selected positions

* Salaries adjusted for inflation and presented in 2009 dollars.
Source: APA’s Center for Workforce Studies. For more information, e-mail cws@apa.org.
# Health and Mental Health Care Spending

<table>
<thead>
<tr>
<th></th>
<th>1970/1</th>
<th>1990/1</th>
<th>2000/1</th>
<th>2003</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nominal Health Spending</strong></td>
<td>$74.9 b</td>
<td>$714.0b</td>
<td>$1353.6b</td>
<td>$1732.4b</td>
</tr>
<tr>
<td><strong>Nominal Mental Health Spending</strong></td>
<td>$8.96b</td>
<td>$48.9b</td>
<td>$85.4b</td>
<td>$100.3b</td>
</tr>
<tr>
<td><strong>Health as % GDP</strong></td>
<td>7.0%</td>
<td>12.3%</td>
<td>13.8%</td>
<td>15.8%</td>
</tr>
<tr>
<td><strong>Mental Health as % GDP</strong></td>
<td>0.84%</td>
<td>0.82%</td>
<td>0.84%</td>
<td>0.91%</td>
</tr>
</tbody>
</table>


SOURCE: Richard Frank, APA Future of Practice Summit, 2009

Copyright © 2010 American Psychological Association
Patterns of Spending Growth Reflect Evolving Treatment

Mental Health Spending Growth by Sector, 1996-2006


Spending index constructed through regression analysis, available in online appendix. 100 represents mean spending in 1996 for each group. Regression included sex, race/ethnicity, region of the country, MSA status, health and mental self-reported status and age as controls.

Reported values are the regression analysis coefficients on each year with 1996 normalized at 100 as a three year average.

Copyright © 2010 American Psychological Association
Figure 3.3: Distribution of Public MH Expenditures by Public Payer, 2003

Public MH Expenditures:
- Public: 58%
- Medicare: 13%
- Medicaid: 45%
- Other State & Local: 36%
- Other Federal: 6%

All Public = $58 billion in 2003
The Harsh Realities of Healthcare

- Economics is the driver
- Therapy has been commoditized
- Competition has driven the system to the lowest common denominator – Debbie in Mumbai
- HCR should open markets, but may drive psychotherapy prices even lower
- The future for professional psychology lies in redefining our profession as healthcare vs. simply mental health
US Total Healthcare 2003

- HC: 92.5%
- MH: 6.2%
- SA: 1.3%
The Curves

First Curve

- The established way of doing business
- Most of the current Profit and Revenue
- Slowing in the long run

Second Curve

- New business or new way of doing business
- Radically different from the first
- Source of future growth

*The Second Curve: Managing the Velocity of Change*, Ian Morrison, 2009
Second Curve Models and New Roles

- Integrated and Primary Care
- Diversification
- Expanded scope – e.g. RXP
- Expanded public sector opportunities
- Group Practice Models?
Diversify Your Practice!!!
Your Advocacy Organizations:

The Practice Directorate and the APA Practice Organization (APAPO)
APA 2009 Final Allocated Budget
– Expense (in Millions)

- Education, $9.8
- Public Interest, $8.3
- Science, $7.8
- Practice C(3), $9.4
- Other, $80

APAPO $6M

APA $115.6M

Copyright © 2010 American Psychological Association
The mission of the APAPO is to advance, protect and defend the professional practice of psychology.
APA Members, Fellows, & Life Status Members
2008

Non-Licensed, 22,000, 24%

Licensed Practitioners, 68,000, 76%

Total = 90,000
Examples of Successful Advocacy

- MH/SA Parity, Medicare Psychotherapy Fees
- Lawsuits Re Managed Care Abusive Practices
- Stress in America, YMCA
- PHWA, H&B Codes
APA’s Redesigned Website

American Psychological Association (APA) - Windows Internet Explorer

---

Scrolling down the page

---

Copyright © 2010 American Psychological Association
Welcome to Practice Central

Practice Central, a service of the APA Practice Organization (APAPO), provides information and resources for practicing psychologists in all settings and at all stages of their career. APAPO is a companion organization to the American Psychological Association. Our mission is to advance and protect your ability to practice psychology.

Learn more about the APA Practice Organization and the Practice Assessment.

Continuing Education & Professional Development
Check out our Course Catalog with continuing education (CE) courses tailored to the needs and interests of practicing psychologists. This section also features additional professional development opportunities, along with APA-approved guidelines for practitioners, clinical information, resources for early-career psychologists, self-care guidance, and more.

Legislative & Legal Advocacy
The complex and fast-changing health care delivery system requires your engagement in legislative, legal and regulatory developments. With the support of grassroots psychologists, the APA Practice Organization (APAPO) advocates for the professional interests of practitioners in all settings. Learn about important advocacy efforts, and support professional psychology’s federal legislative initiatives by using the Legislative Action Center.

Reimbursement
In an era of strict cost containment, psychologists need information and tools to help maximize their reimbursement and payment for services. Learn about health and
Insurance Reimbursement: How To Complete the CMS-1500
Be A Legislative Advocate

APA Practice Organization
Legislative Action Center

Welcome and thank you for sharing your training and expertise and making your voice heard to Members of Congress and the Administration on issues critical to your patients and profession.

Please take action on the important federal issues highlighted below. You may also take action on important state issues by selecting your state or territory in the "State Elected Officials" box.

Take Action!

Pass the Medicare Psychotherapy Payment Restoration

Find Your Elected Officials

State Elected Officials

Copyright © 2010 American Psychological Association
Welcome to the Psychologist Locator, a service of the American Psychological Association Practice Organization. The Psychologist Locator makes it easy for you to find practicing psychologists in your local area. Psychologists are trained to help people deal effectively with many of life’s problems and can help improve physical and mental health for you and your family. The Psychologist Locator lets you consider many factors in searching for psychologists, including their areas of specialization, gender, insurance accepted, languages spoken and much more.

Geographic Search

I agree to use the Psychologist Locator according to the terms in the Usage Agreement [Required]

Zip Code:  City:  Within:  5 Mile | 8 Kilometers  
State/Province:  

Copyright © 2010 American Psychological Association
San Antonio, Texas

2009 APA Summit on the Future of Professional Practice

May 14-17, 2009
The goals and objectives of the Task Force were to identify:

- Models and opportunities for future practice to meet the needs of our diverse public
- Priorities for psychologists practicing in private and public settings
- Resources needed to effectively address the priorities
- Roles of various practice groups in implementing the priorities
- Key partnerships to implement our agenda
Economic Viability

- Advocate for adequate and appropriate payment for services that are on par with other health professionals
- Ensure inclusion of psychologists in Medicare definition of physician

Accountability Measures

- Development of treatment guidelines and accountability measures
- Develop framework for outcome measures for psychological services
Task Force Recommendations

Education, Training and Lifelong Learning

• Revamp training programs for the needs of the future
• Seek parity for training in federal programs
• Prepare workforce analysis of psychologists in health care and organizational practice
Task Force Recommendations

Psychological models for integrated and primary health care
• Develop retraining for current psychologists
• Inclusion in the Patient Centered Medical Home
• Create tools for access to research on health promotion, disease prevention and management of chronic disease

Mobility and licensure barriers to practice
• Partner with ASPPB and SPTAs to address barriers
• Develop resources for licensure for applied psychologists
Task Force Recommendations

Public Education and Branding

• Change the face of psychology with the public
• Develop branding of psychology with the public
• Increase public education efforts
• Collaborate with other professions on public education

Use of technology

• electronic health records
• delivery of services
APA Practice Directorate and APA Practice Organization

1-800-374-2723

www.APApracticecentral.org

www.APAHelpCenter.org

www.apa.org