

Behavioral Health Update

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Board Offsite – July 13, 2021

Agenda

- Ongoing challenges
- COVID-19 impact update
- Member experience
- Actions to address challenges
- Statewide alignment
- Questions and discussion

Ongoing Challenges to Timely & High-Quality Behavioral Health Care

- Stigma
- Workforce shortages
- Limited access
- Inadequate screening
- COVID-19 impacts
- Dearth of meaningful measures

Our Behavioral Health Priorities & Actions

- Strategic plan focus
- Regular engagement on behavioral health with plans and Pharmacy Benefit Manager
- Member experience and Access
- Performance measures added
- Alignment with statewide partners

COVID-19 Impacts to Behavioral Health



Behavioral Health Prevalence - Basic

Behavioral Health Condition	2019		2020		% Change from 2019 to 2020
	Members	Prevalence Rate	Members	Prevalence Rate	
Anxiety Disorder	46,760	3.92%	58,781	5.23%	23%
Depression	60,124	5.44%	72,451	6.44%	18%
Substance Use Disorder	11,418	1.03%	12,640	1.12%	9%
Bipolar Disorder	7,350	0.59%	7,398	0.59%	No Change
Schizophrenia	1200	0.10%	1,205	0.11%	<1%

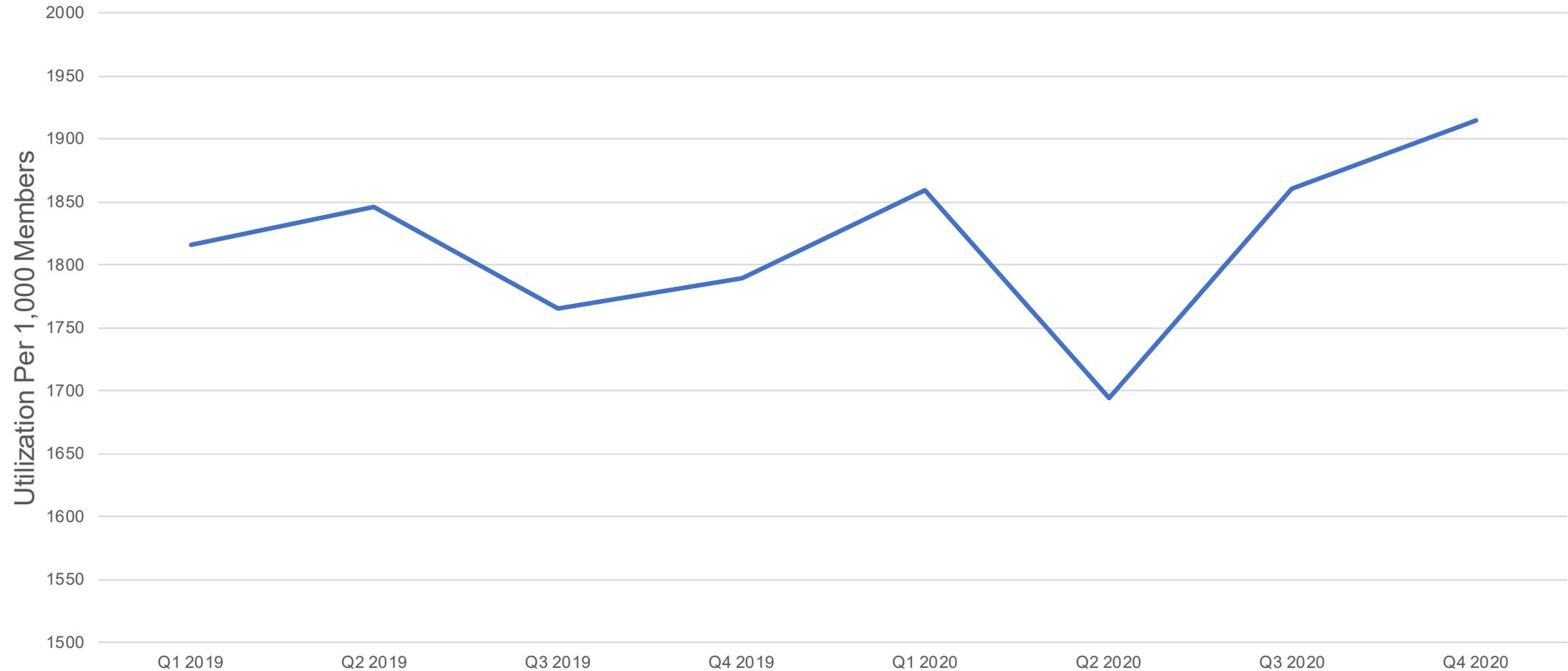
*Prevalence is rounded up to the 2nd decimal point. % Change calculations were done on non-rounded numbers.

Behavioral Health Prevalence - Medicare

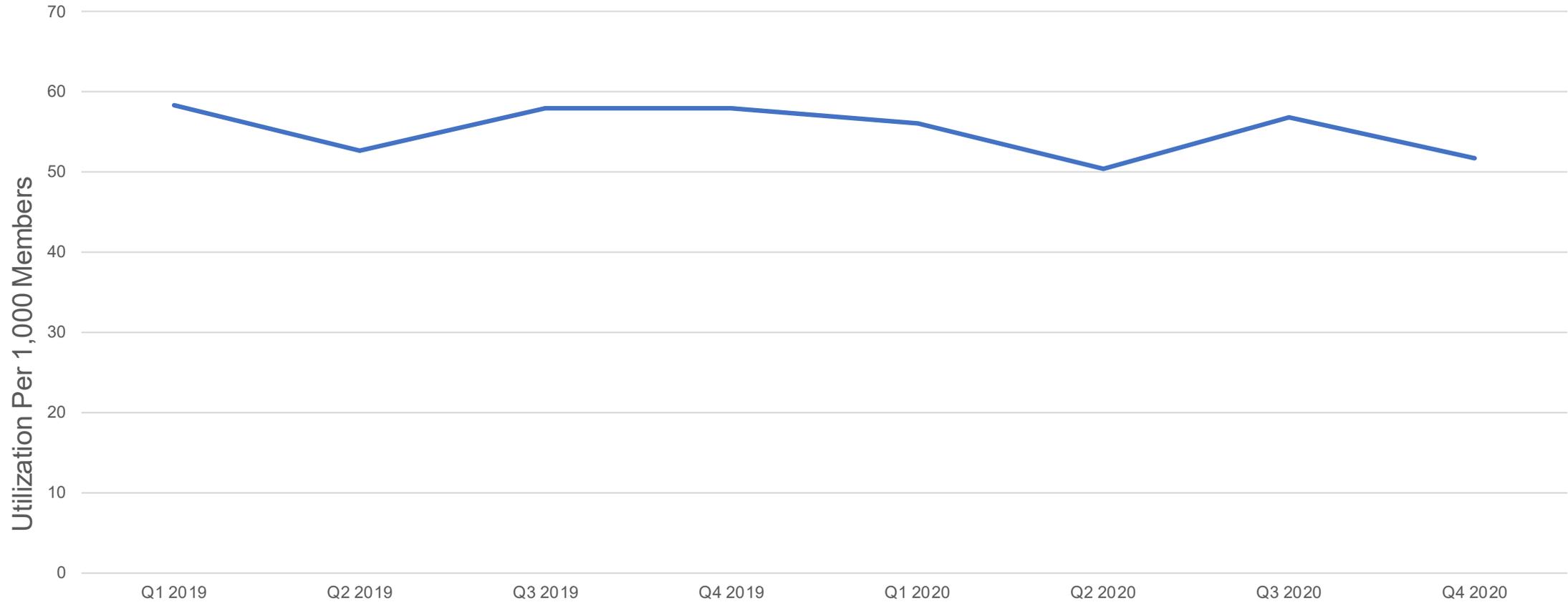
Medicare Plan Members	2019		2020		% Change from 2019 to 2020
	Member #	Prevalence Rate	Member #	Prevalence Rate	
Anxiety Disorder	8,512	2.96%	9,679	3.22%	9%
Depression	14,213	4.94%	14,968	4.98%	<1%
Substance Use Disorder	3,206	1.11%	3,026	1.01%	-10%

*Prevalence is rounded up to the 2nd decimal point. % Change calculations were done on non-rounded numbers.

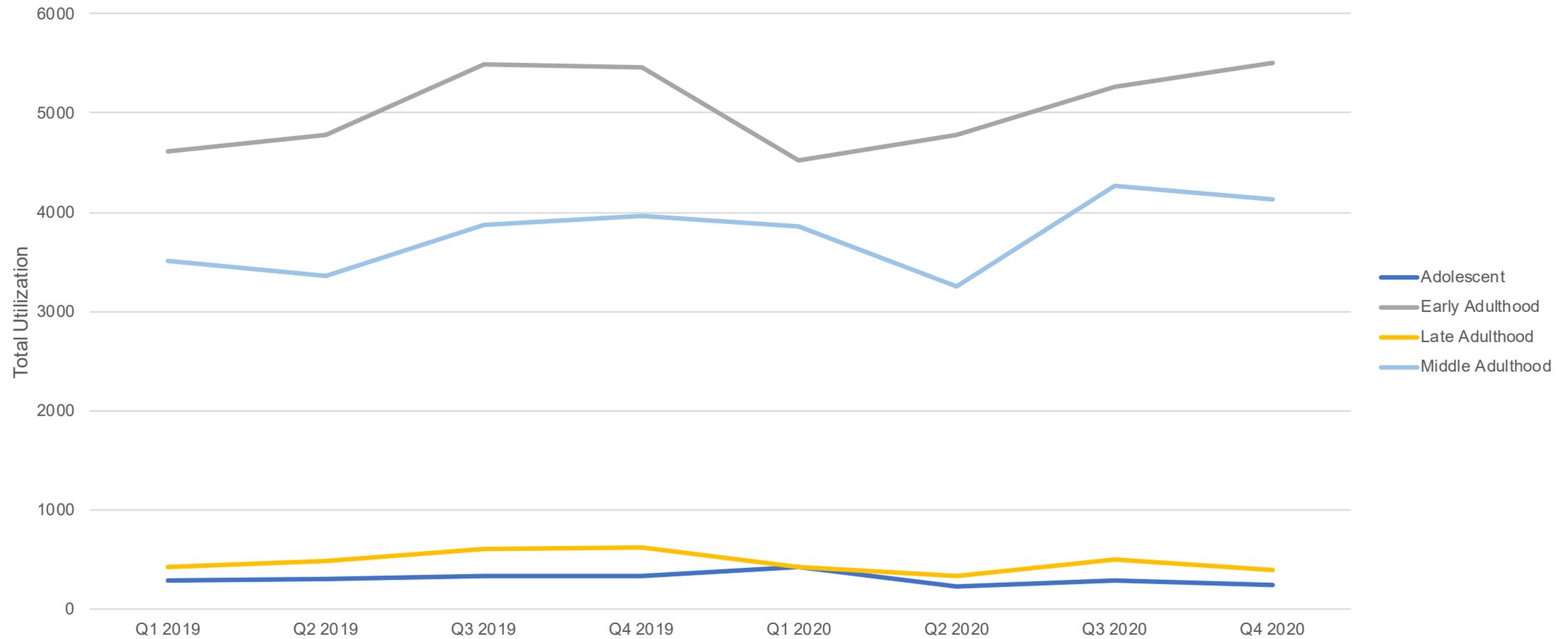
Behavioral Health Outpatient Utilization per 1,000 Members



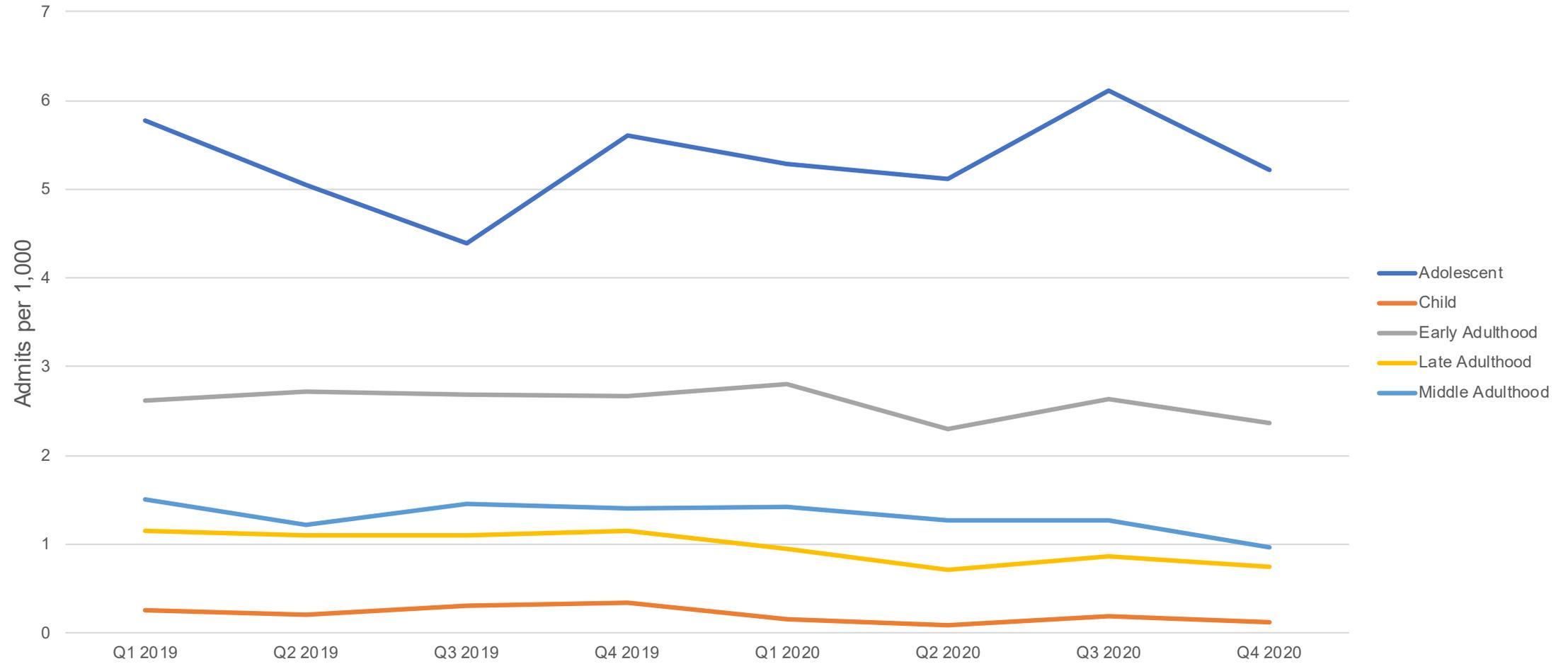
Substance Use Outpatient Utilization per 1,000 Members



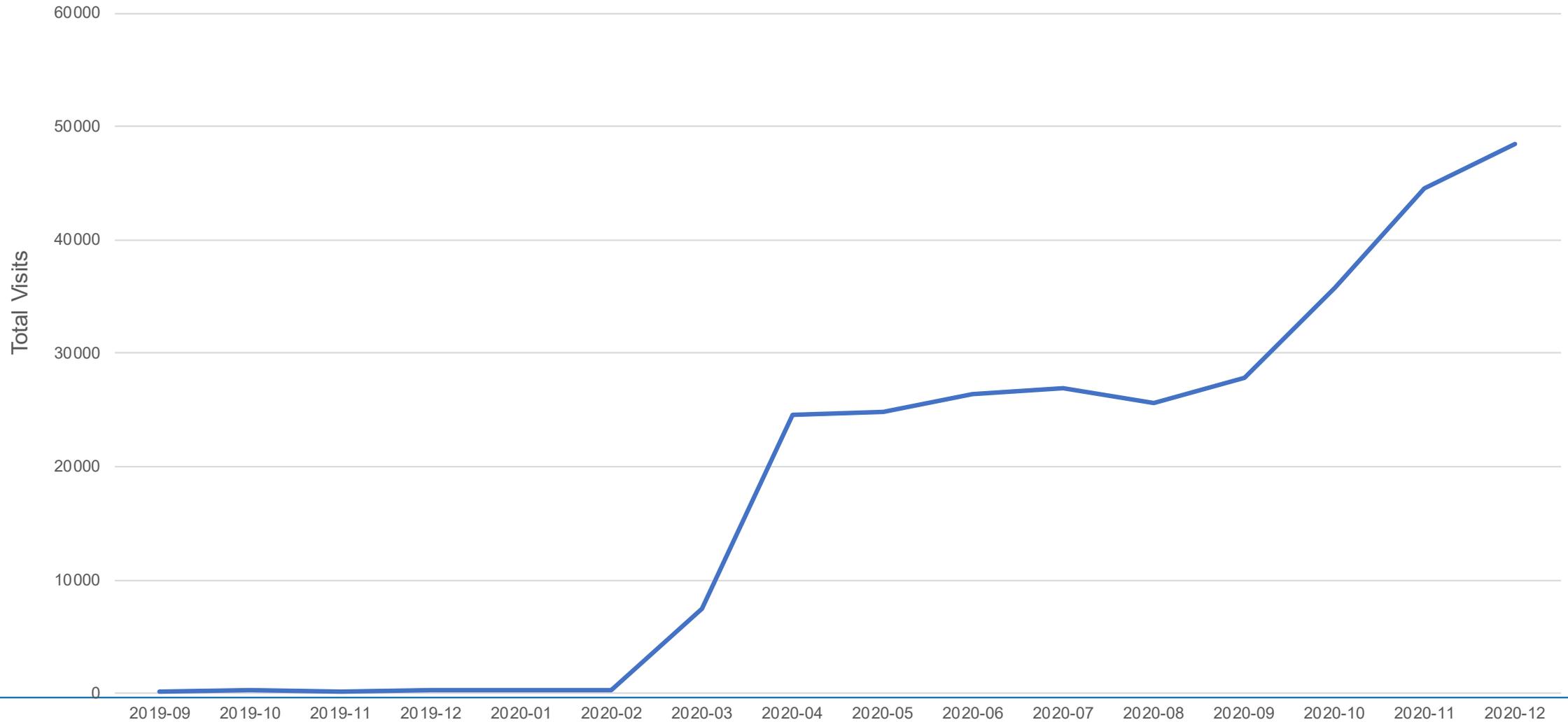
Substance Use Outpatient Total Utilization by Age



Behavioral Health Hospitalization Utilization per 1,000 Members by Age



Behavioral Health Telehealth Visits





CalPERS Member Mental Health Access

Improving and Monitoring Access



Health Plan Member Survey

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



Access Survey & 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

Health Plan Member Survey Highlights

Most members helped by their
counseling and treatment

Member access stable in
pandemic

Questions added in 2021

For improvement:
Screening for depression

Access Survey & Focus Group with UC Davis Researchers

To understand access and experience for our members among the health plans

- Member survey launch in summer 2021
- UCD-led focus groups by plan
- Findings to include Benefit Design Expert's Review & Recommendations

What We Hope to Gather

- Satisfaction with quality of care
- Barriers to access care
- Identify behavioral health inequities

Collaboration with Pharmacy Partners

- Medication adherence program expansion
- Comprehensive and effective opioid management strategy
- Opioid use disorder treatment
- Monitoring utilization of behavioral health medication

Opioids & Medication Assisted Therapy

Claims and Utilizers for Opioids 2017 – 2020	Change by numbers	Change by percentage
Claims Decreased	54,288	↓ (26.3%)
Utilizers Decreased	18,372	↓ (27.1%)

Summary of Changes for Medication Assisted Therapy 2017 - 2020	Change by numbers	Change by percentage
MAT Scripts Increased	2,100	↑ 34%
Rescue Therapy Scripts Increased*	1,646	↑ 985%

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

Holding the Health Plans Accountable

Behavioral Health Performance Measures Added in 2021

Mental Health Care
Transition

Substance Use
Treatment

Pediatric Behavioral
Health Management

Alignment with Other Purchasers of Healthcare



Behavioral Health Public Purchaser Project

CalPERS co-sponsorship with Covered California and DHCS



Future Plans



Regular
Behavioral
Health Updates



Contract
Updates



Alignment &
Partnerships

Questions and Discussion