Mental Health Matters

National Coordinating Committee for Multiemployer Plans
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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.
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

Employees have struggled with an issue that affected their mental health.\(^1\)

Mental illness is the single greatest cause of worker disability worldwide.\(^2\)
Nearly 18% of Adults in the United States Reported Having a Mental, Behavioral, or Emotional Disorder in 2015

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

OVERALL 2.9%

- Female: 2.0%
- Male: 3.8%
- Age 12–17y: 3.4%
- 18–25y: 7.2%
- ≥26y: 2.1%

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.

People with mental disorders: 25% of adult population

People with medical conditions: 58% of adult population

68% of adults with mental disorders have medical conditions

29% of adults with medical conditions have mental disorders


Ranking disease burden

- Cancer & Tumors
- Endocrine (diabetes, kidney)
- Musculoskeletal Disorders
- Circulatory
- Nervous System
- Mental Health & Substance Use Disorders
- Chronic Respiratory
- Injuries
- Skin Diseases
- Sense Organ Diseases
Impact: Morbidity and Mortality

1. Mental health and substance use disorders (3355)
2. Cancer and Tumors (3131)
3. Circulatory (3065)
4. Injuries (2419)
5. Musculoskeletal disorders (2357)
6. Endocrine (diabetes, kidney) (1827)
7. Nervous system (1463)
8. Chronic respiratory (1050)
9. Skin diseases (642)
10. Sense organ diseases (624)

Impact: Morbidity and Mortality

Suicide is the #1 cause of death among girls 15-19 and the #2 cause of death among young people.

Suicide rates have climbed to their highest level since 1942.¹

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

Impact: Morbidity and Mortality

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

\(^a\) 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.

<table>
<thead>
<tr>
<th>Country</th>
<th>Death Rate per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>12</td>
</tr>
<tr>
<td>France</td>
<td>6.5</td>
</tr>
<tr>
<td>Germany</td>
<td>6.2</td>
</tr>
<tr>
<td>Sweden</td>
<td>5.9</td>
</tr>
<tr>
<td>Canada</td>
<td>5.8</td>
</tr>
<tr>
<td>Austria</td>
<td>5.8</td>
</tr>
<tr>
<td>Australia</td>
<td>5.6</td>
</tr>
<tr>
<td>Switzerland</td>
<td>5.3</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>5.2</td>
</tr>
<tr>
<td>Comparable Country Average</td>
<td>4.9</td>
</tr>
</tbody>
</table>
**Impact: Cost**

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Total Expenditures in $ Billions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Checkups/Prevention</td>
<td>254</td>
</tr>
<tr>
<td>Circulatory</td>
<td>236</td>
</tr>
<tr>
<td>Musculoskeletal</td>
<td>190</td>
</tr>
<tr>
<td>Respiratory</td>
<td>161</td>
</tr>
<tr>
<td>Endocrine</td>
<td>142</td>
</tr>
<tr>
<td>Nervous System</td>
<td>136</td>
</tr>
<tr>
<td>Cancers &amp; Tumors</td>
<td>127</td>
</tr>
<tr>
<td>Injury &amp; Poisoning</td>
<td>118</td>
</tr>
<tr>
<td>Genitourinary</td>
<td>114</td>
</tr>
<tr>
<td>Digestive</td>
<td>114</td>
</tr>
<tr>
<td>Mental Illness</td>
<td><strong>89</strong></td>
</tr>
<tr>
<td>Infectious Diseases</td>
<td>70</td>
</tr>
<tr>
<td>Pregnancy/Childbirth Complications</td>
<td>47</td>
</tr>
<tr>
<td>Dermatological</td>
<td>45</td>
</tr>
</tbody>
</table>

Impact: Cost

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

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.
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.
A Prevention Framework
Prevention-focused

- **PRIMARY**: Reduce or eliminate risk factors
- **SECONDARY**: Identify and treat early
- **TERTIARY**: Prevent worsening/death
Data-driven: Monitoring Performance

Example: % on antidepressant medication who adhere to treatment

Health Information Data Employer Set (HEDIS)

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

Graph showing adherence percentages over time (16Q4 to 18Q3) for different health plans.
Data-driven: Monitoring Performance

Example: % with alcohol/drug disorder who start treatment

Health Information Data Employer Set (HEDIS)
Goal-oriented (a treat-to-target approach)

Assessing & monitoring symptoms

Using data to drive care

Tracking progress over time
Technology-enhanced

INFORMATION

Educational content

COMMUNICATION

Secure messaging
Text messaging
Questionnaires

TELEMEDICINE

Telephonic care
Video visits
Digital therapeutics

ADVANCED TECHNOLOGY

Predictive analytics
Patient-centered

- "Meet me where I am."
- "Nothing about me without me."
- "My goal is different from your goal."

Evidence-based
Prevention-focused
Data-driven
Technology-enhanced
Goal-oriented
Discussion

Q&A
Thank you!

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