

Behavioral Health Update

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Board Offsite – July 12, 2022

Agenda

- Ongoing challenges
- CalPERS data
- Member experience research
- Actions to address challenges
- Statewide alignment activities and strategy
- Questions and discussion

Ongoing Challenges to Timely & High-Quality Behavioral Health Care

- Workforce shortages
- Limited access
- Inadequate screening
- COVID-19 impacts
- Measuring quality

COVID-19 Impacts to Behavioral Health



Behavioral Health Prevalence Rate – Basic and Medicare

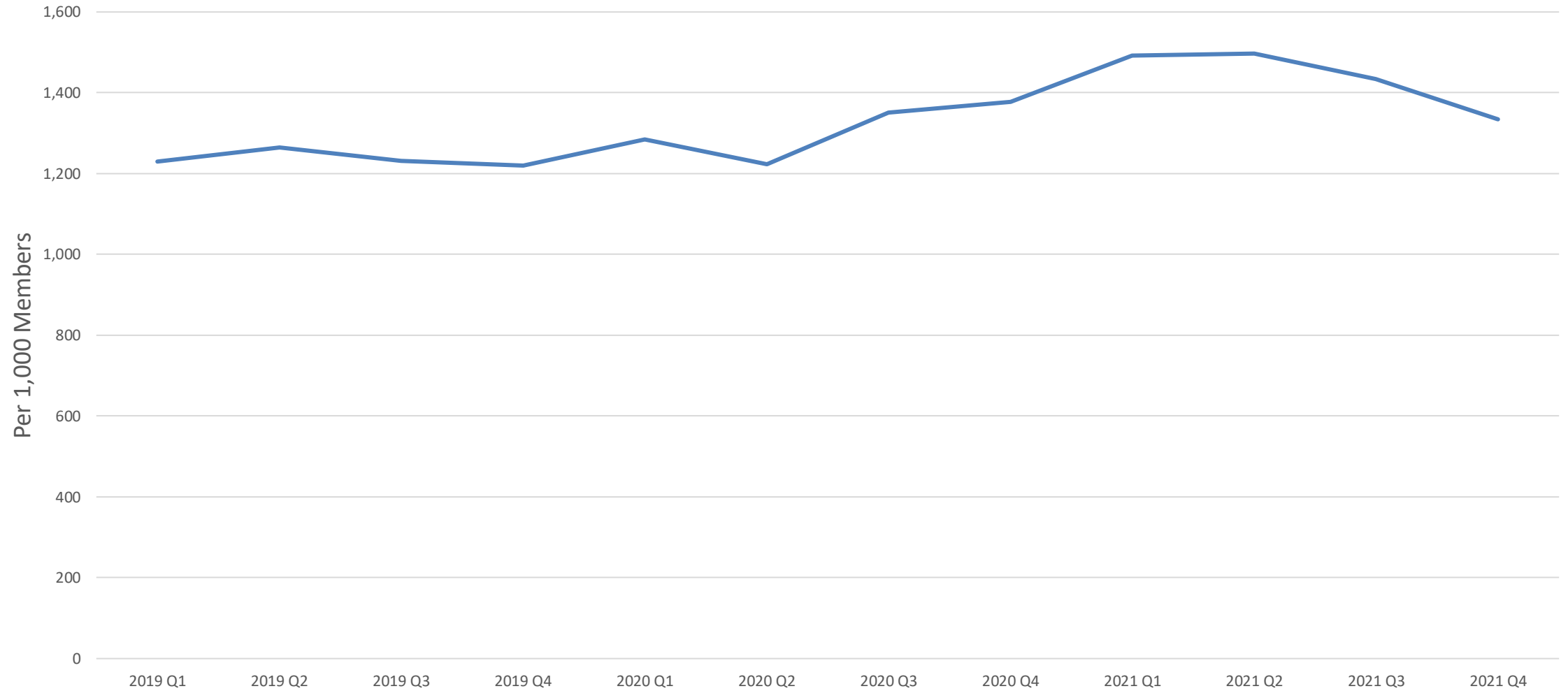
Commercial	2018	2019	2020	2021
Anxiety Disorder	3.98%	4.35%	5.01%	5.53%
Depression	5.39%	5.61%	6.02%	6.56%
Eating Disorder	0.06%	0.06%	0.07%	0.11%
Obsessive-Compulsive Disorder	0.11%	0.11%	0.15%	0.20%
Substance Use Disorder	1.00%	1.07%	1.12%	1.16%

Medicare	2018	2019	2020	2021
Anxiety Disorder	2.85%	3.25%	3.57%	3.78%
Depression	5.06%	5.43%	5.48%	5.81%
Substance Use Disorder	1.01%	1.22%	1.15%	1.23%

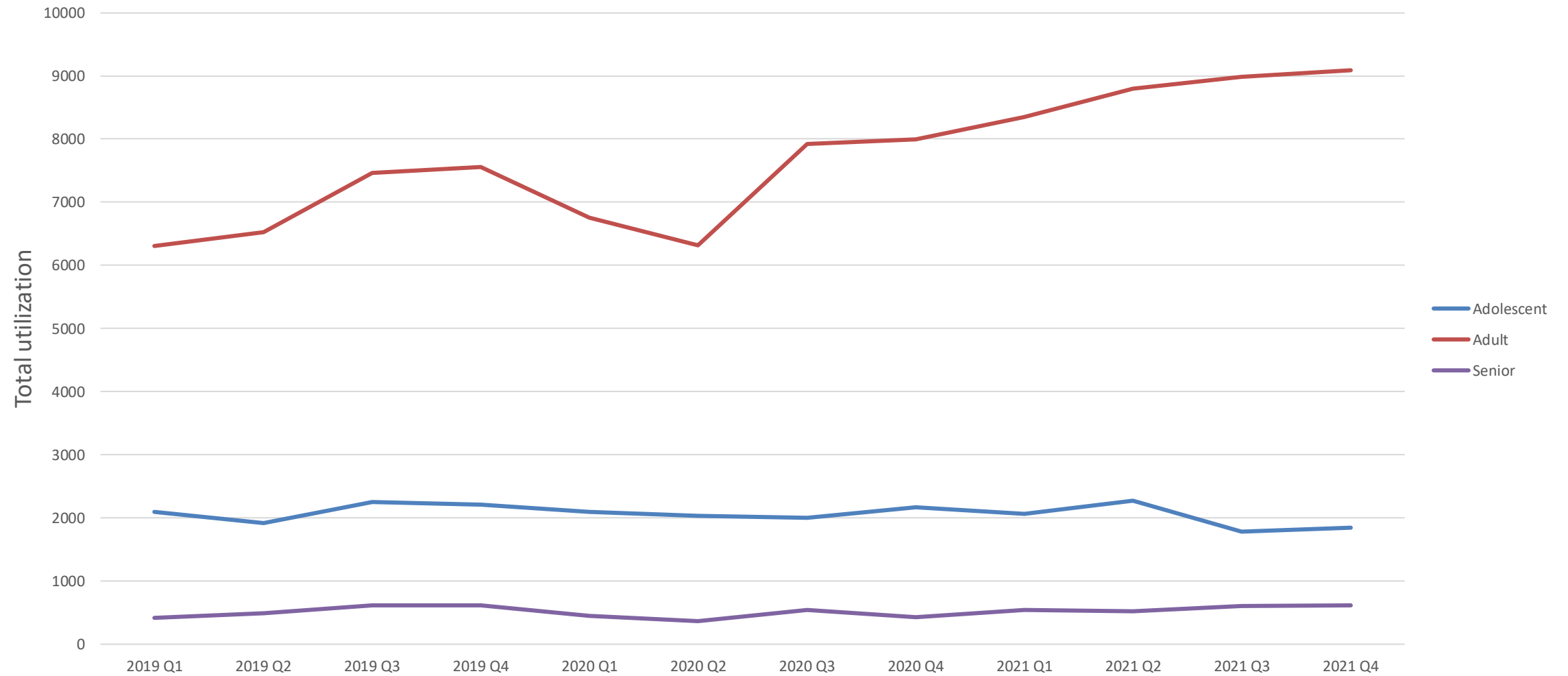
Behavioral Health – Adolescents (Ages 12 – 24)

Adolescent Prevalence Rate*	2018	2019	2020	2021
Anxiety Disorder	4.51%	5.02%	5.55%	6.63%
Depression	6.01%	6.39%	6.99%	8.21%
Eating Disorder	0.14%	0.15%	0.18%	0.27%
Obsessive-Compulsive Disorder	0.22%	0.20%	0.29%	0.42%
Substance Use Disorder	0.95%	1.00%	1.00%	0.97%

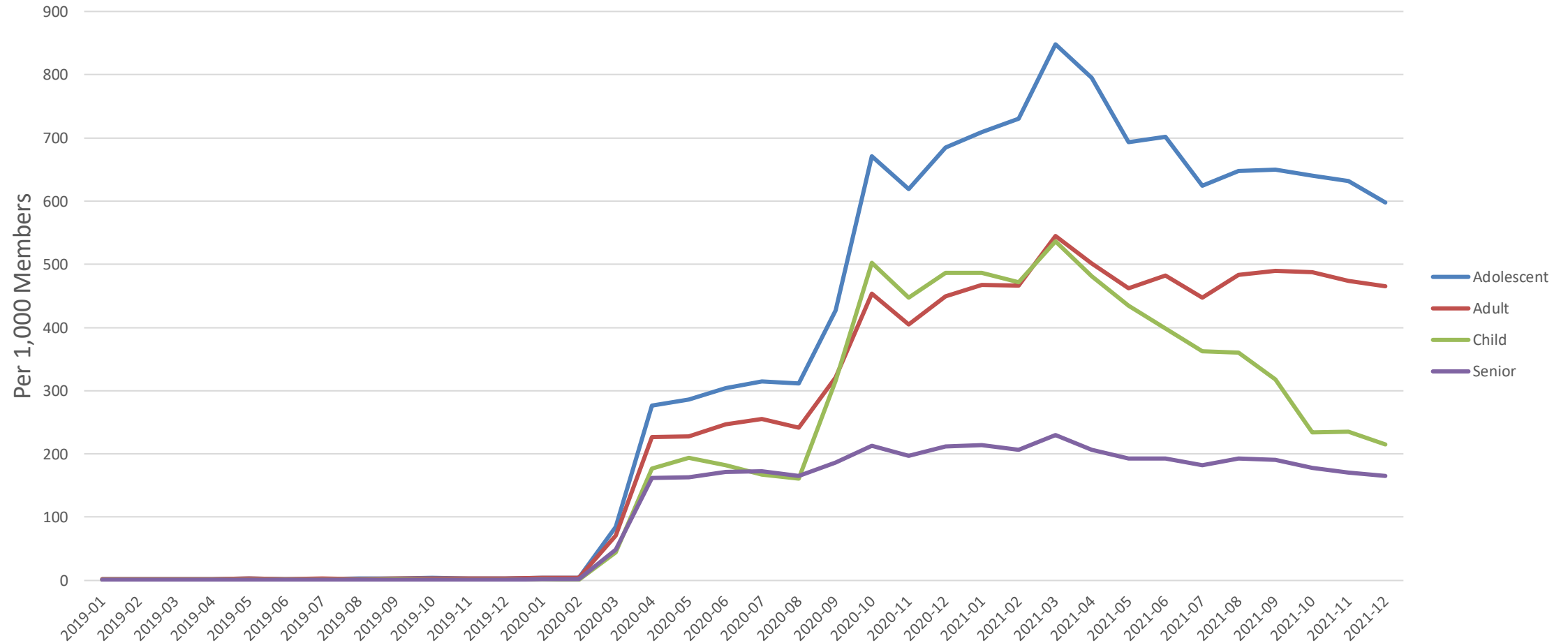
Behavioral Health Outpatient Utilization per 1,000 Members



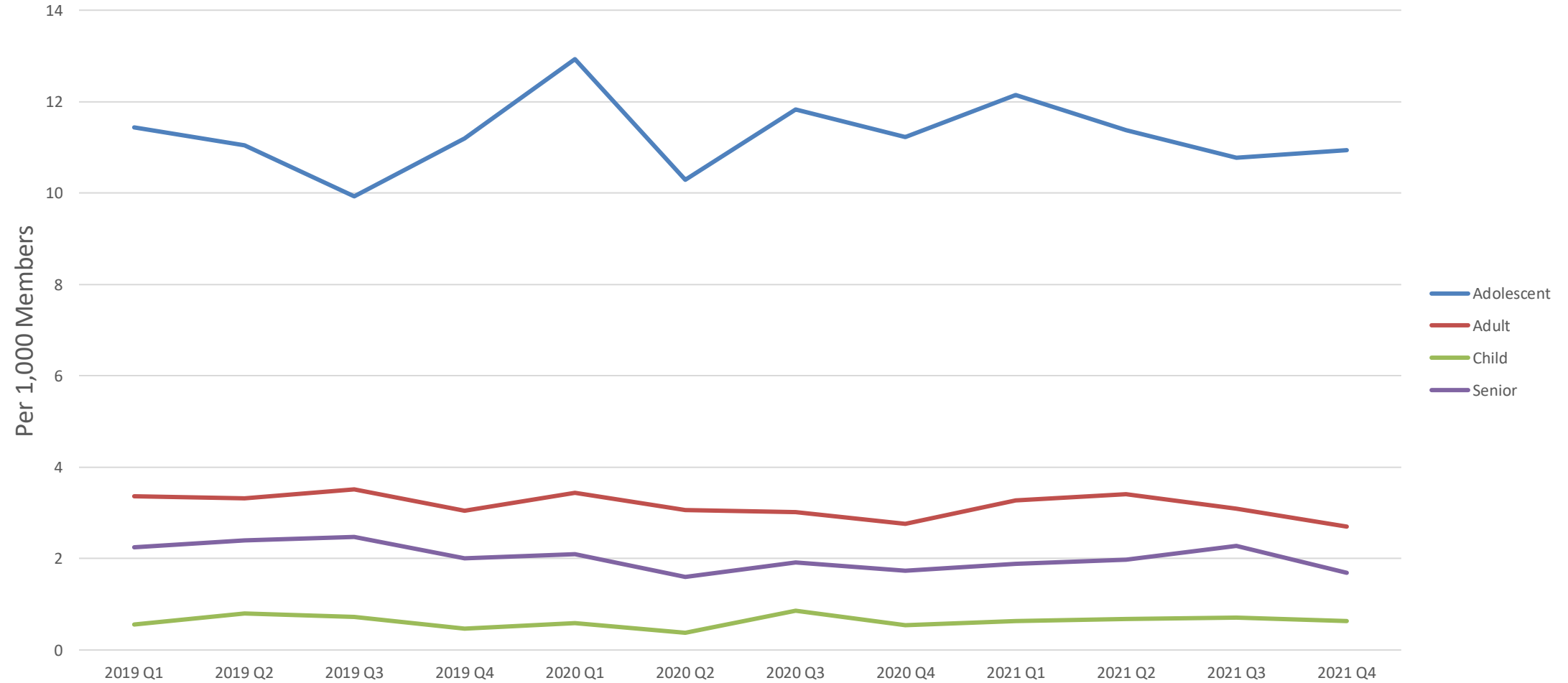
Substance Use Outpatient Total Utilization by Age



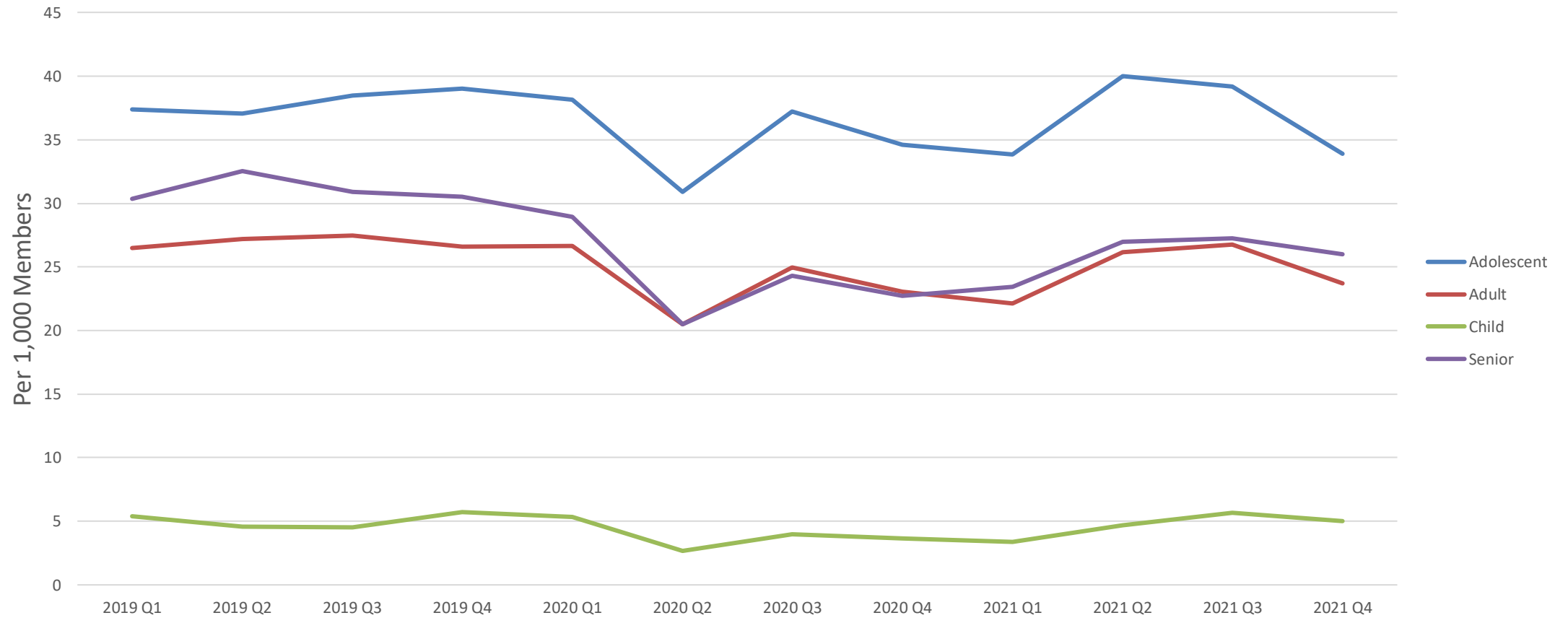
Behavioral Health Telehealth Visits by Age: 2019-2021 per 1,000 Members





Behavioral Health Hospitalizations by Age: 2019-2021 per 1,000 members





Emergency Department Behavioral Health Visits by Age: 2019-2021 per 1,000 Members



Opioids & Medication Assisted Therapy: 2019-2021

Claims and Utilizers for Opioids 2019 and 2021	Change by numbers	Change by percentage
Claims Decreased	50,922	 7.5%
Utilizers Decreased	11,037	 5.5%

Summary of Changes for Medication Assisted Therapy 2019 and 2021	Change by numbers	Change by percentage
MAT Scripts Increased	4,014	 22.6%
Rescue Therapy Scripts Decreased*	2,251	 19.4%

*Rescue Therapy – number of scripts for opioid overdose reversal with Narcan (naloxone), etc.

Behavioral Health Priorities & Actions: A Strategic Focus



Engagement with
plans & PBM



Member
experience and
access



Contract
changes



Co-occurring
initiatives



Alignment with
statewide
partners

Collaboration with Pharmacy Partners



Medication
adherence
program
expansion



Comprehensive
and effective
opioid management
strategy



Opioid use
disorder treatment



Monitoring utilization
of behavioral health
medication



CalPERS Member
Behavioral Health
Access and Experience

Understanding and Improving Access



Health Plan Member Survey

New mental health questions and self-reported health and well-being



Access Survey & Focus Groups

Partnering with UC Researchers to understand access better among our health plans



Telemedicine Survey

Member experience survey on access, quality, and behavioral health

Health Plan Member Survey: Using Results to Drive Change

Most members helped by their counseling and treatment

Member access continues to be stable in pandemic

Health Equity analysis added in 2022

Screening measure added to health plan contract in 2022

Access Survey & Focus Groups with UC Researchers

What the research was and why	What we learned	What we are doing
<ul style="list-style-type: none">• Survey launched in 2021• UCD-led focus groups by plan• To understand access and experience	<ul style="list-style-type: none">• Barriers to access care continue• Inequities exist in access• Members need assistance navigating their behavioral health care	<ul style="list-style-type: none">• Contract/RFP changes• PCP matching• Member-facing improvements

Health Plan Contract : Important lever to drive improvements

HMO Request For Proposal (RFP)

Accountability and
Parity

Access

Quality

CalPERS Health Initiatives to Support Behavioral Health



Telehealth

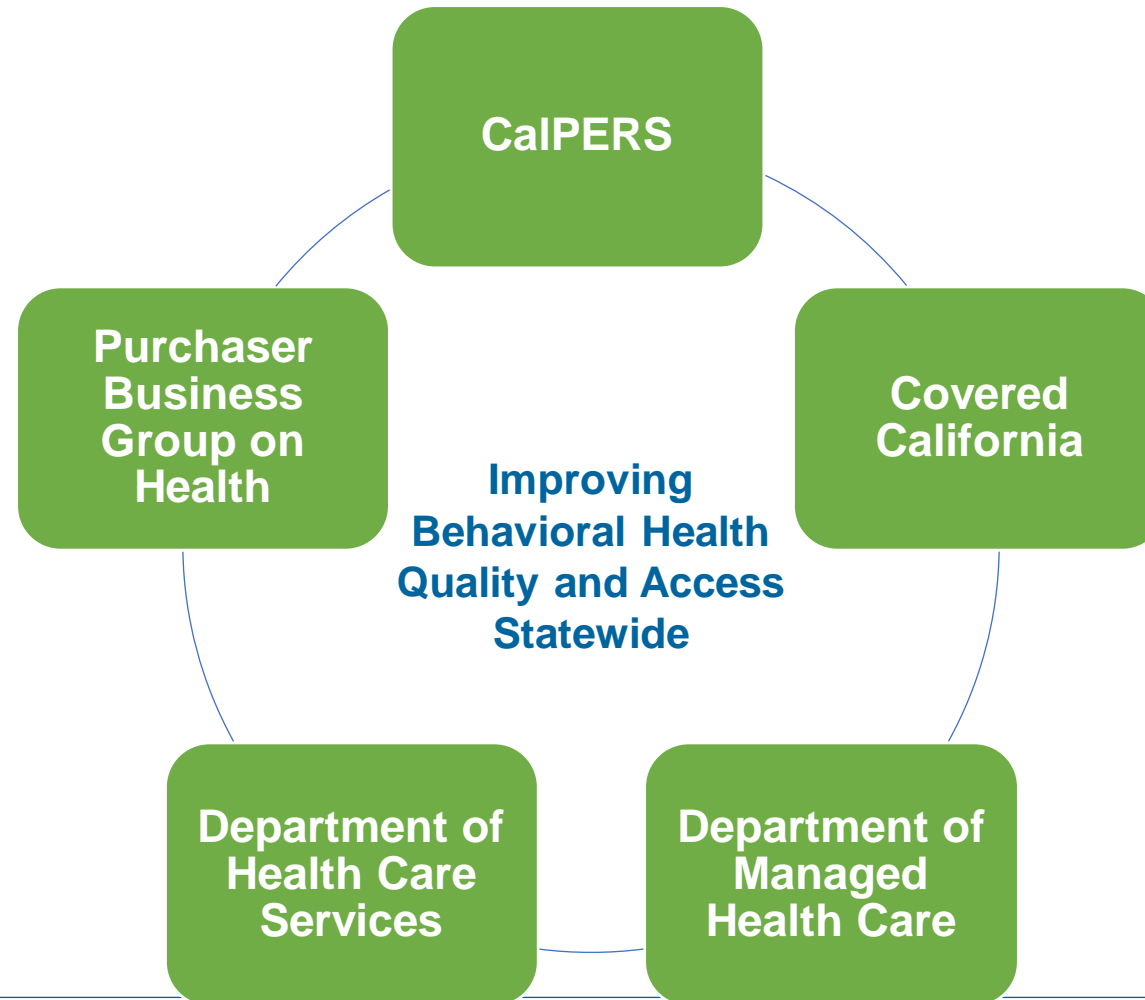


Health Equity



Advanced Primary
Care

Alignment with Purchasers and Partners



Purchaser Alignment Strategy Efforts



Quality Measure
Alignment



Increasing Access



Health Equity
Capacity Building



Promotion of
Behavioral Health
Integration

Future Plans



Regular
Behavioral
Health Updates



Contract
Updates



Alignment &
Partnerships



988

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Questions and Discussion