

62ND HOUSE DISTRICT

WARREN COUNTY

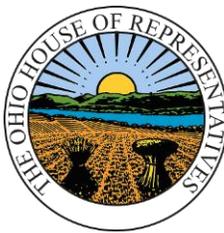
COMMITTEES

CHAIR: HEALTH

FINANCE

BEHAVIORAL HEALTH

FINANCE SUBCOMMITTEE ON
HEALTH AND HUMAN SERVICES



COLUMBUS OFFICE

VERN RIFFE CENTER
77 SOUTH HIGH STREET
13TH FLOOR

COLUMBUS, OH 43215-0253

PHONE: (614) 644-6023

REP62@OHIOHOUSE.GOV

State Representative P. Scott Lipps
Ohio House of Representatives

Vice Chair Holmes, Ranking Member Liston, and Members of the House Health Committee. Thank you very much for hearing my testimony on House Bill 688 today.

In short, HB 688 would create 2 pilot programs via appropriations within the Department of Medicaid and the Department of Mental Health and Addiction Services. The pilot programs regard prescription digital therapeutics or “PDTs”. I know this word might sound foreign to some or most of you, but this is a rapidly expanding and effective treatment option for a number of health conditions.

Digital therapeutics are “evidence-based therapeutic interventions that are driven by high quality software programs to prevent, manage, or treat a medical disorder or disease. *Prescription* digital therapeutics are only available via consultation with a healthcare professional who then actually *prescribes* the digital therapeutic. Most of us are likely familiar with apps like Headspace, Calm, or Noom. While these apps do promote wellness and can certainly be effective in some cases, there is **no** requirement for clinical effectiveness, patient safety, or

COMMITTEES

CHAIR: HEALTH

FINANCE

BEHAVIORAL HEALTH

FINANCE SUBCOMMITTEE ON
HEALTH AND HUMAN SERVICES



COLUMBUS OFFICE

VERN RIFFE CENTER
77 SOUTH HIGH STREET
13TH FLOOR

COLUMBUS, OH 43215-0253

PHONE: (614) 644-6023

REP62@OHIOHOUSE.GOV

State Representative P. Scott Lipps
Ohio House of Representatives

FDA regulation. PDTs are required to have FDA approval. As of now, there are currently 6 PDTs with FDA approval.

House Bill 688 will focus efforts to further exploring the utilization of PDTs in regards to substance use disorder and opioid use disorder – the 2 conditions that are ravaging our state and the nation. They are incredibly user friendly and quite simple to utilize. The patient will download an app onto their smartphone. The provider issues that patient the prescription “code” that allows the patient to access the program and various units. Within each unit, patients complete interactive cognitive behavioral therapy lessons that teach them new skills. Then, the patient will answer questions about what they learned to help solidify that knowledge. Finally, the patient “earns a spin” on a wheel where different prizes are awarded. This reinforces positive behavior with badges within the app or actual monetary rewards in the form of gift cards. In addition, patients are able to “check-in” by tracking their usage, cravings, and triggers. They can review old lessons that they found particularly helpful and even set reminders for medications.

From the provider’s side, they can see when each lesson was complete, if the patients had any additional check-ins, and generally how the patient is interacting

62ND HOUSE DISTRICT

WARREN COUNTY

COMMITTEES

CHAIR: HEALTH

FINANCE

BEHAVIORAL HEALTH

FINANCE SUBCOMMITTEE ON
HEALTH AND HUMAN SERVICES



COLUMBUS OFFICE

VERN RIFFE CENTER

77 SOUTH HIGH STREET

13TH FLOOR

COLUMBUS, OH 43215-0253

PHONE: (614) 644-6023

REP62@OHIOHOUSE.GOV

State Representative P. Scott Lipps
Ohio House of Representatives

with the program. This adds another layer of connection between provider and patient.

In a 12-week study of reSET and reSET-0 (2 PDTs that assist in the treatment of substance and opioid use disorder), they found that adding reSET to the outpatient treatment plan **MORE THAN DOUBLED** abstinence rates during the last 4 weeks of the 12-week trial. Retention rates increased almost 14% for patients who used these PDTs.

Under House Bill 688, the Department of Medicaid and the Department of Mental Health and Addiction Services would both be allocated \$7.5 million dollars to establish their pilot programs. Each Department would acquire PDTs approved for treating substance and opioid use disorders. Each Department will then work with providers to find patients (from varying demographic backgrounds) who have been appropriately diagnosed and who will benefit from supplementary treatment with PDTs. Those patients will receive the PDT at no cost. It is important to note that PDTs are not a *replacement* for medication or for any other behavioral health services, but a supplemental resource.

COMMITTEES

CHAIR: HEALTH

FINANCE

BEHAVIORAL HEALTH

**FINANCE SUBCOMMITTEE ON
HEALTH AND HUMAN SERVICES**



COLUMBUS OFFICE

VERN RIFFE CENTER

77 SOUTH HIGH STREET

13TH FLOOR

COLUMBUS, OH 43215-0253

PHONE: (614) 644-6023

REP62@OHIOHOUSE.GOV

**State Representative P. Scott Lipps
Ohio House of Representatives**

If you will all consider the following scenario for a moment. A 25-year old is being treated for opioid use disorder. He became dependent on opioids after a high school football injury that left him in extreme pain. After his prescription ran out, he turned to his so called friends to help him get some more pills. He went to extreme lengths to continue abusing prescription medications. His health, relationships, and entire life have been destroyed by this addiction. Now he is in treatment after facing the harsh reality of his situation. He goes to each counseling session, group meeting, and takes his medication as prescribed.

Although he seems to be doing everything right, he still struggles. Although he is doing everything within his power to turn his life around, he still faces temptations. Late at night, when the cravings emerge, he faces a pivotal decision. It's 2 AM, he is restless, pacing. He body is begging to get high, but his mind, tired from yet another day of battling addiction, is not able to endure another sleepless night. He can't stave off the temptation much longer. His counselor is not on call 24/7 (no counselor is). Calling into a hotline has not proved effective for him in the past and there is not a magical pill that could deliver him from this current mindset. He is trapped within himself with no way out.

62ND HOUSE DISTRICT

WARREN COUNTY

COMMITTEES

CHAIR: HEALTH

FINANCE

BEHAVIORAL HEALTH

**FINANCE SUBCOMMITTEE ON
HEALTH AND HUMAN SERVICES**



COLUMBUS OFFICE

VERN RIFFE CENTER

77 SOUTH HIGH STREET

13TH FLOOR

COLUMBUS, OH 43215-0253

PHONE: (614) 644-6023

REP62@OHIOHOUSE.GOV

**State Representative P. Scott Lipps
Ohio House of Representatives**

Maybe he got his hands on some pills that night and set himself once more down the wrong path. Maybe he took it too far and overdosed. Maybe he was able to suffer through that night and not use again. In situations like, this, do we really want to leave that young man to his own devices? He is completely stranded. He wants to do the right thing, but is not able to get there entirely on his own. If there is another layer of protection, guidance, or support that we can offer, shouldn't we?

This is one of many situations where a prescription digital therapeutic might have changed a life, or even SAVED one. 89% of patients use the app during non-clinic hours. In 89% of PDT patients, this could be the thing that saves their life. The retention and abstinence statistics all but prove that this technology is effective! We just need to expand the accessibility and House Bill 688 is a great first step to do so.

Once again, Members of the House Health Committee, thank you very much for your attention and for this opportunity. I would be happy to answer any questions.