

Behavioral Health Update

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Board Education – January 19, 2021

Agenda

- Behavioral health challenges and opportunities
- Behavioral health as a strategic priority
- COVID-19 impact
- Actions to address challenges
- Statewide alignment
- Questions and discussion

Ongoing Challenges to Timely & High-Quality Behavioral Health Care

- Stigma and lack of anonymity
- Workforce shortages
- Limited access
- Inadequate screening of behavioral health disorders

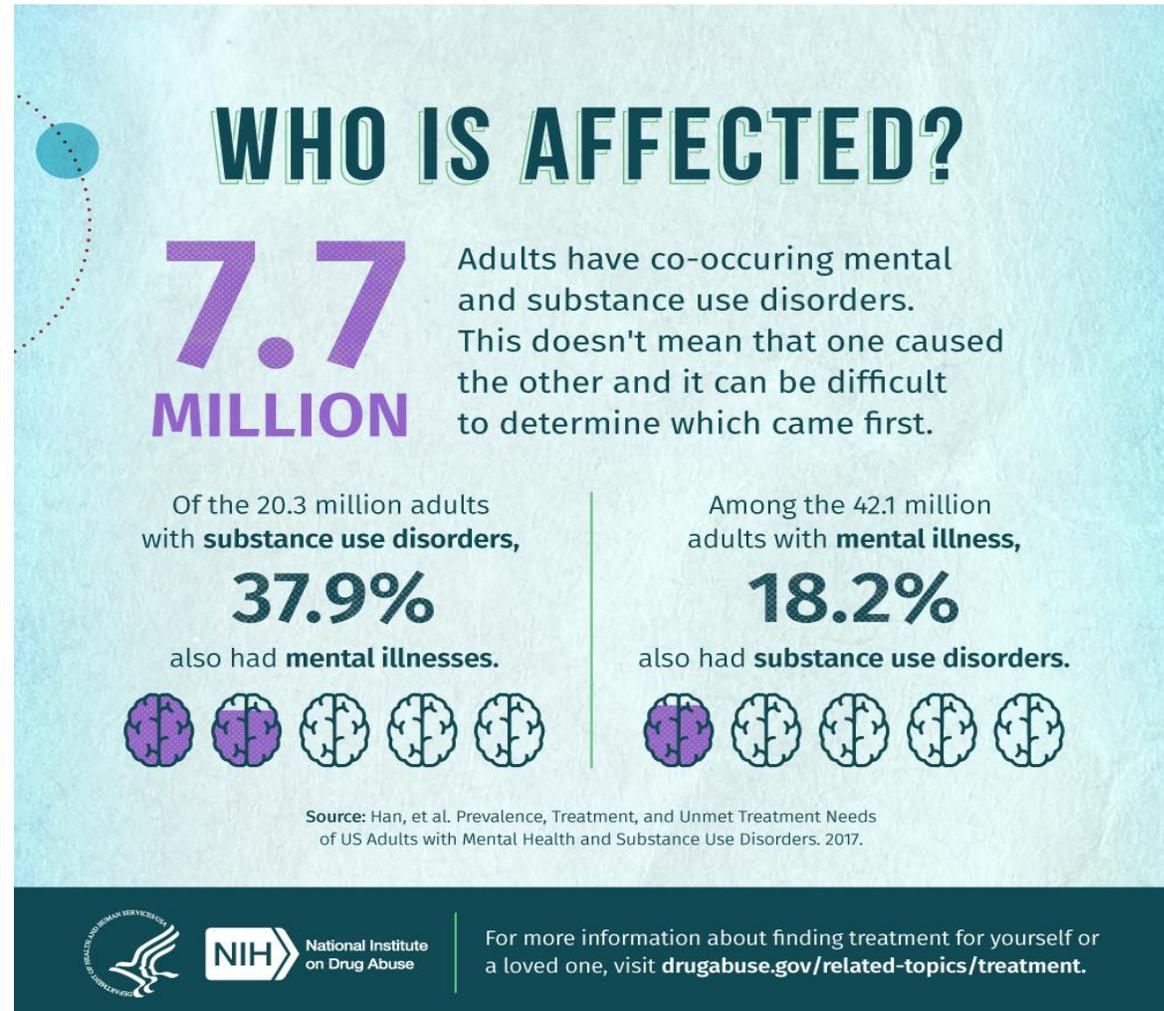
Our Behavioral Health Priorities and Actions

- New strategic plan focus
- Dedicated clinical team resources
- Regular engagement on behavioral health with plans and Pharmacy Benefit Manager
- Engagement with others
- Focus groups
- Strategies to address access

Mental Health Condition Prevalence Among CalPERS Members

Basic	Members Affected - 2018	Prevalence Rate - 2018	Members Affected - 2019	Prevalence Rate - 2019
Depression	56,683	5.20%	59,164	5.36%
Anxiety Disorder	42,427	3.89%	46,252	4.19%
Neuroses	24,350	2.23%	25,376	2.30%
Substance Use Disorder	10,633	0.98%	11,352	1.03%
Medicare	Members Affected - 2018	Prevalence Rate - 2018	Members Affected - 2019	Prevalence Rate - 2019
Depression	13,203	4.79%	14,205	4.94%
Anxiety Disorder	7,454	2.70%	8,500	2.95%
Neuroses	3,730	1.35%	4,080	1.42%
Substance Use Disorder	2,645	0.96%	3,200	1.11%

Co-occurring Mental Illness and Substance Use Disorders



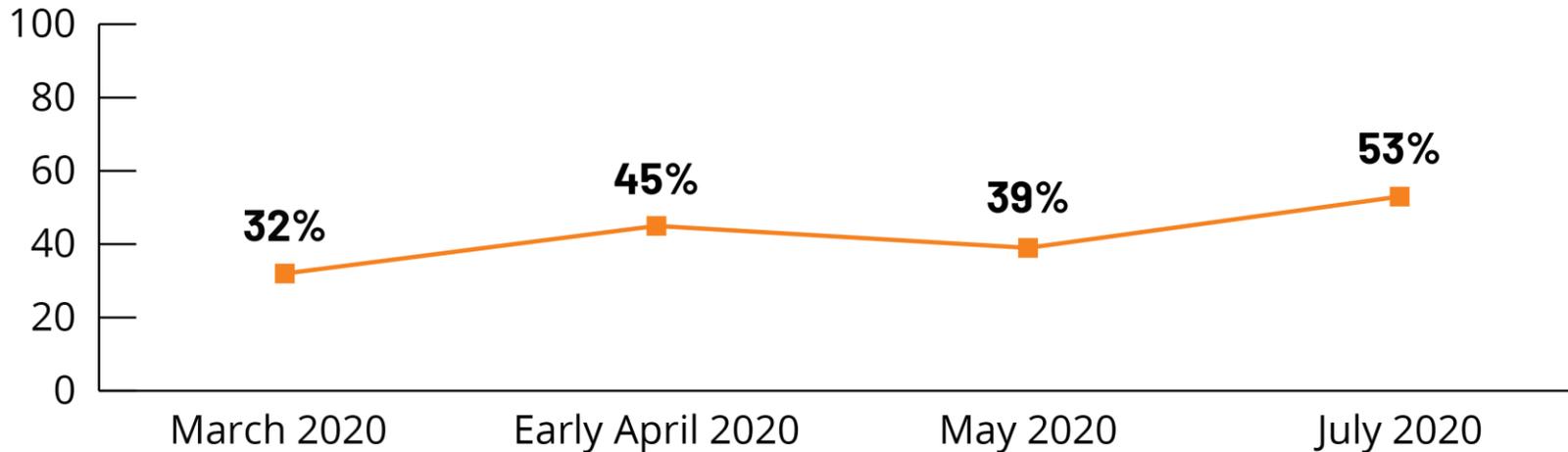


COVID-19 Impacts to Behavioral Health

Impact of the COVID Pandemic

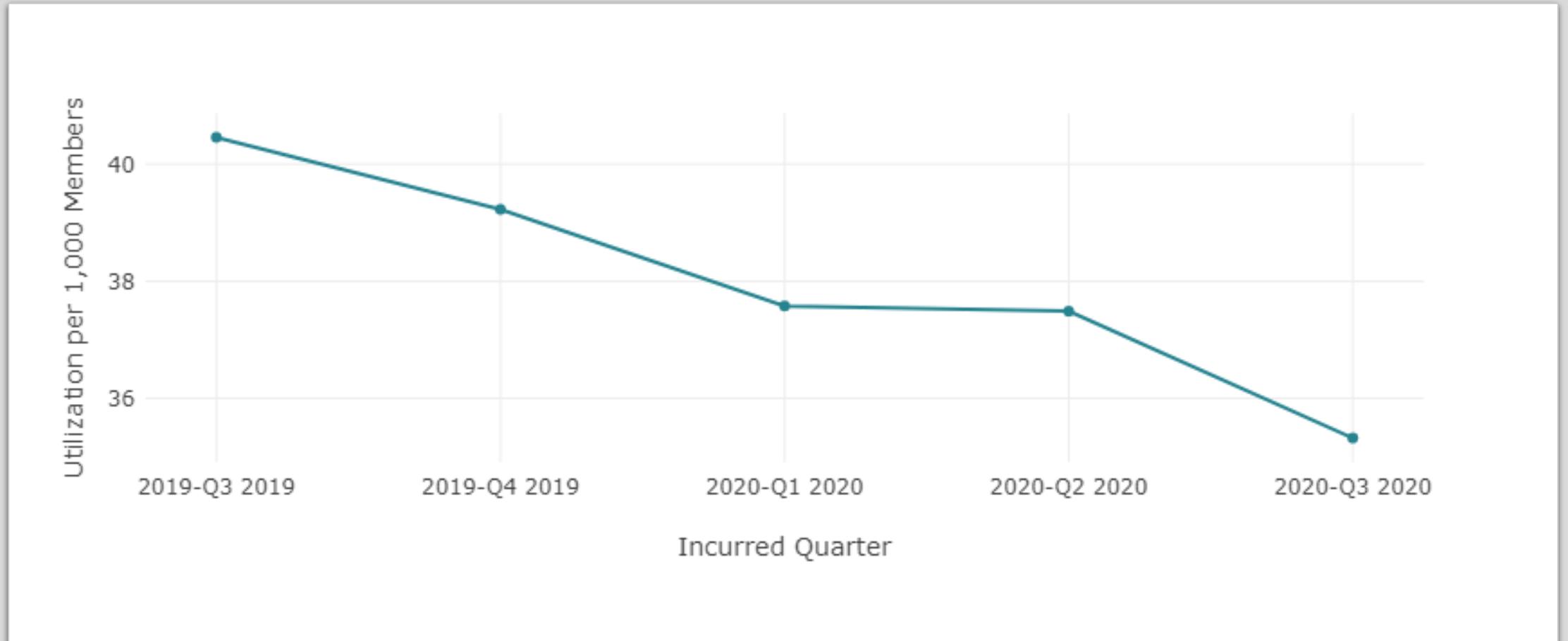
Adults Increasingly Report That Worry And Stress Related To Coronavirus Has Had A Negative Impact On Their Mental Health

Percent who say they feel that worry or stress related to coronavirus has had a **negative impact** on their mental health:

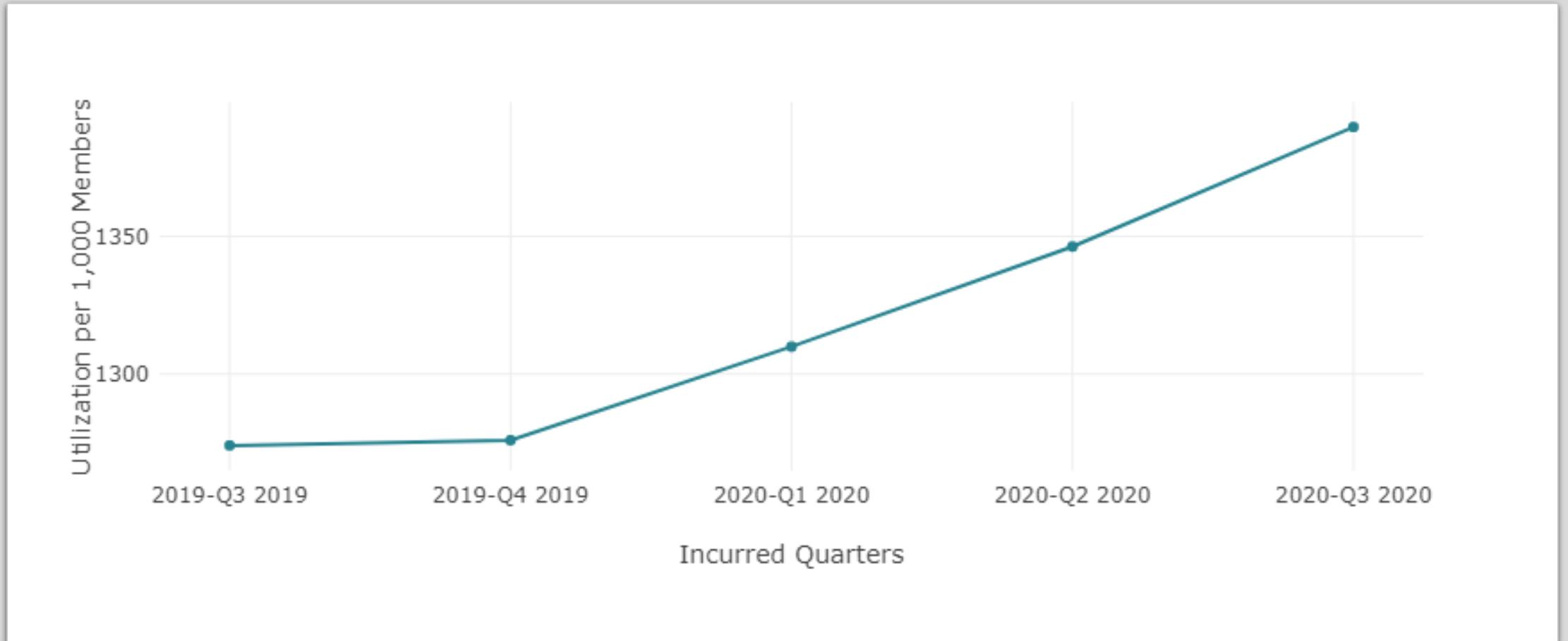


Source: <https://www.kff.org/report-section/the-implications-of-covid-19-for-mental-health-and-substance-use-appendix/>

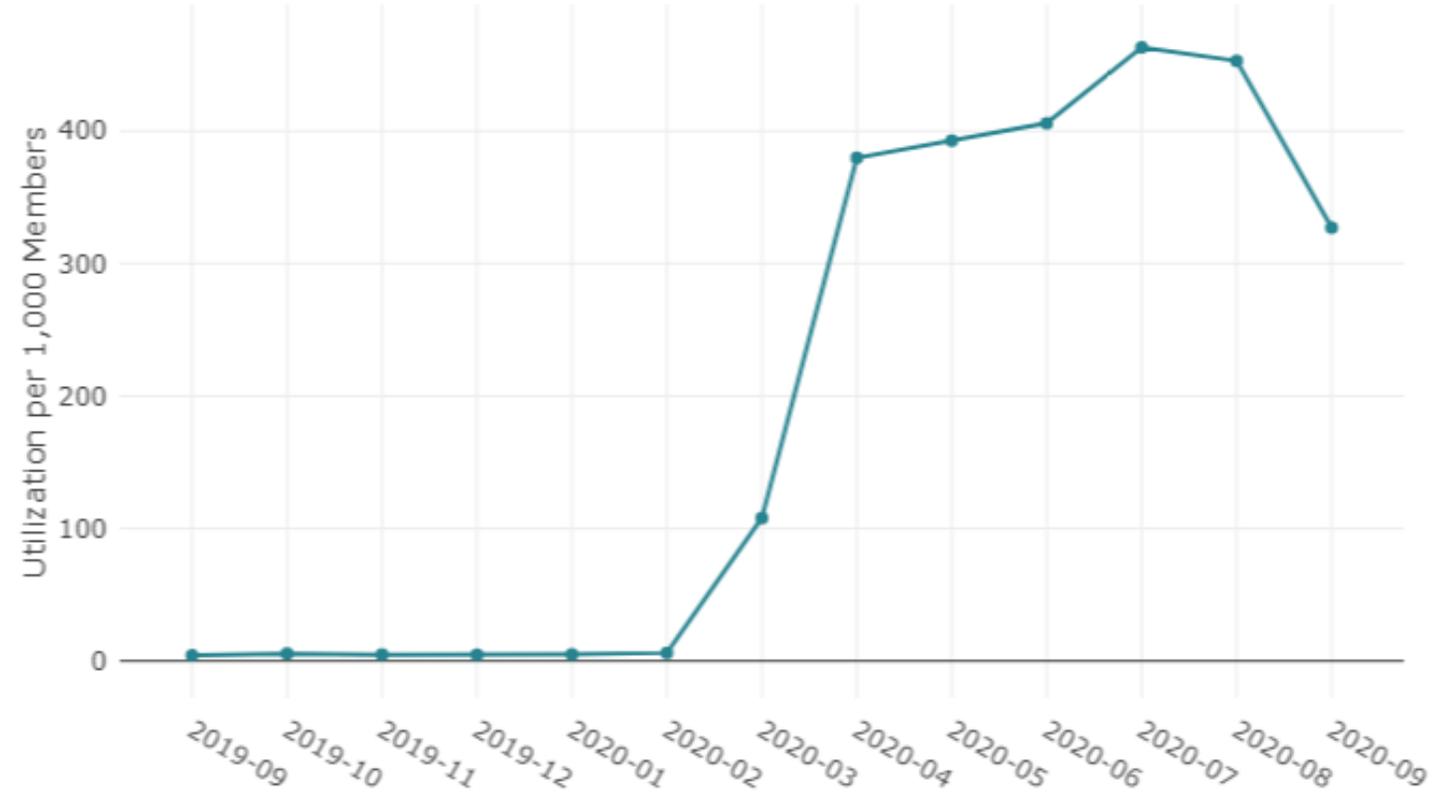
CalPERS Substance Use Utilization per 1,000 Members



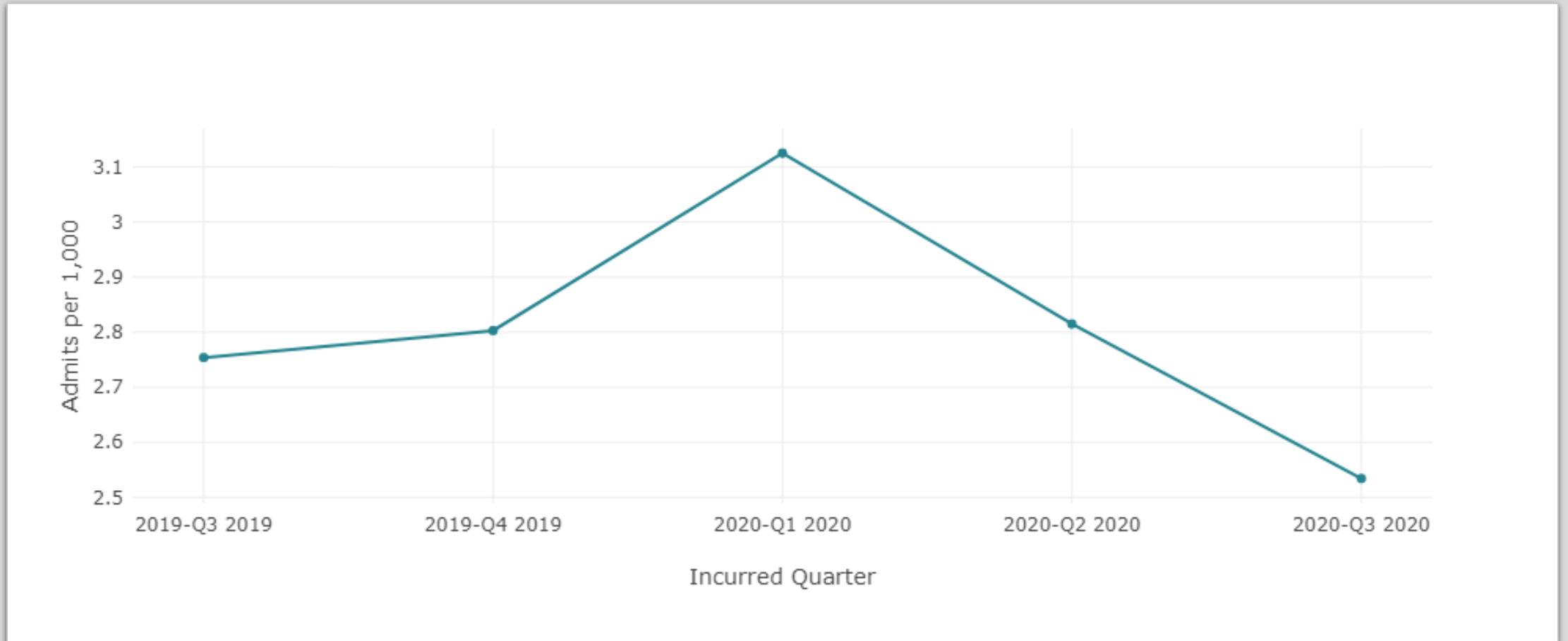
CalPERS Behavioral Health Outpatient Utilization per 1,000 Members



Telehealth Utilization for Behavioral Health: 9/2019 to 9/2020



Behavioral Health Hospitalization Utilization per 1,000 Members



CalPERS Actions Taken to Improve Behavioral Health



Improving and Monitoring Access

Health Plan Member Survey

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

Access Focus Groups

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

Telemedicine Survey

Member experience survey on access, quality, and behavioral health

Telehealth Improves Care and Access:

- Telehealth **removes the stigma** of visiting a behavioral clinic
- Provider systems consistently report **lower no-show rates** with telehealth, especially in behavioral care
- Provider systems also reported **improved participation rates** in medication assisted therapy for substance use disorder

A woman with dark, curly hair, wearing a light blue short-sleeved top and blue jeans, sits on a dark blue couch. She has her hand over her chest and looks concerned. In the foreground, the back of a person in a white shirt is visible, holding a red folder and a pen, suggesting an interview or survey. The background features a rustic wooden wall and a white door.

Health Plan Member Survey Update

Behavioral Health Quality



Quality measurement



Quality Improvement



Innovation

Health Plan Interventions and Innovations to Improve Behavioral Health Quality and Access



Early Interventions

Universal screening
Predictive analytics



Evidence-Based Innovations to Expand Access

Telehealth
Skill-building classes
Self-directed digital health technologies

Coordination and Care for At-Risk Members

- Evidence-based and outcomes-based
- Integrated primary care and behavioral health
- Shared “dashboard” of patients across care settings

Engagement with Health Plans



Collaboration with OptumRx and Pharmacy Partners

- Medication Adherence Program Expansion-Early 2021
- Comprehensive and Effective Opioid Management Strategy
- Opioid Use Disorder Treatment

Future Directions



Feedback-Informed Care

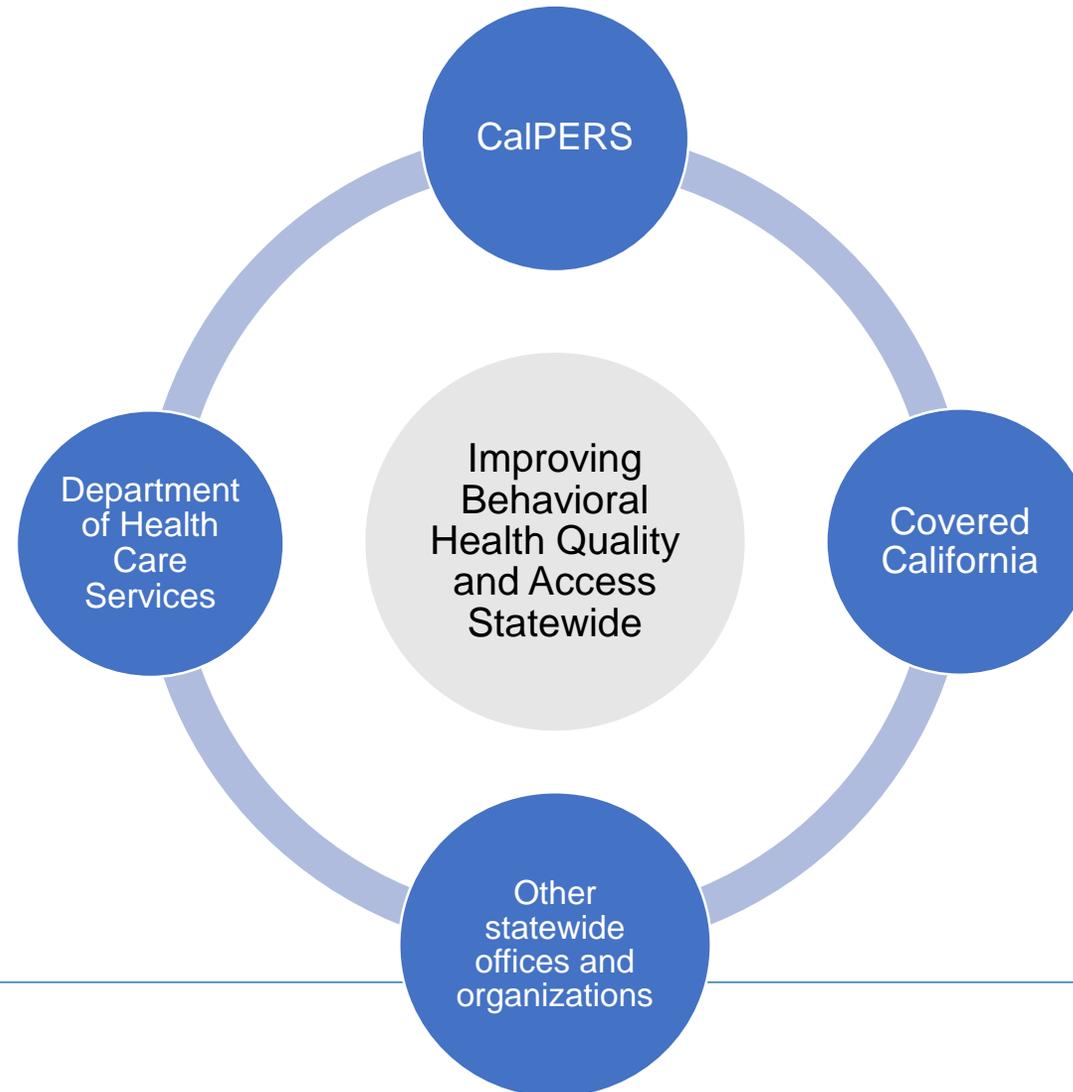


Value-Based Care



Health Equity

Alignment with Other Purchasers of Healthcare



Questions and Discussion