

Health Care Reform Resources

~Organized by Topic~

Affordable Care Act

- **How the Affordable Care Act Makes Health Coverage More Affordable** - explains the many ways that the Affordable Care Act makes health insurance coverage more affordable for consumers through fairer premiums for people with pre-existing conditions, women, and older people, income-based subsidies, and new, affordable coverage options for young adults.
<http://www.familiesusa.org/health-reform-central/publications.html#General>
(Families USA – June 2013)
- **NAMI's Got You Covered** - Website including answers to frequently asked questions, fact sheets, Mental Health Parity toolkit, and a Policy Makers toolkit.
http://www.nami.org/Template.cfm?Section=Health_Care_Reform
(NAMI)
- **State By State – How The Affordable Care Act Is Already Making A Difference -**
<http://www.hhs.gov/healthcare/facts/bystate/statebystate.html>
(HHS.gov/HealthCare)
- **Key Features of the Law** - The health care law offers clear choices for consumers and provides new ways to hold insurance companies accountable.
<http://www.healthcare.gov/law/features/index.html>
(Healthcare.gov)
- **The Patient Protection and Affordable Care Act – Detailed Summary -**
<http://www.dpc.senate.gov/healthreformbill/healthbill04.pdf>
(Responsible Reform for the Middle Class)
- **Affordable Care Act Will Expand Mental Health and Substance Use Disorder Benefits and Parity Protections for 62 Million Americans -**
http://aspe.hhs.gov/health/reports/2013/mental/rb_mental.pdf
(ASPE Research Brief – Department of Health and Human Services)
- **Glossary of Health Care and Insurance Terms** - index to understand key terms about health care and health insurance
<http://www.healthcare.gov/glossary/a/>
(Healthcare.gov)
- **Federal Focus** – overall progress on implementation of the Affordable Care act
<http://www.kidswellcampaign.org/States/State-Overview?GeoID=1>
(KidsWell)
- **Health Care Stories** - find out how the Affordable Care Act is benefitting people and find stories from seniors, young adults, those with pre-existing conditions, and others who are now receiving better, more affordable care because of health reform.

<http://www.whitehouse.gov/healthreform/map#healthcare-menu>

(WhiteHouse.gov)

- **How the Health Care Law Benefits You** - The Affordable Care Act forces insurance companies to play by the rules, prohibiting them from dropping your coverage if you get sick, billing you into bankruptcy because of an annual or lifetime limit, or, soon, discriminating against anyone with a pre-existing condition.

All Americans will have the security of knowing that they don't have to worry about losing coverage if they're laid off or change jobs. And insurance companies now have to cover your preventive care like mammograms and other cancer screenings.

When key parts of the health care law take effect in 2014, there'll be a new way for individuals, families and small businesses to get health insurance.

<http://www.healthcare.gov/law/information-for-you/benefits.html>

(Healthcare.gov)

- **Summary of the Affordable Care Act** - The summary of the law, and changes made to the law by subsequent legislation, focuses on provisions to expand coverage, control health care costs, and improve health care delivery system.

<http://kaiserfamilyfoundation.files.wordpress.com/2011/04/8061-021.pdf>

(Kaiser Family Foundation)

- **FAQs About Affordable Care Act Implementation Part VII and Mental Health Implementation -**

<http://www.dol.gov/ebsa/faqs/faq-aca7.html>

(United States Department of Labor)

- **National Snapshot** – maps and charts that compare important health care reform activity across all 50 states. Download maps, the latest on Medicaid expansion in states, the type of Exchange your state has decided upon, and the dollars and cents of federal monies given to states to implement health care reform.

<http://www.kidswellcampaign.org/National-Health-Care-Reform-Implementation-Snapshots>

(KidsWell)

- **Health Reform Implementation Timeline** – An interactive tool designed to explain how and when the provisions of the Affordable Care Act will be implemented over the next several years

<http://kff.org/interactive/implementation-timeline/>

(Kaiser Family Foundation)

- **Explaining Health Care Reform: What is Health Insurance?** – Focus on Health Reform Issue Brief

<http://kaiserfamilyfoundation.files.wordpress.com/2013/01/7906.pdf>

(Kaiser Family Foundation)

- **Health Care Reform: What's in it for Children and Youth with Special Health Care Needs?-**

<http://www.amchp.org/Policy-Advocacy/health-reform/Documents/CYSHCN-ACA-Fact-Sheet.pdf>

(Association of Maternal & Child Health Programs)

- **Helping Consumers Apply & Enroll Through the Marketplace-**

<http://familiesusa2.org/assets/pdfs/health-reform/Making-Coverage-More-Affordable.pdf>

(Families USA)

- **Flowchart: How Does the Individual Mandate Work?**
<http://kff.org/infographic/the-requirement-to-buy-coverage-under-the-affordable-care-act/>
(Kaiser Family Foundation)
- **SAMHSA Enrollment Coalition Initiative: Getting Ready for the Health Insurance Marketplace -**
(Center for Medicaid & Medicare Services/Substance Abuse and Mental Health Services Administration)
- **State Spotlight** – state level information on:
 - **Health Care Reform implementation status and developments**
How is the state approaching implementation of the Affordable Care Act? What changes have been enacted in public and private coverage? What progress has the state made in establishing a Health Insurance Exchange?
 - **Children’s health insurance coverage data and policies**
Demographic data on insured and uninsured children in the state. Medicaid/CHIP eligibility levels and summary of state policies and activities to maximize children’s coverage.
 - **Political landscape**
Key political figures and legislative information.
<http://www.kidswellcampaign.org/State-By-State-Health-Care-Reform-Profile/>
(KidsWell)

Essential Health Benefits

- **Prevention, Wellness, Comparing Providers** – As a result of the Affordable Care Act, your insurer may be required to cover certain preventive services for you and your family at no cost to you.
<http://www.healthcare.gov/prevention/index.html>
(Healthcare.gov)
- **Designing the Essential Health Benefits for Your State – An Advocate’s Guide -**
<http://familiesusa2.org/assets/pdfs/Designing-Essential-Health-Benefits.pdf>
(Families USA)
- **Your Questions On the Essential Health Benefits Bulletin Answered -**
<http://hdwg.org/sites/default/files/QuarterlyFAQs.pdf>
(The Catalyst Center)
- **Essential Health Benefits – Overview -**
http://www.uhc.com/live/uhc_com/Assets/Documents/EssentialHealthBenefits_Overview.pdf
(United Healthcare)
- **Essential Health Benefits Frequently Asked Questions -**
http://www.uhc.com/live/uhc_com/Assets/Documents/EssentialHealthBenefitsFAQ.pdf
(United Healthcare)

Health Insurance Exchange

- **State Decisions on Health Insurance Exchanges and the Medicaid Expansion** - <http://kff.org/health-reform/state-indicator/state-decisions-for-creating-health-insurance-exchanges-and-expanding-medicaid/>
(Kaiser Family Foundation)
- **State Health Insurance Marketplace Profiles** - Up-to-date state profiles give an in-depth look at each state's progress in setting up health insurance marketplaces, also known as exchanges. <http://kff.org/state-health-exchange-profiles/>
(Kaiser Family Foundation)
- **Total Federal Funding For Exchanges** - Map <http://cciio.cms.gov/Archive/Grants/exchanges-map.html>
- **Explaining Health Care Reform: Questions About Health Insurance Exchanges** - <http://kaiserfamilyfoundation.files.wordpress.com/2013/01/7908-02.pdf>
(Kaiser Family Foundation)

Families/Consumers

- **Shared Decision Making: Engaging Patients to Improve Care** - answers key questions about how shared decision making works, how it can improve patient care, how it fits into a more patient-centered health care system, and how to design a good shared decision-making program. (May 2013) <http://familiesusa2.org/assets/pdfs/health-system-reform/Shared-Decision-Making.pdf>
(Families USA)
- **Health Care Reform and Children: Planning and Design Considerations for Policymakers** - <http://www.nashp.org/publication/health-care-reform-and-children-planning-and-design-considerations-policymakers>
(National Academy for State Health Policy)
- **Quantifying Tax Credits for People Now Buying Insurance on Their Own** - <http://kff.org/health-reform/issue-brief/quantifying-tax-credits-for-people-now-buying-insurance-on-their-own/>
(Kaiser Family Foundation)
- **Patient's Bill of Rights and Protections** – <http://familiesusa2.org/assets/pdfs/health-reform/Patients-Bill-of-Rights.pdf>
(Families USA)
- **Growing Your Capacity to Engage Diverse Communities** - https://org2.democracyinaction.org/o/6739/images/CommunityBrokers_04-27-2009.pdf
(Family Voices)
- **Improving Quality Health Care: The Role of Consumer Involvement** - <http://www.academyhealth.org/files/issues/ConsumerEngagement.pdf>
(Robert Wood Johnson Foundation)

- **Health Reform Highlights** – comprehensive, up-to-date, information on children’s coverage and healthcare reform implementation in all fifty states and nationwide.
<http://www.kidswellcampaign.org/Weekly-Update-of-Health-Care-Reforms-Impacting-Children> (KidsWell)
- **Building on the Foundation: Consumer Advocacy’s Role in Successful Health Care Reform**
http://www.communitycatalyst.org/assets/pdf/Building_on_the_Foundation_Consumer_Advocacy_and_Health_Reform_April_2010.pdf

Peer to Peer Support Research Studies

- Pillars of Peer Support: Transforming Mental Health Systems of Care Through Peer Support Services - <http://www.power2u.org/downloads/PillarsOfPeerSupportServiceReport.pdf>
- [Bluebird, G. \(2008\). Paving new ground: Peers working in in-patient settings. National Technical Assistance Center, National Association of State Mental Health Program Directors \(NASMHPD\).](#)
- [Chamberlin, J., Rogers, E.S., & Ellison, M.L. \(1996\). Self-help programs: A description of their characteristics and their members. *Psychiatric Rehabilitation Journal*, 19, 33-42.](#)
- Chinman, M.J., Weingarten, R., Stayner, D., & Davidson, L. (2001). Chronicity reconsidered: Improving person-environment fit through a consumer run service. *Community Mental Health Journal*, 37(3) 215-229.
- Davidson, L., Chinman, M., Kloos, B., Weingarten, R., Stayner, D., & Tebes, J.K. (1999). Peer support among individuals with severe mental illness: A review of the evidence. *Clinical Psychology: Science and practice*, 6, 165-187.
- [Davidson, L., Chinman, M., Sells, D., & Rowe, M. \(2006\). Peer support among adults with serious mental illness: A report from the field. *Schizophrenia Bulletin*, 32\(3\), 443-450.](#)
- Felton, C.J., Stastny, P., Shern, D.L., Blanch, A., Donahue, S., Knight, E., & Brown, C. (1995). Consumers as peer specialists on intensive case management teams: Impact on client outcomes. *Psychiatric Services*, 46(10), 1037-1044.
- [Grantham, D. \(2013\). Peer support, engagement boost addiction treatment readiness. *Behavioral Healthcare*, 33\(1\) Jan-Feb 2013.](#)
- Humphreys, K. (1997). Individual and social benefits of mutual-aid self-help groups. *Social Policy*, 27, 13-19.
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- [Mead, S. & MacNeil, C. \(2006\). Peer support: What makes it unique? *International Journal of Psychosocial Rehabilitation*, 10 \(2\), 29-37.](#)
- Mowbray, C.T., & Tan, C. (1993). Consumer-operated drop-in centers run by and for psychiatric consumers: Evaluation of operations and impact, *Journal of Mental Health Administration*, 20, 8-19.
- Pfeiffer, P.N., Heisler, M., Piette, J.D., Rogers, M.A.M., & Valenstein, M. (2010). Efficacy of peer support, interventions for depression: A meta-analysis. *General Hospital Psychiatry*, 33(1), 29-36. [Click here for news report of this article.](#)
- Raiff, N.R. (1984). Some health related outcomes of self-help participation: Recovery, Inc. as a case example of a self-help organization in mental health. In A. Gartner & F. Riessman (Eds.), *The self-help revolution* (pp. 183-193). New York: Human Sciences Press.
- [Rogers, E. S., Kash-MacDonald, M., Brucker, D. \(2009\). Systematic review of peer delivered services literature 1989 – 2009. Boston: Boston University, Sargent College, Center for Psychiatric Rehabilitation.](#)

- [SAMHSA \(2006\) National consensus statement on mental health recovery. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration; Center for Mental Health Services. Retrieved from, http://store.samhsa.gov/shin/content//SMA05-4129/SMA05-4129.pdf](http://store.samhsa.gov/shin/content//SMA05-4129/SMA05-4129.pdf)
- [Sells, D., Davidson, L., Jewell, C., Falzer, P., & Rowe, M. \(2006\). The treatment relationship in peer-based and regular case management services for clients with severe mental illness. *Psychiatric Services*, 57\(8\), 1179-1184.](#)
- Sherman, P.S., & Porter, R. (1991). Mental health consumers as case management aides. *Hospital and Community Psychiatry*, 42,494-498.
- [Simpson, E. L. & House, A.O. \(2002\). Involving users in the delivery and evaluation of mental health services: Systematic review. *British Medical Journal*. 325, 1-5.](#)
- [Solomon, P.S. \(2004\). Peer support/peer provided services: Underlying processes, benefits, and critical ingredients. *Psychiatric Rehabilitation Journal*, 27\(4\), 392-401.](#)

Consumer Assistance Programs

- **Navigator and In-Person Assistance Programs: A Snapshot of State Programs**
<http://kaiserfamilyfoundation.files.wordpress.com/2013/04/8437.pdf>
(Kaiser Family Foundation)
- **Help Wanted: Preparing Navigators and Other Assisters To Meet New Consumers Needs -**
<http://www.familiesusa2.org/assets/pdfs/Preparing-Navigators.pdf>
(Families USA)
- **Designing Navigator Programs to Meet the Needs of Consumers: Duties and Competencies-**
<http://ccf.georgetown.edu/ccf-resources/designing-navigator-programs-meet-the-consumers-duties-competencies/>
(Georgetown University Health Policy Institute, Center for Children and Families)
- **How the Affordable Care Act Affects Consumer Assistance Programs -**
<http://familiesusa2.org/assets/pdfs/consumer-assistance-programs/How-ACA-Affects-Consumer-Assistance-Programs.pdf>
(Families USA)
- **Navigator Grant Recipient List by State -** <http://www.cms.gov/CCIIO/Programs-and-Initiatives/Health-Insurance-Marketplaces/Downloads/navigator-list-8-15-2013.pdf>
(Center for Medicaid & Medicare Services – cms.gov)
- **Consumer Assistance in Health Reform**
<http://kaiserfamilyfoundation.files.wordpress.com/2013/04/8434.pdf>
(Kaiser Family Foundation)
- **Filling in Gaps in Consumer Assistance: How Exchanges Can Use Assisters -**
<http://familiesusa2.org/assets/pdfs/health-reform/How-Exchanges-Can-Use-Assisters.pdf>
(Families USA)

Medicaid/CHIP/ Funding Opportunities

- **Medicaid Expansion and Mental Health Care** - PDF -
http://www.nami.org/Template.cfm?Section=Health_Care_Reform&Template=/ContentManagement/ContentDisplay.cfm&ContentID=155752
(NAMI)
- **Public Insurance Programs and Children With Special Health Care Needs** -
<http://hdwg.org/sites/default/files/MedicaidTutorial.pdf>
(The Catalyst Center)
- **Creating Seamless Coverage Transitions Between Medicaid and The Exchanges** –
<http://www.statenetwork.org/resource/creating-seamless-coverage-transitions-between-medicaid-and-the-exchanges/>
(State Health Reform Network)
- **Key Lessons from Medicaid and CHIP for Outreach and Enrollment Under the Affordable Care Act**
<http://kff.org/medicaid/issue-brief/key-lessons-from-medicaid-and-chip-for-outreach-and-enrollment-under-the-affordable-care-act/>
(Kaiser Family Foundation)
- **Behavioral Health Homes for People with Mental Health & Substance Use Condition** -
http://www.integration.samhsa.gov/clinical-practice/CIHS_Health_Homes_Core_Clinical_Features.pdf
(SAMHSA – HRSA Center for Integrated Health Solutions (CIHS))
- **Customizing Health Homes For Children with Serious Behavioral Health Challenges** -
http://www.tapartnership.org/docs/Health_Homes_for_Children_with_SED_S.PIRES.pdf
(U.S. Substance Abuse and Mental Health Services Administration)

Small Business

- **Job-Based Coverage and the Affordable Care Act: Why the Law Won't Cause Employers to Drop Coverage** - explains why employers will continue to offer coverage under the Affordable Care Act and how the law makes it easier for small employers to offer coverage to their workers.
(May 2013)
<http://familiesusa2.org/assets/pdfs/health-reform/Job-Based-Health-Coverage.pdf>
(Families USA)

Websites

- **Families USA** - Families USA is a national nonprofit, non-partisan organization dedicated to the achievement of high-quality, affordable health care for all Americans. Working at the national, state, and community levels, we have earned a national reputation as an effective voice for health care consumers for 30 years.
<http://www.familiesusa.org/>
- **Kaiser Family Foundation** - One of Henry Kaiser's favorite sayings was "find a need and fill it," and that's what the Foundation has tried to do. While the Foundation was established in 1948, it is in a sense a relatively young organization. Under the leadership of CEO [Drew Altman](#), Kaiser

was completely remade from the ground up beginning in 1991, with the mission, staff expertise, programs, operating foundation legal status and operating style it is known for today.

“Since we began in 1991, our goal has been to build an institution that plays a special role as a trusted source of information in a health care world dominated by vested interests. That institution-building process continues today.” – Drew Altman, Ph.D. President and CEO

<http://kff.org/>

- **Healthcare.gov** - A federal government website managed by the [U.S. Department of Health & Human Services](#)
<http://www.healthcare.gov/index.html>
- **InsureKidsNow.gov** - InsureKidsNow provides information about Medicaid and CHIP services for families who need health insurance coverage. These programs are designed to be affordable for families who are not able to afford health insurance in the private market or do not have coverage available to them.
<http://www.insurekidsnow.gov/About%20Us/index.html>
- **KidsWell** - KidsWell is a national advocacy campaign focused on successful health care reform implementation on behalf of children. KidsWell provides timely, easy-to-understand health care reform news and analysis.

Our approach is unique. In addition to providing timely health care reform information, we [coordinate over 30 children's health advocacy organizations](#) who are working to increase health insurance coverage for our nation's children and families.

<http://www.kidswellcampaign.org/>

- **NAMI** - The National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.
<http://www.nami.org/>
- **The Catalyst Center** – The Catalyst Center is a national center dedicated to improving health care coverage and financing for **Children and Youth with Special Health Care Needs (CYSHCN)**.
<http://hdwg.org/catalyst/>

Videos

- **Health Insurance Marketplace**
https://www.youtube.com/watch?v=2Rrq8GzWxs8&feature=player_embedded
- **Prevention & Wellness**
https://www.youtube.com/watch?v=lKejT13Jh9g&list=PL254FCEE85807009B&feature=player_embedded
- **Preexisting Conditions and the Affordable Care Act**
https://www.youtube.com/watch?v=uGKE0rZF644&feature=player_embedded

- **Ending Lifetime Limits on Coverage**
https://www.youtube.com/watch?v=wHCovGi5kdA&feature=player_embedded
- **Moms and the Affordable Care Act**
<http://www.youtube.com/watch?v=yGePGYOuSm4>
- **Small Businesses and the Affordable Care Act**
<http://www.youtube.com/watch?v=BuOabudu8I>
- **Families with Children and the Affordable Care Act**
<http://www.youtube.com/watch?v=7BSJmEggpnY>
- **Young Adults and the Affordable Care Act**
<http://www.youtube.com/watch?v=LAWWiDb3eA>
- **The YouToons Get Ready For Obamacare: Health Insurance Changes Coming Your Way Under the Affordable Care Act**
<http://kff.org/health-reform/video/youtoons-obamacare-video/>
- **Health Insurance Exchange**
http://www.youtube.com/watch?v=QP1I5N_-E1g
- **Health Reform Hits Main Street**
<http://www.youtube.com/watch?v=qNxgYjW3rc0>
- **The Affordable Care Act**
<http://www.youtube.com/watch?v=vTSqPYCMFtc>