TOPICAL WEBINAR FOR APA MEMBERS

An Educational Resource from Alma.

Making Value-Based Care Models Work for Mental Health Care Providers

October 30, 2024



PAID FOR BY

Alma

DISCLAIMERS

Launched in 2018 by Dr. Harry Ritter, Alma is on a mission to simplify access to high-quality, affordable mental health care by giving providers the tools they need to build thriving in-network private practices. When providers join Alma, they gain access to insurance support, teletherapy software, client referrals, automated billing and scheduling tools, and a vibrant community of clinicians that come together for education, training, and events.

Dr. Elisabeth Morray is the VP of Clinical at Alma. As such, she has both a financial and intellectual interest in this webinar.

The content for this webinar was created by Alma and does not reflect the views of APA or its editorial staff. Email advertising@apa.org to learn more.

ATTENDANCE

- No CE credit will be offered for this webinar.
- A “Certificate of Attendance” will be emailed to live attendees only.
- You must attend for 45 minutes to receive the certificate.

RECORDING

- A recording of this presentation will be emailed to everyone in 2 weeks' time.
- The recording will include the presentation slides.

HAVE A QUESTION?

- You are on mute. Communicate using the **Q&A box** in the webinar screen. Submit your questions for our speakers using the Q&A box.
- Presentation slides will be posted in the **chat box** of your webinar screen.



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Dr. Dylan Ross, PhD

PRESENTER

Dr. Dylan Ross is the Head of Clinical at Blueprint, a leading therapist enablement technology company. As an organizational psychologist and independently licensed behavioral health clinician (LPCC, LMFT), Dr. Ross brings extensive leadership experience in clinical operations, quality improvement, healthcare system integration, behavioral health product design, end-user driven innovation, and measurement-informed care. Currently, Dr. Ross chairs the American Psychological Association's National Advisory Committee for Measurement-Based Care and the Mental and Behavioral Health Registry where he and the committee promote the advancement, adoption, and implementation of standardized clinical measurement within the field of behavioral health.

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Dr. Elisabeth Morray

PRESENTER

Dr. Elisabeth Morray, VP of Clinical at Alma
Elisabeth is a practicing psychologist, as well as VP of Clinical at Alma. Her work focuses on using the principles of psychological flexibility in order to help individuals live meaningful, purpose-driven lives, and how the therapeutic relationship can be an environment in which flexibility can be learned and practiced. She also has extensive experience in the implementation and evaluation of digital tools, including outcomes measures, that support and enhance the therapeutic relationship. Recognizing a need for increased support and access to cutting-edge tools for clinicians in private practice she joined Alma in 2022.

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Dr. Samuel Nordberg, PhD

PRESENTER

Dr. Nordberg received his PhD at Penn State and completed postdoc at the Center for Healthcare Organization and Implementation Research. He has authored over 40 articles on mental health systems redesign and data-driven care, and serves as Chief of Behavioral Health at Reliant Medical Group (RMG). Dr. Nordberg came to RMG from Atrius Health, where he was Medical Director for Informatics and Innovation and co-led a team that won the Massachusetts Hospital Association's Accountable Care COMPASS award for innovation in behavioral health care delivery. He was named as one of 2023's Sages in Healthcare by United Health Group, and is currently leading efforts to integrate precision measurement and digital wellness tools into routine care.

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Jana Dost

PRESENTER

Jana Dost, Evernorth Behavioral Health Provider Network Strategy & Services Lead. Jana is a resilient, adaptable, and outcomes-driven leader who is passionate about empowering teams to achieve their personal and professional best. With over two decades of experience in the healthcare industry, Jana is recognized as an engaging healthcare executive with a track record of success building, restructuring, and managing high-performing national network development, marketing, sales, and cross- functional provider engagement teams that consistently achieve critical growth and performance targets. Jana currently serves as the Provider Network Strategy & Services Lead for Evernorth Behavioral Health, managing the national provider network strategy, contracting, operations, compliance, analytics, communications, and provider relations teams for the care solutions division of Cigna. She has been instrumental in leading national teams to develop and execute network strategies that shift from fee-for-service to measurement-based payment models.

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Key Question

How can value-based care models can benefit both mental health care providers and their clients?

Topics

- Enhancing access to and quality of care
- Sharing real provider stories and perspectives
- Implementing realistic strategies for data-informed decision-making in clinical practice
- Fostering trust between clinicians and insurance payers
- Empowering providers to deliver exceptional care through strategic initiatives

AUDIENCE Q&A

87%

of therapists use clinical assessments in some capacity.

70%

find assessments useful in establishing a baseline with new clients.

Source: Alma Quality Care Survey, 2023

“Assessments offer clients the opportunity to be honest on paper when they may not be comfortable being completely honest during a session.”

—Alma therapist

FINAL THOUGHTS

- A recording will be emailed to you in 2 weeks. It will include the presentation slides.
- Take our survey immediately after the webinar has concluded.
- Learn more about Alma at https://helloalma.com/for-providers/



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THANK YOU!

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