

Mental Health: An Update of Challenges and Innovations

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Today's Agenda

- CalPERS update
- Department of Managed Health Care (DMHC) Oversight Role
- Kaiser Permanente

What is Mental Health?



Barriers to High-Quality Timely Treatment

Stigma

Workforce

Screening

Geography

Top 3 Mental Health Prevalence Conditions in 2018

Commercial Mental Health Conditions*	Members Affected	Prevalence Rate
Depression	50,884	4.7%
Anxiety Disorder	37,960	3.5%
Neuroses	21,635	2.0%

Medicare Mental Health Conditions*	Members Affected	Prevalence Rate
Depression	12,279	4.5%
Anxiety Disorder	6,799	2.5%
Neuroses	3,333	1.2%

*HCDSS Data Pull on 8.5.19; Mental Health Conditions defined by Truven’s Medical Episode Grouper
Data excludes PORAC and CCPOA members

Engagement with the Health Plans



Engagement with Other Partners

- DMHC
- Covered California
- Smart Care California
- Pacific Business Group on Health (PBGH)

CalPERS Internal Focus and Commitment



Increasing awareness



Eliminating stigma



Employee Assistance Program

State Warm Line: 1-855-845-7415



- Toll-free statewide mental health line
- To meet the needs of people seeking emotional or mental assistance but are not in crisis

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

stigmafree

Source: National Alliance for Mental Illness (NAMI)