## Good Morning and Welcome Back!

Rural Health Regional Roundtable – Western States



## **Breakfast Discussions**

- What does rural look like in your state?
- What are some of the major rural health challenges in your state?
- Share the name of a rural health community that is near and dear to your heart – and why?
- What are you most looking forward to about the site visit today?

## Meeting Webpage





## Roundtable Discussion: Rural Health Care Facilities

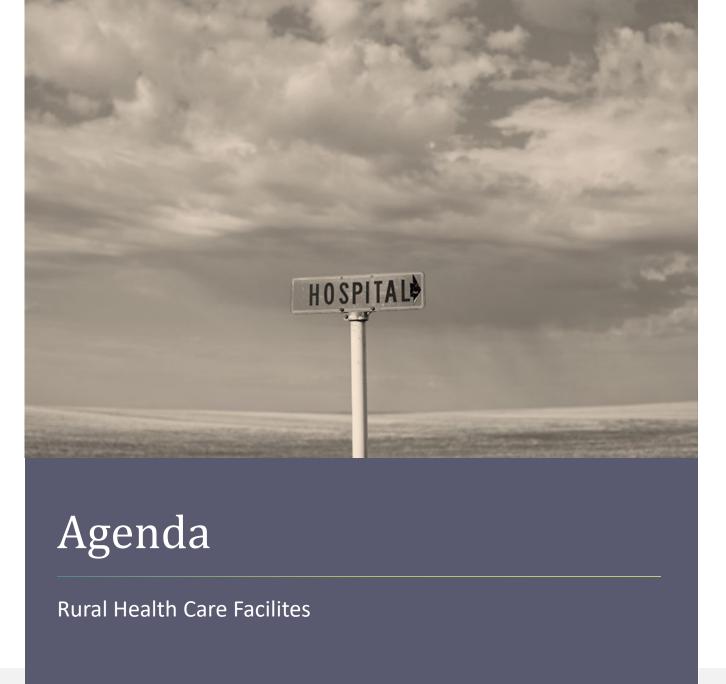
Samantha Scotti, Project Manager, NCSL Health Program

Rural Health Regional Roundtable— Western States

May 19, 2023



- Rural Health Care Facilities: State Policy Levers
  - Kevin Davenport, NCSL
- Health Facility Programs and Efforts
  - Sarah Heppner, FORHP
- Group Discussion and Report Out



## **Index Card Activity**

There are index cards on your table.

Please take 3-4 minutes to jot down one or more of these prompts ->

One question or statement per card.

A question you have about rural health facilities and/or policy levers.

A legislative effort you're proud of relating to rural facilities.

A legislative effort you're working on relating to rural facilities.



## What legislative effort are you proud of in your state?



### Telehealth and Broadband Access

- Expanding access through telehealth.
- Expanding telehealth and virtual care.
- Increasing broadband access.
- Evaluating current practices and standards of care.
- Utah: Providing robust broadband throughout majority of the state, which increased online evaluation, telehealth and legal benefits.

### **Provider Incentives**

- Idaho passed a Rural Nurse Incentive for loan forgiveness for Critical Access Hospitals, Skilled Nursing Facilities, Clinics and UA Facilities.
- Utah created grants to fund grown your own pipelines for caretakers in rural areas.
- Washington legislation enabled the 2<sup>nd</sup> medical school focused on training doctors to go into primary care in rural and underserved areas.

### And more!

- Expanding interlocal agreements and expanding mail order pharmacy options.
- Making capital investments in dental clinics.
- Colorado: All of our legislative efforts are focused to include rural communities.

# Remaining Questions on Health Care Facilities:

- Looking for ways to stabilize financing for rural health providers.
- Ensuring school nursing access in rural schools.
- The thin margin of our rural hospitals.
- How to sustain rural hospitals, particularly Sole Community Hospitals and Rural Emergency Hospitals.
- Improving Medicaid rates for health care providers.







### **Presentation Overview**



- Background
- Policy Levers
- NCSL Resources
- 0 Q & A







A. B

210 149

## Trivia!

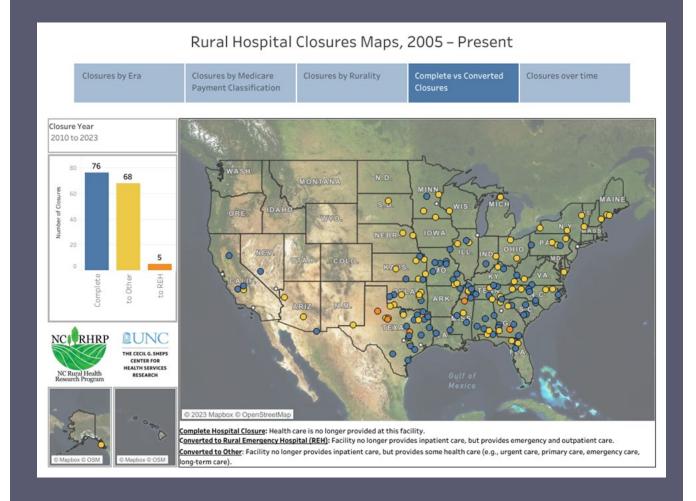
Since 2010, how many rural hospitals have closed or converted across the United States?

C. D

89 351

### The answer is B!

According to the <u>Sheps Center</u> for Health Services Research, 149 rural hospitals have closed or converted since 2010.





## Types of Rural Health Facilities



Federally Qualified Health Center (FQHC)

Freestanding Emergency Department (FSED)

<u>Critical Access Hospital</u> (CAH)

Rural Emergency Hospital (REH)

**Skilled Nursing Facility (SNF)** 

Rural Health Clinic (RHC)



## Services Provided By Facility Type



FQHC	FSED	САН	REH	SNF	RHC
<ul> <li>Preventative care</li> <li>Dental</li> <li>Mental health and substance abuse</li> <li>Transportation</li> <li>Hospital and specialty care</li> </ul>	<ul> <li>Emergency care</li> <li>Medical imaging</li> <li>Laboratory</li> <li>Physician visits</li> </ul>	<ul> <li>24/7         emergency         care</li> <li>May operate         distinct part         rehabilitation         and psychiatric         units</li> <li>May provide         general hospice         care</li> </ul>	<ul> <li>24/7 emergency care</li> <li>Observational care</li> <li>Optional services:</li> <li>Behavioral health</li> <li>Radiology</li> <li>Laboratory</li> <li>Outpatient rehabilitation</li> </ul>	<ul> <li>Skilled nursing or medical care</li> <li>Rehabilitation needed due to injury, disability or illness</li> <li>Long-term care</li> </ul>	<ul> <li>Outpatient primary care</li> <li>Laboratory</li> <li>Preventative care</li> <li>Telemental health</li> </ul>
https://www.ruralhealthinfo.org/topics/federally-qualified-health-centers	https://www.acep.org/patient -care/policy- statements/freestanding- emergency-departments	https://www.ruralhealthinfo.org/topics/critical-accesshospitals	https://www.ruralhealthinfo.org/topics/rural-emergency-hospitals	https://www.medicaid.gov/medicaid/long-term-services-supports/institutional-long-term-care/nursing-facilities/index.html	https://www.ruralhealthinfo.o rg/topics/rural-health-clinics

## State Policy Levers for Rural Health Facilities



**Facility Licensure** 



Staff Training and Other Requirements



Certificate of Need



Appropriations,
Facility
Reimbursement and
Grant Programs

# TRIVIA: Facility Licensure

True or False: All 50 states require assisted living facilities to obtain some form of licensure.





# TRIVIA: Facility Licensure

The answer is True!

True or False: All 50 states require assisted living facilities to obtain some form of licensure.





## Health Facility Licensure: State Examples



### Colorado

## Standards for Hospitals and Health Facilities: General Hospitals

- Requires complete and accurate medical records shall be maintained on every patient from admission through discharge.
- Requires facilities to have an infection control program responsible for reducing the risk of acquiring and transmitting infectious diseases.
- Requires that there shall be a nursing department that provides complete, effective care to each patient.

### **Texas**

### Texas Hospital Licensing Law

- Directs executive commissioner to adopt rules addressing:
  - Minimum requirements for staffing by physicians and nurses;
  - Patient care and patient bill of rights; and
  - Compliance with other state and federal laws affecting the health, safety and rights of hospital patients.

## TRIVIA: Staff Training and Other Requirements





True or False: Federal regulations require nursing homes to be staffed with sufficient nursing staff that have appropriate competencies.

## TRIVIA: Staff Training and Other Requirements





True or False: Federal regulations require nursing homes to be staffed with sufficient nursing staff that have appropriate competencies?

The answer is True!

## Staff Training and Other Requirements:



### **Training Requirements**

- Florida ties substance misuse treatment facility licensure to staff requirements such as, appropriate education, credentials and training when necessary.
- North Carolina requires adult care home special care units to notify in writing of staff training that is dementia care-specific.

### **Staffing Requirements**

- <u>California</u> mandates nurse-to-patient ratios in acute-care, acute-psychiatric and specialty hospitals.
- Colorado hospitals are required to form nurse committees tasked with developing staffing plans.
- Washington requires all staff at transition facilities to be classified as residential rehabilitation counselor II or have classification that indicates an equivalent or higher level of skill.





How many states, including the District of Columbia, utilize certificate of need?



A) 41

B) 27

C) 36

D) 19





How many states, including the District of Columbia, utilize certificate of need?



A) 41

B) 27

C) 36

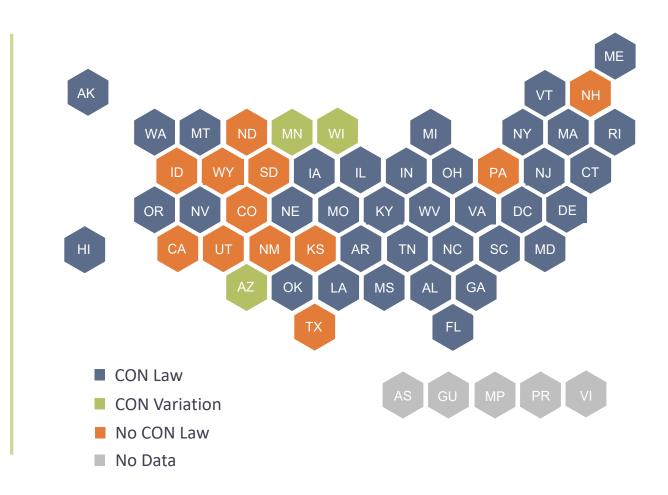
D) 19

### Certificate of Need State Laws



CON laws generally require health care facilities to seek state-approval prior to expanding their capacity.

- Major CON Reforms
  - Montana <u>HB 231 (2021)</u> limits CON approval to long-term care facilities.
- CON Modifications
  - Kentucky <u>HB 777</u> (2022) exempts ambulance providers from CON approval.
  - Washington <u>SB 6359</u> (2020)
     exempts rural health clinics in
     designated home health shortage
     areas from CON approval.



Source: NCSL, 2022

## TRIVIA: State Funding

True or False: There is only one method for policymakers to fund rural health facilities.





## TRIVIA: State Funding

### False!

There are several ways local and state governments can fund and support rural hospitals.





# State Appropriations, Facility Reimbursement and Grant Programs



**State Appropriations** 

Michigan passed the General
Omnibus Appropriation Bill of
2022, which allocated \$11
million to the rural Sturgis
Hospital.

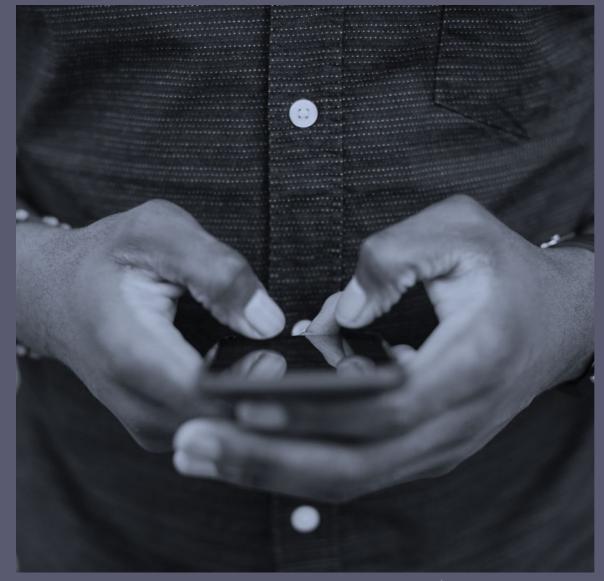
**State Grant Programs** 

Minnesota (2023) – Rural Hospital Capital Improvement Grant. Reimbursement

<u>Washington</u> – SB 6032 (2018) increased state and federal funds for rural hospitals through increased Medicaid reimbursement (150%).

## NCSL Resources

- Rural Emergency Hospitals (Webpage)
- <u>Certificate of Need</u> (Webpage)
- Health Costs, Coverage and Delivery State Legislation
   Database
- Improving Rural Health: State
   Policy Options for Increasing
   Access to Care (Policy Report)







Kevin Davenport Policy Associate



## Reach out anytime!

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(303) 856-1444





# NCSL Rural Health Regional Roundtable Updates from the Federal Office of Rural Health Policy: Rural Health Care Facilities

May 19, 2023

Sarah Heppner
Associate Director
Federal Office of Rural Health Policy

Vision: Healthy Communities, Healthy People



## The Federal Office of Rural Health Policy

### **Established in Section 711 of the Social Security Act**

The Federal Office of Rural Health Policy (FORHP) collaborates with rural communities and partners to support community programs and shape policy that will improve health in rural America.

### Cross Agency Collaboration

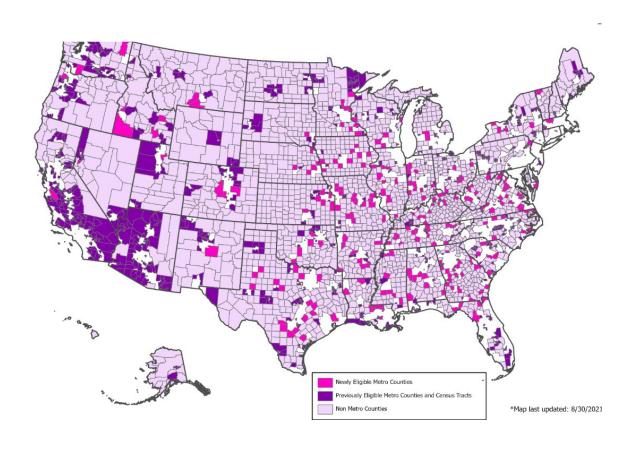
Works across HRSA, HHS, and several other federal partners to accomplish its goals

## Capacity Building

Increases access to health care for people in rural communities through grant programs and public partnerships

### Voice for Rural

Advises the HHS Secretary on policy and regulation that affect rural areas

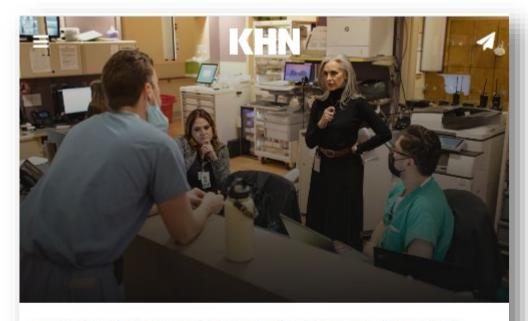






## **Helping Rural Communities Assess New Models**

### The Rural Emergency Hospital Technical Assistance Initiative



Christina Campos (center right) speaks to staff in the emergency department at Guadalupe County Hospital in Santa Rosa, New Mexico. The hospital is one of the first to start the process of converting into a Rural Emergency Hospital as part of a new federal payment program. (ADRIA MALCOLM FOR KHN)

Struggling to Survive, the First Rural Hospitals Line Up for New Federal Lifeline

### National Technical Assistance Center

Rural Health Redesign Center:
 <a href="https://www.rhrco.org/reh-tac">https://www.rhrco.org/reh-tac</a>;
 REHSupport@rhrco.org

### Supplemental Funding for State Flex Programs

Outreach and broad education

### Supplement to HRSA partners

- National Conference of State Legislators:
  - Tracking state activity on establishing laws on REH licensure:
     <a href="https://www.ncsl.org/research/health/rural-emergency-hospitals.aspx">https://www.ncsl.org/research/health/rural-emergency-hospitals.aspx</a>
- National Academy for State Health Policy
  - Developing model licensing language
  - https://www.nashp.org/medicares-new-rural-emergencyhospital-designation-considerations-for-states/





## **Direct Technical Assistance to Hospitals and Clinics**

### **Free Services Available**

### Rural Healthcare Provider Transition Project

- Helps organizations in strengthening their foundation in key elements of value-based care: quality, efficiency, patient experience and patient safety.
- Eligible entities include small rural hospitals and Rural Health Clinics.
- Application Period: rolling application – <u>apply now!</u>

## Targeted Technical Assistance to Rural Hospitals Program

- Provides targeted
   assistance to hospitals
   working to maintain health
   care services.
- Helps hospitals and communities understand community health needs and how to keep needed health care local.
- **Application Period:** Fall 2023

## Delta Region Community Health Systems Development Program

- Provides intensive technical assistance to healthcare facilities in rural communities in the Mississippi Delta region.
- Helps strengthen the local health care delivery system to position for population health.
- Application Period: rolling application – apply now!





## **Customizable Communications Toolkits**

### **National Rural Health Resource Center**



### Behavioral Health

The Behavioral Health Toolkit contains messaging tocused on stopping mental health stigma and starting the conversation, as well as highlighting the new 9-8-8 national hotline.

Stop the Stigma. Start The Conversation In Your Community.



### Vaccine Confidence (Translated into Spanish)

The "Learn. Understand. Decide." campaign, translated into Spanish, provides straightforward facts and addresses COVID-19 related myths and concerns that <u>targeted members of your rural community may share</u>.

Vaccine confidence for your Spanish-speaking community



The "Between Healing and Home" campaign focuses on providing patients with the tools they need to live independently so they can return home safely, successfully, and with a reduced risk of relapsing.

Encourage patients to recover closer to home



### Pulmonary Rehabilitation

Three creative messages help educate patients and providers about pulmonary rehabilitation services that patients can easily access locally.

Educate patients and providers about critical services



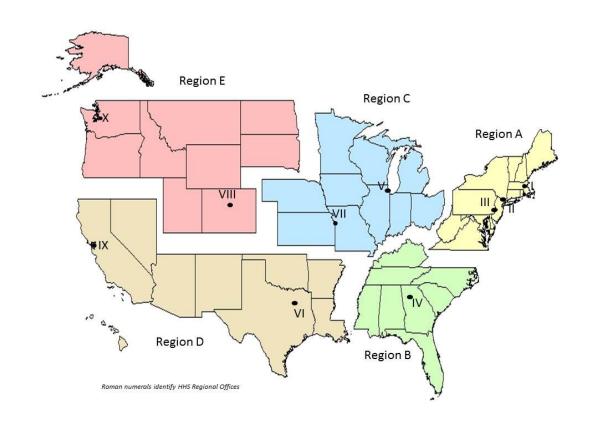


https://www.ruralcenter.org/programs/drchsd/customizable-communications-toolkit



## **State Offices of Rural Health**

- Share information, resources and innovative projects with other rural health stakeholders
- Coordinate with other state partners on rural health issues
- Link rural health stakeholders to Federal and state resources
- Rural recruitment and retention





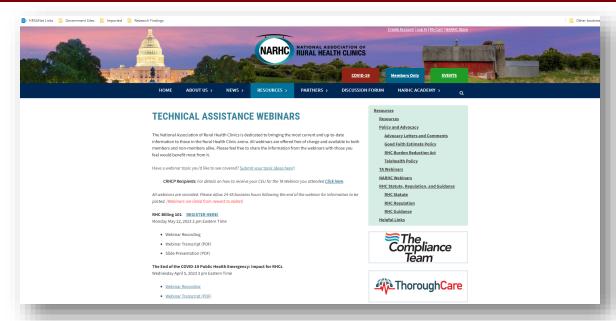
Connect with your SORH: <a href="https://nosorh.org/nosorh-members/">https://nosorh.org/nosorh-members/</a>



## **Supporting Rural Health Clinics**

### **Technical Assistance Series**

- Cooperative agreement providing assistance, solutions, and information to RHCs on key policy, regulatory, programmatic, and clinical issues
  - Highlights of NARHC TA:
    - Technical assistance webinars
      - Recordings, slides and transcripts are posted <u>https://www.narhc.org/narhc/TA\_Webinars1.asp</u>
  - NARHC forums and email listserv: online information exchange/referral service
    - Sign up
       https://www.narhc.org/discussionforums/DiscussionDe
       fault.asp
  - NARHC website and resources: online information to disseminate key priorities and resources on specific topics (e.g., good faith estimate, telehealth policy)



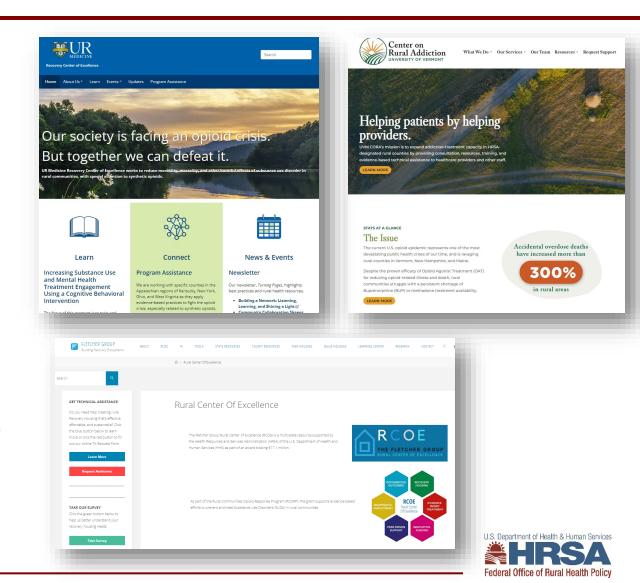
https://www.narhc.org/narhc/TA Webinars1.asp



## **Behavioral Health Resources**

### **Rural Centers of Excellence**

- University of Vermont
  - Focused on innovative and effective treatment interventions for SUD, particularly OUD, in rural communities
    - √ <a href="https://uvmcora.org/">https://uvmcora.org/</a>
- University of Rochester
  - Focused on addressing synthetic opioid-related overdose mortality in rural communities in the Appalachian region
    - √ <a href="https://recoverycenterofexcellence.org/">https://recoverycenterofexcellence.org/</a>
- The Fletcher Group in collaboration with the University of Kentucky
  - Focused best practices in recovery housing programs for SUD, particularly OUD; interventions among lowincome, high-risk individuals in rural communities
    - √ <a href="https://fletchergroup.org/rcoe/">https://fletchergroup.org/rcoe/</a>



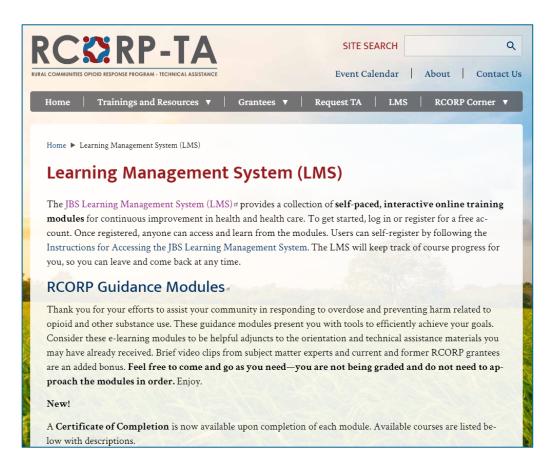
### **Behavioral Health Resources**

### Rural Communities Opioid Response Program Technical Assistance

### **Learning Management System**

A collection of publicly available self-paced, interactive online training modules. Module topics include:

- Prevention, Treatment, and Recovery activities
- Addressing stigma
- Needs assessment and gap analysis
- Developing a strategic and action plan
- Planning for sustainability
- And more!



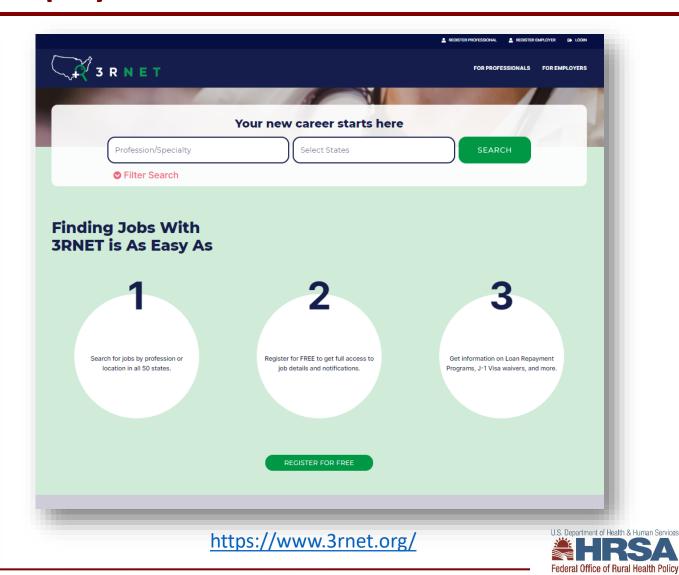
https://www.rcorp-ta.org/learning-management-system



### The National Rural Recruitment and Retention Network

### **3RNET - State Level Resource for Employers and Professionals**





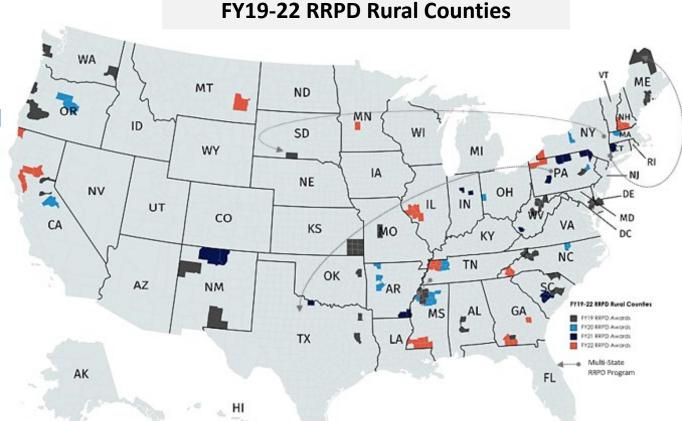


# Rural Residency Planning & Development (RRPD) Program

### **Creating Sustainable Rural Residencies**

### **FY19-FY22 RRPD Grant Program**

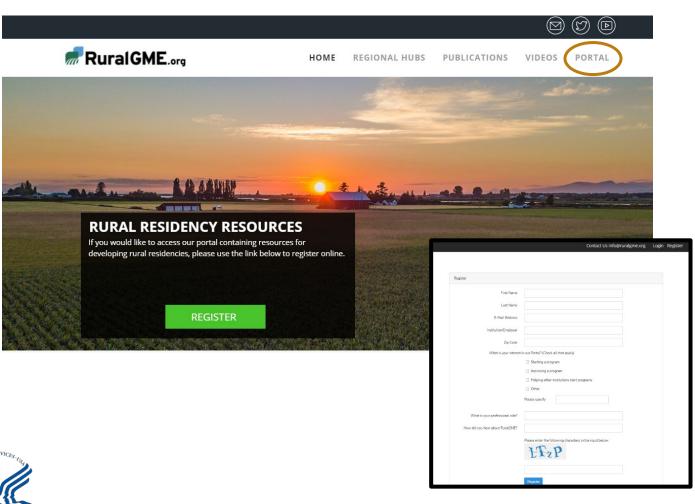
- HRSA awarded \$43.4M to 58 award recipients spanning across 32 states and 5 medicine disciplines.
- Support the development of new, accredited and sustainable rural residency programs in family medicine, internal medicine, psychiatry, general surgery, preventive medicine, and obstetrics and gynecology.
- Created 39 new accredited rural residency programs for 524 new resident positions\* in family medicine, psychiatry, internal medicine and general surgery.
- 22 Programs enrolled nearly 190 resident physicians training in rural clinical settings







# Rural Residency Development Technical Assistance



- Rural GME development resources and tools available via the <u>RuralGME.org</u> portal
- To register for free access to portal resources, visit:

https://portal.ruralgme.org/register



# **Rural Telementoring Training Center**

**Technical Assistance and Evaluation Program** 



- National resources to implement and evaluate telementoring programs
- To request training and technical assistance: <a href="https://ruraltelementoring.org/interest/">https://ruraltelementoring.org/interest/</a>





# **Health Policy and Research**

### **Accessible and Through a Rural Lens**





# Questions about Policy Updates?

Write to ruralpolicy@hrsa.gov





#### Announcements from the

#### Federal Office of Rural Health Policy

July 15, 2021

#### What's New

HHS Boosts Funding for COVID-19 Response in Rural Areas. On Tuesday, the U.S. Department of Health & Human Services (HHS) announced \$398 Million for COVID-19 testing and mitigation. The funds will be distributed by State Offices of Rural Health to 1,540 rural hospitals through the Small Rural Hospital Improvement Program.

One Month Left to Enroll in, or Change, Health Insurance Marketplace Coverage. Last week, HHS released a report on current trends and challenges to accessing affordable health care in rural America. Analysts found that, although uninsured rates have fallen in rural areas, other barriers to care such as geographic distances, infrastructure limitations, and provider shortages contribute to rural health disparities. The report comes one month before the special enrollment period for qualified individuals and families ends on August 15. As noted in the HHS brief, 65 percent of the 1.9 million rural uninsured individuals in HealthCare.gov states may be able to find a zero-premium plan on the platform.

NOSORH Accepting 2021 Community Star Nominations. The National Organization of State Offices of Rural Health (NOSORH) seeks nominations until August 2 of individuals, organizations, or consortia making a big difference in the health of rural communities.

#### COVID-19 Resources

<u>Rural Health Clinic Vaccine Distribution (RHCVD) Program</u>. Under the program, Medicarecertified RHCs will receive direct COVID-19 vaccines in addition to their normal jurisdictions' weekly allocation. Contact RHCVaxDistribution@hrsa.gov for more information.





### **HHS Telehealth Resources**

Telehealth.HHS.gov

https://telehealth.hhs.gov/

Office for the Advancement of Telehealth

https://www.hrsa.gov/rural-health/topics/telehealth

**Telehealth Centers of Excellence** 

https://telehealthcoe.org/

**Telehealth Resource Centers** 

https://www.telehealthresourcecenter.org/

ProviderBridge

https://www.providerbridge.org/

Multi-Discipline Licensure Resource Project
<a href="https://licensureproject.org/">https://licensureproject.org/</a>

### TELEHEALTH.HHS.GOV



Telehealth Centers of Excellence











# Leveraging the Appropriate Programs

### **FORHP Grants Target Specific Areas of Concern**



#### **Building Capacity**

These programs focus on developing a collaborative plan to address community need by bringing together partners and/or engaging in community planning.

- Rural Health Network
   Development Planning Program
- Rural Public Health Workforce
   Training Network Program
- Rural Northern Border Region Planning Program
- Rural Community Opioids Response Program



#### **Expanding Services**

These programs expand access to and improve the quality of health care in rural communities.

- Rural Health Outreach Services Program
- Rural Communities Opioid Response Program – Medication Assisted Treatment Expansion
- Rural Communities Opioid Response Program Implementation



#### **Supporting Hospitals**

These programs provide technical assistance and/or support to rural hospitals.

- Rural Healthcare Provider Transition Project
- Small Rural Hospital improvement Program
- Medicare Rural Hospital Flexibility (Flex) Program
- Rural Health Outreach Services and Network Development
- Rural Network Planning



#### **Providing Direct Services**

These programs directly improve upon the delivery of health care services and improve population health.

- Rural Health Care Services
   Outreach
- Small Health Care Provider Quality Improvement
- Delta States Rural Development Network
- Rural Maternity and Obstetrics Management Strategies Program
- Rural Care Coordination
- Rural Community Opioids Response Programs





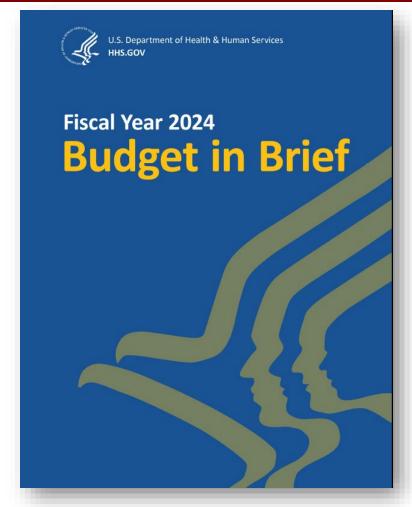
# **New Proposals for 2024**

### From the Administration's Budget

The Budget provides \$415.9 million, an increase of \$63.4 million, to expand access and improve health care in rural communities

- +\$10 million for the Rural Health Clinic Behavioral Health Initiative to expand access to behavioral health care services
- +\$10 million for Financial and Community Sustainability for At-Risk Rural Hospitals to provide expert technical assistance to rural hospitals severely at-risk for imminent closure
- +\$20 million for the Rural Service Lines Pilot to enhance or expand service lines to support people where they live
- +\$20 million for the Rural Communities Opioid Response
   Program

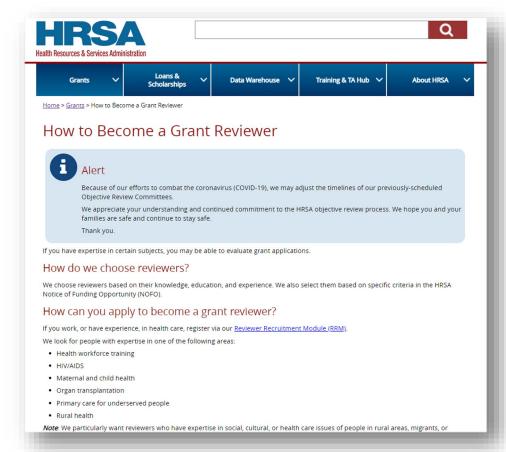
https://www.hhs.gov/about/budget/fy2024/index.html





# **HRSA Needs Your Help!**

- Consider Being a Grant Reviewer
- Ensures We Get the Rural Perspective
- Provides a good insight into the grants process
- Key Steps:
  - Once registered not rural as your area of expertise
  - Let us know when you are in the database (so we can select you)
    - ✓ Email Lisa Chechile at <a href="mailto:lchechile@hrsa.gov">lchechile@hrsa.gov</a>





https://www.hrsa.gov/grants/reviewers



# **FORHP Weekly Announcements**

#### Focus on ...

- ✓ Rural-focused Funding opportunities
- ✓ Policy and Regulatory Developments Affecting Rural Providers and Communities
- ✓ Rural Research findings
- ✓ Policy updates from a Rural Perspective

#### To sign up:

https://public.govdelivery.com/accounts/USHHS HRSA/subscriber/new?qsp=HRSA-subscribe





#### Announcements from the

#### Federal Office of Rural Health Policy

January 12, 2022

#### What's New

Ending Sunday: Open Enrollment for Health Insurance. The Centers for Medicare & Medicaid Services has a collection of tools for helping individuals and families get health insurance during the Marketplace Open Enrollment period, November 1, 2022 through January 15, 2023. Graphics, social media messages, and customizable posters and fact sheets, are available in English, Spanish, Chinese, Korean, and Vietnamese. Marketplace plans are an important source of coverage for people in rural areas, who represent approximately 15 percent of Marketplace enrollees in states using HealthCare.gov.

New Awards to Train Doctors in Underserved Areas. The Centers for Medicare & Medicaid Services (CMS) awarded the first round of Medicare-funded residency slots to 100 teaching hospitals across 30 states, the District of Columbia, and Puerto Rico, effective July 1, 2023. The graduate medical education slots prioritize hospitals located in Health Professional Shortage Areas, and the majority are allocated for primary care – including obstetrics/gynecology – and mental health specialties. CMS is set to create 200 new positions every year over the next five years. The application period for the second round of 200 residency slots will open in January 2023 and close on March 31, 2023.

Finding Doctors Offering Medicare-Paid Telehealth. The Centers for Medicare & Medicaid Services (CMS) added a telehealth indicator on Medicare Care Compare, the site that allows consumers to search for doctors, clinicians, groups, and facilities accepting Medicare beneficiaries. Last year, CMS reported a 30-fold increase in telehealth services. The new indicator helps beneficiaries and caregivers more easily find clinicians who provide telehealth services.

Extended: HHS Seeks Feedback on Tribal Consultation Policy – New Deadline, January 27.

HHS extended the deadline for submitting comments on the updated draft HHS Tribal

Consultation Policy to January 27, 2023. The updated draft addresses comments and





## **Connect with HRSA**

Learn more about our agency at: www.HRSA.gov

Rural Health Questions?

Email RuralPolicy@HRSA.gov



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# Walk Away with a Takeaway!

What is one thing you learned during this session?



