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Tuesdays at Ten:

Cybersecurity Trends IDD/BH Organizations Need to Know

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Meet the Presenters



Allan Blum

Partner

allan.blum@forvis.com



Ben Owings

Senior Managing Consultant

ben.owings@forvis.com



Nobe Aleman

Senior Managing Consultant

nobe.aleman@forvis.com

Agenda

- Introductions

- Role Cybersecurity Plays Within Healthcare

- Current Cybersecurity Threats

- How to Become Resilient

- Questions/Closing Remarks

Role Cybersecurity Plays Within Healthcare

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Set a Strong Tone at the Top

Remember – A Strong Cybersecurity Culture Starts With You

- Board/Executive-level initiative
- Show that you value cybersecurity & information security
- Be intentional about cybersecurity education
- Consider appointing a cyber executive/CISO
- Consistent communication with management

Board/Exec Expectations – Are You Ready?

Provide “credible challenges” to IT/IS Management – “A credible challenge involves being actively engaged, asking thoughtful questions, & exercising independent judgment”

- Can we identify threats most relevant to us?
- What are our main cyber risks?
- What are we doing to mitigate those risks?
- Are we prepared to deal with a breach? Do we have a plan?
- What is the planned cybersecurity budget growth over the next three years?

Evaluate risk & ensure alignment with strategic decisions

Remember – cybersecurity is a people, process, & business (patient) issue

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IT vs. IS – Both Have Their Roles

Information Technology

Information Security

Top priority: Ensuring hardware, software, network, etc. remains functional	Top priority: Protecting data & assets at all costs
Responsible for new technology implementations & maintenance	Responsible for systems, processes, & risks posed by end users
Puts controls in place	Monitors controls to ensure they work as designed
Stays up to date on new hardware, software, & solutions	Stays up to date on new threats & developments that emerge daily
Often measured in uptime & response times	Recommends & prioritizes action steps & solutions
“Fix-it” mentality	“Secure-it” mentality

Current Cybersecurity Trends

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Cybersecurity Is Patient Safety

“When it comes to cyberattacks affecting patient care, the question is no longer a matter of if or when, but how often & how catastrophic the consequences”

The Office of U.S. Senator Mark R. Warner released a report titled “Cybersecurity is Patient Safety – Policy Options in the Health Care Sector”



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Five Threats

- 1) Email phishing attack
- 2) Ransomware attack
- 3) Third-party risk
- 4) Insider, accidental, or intentional data loss
- 5) Attacks against connected **medical devices** that may affect patient safety

<https://www.forvis.com/article/2023/04/top-five-cybersecurity-risks-facing-healthcare-industry>

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A Dangerous Perception

Perception of Your Security Controls



vs.

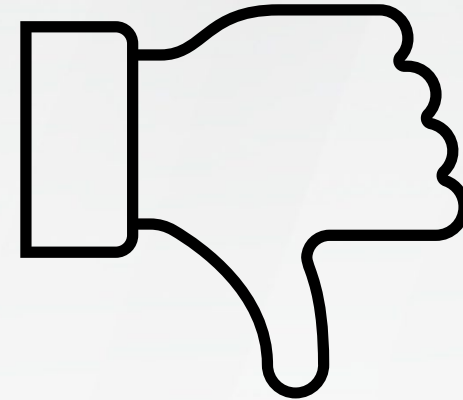
Your Actual Security Controls



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Reputational Losses

A study this year noted: people will not come back when a company has a data breach.



*2023 Object First study on consumer perspectives on ransomware attacks

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Ransomware & Triple Extortion

- You can't have your data
- We will release your data to the public
- We will contact your patients & tell them to pay us not to release their data



In the News

- Cummins Behavioral Health Reports 157K Record Data Breach
- Photos Published After Ransomware Attack on Plastic Surgery Clinic
- School Systems Breaches
 - Minneapolis Public Schools
 - Los Angeles Unified School District
 - San Diego Unified School District

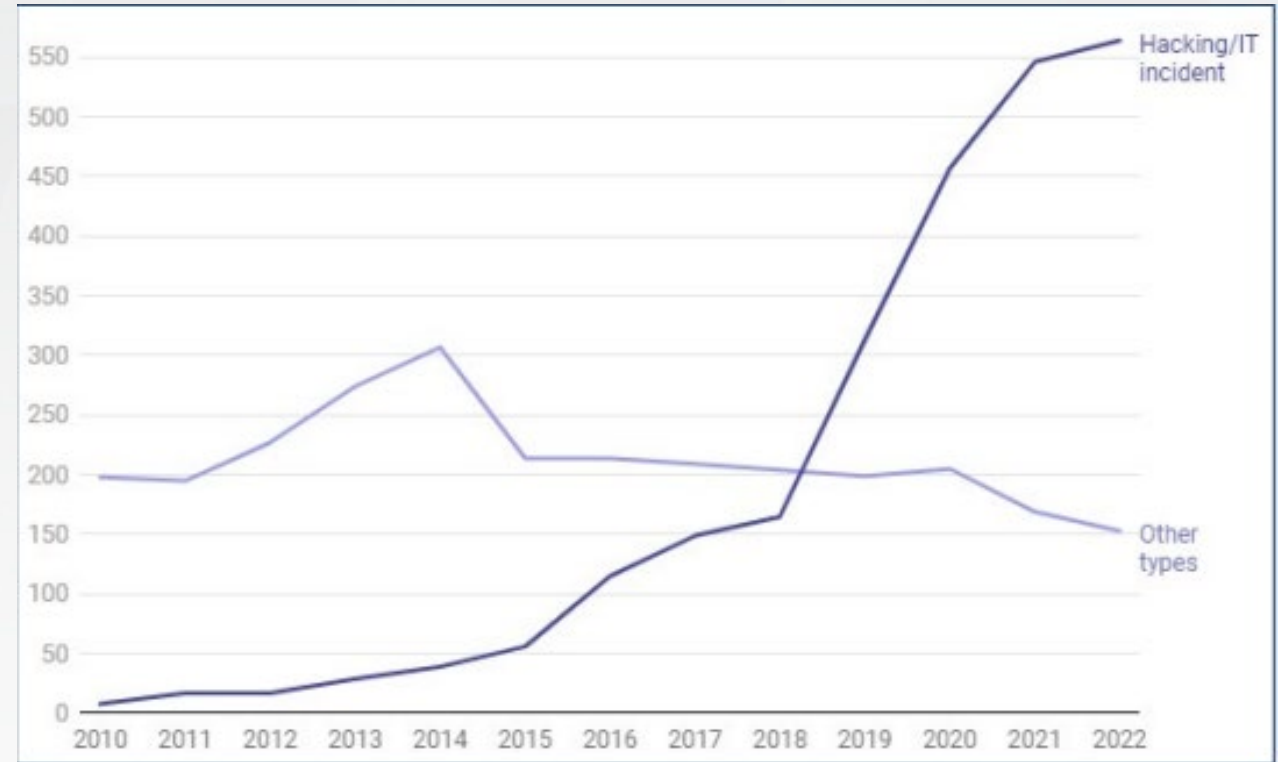
Electronic Medical Record Threats

- Phishing
- Fraud
- Data breaches & vulnerabilities
- Malware & ransomware attacks
- Cloud threats/Third-party risks
- Employees/Insider threats



What Are the Threats? Who Is the Target?

- Behavioral Health suffered one out of every ten breaches



Graph - Liss, Samantha, Ye Han, Jasmine. "Hacking healthcare: With 385M patient records exposed, cybersecurity experts sound alarm on breach surge," HealthCare Dive. March 9, 2023
2023 Critical Insight Healthcare Breach Report

AI Threats & Early Mitigation

Phishing/Deep Fakes

- AI can be used to automate & enrich phishing emails
- AI can be used to impersonate individuals (Eleven Labs/Synthesisia) for phishing

Data Privacy/Breaches

- AI can be used to access & exploit personal data without permission or authorization

AI-Assisted Fraud

- AI-assisted fraud can be used to bypass security measures & steal data.

Other Security Risks

- AI can be used to create security vulnerabilities or exploit weaknesses quickly

Mitigate the Threat – Start With the Basics

- Address the threat/usage in your risk assessments
 - Address usage in your Acceptable Use Policies
 - Train & educate employees!

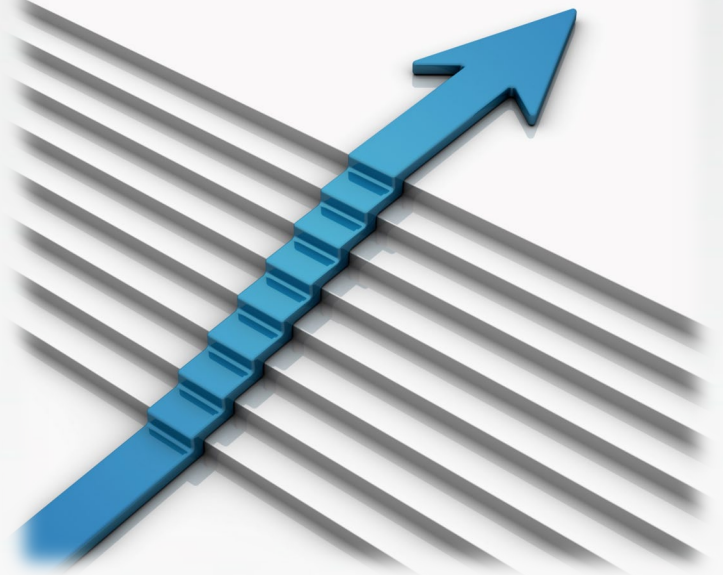
How to Become Resilient

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HIPAA Risk Analysis

- Regulatory requirement
- Perform one at least annually or as needed
- Identify & categorize risks
- Implement appropriate safeguards
- Improve your security posture
- Reduce the risk of a data breach



Health Industry Cybersecurity Practices (HICP)

- Cybersecurity Act of 2015
- 405(d) Task Force
 - HICP
- 2021 Amendment to HIPAA
- Recognized Security Practices (RSPs)



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Cybersecurity Practices

- 1) Email Protection Systems
- 2) Endpoint Protection Systems
- 3) Identity & Access Management
- 4) Data Protection & Loss Prevention
- 5) IT Asset Management
- 6) Network Management
- 7) Vulnerability Management
- 8) Security Operations Center & Incident Response
- 9) Medical Device Security
- 10) Cybersecurity Policies

Benefit of Adopting RSPS

- Mitigate fines
- Favorable early terminations of an audit
- Mitigate remedies



References

- The Office of U.S. Senator Mark R. Warner released a report titled “Cybersecurity is Patient Safety – Policy Options in the Health Care Sector”
- Veeam 2022 Ransomware Trends Report
- IBM Cost of a Data Breach Report 2021
- 2023 ObjectFirst Research

Resources

- <https://www.nist.gov/cyberframework/framework-documents>
- <https://405d.hhs.gov/resources>
 - <https://405d.hhs.gov/Documents/HICP-Main-508.pdf>
 - <https://405d.hhs.gov/Documents/tech-vol1-508.pdf> (small organizations)
 - <https://405d.hhs.gov/Documents/tech-vol2-508.pdf> (medium/large organizations)
- <https://www.forvis.com/article/2022/11/what-hipaa-safe-harbor>
- <https://www.forvis.com/article/2023/01/what-are-hipaa-s-recognized-security-practices>
- <https://www.forvis.com/article/2023/04/top-five-cybersecurity-risks-facing-healthcare-industry>

Other Resources

- Infosec Institute – <https://resources.infosecinstitute.com/>
- Info Risk Today – <https://www.inforisktoday.com/>
- Security Week – <https://www.securityweek.com/>
- Dark Reading – <https://www.darkreading.com/>
- The Top Cyber Threat Intelligence Feeds – <https://thecyberthreat.com/cyber-threat-intelligence-feeds/>

Questions?

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