

# Mental Health: An Overview of Challenges and Innovations

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# Today's Topics

- Understanding mental health in CA
- Challenges
- Roles and Commitments
- Looking to the future



# Mental Health Matters for Everyone

**1 in 6**

Adult  
Californians  
experiences  
mental illness  
in a given year

**50%**

Americans will  
meet the criteria  
for a diagnosable  
mental condition  
within their lifetime

**1 in 24**

Californians has  
a serious  
mental illness  
that makes it  
difficult to carry  
out major life  
activities

*Source: National Alliance on Mental Illness and California Health  
Care Foundation*

## Economic Impact of Mental Illness



**\$210.5 billion**

in lost earnings per year in the U.S. due to mental illness<sup>1</sup>



In the U.S., depression ranks among the **top 3** workplace issues<sup>1</sup> and is the **leading cause of disability** among people ages 15-44<sup>1</sup>



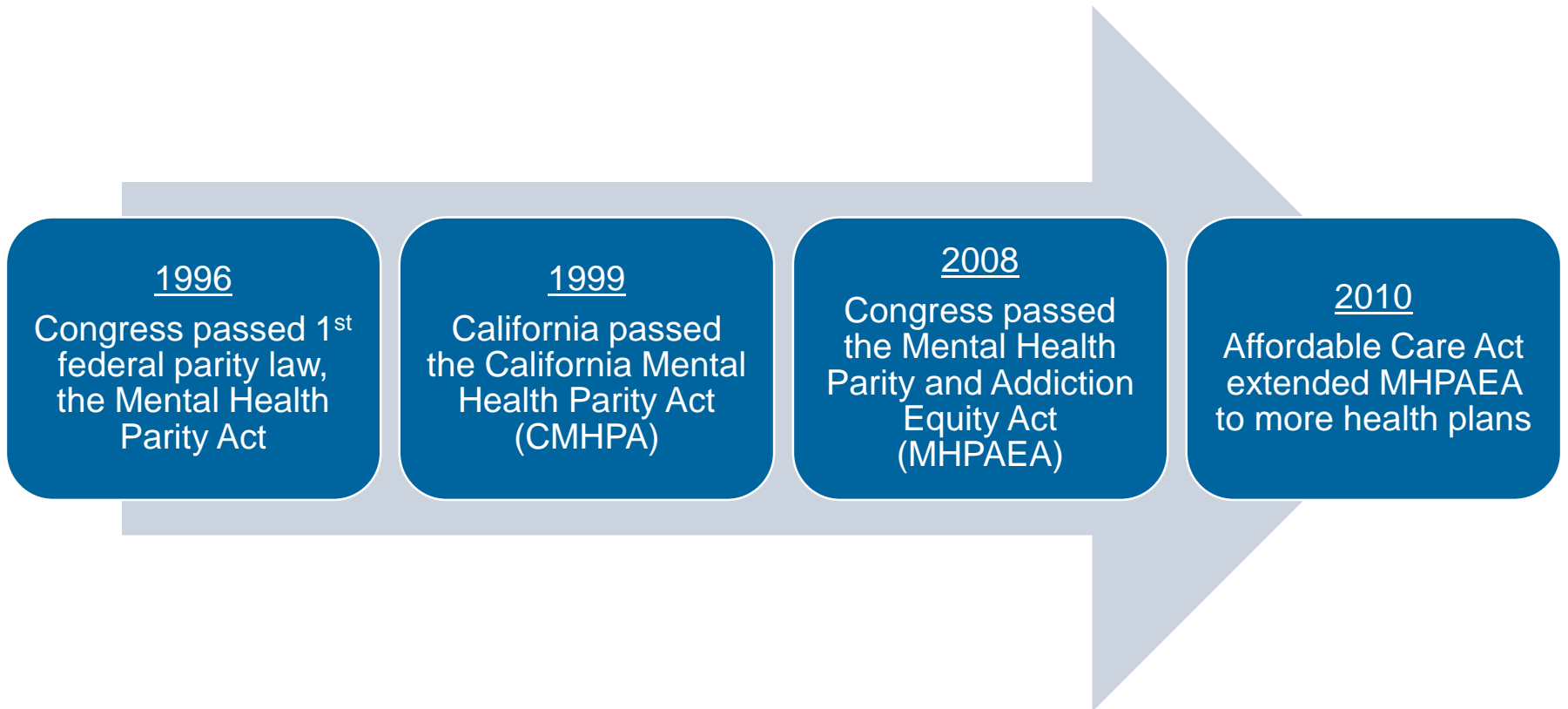
Treating any mental illness leads to an estimated return of **\$4 for every \$1 spent** due to the increase in the ability to work<sup>2</sup>

Sources:

<sup>1</sup> National Network of Depression Centers

<sup>2</sup> World Health Organization

# Moving Toward Parity in California



# Problems Emerge Early



Majority of serious mental illnesses first appear before age 25

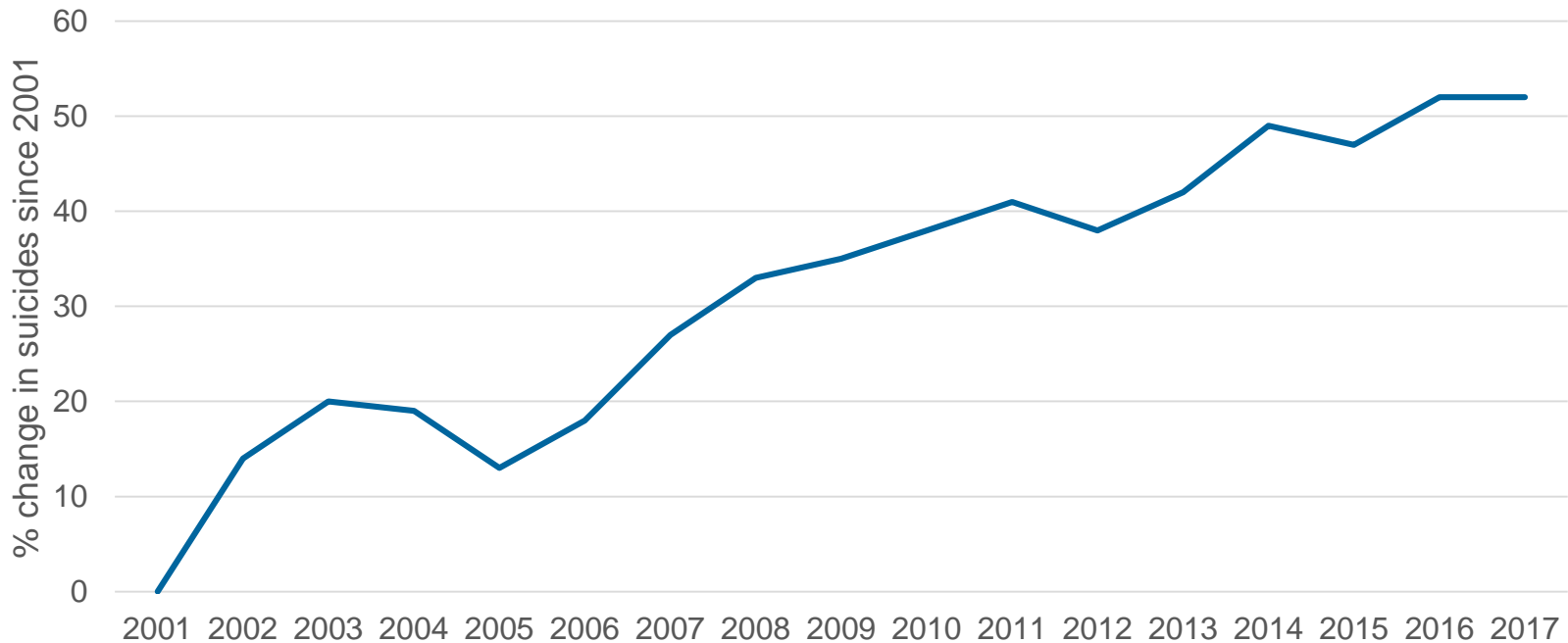


1 out of 6 adults experienced at least four potentially traumatic adverse events during childhood



Over the last 10 years hospitalizations for mental health emergencies spiked 40% among young people

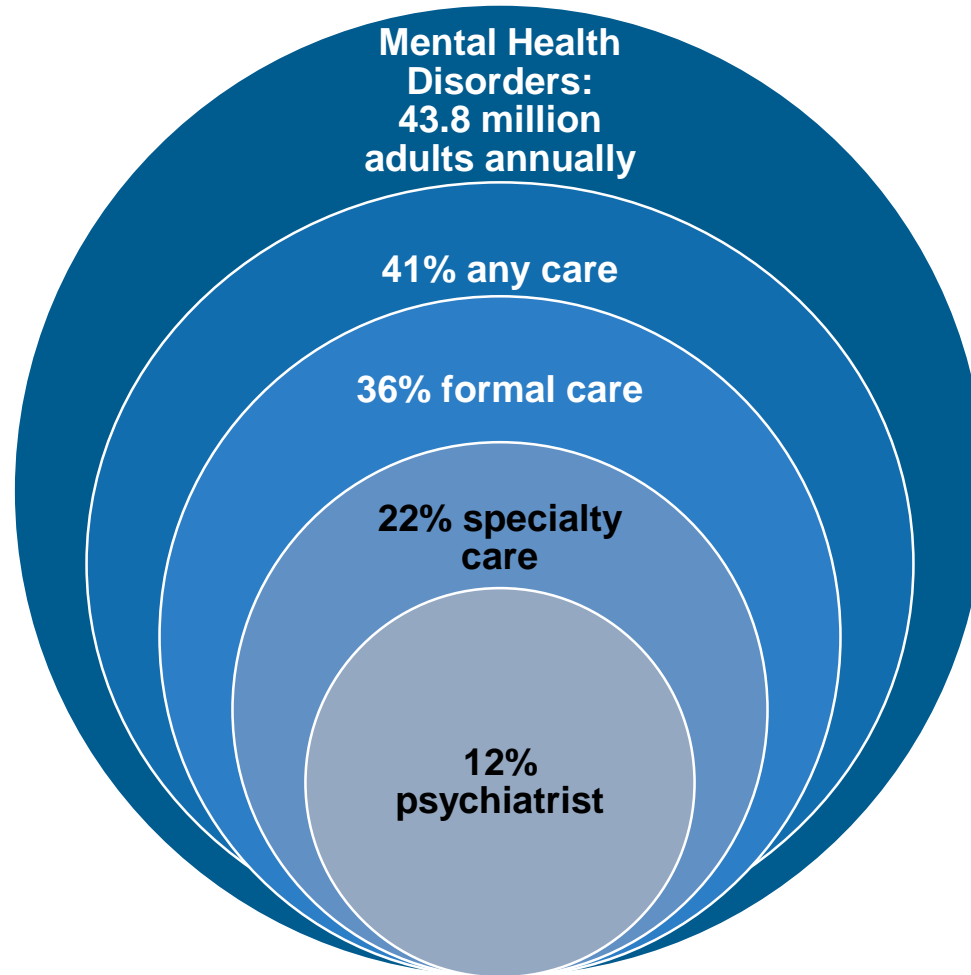
# Suicide Rates are Climbing in California



Source: Centers for Disease Control and Prevention



# People with Mental Health Issues Often Don't Receive Care



# Barriers to High-Quality Timely Treatment

Stigma

Workforce

Screening

Geography

Self-Perception

# Mental Health Conditions among CalPERS Members (2018)

## Top Three Conditions by Prevalence (Basic)

- |                     |      |
|---------------------|------|
| 1. Depression       | 4.7% |
| 2. Anxiety Disorder | 3.5% |
| 3. Neuroses         | 2.0% |

## Top Three Conditions by Cost (Basic)

- |                     |               |
|---------------------|---------------|
| 1. Depression       | \$102,490,000 |
| 2. Anxiety Disorder | \$36,000,000  |
| 3. Neuroses         | \$29,250,000  |

# CalPERS & DMHC Role

## CalPERS' Role

Ensure quality and access through contracts

Hold plans accountable

Strategic Plan

## DMHC's Role

Timely access oversight

Compliance

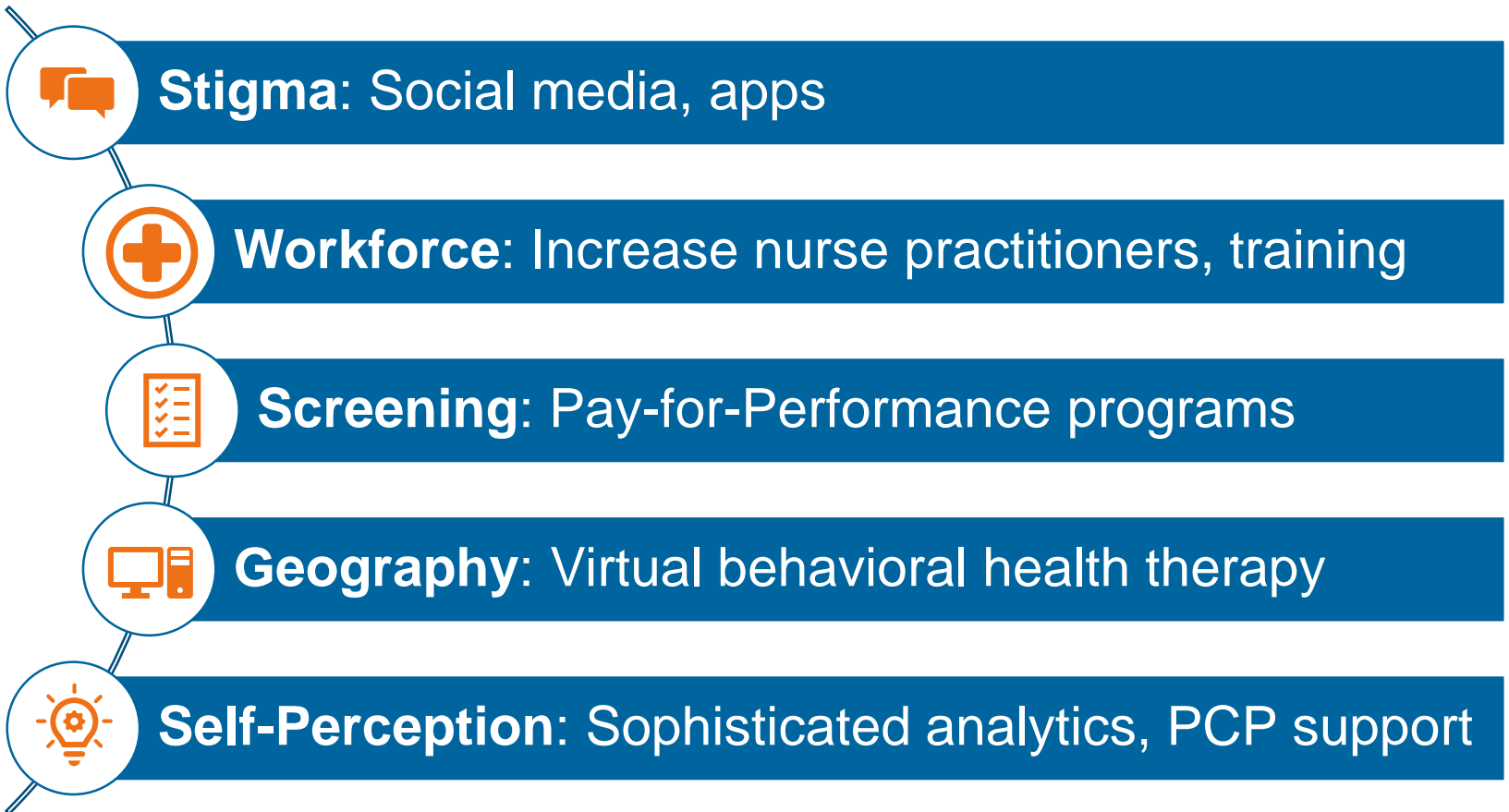
Enforcement

Monitor and evaluate

## Health Plans' Commitment

- Access to mental health care without a referral
- Track and evaluate mental health care
- Ensure coordination of care and integration
- Provide wellness services
- Cover mental health services including inpatient, office visit and other outpatient services

# Health Plan Innovations to Overcome Barriers



# CalPERS' Commitment

## Improving mental health care quality

- Ensure high-quality care and access
- Increase member and stakeholder engagement
- Advance partnership with Smart Care California

There is hope and understanding.  
Change the way the world sees mental health.

*stigmafree*

Source: National Alliance for Mental Illness (NAMI)