September 27, 2023

The Honorable Xavier Becerra
Secretary
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Washington, DC 20201

The Honorable Lisa M. Gomez
Assistant Secretary
Employee Benefits Security Administration
U.S. Department of Labor
200 Constitution Avenue, NW
Washington, DC 20002

The Honorable Douglas W. O'Donnell
Deputy Commissioner for Services and Enforcement
Internal Revenue Service
U.S. Department of the Treasury
1111 Constitution Avenue, NW
Washington, DC 20224

Re: Requirements Related to the Mental Health Parity and Addiction Equity Act (0938-AU93; 1210-AC11; 1545-BQ29)

Dear Secretary Becerra, Assistant Secretary Gomez, and Deputy Commissioner O'Donnell:

The American Association of Psychiatric Pharmacists (AAPP) appreciates the opportunity to comment on the Department of Health and Human Services, Employee Benefits Security Administration, and the Internal Revenue Service's (the "Departments") proposed rule, Requirements Related to the Mental Health Parity and Addiction Equity Act (hereinafter "2023 Proposed Rule").

About AAPP

AAPP is a professional association of nearly 3,000 members who envision a world where all individuals living with mental illness, including those with substance use disorders, receive safe, appropriate, and effective treatment. Pharmacist members specialize in psychiatry, substance use disorders (SUD), and psychopharmacology and most are residency trained and Board certified in psychiatric pharmacy holding the BCPP credential (Board Certified Psychiatric Pharmacist). With a significant shortage of mental health care professionals, psychiatric pharmacists offer another resource to improve outcomes for patients with psychiatric and SUDs.

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Role of Psychiatric Pharmacists

Pharmacists graduate with a Doctor of Pharmacy degree, requiring six to eight years of higher education to complete, and have more training specific to medication use than any other health care professional. Psychiatric pharmacists, a specialty within clinical pharmacy have specialized training in providing direct patient care and medication management for the complete range of psychiatric disorders and SUDs. Psychiatric pharmacists work as important members of interprofessional treatment teams but also in decision-making and leadership roles in health care organizations, state and federal organizations, academia, and industry.

Psychiatric pharmacists are important members of the health care team working in collaboration with the patient and other health care providers including, but not limited to, psychiatrists, other physicians, therapists, social workers, and nurses (including advanced practice nurses). Psychiatric pharmacists provide expert, evidence-based Comprehensive Medication Management (CMM) services for the most complex patients with mental health disorders and SUDs. Psychiatric pharmacists increase capacity of the health care team to provide care and psychopharmacology expertise, as well as improve patient outcomes and reduce overall health care costs. As medication experts, psychiatric pharmacists are uniquely positioned to facilitate medication access and adherence by identifying and helping to address potential treatment barriers, including prior authorizations and high out-of-pocket patient costs.

Psychiatric pharmacists have a deep understanding of Medications for Opioid Use Disorder (MOUD) that extends beyond that of most other health care providers. When included in the provision of MOUD services through a collaborative practice arrangement, psychiatric pharmacists' involvement has been demonstrated to improve patient adherence and success with buprenorphine treatment for opioid use disorders; reduce per patient dosage of buprenorphine through improved medication management, monitoring and titration; and reduce overall costs. Furthermore, given the insufficient number of providers in addiction medicine, psychiatric pharmacists increase access to SUD treatment by providing medication management, education, monitoring, and follow-up care.

AAPP Comments on the Proposed Rule

We strongly support the 2023 Proposed Rule's overarching goal to increase access to mental health and substance use disorder (MH/SUD) treatment by addressing treatment limitations that place a greater burden on participants/beneficiaries' access to MH/SUD treatment than to medical/surgical (M/S) treatment.

29 CFR § 2590.712, 45 CFR § 146.136, AND 26 CFR § 54.9812-1 – PARITY IN MENTAL HEALTH AND SUBSTANCE USE DISORDER BENEFITS

Purpose – (a)(1)

Overall, we strongly support the purpose of the 2023 Proposed Rule. Additionally, we believe that the removal of the problematic proposed exceptions to core requirements would significantly strengthen implementation of Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA). When MHPAEA was enacted 15 years ago, the intent was to prohibit discriminatory treatment limitations that constrain the "scope or duration of treatment." However, the current regulations have been insufficient to hold plans and issuers accountable for treatment limitations, including nonquantitative treatment limitation (NQTLs), that place a greater burden on access (and, therefore, are more restrictive) to MH/SUD treatment as compared to M/S benefits.

We have seen how plans and issuers have engaged in elaborate, post-hoc rationalizations for why treatment limitations that place a greater burden on access to MH/SUD care are nonetheless compliant with the existing rules. While these rationalizations have never been convincing and state and federal regulators are increasingly holding plans and issuers accountable, the current regulations have not adequately placed the emphasis on the disparate burden that treatment limitations frequently place on plan members' access to MH/SUD treatment as compared to M/S treatment. Instead, too often, plans and issuers (as well as many regulators) have lost sight of an obvious, fundamental question under MHPAEA: the degree to which a "treatment limitation," in fact, limits access to MH or SUD treatment. We strongly support the Departments anchoring MHPAEA, including its implementing regulations, to whether plans/issuers' treatment limitations disparately limit access to MH/SUD treatment.

"Independent Professional Medical or Clinical Standards" Exception to NQTL Requirements – (c)(4)(i)(E), (c)(4)(ii)(B), (c)(4)(iv)(D), and (c)(4)(v)(A)

We support the Departments' desire to incentivize plans/issuers to follow "independent professional medical or clinical standards (consistent with generally accepted standards of care)" when imposing NQTLs. All plans/issuers should be following these standards and adherence to clinical standards is often identified as a factor or evidentiary standard in NQTL analyses.

However, we urge the Departments to remove the independent professional medical or clinical standards exception in the Proposed Rule, which we believe is deeply flawed and will be exploited by plans/issuers to limit access to needed MH/SUD services. While we appreciate the Departments' statement in the preamble that this exception (along with the "fraud, waste, and abuse" exception) is meant to be "narrow," the experience of individuals, families, and providers under the existing regulations indicates that plans/issuers will adopt and implement significant benefit exclusions and administrative barriers based on either exception.

Meaningful Benefits of Treatment of a Mental Health Condition or Substance Use Disorder – (c)(2)(ii)(A)

We support the provision that states if any MH or SUD benefits are provided in any classification of care, both MH and SUD benefits must be provided in all classifications of care and the scope of covered MH and SUD benefits in each classification must be "meaningful." Though plans/issuers are already required to provide MH/SUD benefits in all classifications if they provide MH or SUD services in any classification, there has been a lack of clarity on the breadth of MH and SUD services that must be covered. The proposed clarification, therefore, is a very important addition. However, the lack of clarity in definitions will likely result in significant future disagreement. Specifically, we urge the Departments to define the terms "meaningful" and "scope of covered services" to ensure clear implementation.

29 CFR § 2590.712-1, 45 CFR § 146.137, AND 26 CFR § 54.9812-2 – NONQUANTITATIVE TREATMENT LIMITATION COMPARATIVE ANALYSIS REQUIREMENTS

We strongly support proposed NQTL comparative analyses requirements as they are necessary to ensure there is clarity on what plans/issuers' analyses must contain and to hold plans accountable for following these requirements.

OTHER ISSUES

HHS Must Propose and Finalize MHPAEA Rules for Medicaid

While we appreciate the 2023 Proposed Rule, which affects individual and group health plans, it is imperative that HHS move quickly to propose and finalize rules for Medicaid managed care, the Children's Health Insurance Program (CHIP), and Alternative Benefit Plans (ABPs) without delay after the finalization of this proposed rule. The Administration must not allow a strong set of MHPAEA rules for individuals in individual and group plans, but a weaker set of rules for individuals in Medicaid managed care, CHIP, and ABPs. This is particularly critical given that these plans serve lower-income individuals and families who are disproportionately Black, Latino, Native American, and from other marginalized and underserved communities. Many of the entities that serve as Medicaid managed care organizations also operate in the state-regulated insurance markets and serve as Third Party Administrators for employer-sponsored plans. HHS must also finally hold state Medicaid agencies accountable for strong oversight, given most states' deeply inadequate MHPAEA enforcement efforts.

CONCLUSION

Thank you for the opportunity to comment on this important issue. If you have further questions, please contact Laura Hanen, a policy advisor for AAPP at LAHanen@Venable.com or 202.344.4348.

Sincerely,

Brenda Schimenti

Brenda K. Schimenti
Executive Director