

Mental Health Matters

National Coordinating Committee for Multiemployer Plans
September 24, 2019

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Care Management Institute
Kaiser Permanente

Objective



Using lessons learned from Kaiser Permanente, understand the components of an effective mental health care program.

Agenda



1

Mental Health Overview

2

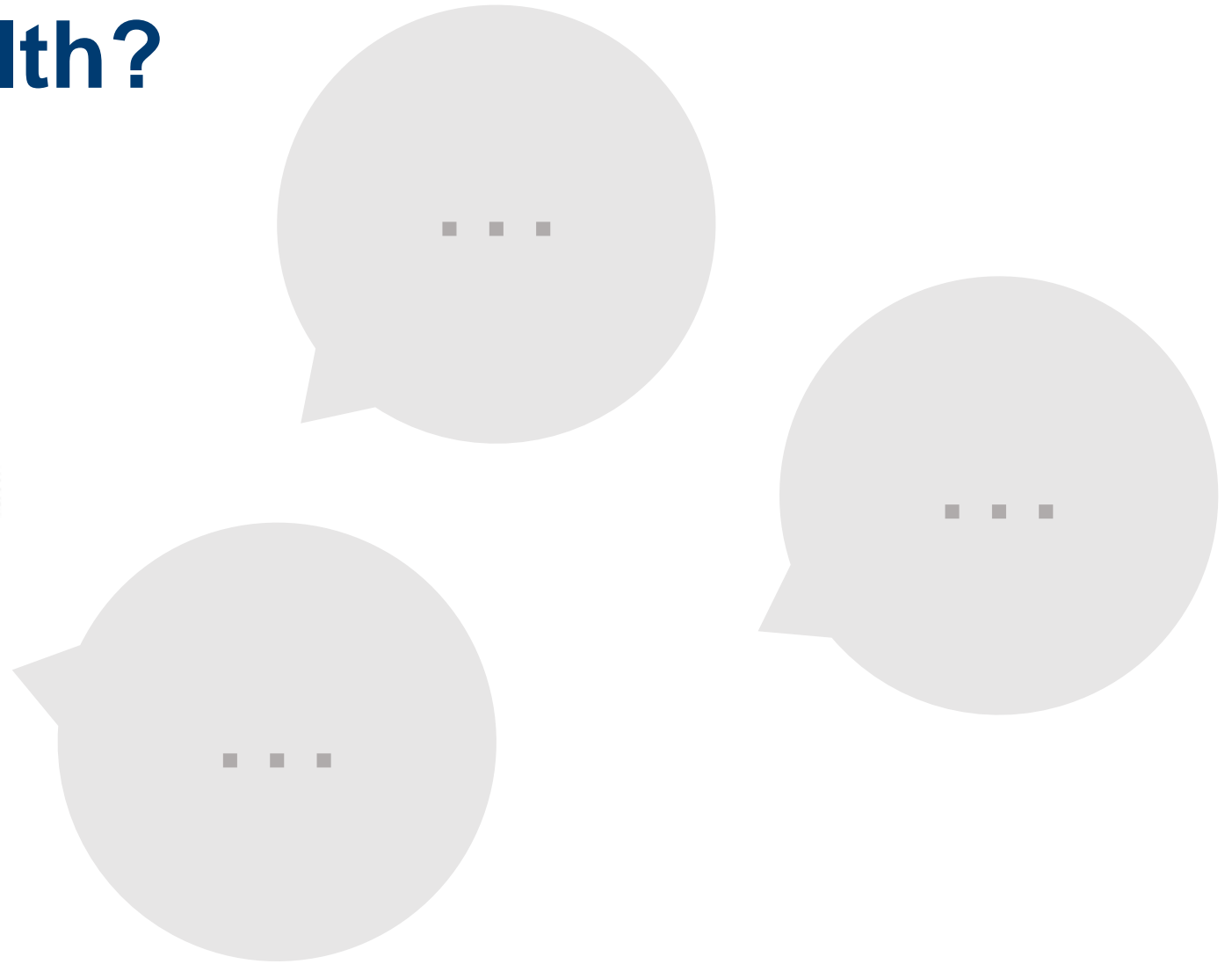
Essential components

3

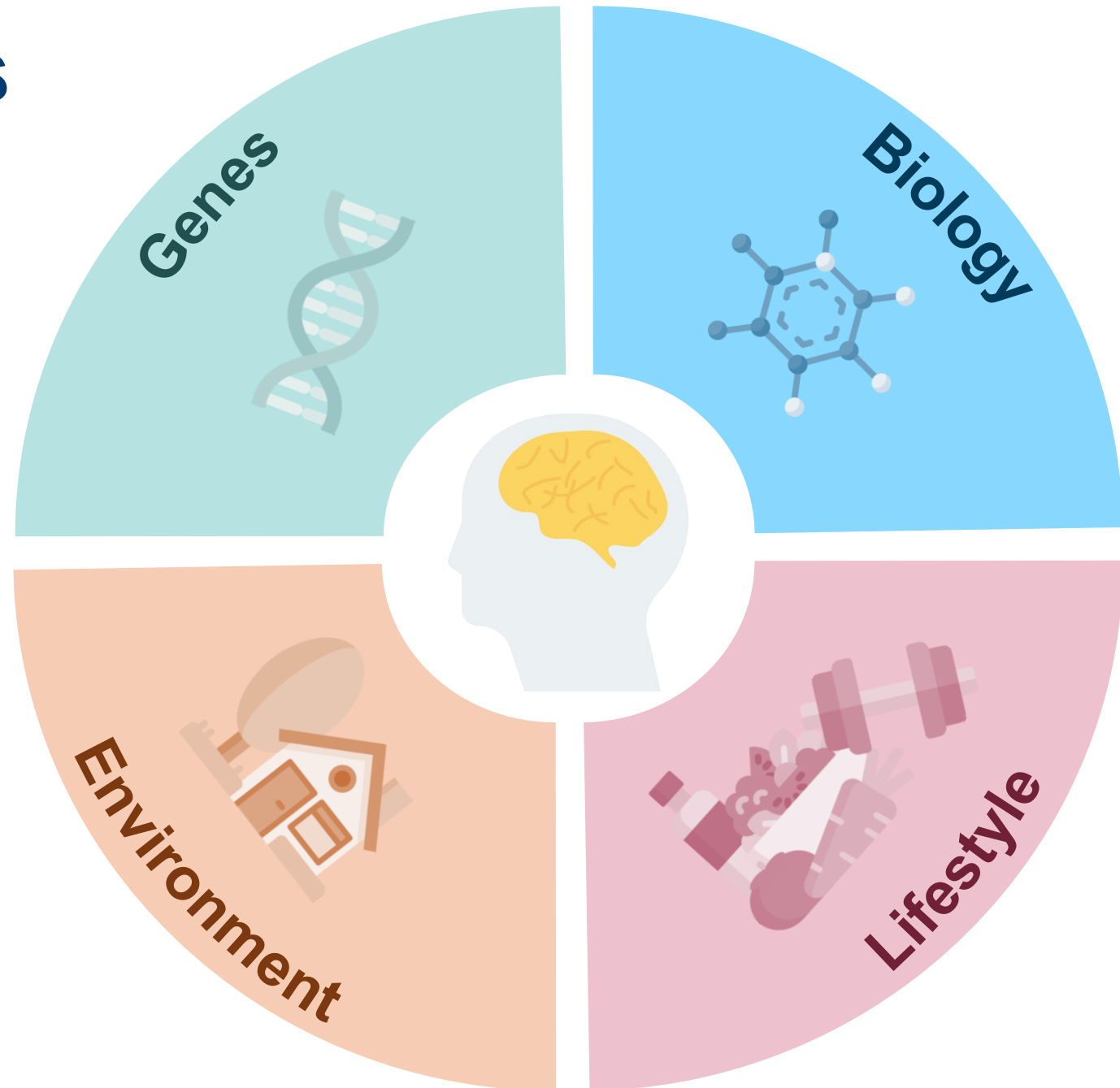
Discussion



What is mental health?



What influences mental health?



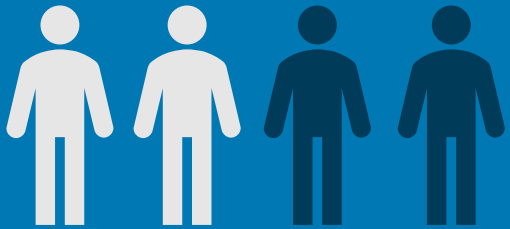
Source: Mental Health America, accessed September 20, 2019.

Prevalence

1 in 5



Americans experience a **mental health condition** in any given year.¹



About **half** of
Americans
will experience a mental illness
sometime in their life.²



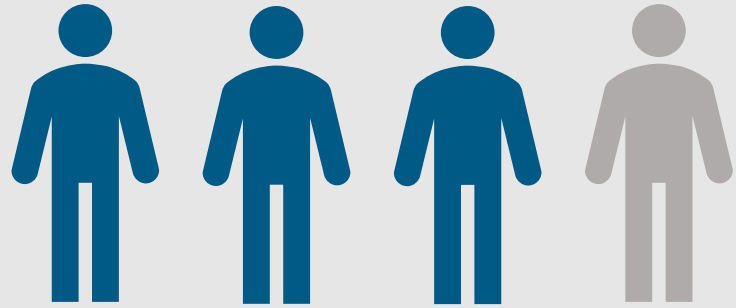
Depression is the **#1**
cause of disability
Worldwide.³

est. prevalence
320 million



¹ World Health Organization, 2018. ² National Institute for Mental Health, accessed September 20, 2019. ³ World Health Organization, 2018.

Workforce



3 in 4

Employees have struggled with an issue that affected their **mental health**.¹

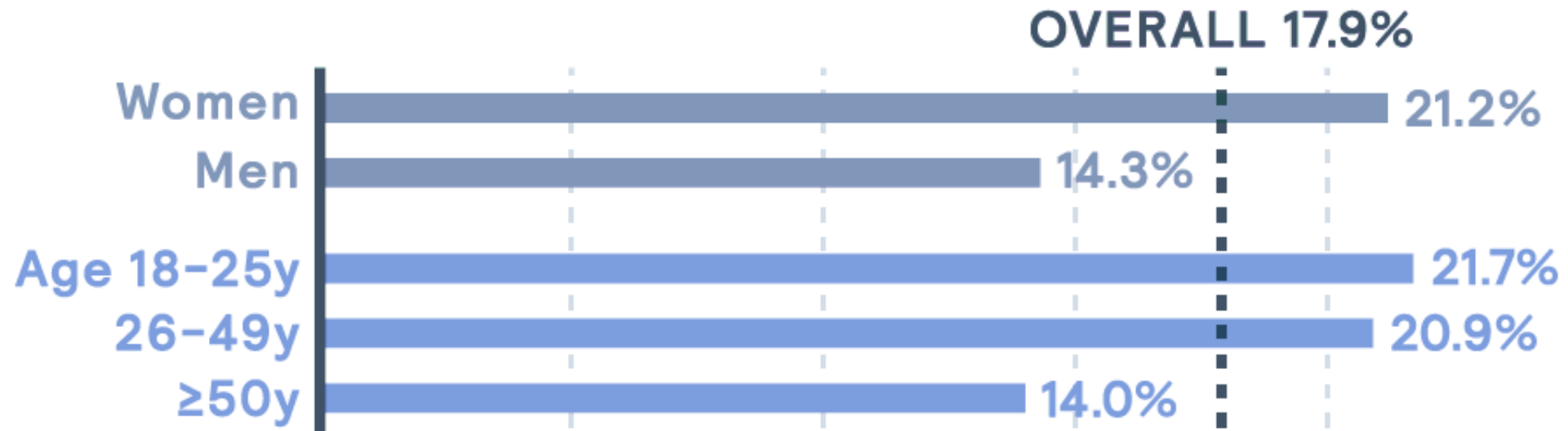
Mental illness is the **single greatest cause** of worker disability worldwide.²



¹ Mental Health America, accessed September 20, 2019. ² World Health Organization, 2018.

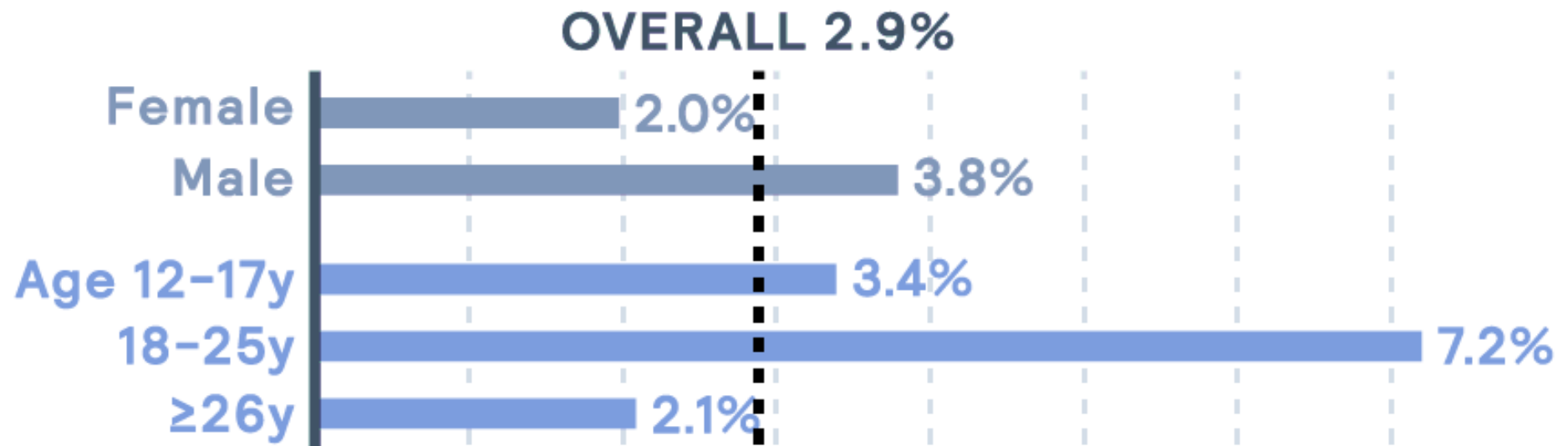
Prevalence: Mental Health

Nearly 18% of Adults in the United States Reported Having a Mental, Behavioral, or Emotional Disorder in 2015



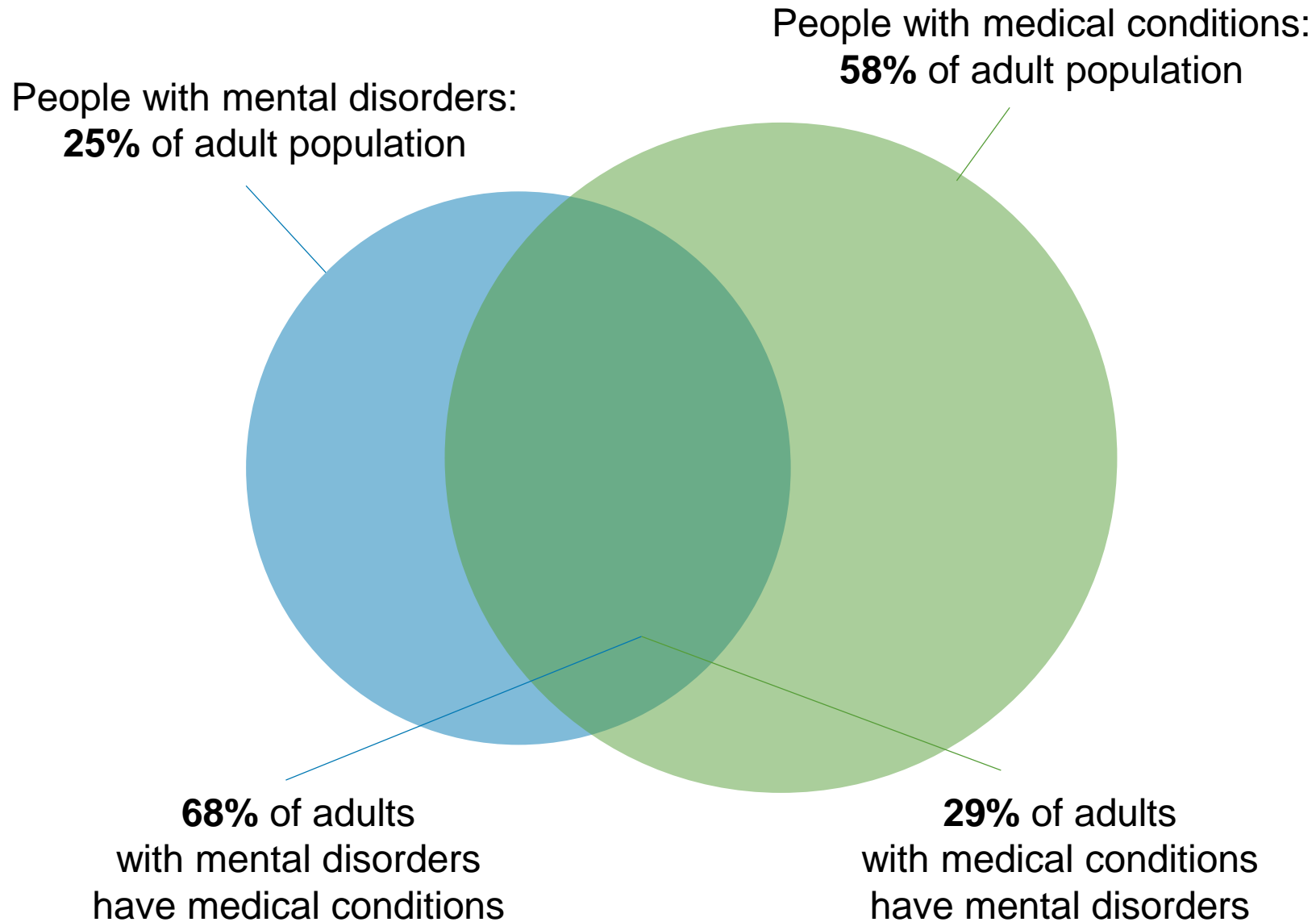
Prevalence: Addiction

Nearly 3% of People 12 Years or Older Reported Illicit Drug Addiction or Misuse in 2015



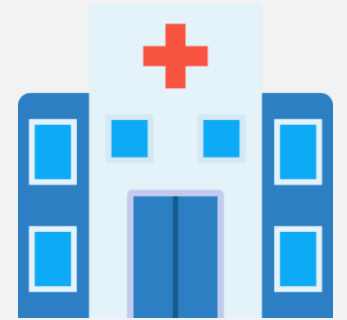
Note: Includes marijuana use

Comorbidity



Those who enter treatment for a **mental health disorder** are

2x



as likely to also be living with a **substance abuse disorder**

Ranking disease burden

Cancer & Tumors

Skin Diseases

Chronic Respiratory

Endocrine (diabetes, kidney)

Injuries

Musculoskeletal Disorders

Circulatory

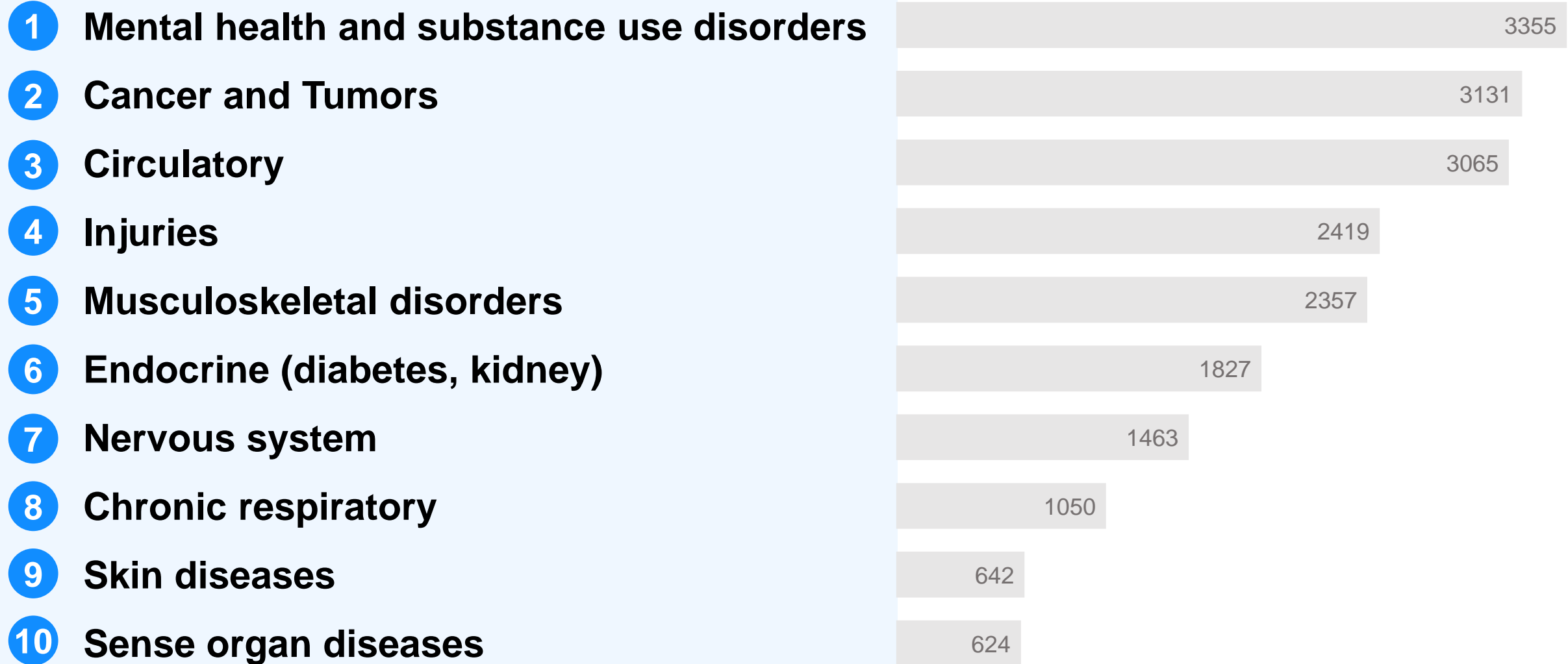
Mental Health & Substance Use Disorders

Nervous System

Sense Organ Diseases

Impact: Morbidity and Mortality

Age standardized disability adjusted life years (DALYs)
rate per 100,000 population, both sexes, 2015



Source: Kaiser Family Foundation, 2017.

Impact: Morbidity and Mortality



Suicide rates have climbed to their **highest level** since 1942.¹

Suicide is the **#1** cause of death among girls 15-19

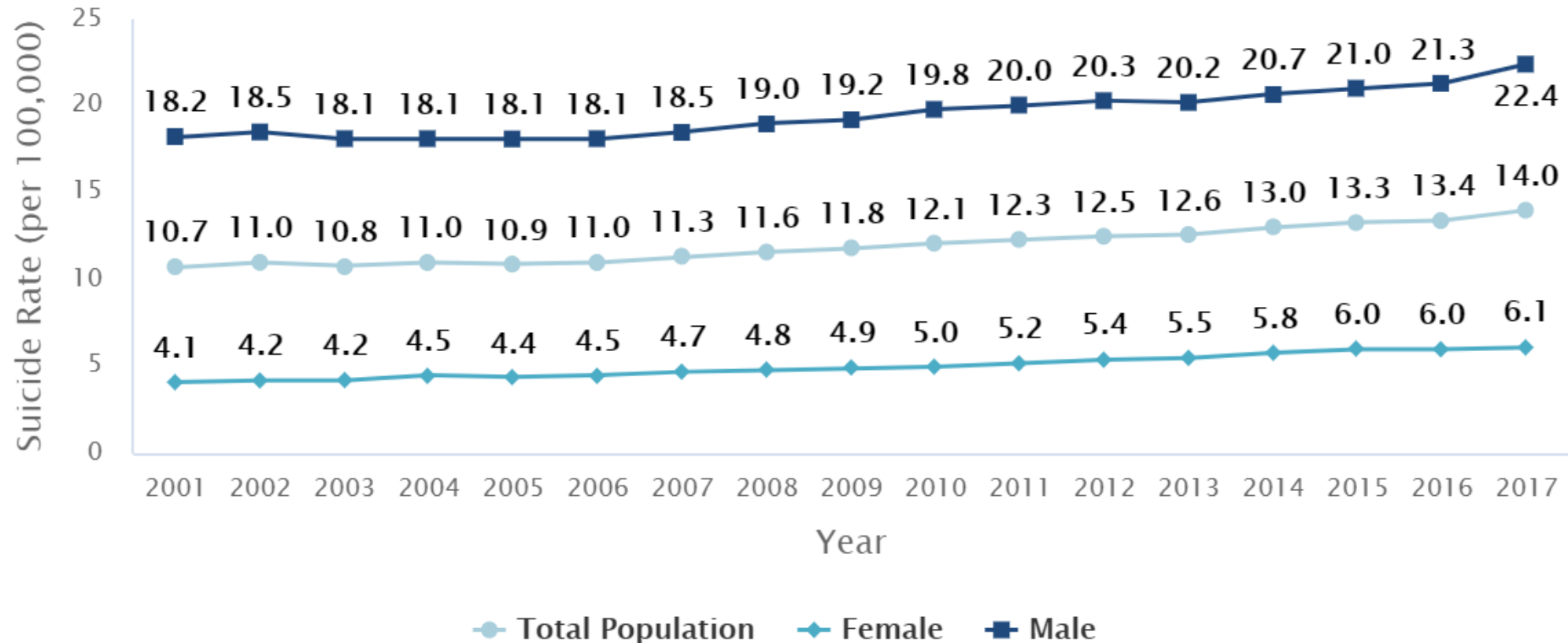
and the **#2** cause of death among young people.²

¹ Time, 2019. ² Centers for Disease Control and Prevention, 2017.

Impact: Morbidity and Mortality

Age-Adjusted Suicide Rates in the United States (2001-2017)

Data Courtesy of CDC

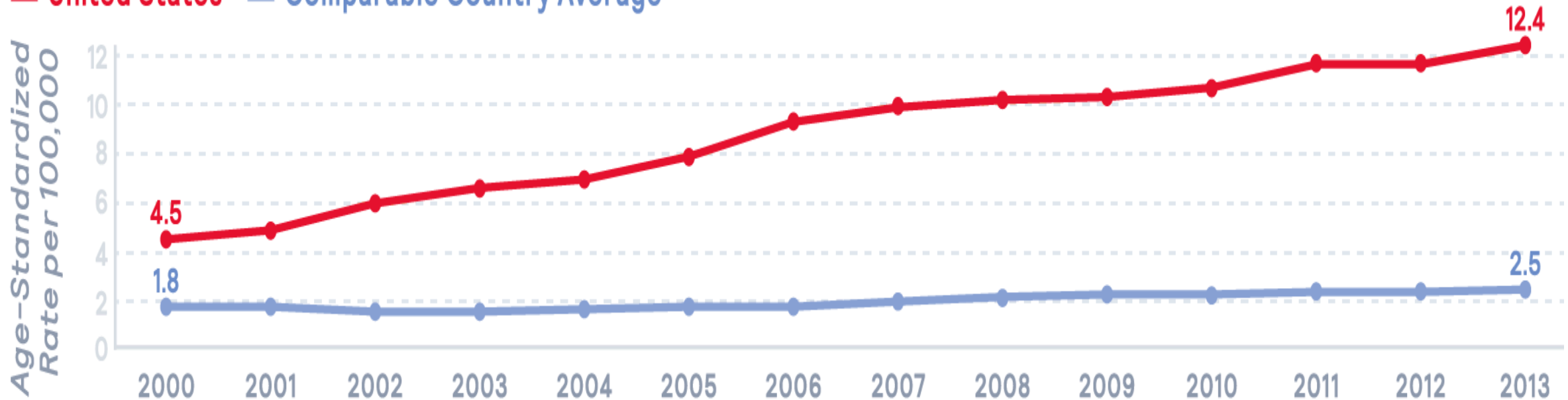


Source: National Institute of Mental Health, 2017.

Impact: Morbidity and Mortality

Relative to Comparable Countries^a, the US Has Had Higher Rates of Death From Unintentional Poisonings^b

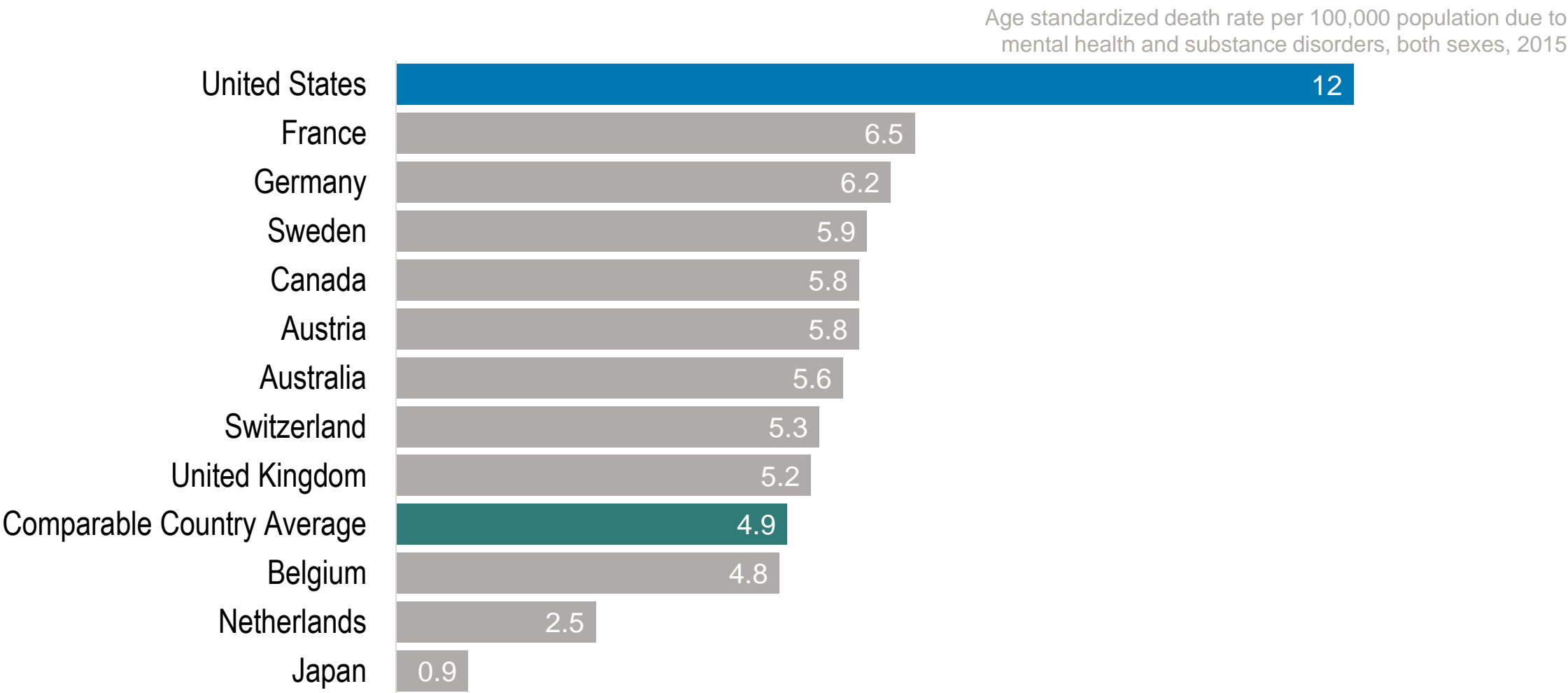
■ United States ■ Comparable Country Average



^a Based on size and wealth ^b 92% of unintentional poisonings in the US in 2013 were due to illicit or pharmaceutical drug overdoses.

Impact: Morbidity and Mortality

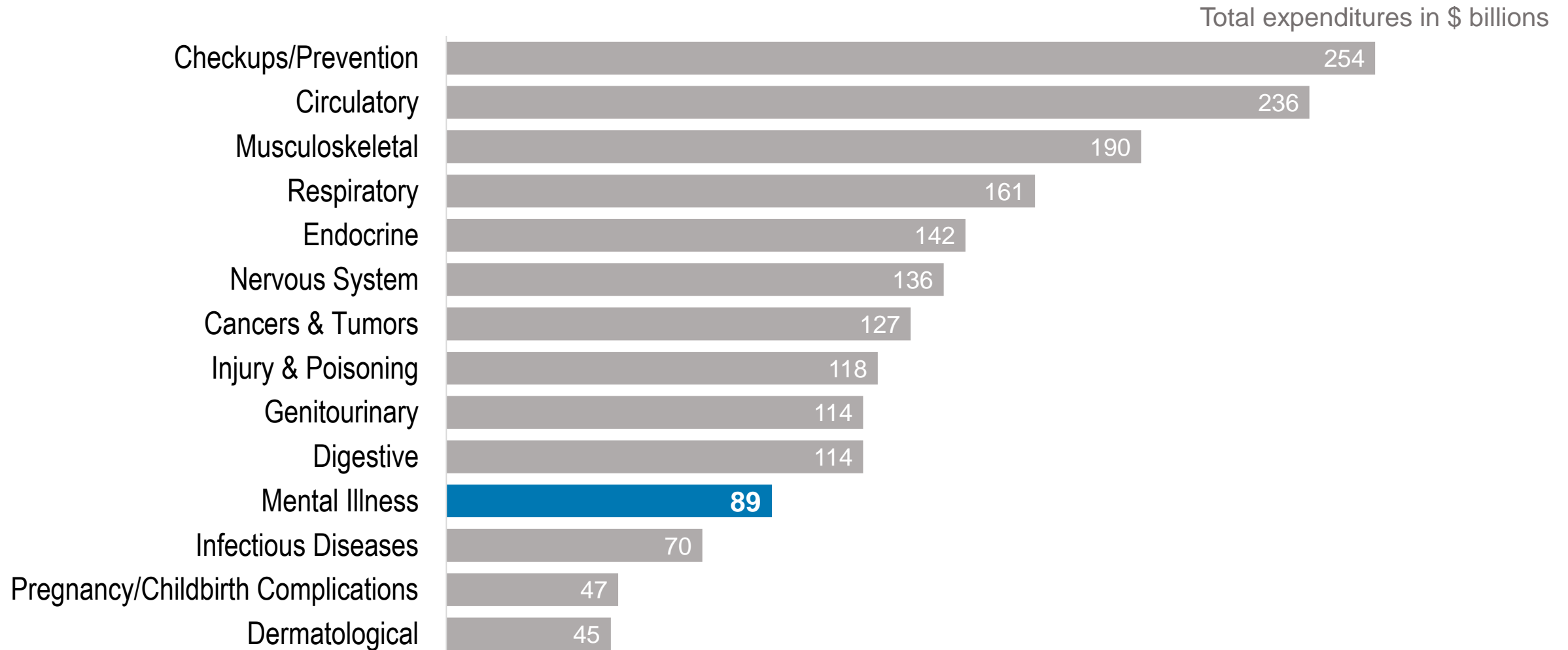
Among comparable countries, the U.S. has the highest rate of death from mental health and substance use disorders.



Source: Kaiser Family Foundation, 2017.

Impact: Cost

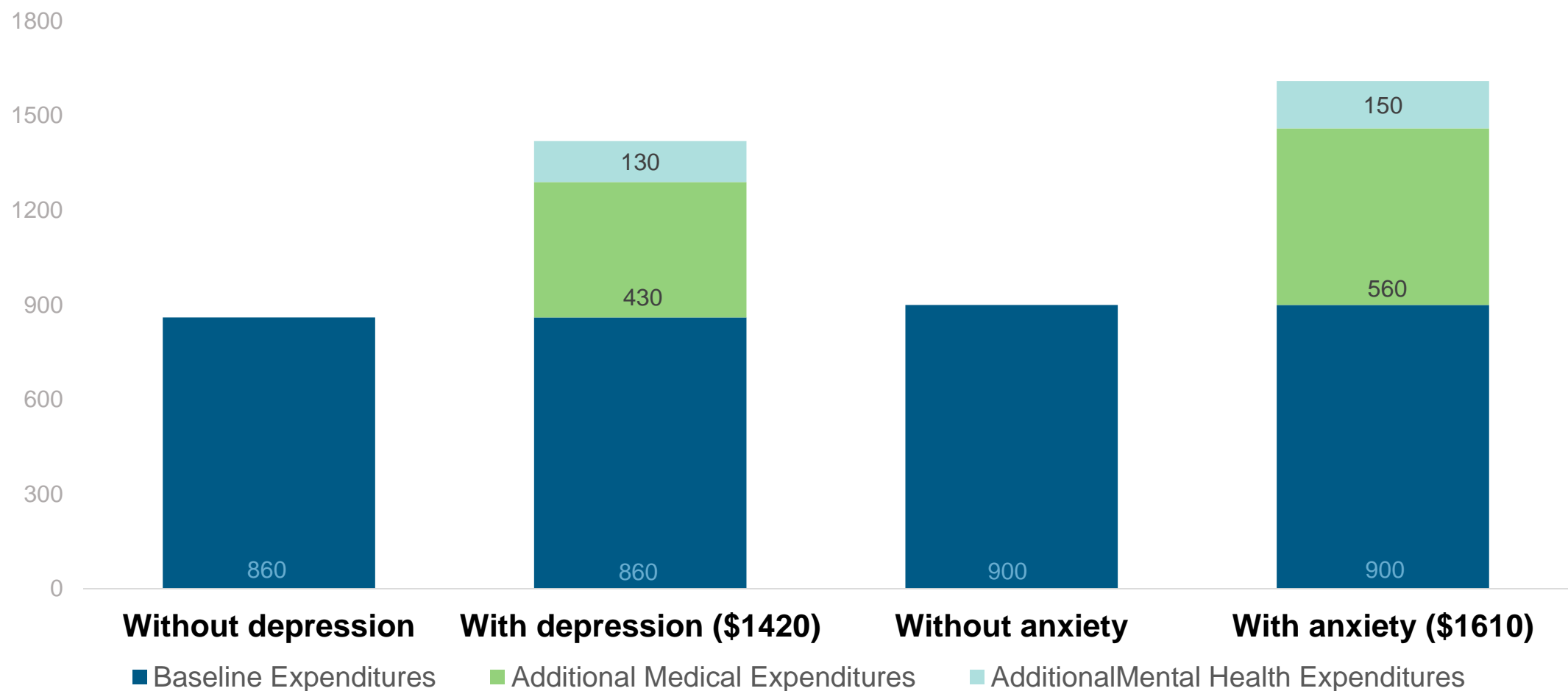
Mental Illness Treatment Accounted for \$89 Billion (5%) of Total Medical Services Spending in the US in 2013



Source: Kaiser Family Foundation, 2017.

Impact: Cost

Comparison of monthly health care expenditures for chronic conditions and comorbid depression or anxiety, 2005



Source: The Robert Wood Johnson Foundation, 2011.

The Good News

More people are seeking treatment...



stigma



regulations



news



policies/laws

...and treatment works.



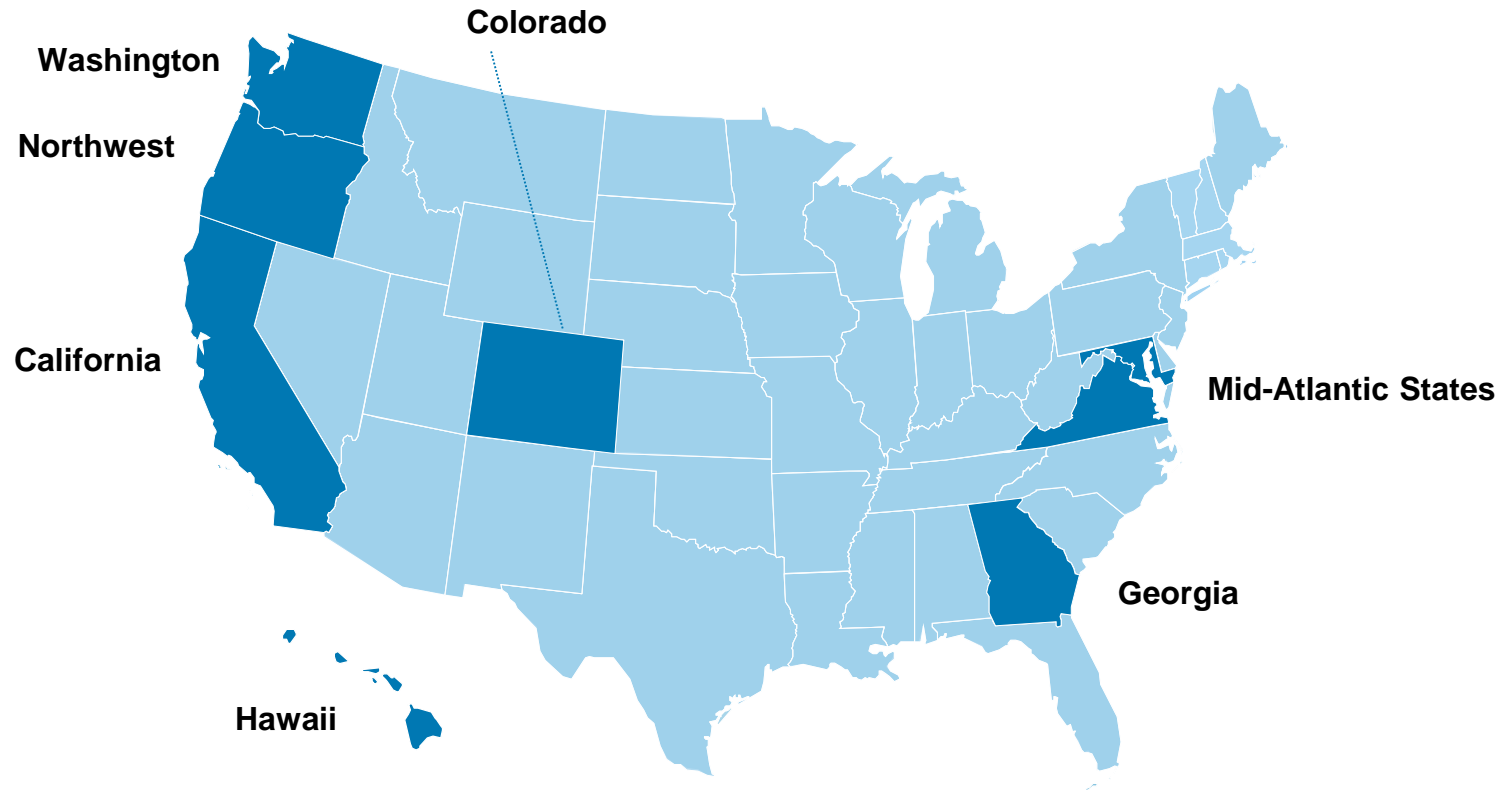
The Challenge

Meet the demand for clinically effective care.




Kaiser Permanente

exists to provide *high-quality, affordable* health care services and to improve the health of *our members* and the *communities* we serve.



 **12 M+**
members

 **22,000+**
physicians

 **200,000+**
employees

39  **690+**
hospitals medical offices

Kaiser Permanente National Mental Health & Wellness

Care

Lead the development of a new model of care that provides patients with rapid access to effective care.



Community

Help the communities we serve defeat stigma and develop resources for resilience and wellness.

We're on a journey...



What are the components of good mental health benefit or program?

1. Evidence-based
2. Prevention-focused
3. Data-driven
4. Goal-oriented
5. Technology-enhanced
6. Patient-centered



Evidence-based

The conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individuals

Guidelines

Clinical Practice Guidelines

Tools

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: _____

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card.)

TOTAL: _____

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
	_____	_____	_____	_____

PHQ-9 is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc. For research information, contact Dr Spitzer at mlk@mc.columbia.edu. Use of the PHQ-9 may only be made in accordance with the Terms of Use available at <http://www.pfizer.com>. Copyright ©1999 Pfizer Inc. All rights reserved. PRIME MD TODAY is a trademark of Pfizer Inc. Copyright (c) 1999 Pfizer Inc. All rights reserved. Reproduced with permission. Prime-MD (R) is a trademark of Pfizer Inc.

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Programs

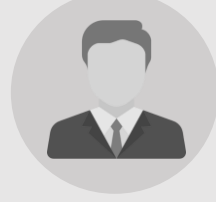
Zero Suicide

Screen/Assess

Safety plan/lethal means restriction

Treatment

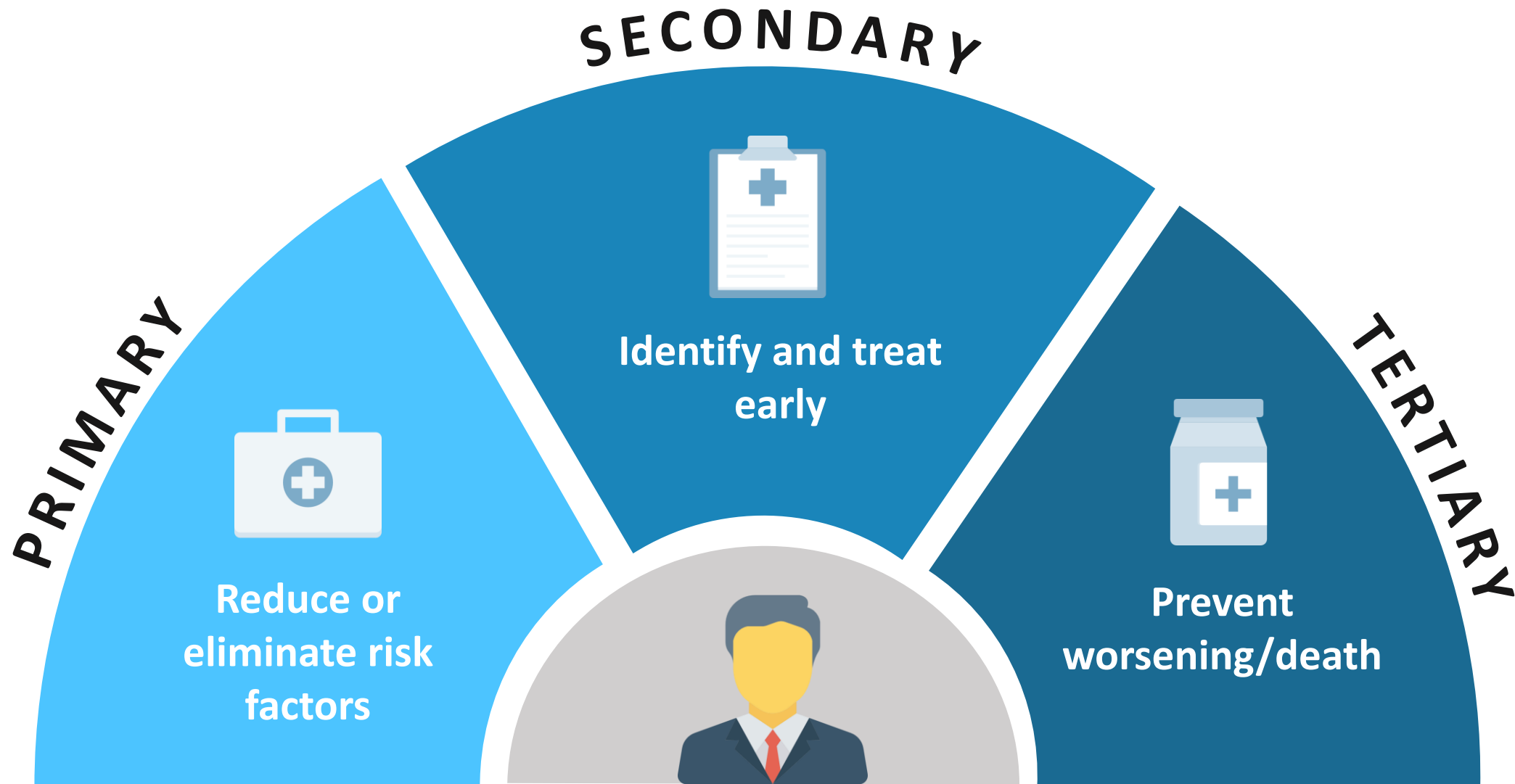
Follow-up



A scenic view of a river with rapids flowing through a forested canyon. The river is turbulent, with white water and greenish-tinted water. The banks are rocky and covered with dense evergreen trees. The sky is blue with scattered white clouds.

A Prevention Framework

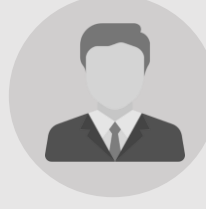
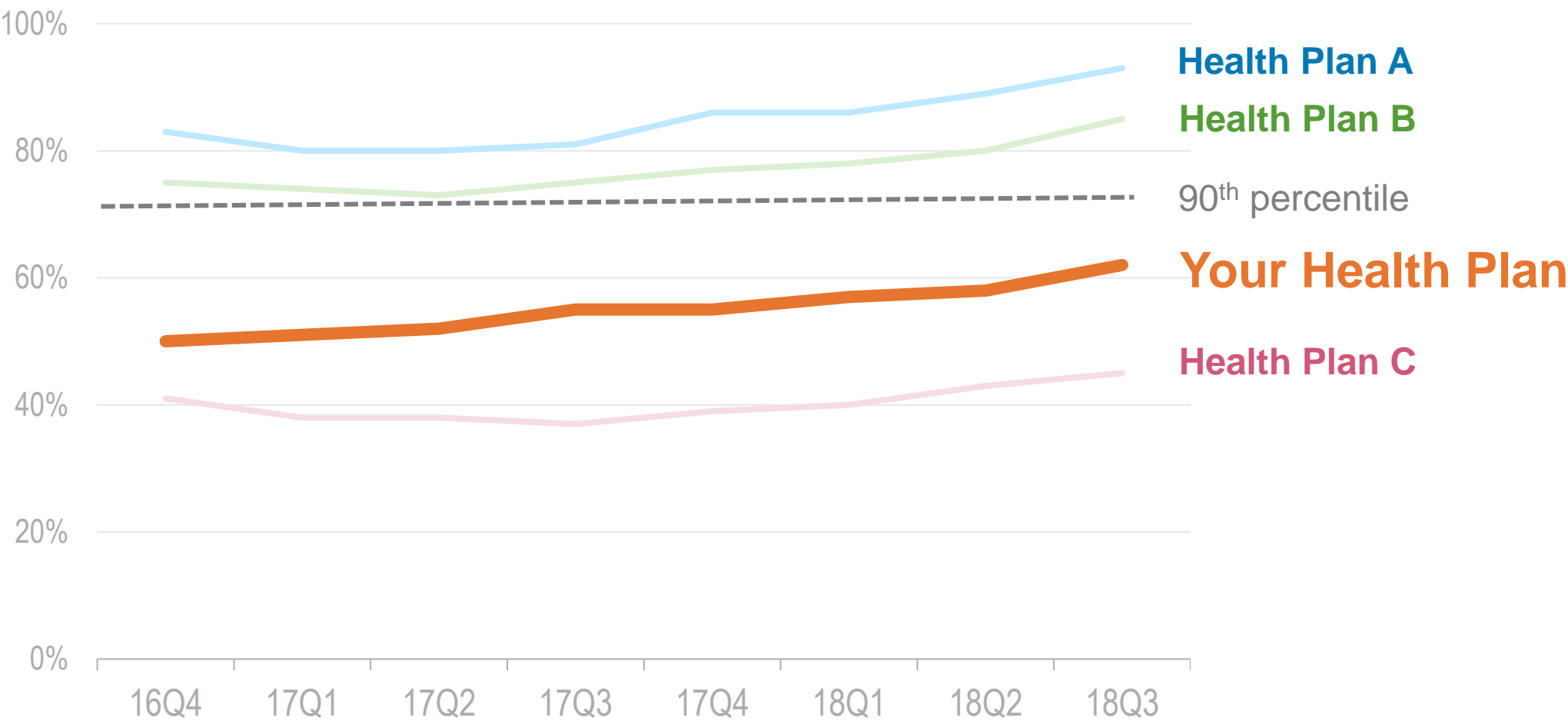
Prevention-focused



Data-driven: Monitoring Performance

Example: % on antidepressant medication who adhere to treatment

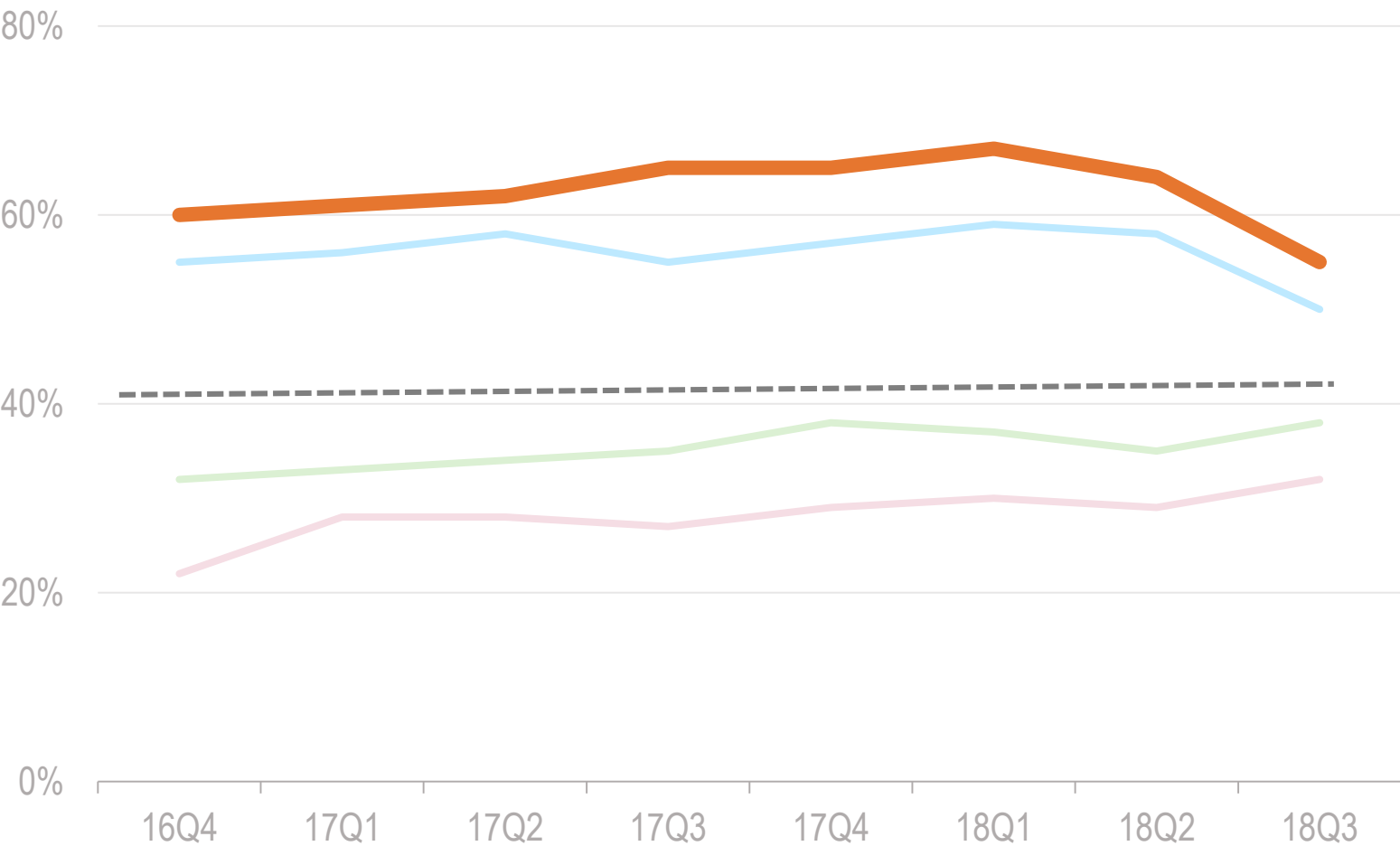
Health Information Data Employer Set (HEDIS)



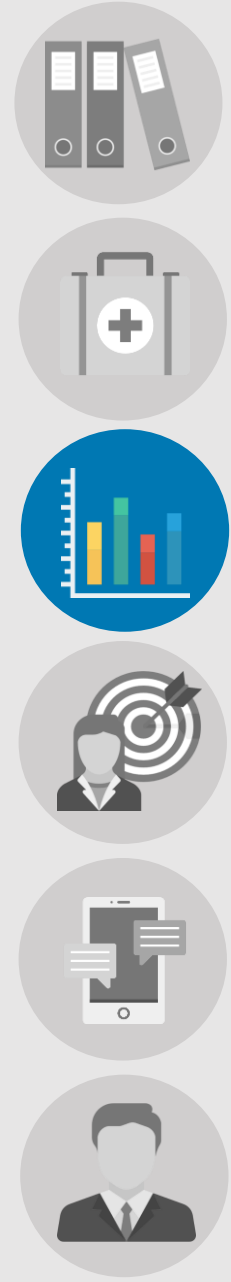
Data-driven: Monitoring Performance

Example: % with alcohol/drug disorder who start treatment

Health Information Data Employer Set (HEDIS)



Your Health Plan
Health Plan A
90th percentile
Health Plan B
Health Plan C



Goal-oriented (a treat-to-target approach)



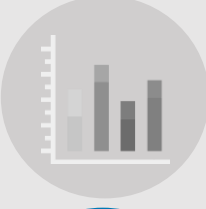
**Assessing &
monitoring
symptoms**



**Using data to
drive care**



**Tracking
progress over
time**



Technology-enhanced

INFORMATION

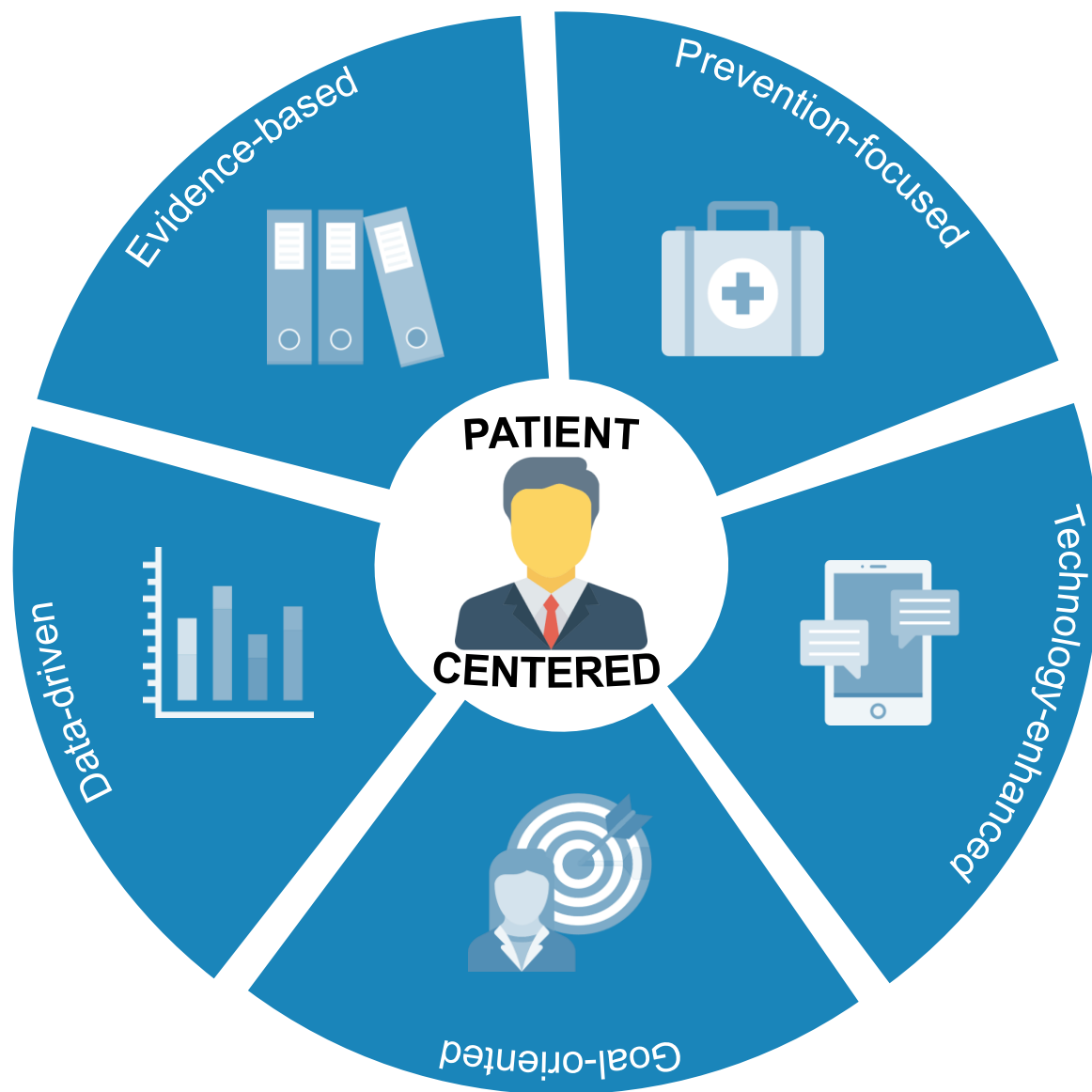
COMMUNICATION

TELEMEDICINE

ADVANCED TECHNOLOGY



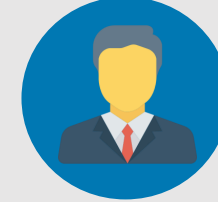
Patient-centered



“Meet me where I am.”

“Nothing about me
without me.”

“My goal is different
from your goal.”

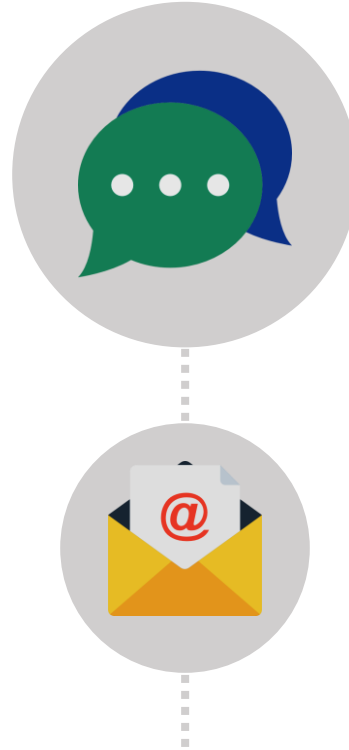


Discussion

Q&A



Thank you!



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