

Meeting Minutes of the Governor's Council on Substance Abuse Prevention and Treatment Youth Subcommittee Additional Meeting with Aetna Guest Speakers Thursday June 26, 2025, Approved

Attendees:

Subcommittee Members Attending: Rebecca Crowder, EJ Jenkins, Elizabeth Shahan, Josh VanBibber

Invited Subcommittee Members, Not Attending: Misty Atkins, Tahnee Bryant, Jo McNemar, Tiffany Pittman, Amy Sadler

Invited Guests Attending: Jaime Cantley, Rebecca Roth, Stephanie Thornton, Jeremy Truman

Invited Guests, Not Attending: Cindy Hill, Rachel Goff, Michael Mitcheff, Kathy Szafran, JoAnna Vance

Marshall University Staff: Bradley McCoy

Opening:

Rebecca Crowder provided welcome and opening remarks at this meeting of the Governor's Council on Substance Abuse Prevention and Treatment, Youth Subcommittee. The meeting was called to order on Monday July 14, 2025, and was conducted by Zoom conference. The purpose of this meeting was to have a special meeting with guest speakers from Aetna to learn about their survey data regarding youth treatment for substance use disorder (SUD) in West Virginia.

Agenda Items:

Welcome and Introductions

- The Subcommittee members introduced themselves and welcomed the attending guests below.
 - Jaime Cantley and Jeremy Truman, Senior Clinical Managers at Aetna
 - Stephanie Thornton, Chair of the Courts and Justice-Involved Populations Subcommittee
 - Rebecca Roth, Bureau of Behavioral Health (BBH) and the Treatment, Research, and Health Systems Subcommittee member

Aetna Youth Treatment Survey Presentation

- Aetna provided background context that they hold the contract to serve the foster care population in West Virginia, so they saw a need to develop a survey for providers to determine who offered SUD treatment, among other services, for youth. They developed the survey in Survey Monkey and sent it to providers in late 2024.
- Jaime Cantley shared the PowerPoint presentation previously shared with the Courts and Justice-Involved Populations Subcommittee.
- The survey was sent to all enrolled providers who offer mental health and SUD services. Aetna received 51 total responses and had a 71% completion rate. All counties in West Virginia were represented. The survey covered adolescents ages 13-17 with 86% of providers providing some kind of mental health, behavioral health, or substance use disorder services to adolescents.

- Of the 86% of respondents that provided services to youth, the following services were stated to have been provided
 - 96.88% of responses stated mental health services were provided.
 - 96.88% of responses stated behavioral health services were provided.
 - Only 59.38% of responses provided substance use disorder services.
 - 62.5% of responses indicated they offer these treatments all of these services.
 - 9.38% offered other treatments.
- 87.10% of respondents answered higher reimbursement rates would incentivize providers to expand services. Other factors included were staff training, state compliance and registration, and increased referral options.
- Many providers reported that they provide evidence-based treatment but listed forms of treatment that were not evidence-based, nor SUD-specific. There were no SUD-specific models of treatment listed. Aetna followed up with individual providers about this.
- Non-billable time and transportation were listed as barriers to offering youth treatment.
- The Aetna team identified evidence-based models of treatment to share with providers. One possible issue presented was that when a provider trained in an evidence-base leaves the facility, that health care system would have to pay to send a new provider to a training to offer the evidence-based treatment.
- Aetna would like to encourage a youth SUD certification for providers to promote a more competent workforce.
- There is difficulty in getting youth assessed for SUD with accurate evaluation and treatment recommendations. Intake evaluations do not always specify if a youth client has SUD.

Next Steps

- Jaime Cantley is sharing the PowerPoint presentation with the Youth Subcommittee.
- An important reminder while asking providers about treatment is to ask providers what type of treatment they consider what they are offering. For example, some listed cognitive behavioral therapy (CBT) as something they offer for youth SUD, which is a type of therapy, but not a SUD-specific model of treatment.
- The Youth Subcommittee would like to know what facilities and providers offer mental health/behavioral health services versus specifically SUD services. Aetna suggested that they work with the provider relations managers from all three managed care organizations (MCOs) to make an exhaustive list. They will also reach out to Brad Story, with the Behavioral Health Provider's Association.
- The Youth Subcommittee will discuss survey edits and the next steps at their regularly scheduled July meeting.

Adjournment:

Rebecca closed the meeting by thanking all Subcommittee members for their attendance and participation. The Youth Subcommittee will meet again on July 24, 2025, at 9:00 AM.