Mid-America (HHS Region 7)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Context Clues: Using Social Determinants of Health (SDOH) to Enhance Treatment: Orientation to Z-Codes

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UNMC MUNROE-MEYER INSTITUTE

SAMHSA Substance Abuse and Mental Health Services Administration

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At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at the Substance Abuse and Mental Health Services Administration (SAMHSA). The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

- Strengths-based and hopeful
- Inclusive and accepting of diverse cultures, genders, perspectives, and experiences
- Healing-centered/ trauma-responsive
- Inviting to individuals participating in their own journeys
- Person-first and free of labels
- Non-judgmental and avoiding assumptions
- Respectful, clear and understandable
- Consistent with our actions, policies, and products

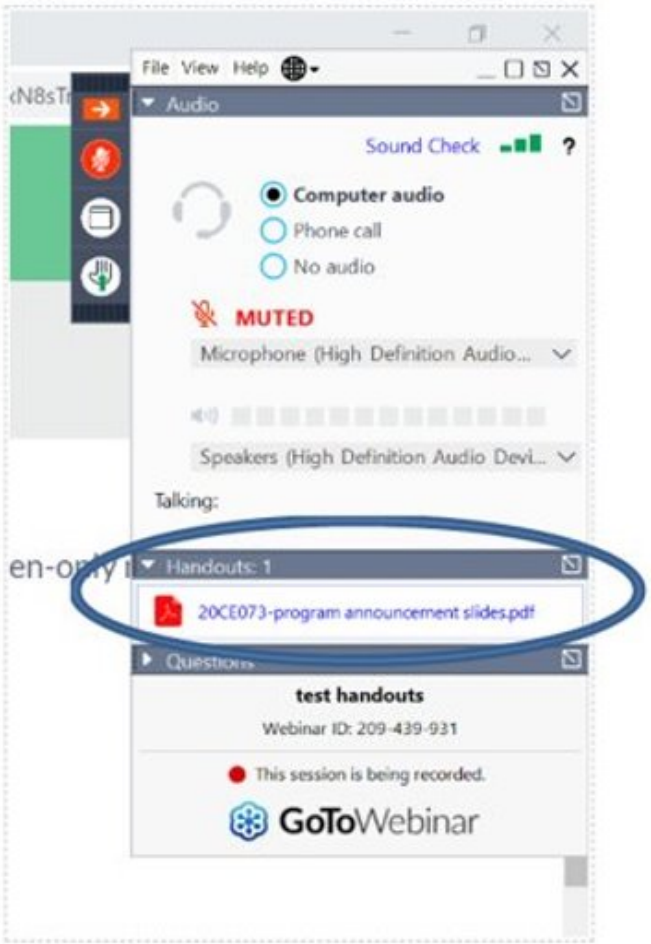
Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

Announcements

- All attendees are automatically muted
- Submit questions any time during the webinar
- Attendees will receive a certificate of completion for each webinar if they attend each in their entirety
- This webinar is being recorded.

https://mhttcnetwork.org/centers/mid-america-mhttc/context-clues-using-social-determinants-health-sdoh-enhance-treatment

Downloading handouts



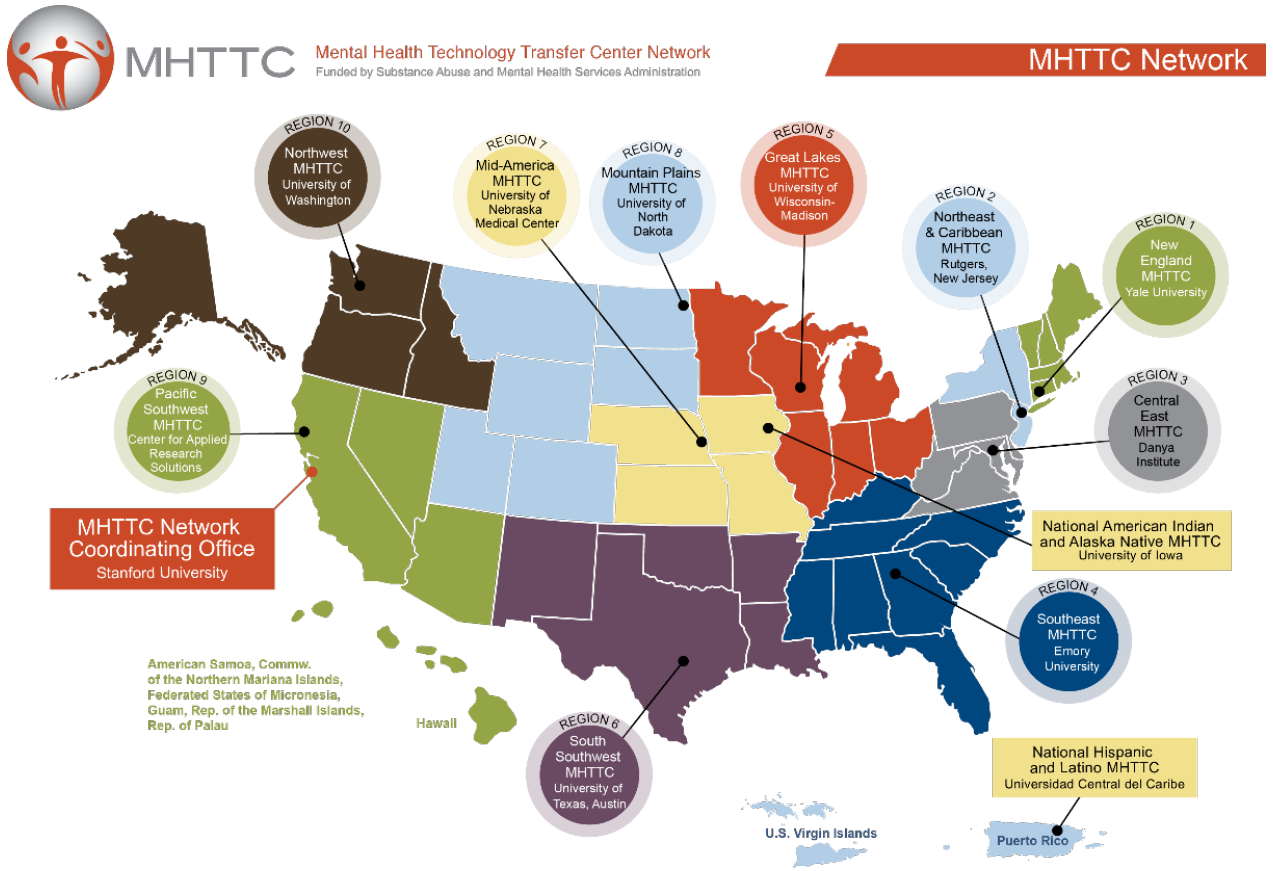
Evaluation

- At the end of this session, you will be asked to complete a brief evaluation.
- Because this event is federally funded, we are required to ask about participants' satisfaction with our services.
- To maintain our funding, we are required to get 80% participation.
- We greatly value your feedback and participation in the survey!!

Mid-America Mental Health Technology Transfer Center

Established to increase utilization of evidence-based mental health practices.

- Missouri, Iowa, Nebraska, and Kansas.
- Free training and technical assistance.
- SAMHSA grant awarded to the Behavioral Health Education Center of Nebraska at University of Nebraska Medical Center.
  (5 years, $3.7 million, grant number: H79SM081769)



Learning Objectives

This presentation provides an orientation to Z-Codes and how they are utilized in primary care settings to improve care. You will:

- Learn what Z-Codes are
- Learn how Z-Codes are predictive of health status, and
- Learn to utilize Z-Codes to track, report and make referrals to address Social Determinants of Health

What are Z-Codes?

Definition of Z-Codes

Social Determinants Of Health are the conditions by which we are, born, live, work, and grow up; and the forces that shape these conditions (WHO, 2018).

Social Determinants Of Health might account for 60-80% of patient health outcomes (CDC, 2019; Hood, 2016).

Z-Codes are standardized measures of **Social Determinants of Health** that are introduced in the 10th revision of ICD-10.

List of Z-Code Categories

Z55 Problems related to education and literacy

Z56 Problems related to employment and unemployment

Z57 Occupational exposure to risk factors

Z59 Problems related to housing and economic circumstances

Z60 Problems related to social environment

Z62 Problems related to upbringing

Z63 Other problems related to primary supports group, including family circumstances

Z65 Problems related to other psychosocial circumstances

Z68 Body Mass Index (BMI)

Z72 Problems related to lifestyle

Z73 Problems related to life management difficulty

Z74 Problems related to care provider dependency

Z75 Problems related to medical facilities and other health care

Z77 Other contact with and (suspected) exposures hazardous to health

Z91 Personal risk factors, not elsewhere classified

Z-Sub-Codes: Z55 Example

Z55: Problems Related to Education and Literacy

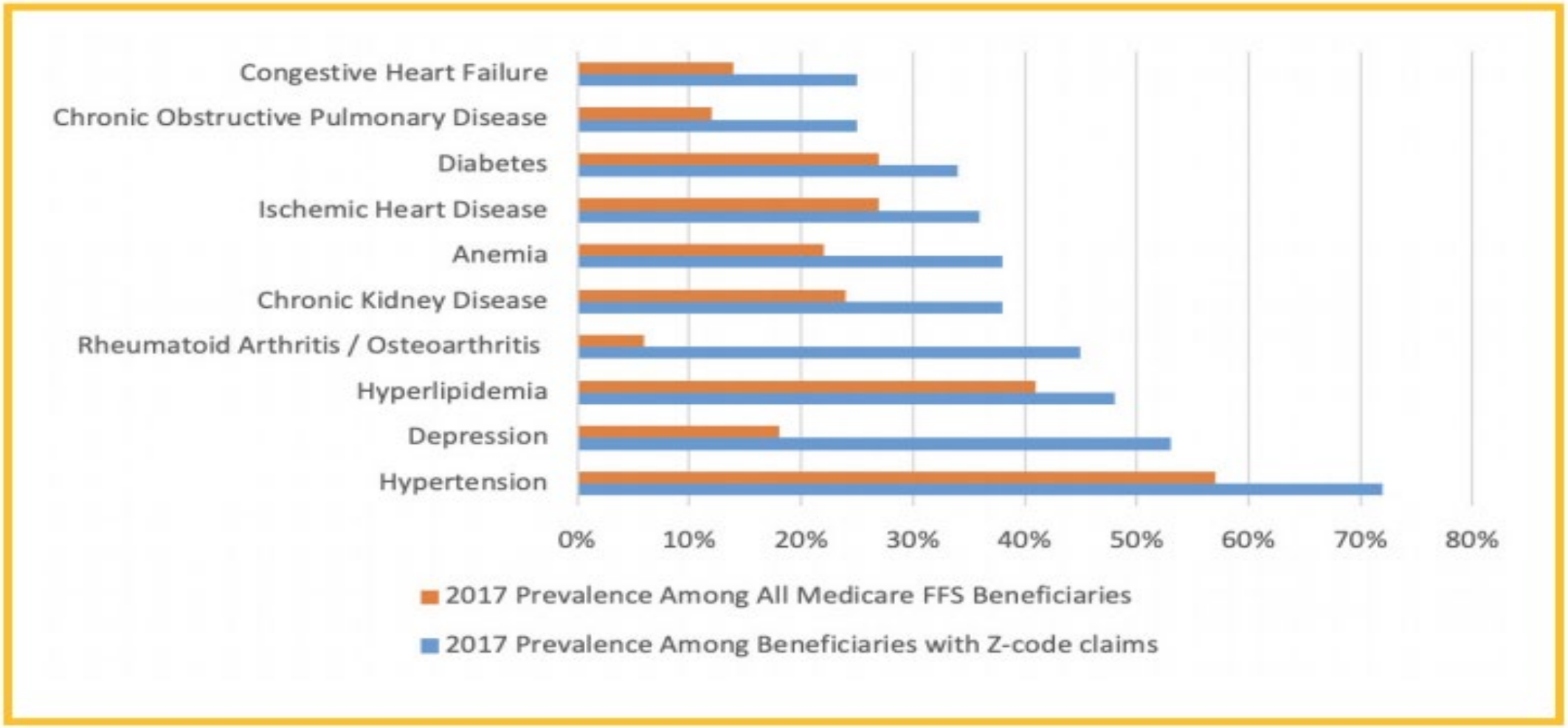
Z55.0	Illiteracy and low-level literacy
Z55.1	Schooling unavailable and unattainable
Z55.3	Failed school examinations
Z55.3	Underachievement in school
Z55.4	Educational maladjustment and discord with teachers and classmates
Z558	Other problems related to education and literacy
Z559	Problems related to education and literacy, unspecified

Most prevalent Medicare Z-Codes in 2017 (number of claims)

1. Z590 Homelessness (223,062)
2. Z602 Problems related to living alone (196,551)
3. Z634 Disappearance and death of family member (127,766)
4. Z658 Other specified problems related to psychosocial circumstances (58,083)
5. Z630 Problems in relationship with spouse or partner (49,448)

(Hodge & Khau, 2020)

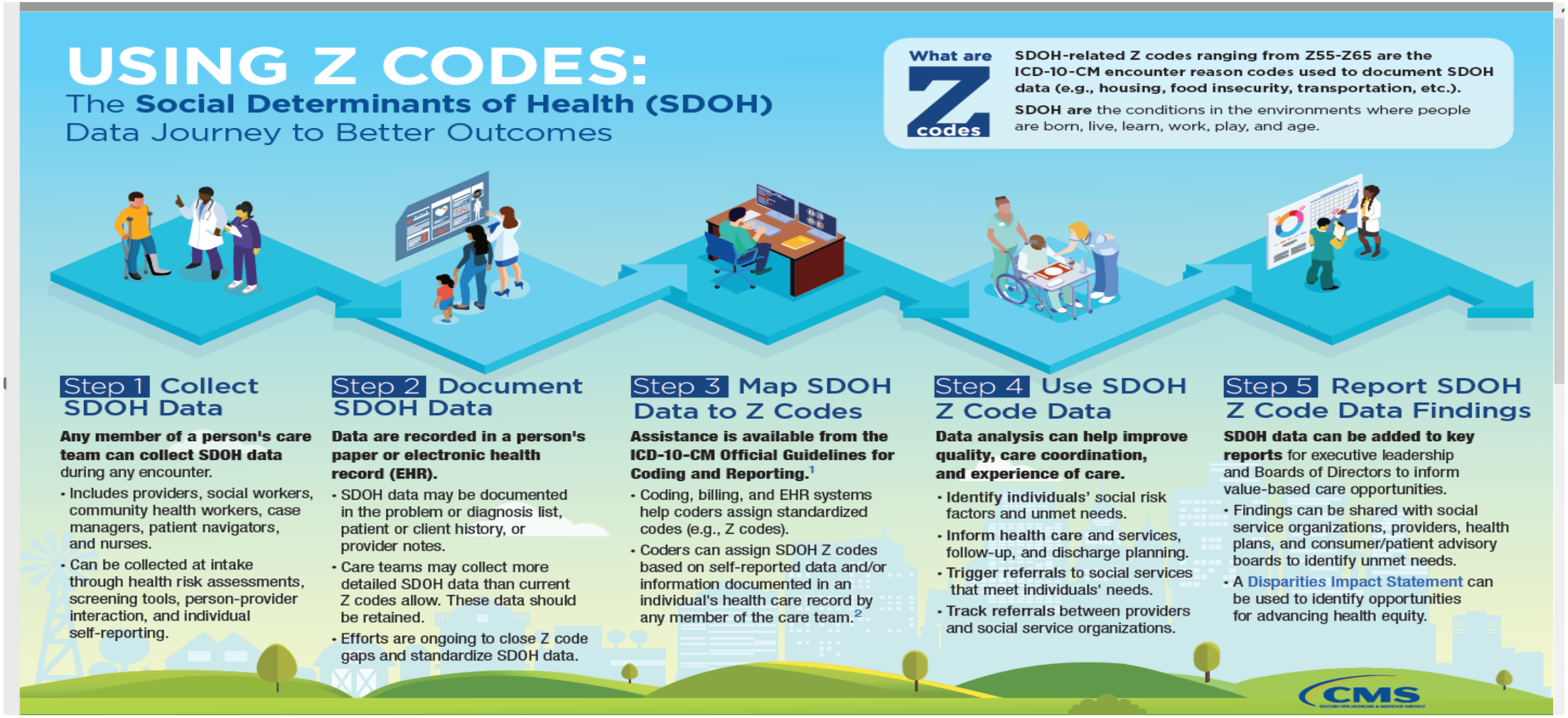
Z-Codes and Chronic Conditions



(Hodge & Khau, 2020)

How do we use Z-Codes ?

Using Z-Codes CMS 2021



Why should we use Z-Codes?

Patient Needs

- Z-codes enhance patient care
- Improves care coordination and referrals
- Documenting in medical records can support systems for referral and follow-up for services

Community Needs

- Informs state and local governments about community needs
- Aggregate data identifies "clusters" of community needs
- Data can support planning and implementation of social needs intervention

1

Integrated Care Model

Engage community-based teams to promote relationship building

Facilitate community-wide discussions on best practices related to integrated care

Provide a framework for the development of community-driven protocols and best practices

2

Z-Code Claims

Establish pilot sites to implement community-wide adoption of routine SDoH screening

Offer training to providers on the usage of z-codes and best practices for related interventions

Identify Medicaid members with unmet SDoH needs based on z-code claims

Identify gaps in care based on correlations between SDoH and health outcomes

3

Interventions

Internal

Identify and refer Medicaid members who could benefit from case management or other services

External

Provide support to community partners to make referrals through Aunt Bertha

Systemic

Partner with communities to develop data-driven, coordinated responses to local and regional barriers

Source: Aetna Better Health of Kansas

Z-Codes and Population Health

ASK	• About SDOH and track needs with Z-Codes in Electronic Health Records.
IDENTIFY	• Find local resources for common Z-Code claims. Reach out and establish referral procedures.
ACT	• Identify patients via Z-Codes and increase their motivation to seek help. Make referrals.

Practice Application

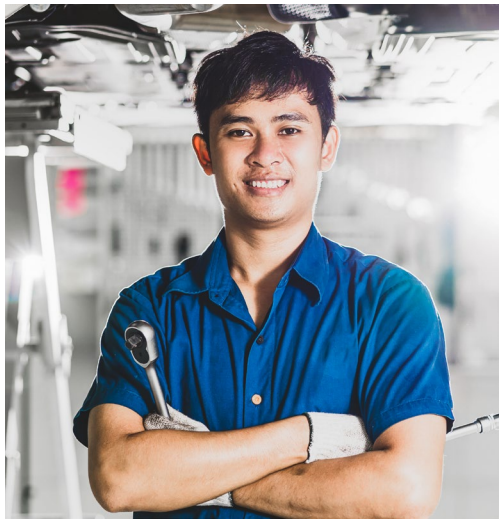
“Our Case Study”

What can we learn from our case study?

Claudia

Mother
Age: 38
Race: Latina
Employment: Waitress
Insurance: through employer

Patrick



Father
Age: 41
Race: White/Thai
Employment: Auto detailer
Insurance: marketplace plan

Ivonne

Grandmother
Age: 63
Race: Latina
Employment: N/A
Insurance: none

What can we learn from our case study?

Tyler

Eldest daughter
Age: 16
Race: biracial
Employment: student
Insurance: Medicaid

Elliot

Son
Age: 13
Race: Latino
Employment: student
Insurance: Medicaid

Edith

Youngest daughter
Age: 2
Race: biracial
Employment: N/A
Insurance: Medicaid

Selected References

World Health Organization. (2018). Social determinants of health. www.who.int/social_determinants/en/

Hood, C.M., Gennuso, K.P., Swain, G.R., &Catlin, B.B. (2016). County health rankings: Relationships between determinant factors and health outcomes. *American Journal of Preventative Medicine, 50*(2), 129-135.

Office of Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. Social determinants of health, healthy people 2020. 2019. https://www.healthypeople.gov/2020/topicsobjectives/topic/social-determinants-of-health

Resources

- Mid-America MHTTC https://mhttcnetwork.org/centers/mid-america-mhttc/home
- Aetna Better Health of Kansas https://www.aetnabetterhealth.com/kansas/ [aetnabetterhealth.com]

SoCKansas@aetna.com

- Aunt Bertha (within KS) https://aetna-ks.auntbertha.com/ [aetna-ks.auntbertha.com]
- Aunt Bertha (outside KS) https://www.findhelp.org/ [findhelp.org]

Questions?