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Express NY First 50 Actions: A Healthcare Perspective

**A Report on
NYS Agency Efficiency**

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On July 8, 2026 Governor Kathy Hochul's signed Executive Order #61. The Governor codified the EXPRESS NY (EXpediting Processes and Regulations to Enable Streamlined Services) policy by signing EO #61. The plan is designed to reduce regulation and streamline processes across state government. including several healthcare initiatives aimed at making New York's healthcare system easier to navigate for providers while reducing unnecessary administrative burden. Capital Health Consulting analyzed these actions and is pleased to provide the following insights. The objective of this effort is to:

- 1.Modernize outdated regulations,
- 2.Review fines, fees, and penalties,
- 3.Streamlining mandated reports, board, commissions and councils.

Although the package does not include new investments or major policy shifts, it reflects the Administration's continued focus on modernizing regulations, expanding the healthcare workforce, and simplifying operational requirements across multiple agencies. For hospitals, nursing homes, behavioral health providers, and other healthcare organizations, these changes are designed to remove barriers that can slow hiring, delay projects, and consume valuable staff time.

The common thread throughout these reforms is a move toward greater flexibility and efficiency. The Department of Health is reducing barriers to nursing home construction, streamlining Medicaid documentation, expanding the use of digital processes, and creating new workforce pathways for nurse aides and nursing home administrators. At the same time, the behavioral health agencies—OMH, OASAS, and OPWDD—are simplifying certification requirements, reducing duplicative reporting, modernizing outdated regulations, and providing providers with greater operational flexibility. Collectively, these actions should allow organizations to spend less time on paperwork and compliance and more time delivering patient care.

Department of Health

- **Lowering Financial Barriers For Building Nursing Homes:** The Department of Health is reducing the requirement for nursing homes to contribute 25% equity to construction projects. Reducing this requirement will lower barriers for nursing homes to undertake construction projects and modernize their facilities across the state.
- **Streamlining Nurse Aide Training:** The Department of Health will adjust the training hour requirements for nurse aides to match the minimum federal standards (75 hours) instead of the higher state requirement (currently 100 hours). This regulatory reform will make it easier for those seeking to become a certified nurse aide to complete their training requirements and help to address workforce shortages.
- **Streamlining Medicaid Paperwork and Reporting for Healthcare Providers:** The Department of Health will reform their regulations to replace dozens of repetitive documentation and recordkeeping requirements in the Medicaid program with a single cross-referenced standard. This will save time and money for healthcare providers (e.g., ophthalmologists, audiologists) and hospitals by allowing clinical staff to spend less time on duplicate forms and more time on patient care.



Department of Health (con't)

- **Reducing Barriers to Entry For Nursing Home Administrators:** The Department of Health will change their regulations to lower barriers to entry for the nursing home administrator licensure program. Changes include reducing the required hours for the Administrator in Training Program from 12 months full time to 9 months full time, expanding the practice areas that qualify for the field experience requirement, and changing the required years of experience that a preceptor must have as an Administrator of Record of a nursing home from 3 years to 1 year. This change will address workforce shortages by making it more accessible for prospective nursing home administrators to enter the field.
- **Digitizing Medicaid Workflows for Healthcare Providers:** The Department of Health will update their regulations to explicitly authorize the use of digital signatures and online forms for Medicaid administration. This regulatory change will help ensure that healthcare providers can utilize electronic workflows and modernize their systems to increase efficiency and improve the experience of patients.
- **Expanding Telehealth in Assisted Living:** The Department of Health has issued guidance which clarifies that after an initial in-person assessment, telehealth may be used in Adult Care Facility and Assisted Living settings. This reform will help reduce delays in care, increase access for specialists and doctors for seniors across the state, and eliminate the need for fragile residents to travel for every routine appointment.

What This Means: These reforms should make it easier for providers to recruit staff, modernize facilities, reduce administrative burden, and expand the use of digital tools and telehealth.



Office for People with Development Disabilities

- **Cutting Paperwork for Small Daily Purchases:** The Office for People With Developmental Disabilities will update their regulations to provide more flexibility around handling of personal allowances, including increasing the threshold amount to \$25 from \$15 to reduce the paperwork associated with minor, daily purchases and save administrative time.
- **Improving Administration of SSA Benefits:** The Office for People With Developmental Disabilities is updating their regulations governing how providers manage Social Security Administration (SSA) benefits on behalf of the individuals in their care. Currently, these regulations are very restrictive, making it challenging for providers to administer SSA benefits. This update will streamline the benefits process and reduce the burden on care facilities.

What This Means: OPWDD providers can expect modest operational efficiencies through reduced paperwork and simplified financial administration, allowing staff to focus more on patient care.



Office of Mental Health

- **Increasing Flexibility for Mental Health Clinics:** The Office of Mental Health will create increased flexibility for Mental Health Outpatient Treatment and Rehabilitative Services (MHOTRS) providers to ensure that health-related social needs and preventative interventions for families can be addressed at the moment someone seeks help. This new framework ensures patients receive timely appointments, robust follow-up care, and enhanced care coordination. Furthermore, the reform introduces vital standards to guarantee safe discharges from inpatient and emergency settings, creating a more supportive safety net for individuals with complex needs. This action will further help hundreds of thousands of New Yorkers annually.
- **Rescinding Pandemic-Era Mandates in Office of Mental Health Facilities:** The Office of Mental Health reform will repeal regulations regarding COVID-19 vaccination requirements for staff in OMH facilities. This impacts facility staff and visitors by simplifying operations and removing rules that are no longer appropriate for the current public health landscape.



Office of Addiction Services and Supports

Accelerating Recertification For Addiction Services Providers:

The Office of Addiction Services and Supports will streamline the recertification process by conducting reviews at the organizational level, rather than evaluating individual programs. This shift provides a holistic view of an organization's operational health, while reducing duplicative document requests, site visits, and corrective action plans and maintaining oversight and predictable timelines for certification decisions.

Modernizing Standards for Substance Use Disorder Outpatient Programs:

The Office of Addiction Services and Supports will be making a number of technical updates to the regulations, including updating outdated terminology and aligning state regulations and federal changes. These changes will reduce the administrative burden for rehabilitation facilities. For example, these amendments remove a previous requirement for outpatient rehabilitation programs to obtain a separate certification than outpatient programs, thereby increasing patient access and reducing burden on providers to obtain a separate certificate.

Streamlining Incident Reporting Across Supportive Services: The Office of Addiction Services and Supports is updating their regulations to allow the same digital incident reporting system used by mental health clinics. This will impact staff at dual-licensed programs by eliminating the need to enter the same incident into two different state systems, saving thousands of hours in administrative time, and reducing risk of human error.

Streamlining Certification Processes for Detox and Rehab Facilities:

The Office of Addiction Services and Supports is modernizing regulations to allow providers to offer both detoxification and inpatient rehabilitation care under a single new certification. This improves care by allowing patients to seamlessly transition between these services in one location, reducing unnecessary discharge and re-admission cycles, and saves providers the time and expense of multiple certifications and siloed business processes.

Expanding Access and Reducing Barriers for the Addiction Services Workforce:

The Office of Addiction Services and Supports will expand the types of professionals classified as "Qualified Health Professionals" to include credentialed prevention professionals and specialists with bachelor degrees. This change will help to fill essential roles, address workforce shortages, and expand access to prevention services.



Take Away

While many of these initiatives may seem modest individually, together they represent a meaningful effort to reduce regulatory complexity across New York's healthcare system. Healthcare organizations should begin evaluating where these changes can improve operations, lower administrative costs, and support workforce recruitment and retention. As agencies release additional guidance and implement these reforms, providers that act early will be in the best position to take advantage of new opportunities and improve organizational performance.

Recommended Action Steps

- **Review your organization's operations.** Identify where these regulatory changes can reduce administrative burden, improve workflows, or create new opportunities for staffing, telehealth, or capital planning.
- **Update strategic priorities.** Consider how workforce reforms, digital modernization, and streamlined certification processes can be incorporated into your organization's strategic, operational, and capital plans over the next 12–24 months.
- **Stay engaged as implementation moves forward.** Many of these initiatives will require additional regulatory guidance. Organizations should monitor agency announcements and work with legal counsel, consultants, and industry associations to ensure they are prepared to implement changes as they become effective.

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