

UPMC HEALTH PLAN

ISCEBS Pittsburgh Chapter
An Overview of Behavioral Health in the Time of COVID-19
Dr. Alin J. Severance, Medical Director

**HERE'S THE
PLAN**

A woman with short, grey hair is smiling and looking out a window. She is wearing a white tank top and a grey cardigan. The background is a bright, out-of-focus window.

The Evolution of Behavioral Health Services

Today's expanded coverage for behavioral health services is not simply a response to changing regulations.

It is also because employees are demanding and expecting it, and it's the right thing to do.



Behavioral Health Conditions are Common

- In 2019, 20.6% of all U.S. adults had some type of mental illness. Of those:
 - 29.4% were 18-25 years old
 - 25% were 26-49 years old
 - 14.1% were 50 and older
- In 2018, less than 45% of people with mental illness received mental health services
- It doesn't make sense to limit or withhold services that are needed by 20–30% of members

COVID-19's Influence on Behavioral Health



- **Anxiety around contracting COVID-19**
- **Isolation and uncertainty**
- **Depression**
 - 25% of Americans show symptoms of depression
 - Drastic increase from before the outbreak of COVID-19
- **Grief and loss**
 - Loss of life, purpose, or meaning in work
 - Loss of daily social connection with family, friends, and even strangers

COVID-19's Influence on Behavioral Health



***Washington Post* Report: Depression and Anxiety**

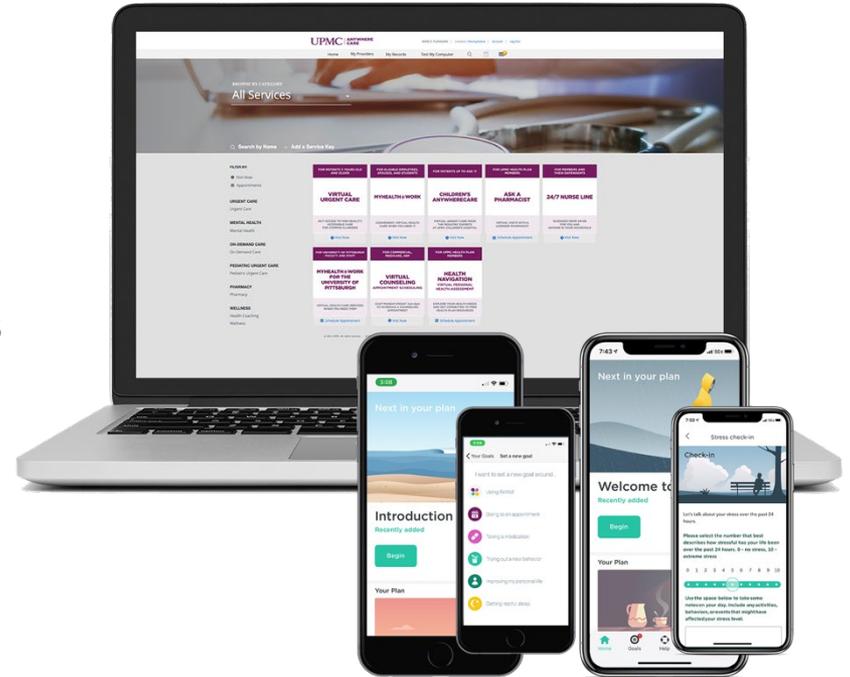
- 24% clinically significant symptoms of major depressive disorder
- 30% symptoms of generalized anxiety disorder
- 100 million Americans at higher risk of mental health distress

American Medical Association: Substance Use

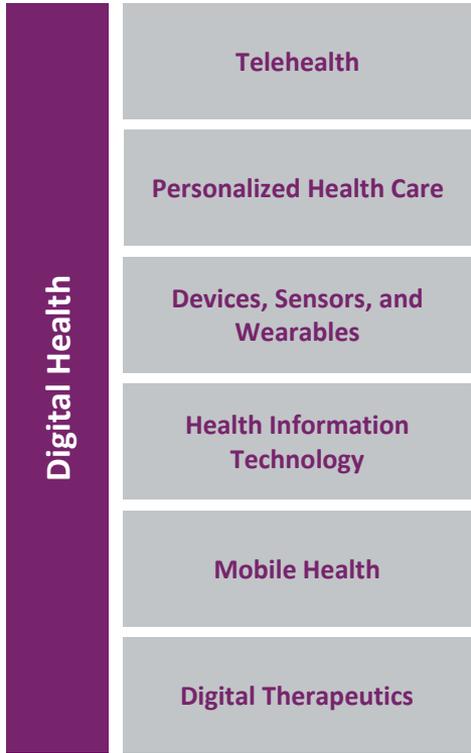
- Over 50% of U.S. states have experienced a troubling rise in the incidence of opioid-related overdoses

Improving Delivery and Access to Behavioral Health Care

- Increased demand for behavioral health services is an opportunity to consider a range of modalities with which to serve our members:
 - Expanded telehealth
 - Digital therapeutics
- Significant investment in digital health companies to modernize access and member engagement
- RxWell and AnywhereCare are examples that can help overcome barriers to care:
 - Transportation and travel time
 - Child care and elder care
 - Needing time off from work



Digital Health Redefining the Patient-Member Experience



Digital Behavioral Health Companies: Market Investment North of \$4B		
 <p>\$5.9M / \$235M Web/mobile platform providing tracking, education, and other coping resources</p>	 <p>\$113.7M Online and mobile therapy app</p>	 <p>\$159.5M Facilitates identification and treatment of people with mental health conditions</p>
 <p>\$248M FDA-approved prescription digital therapeutics</p>	 <p>\$218M Meditation products such as sleep stories and guided meditation</p>	 <p>\$300.9M Prescription digital medicine through video games on mobile</p>
 <p>\$675.1M EAP replacement connecting employees to mental health providers, therapy, and coaches</p>	 <p>\$215.9M Themed meditation app for stress, sleep, focus, and anxiety</p>	 <p>\$256.5M Acquired licensed Lantern IP to provide new programs for depression and anxiety</p>
 <p>\$46.6M Provides telehealth for emotional & behavioral challenges</p>	 <p>\$220.7M On-demand BH coaching, telepsychiatry, and guided self-care</p>	 <p>\$30.4M Meditation device providing active feedback on mental activity, heart rate, and breathing</p>
 <p>\$118.7M App with activities and games app for stress and anxiety</p>	 <p>\$54.3M CBT programs for sleep and anxiety via web or mobile</p>	 <p>\$31M Integrated platform with remote monitoring and BH integration across continuum of care</p>
	 <p>\$17M Mobile platform for assessment, therapy & peer support for OCD</p>	

Source: Crunchbase.com (7/26/21)

What Is the Value of Tele-Behavioral Health? The Payer Perspective



- Convenience
- Virtual care can address access, quality, and member experience measures
- Technology platform that enables scale for critical resources
- Remote monitoring as a population health toolkit: identification, intervention, and risk management

Behavioral Health: An Essential Ingredient in Overall Health

- Interplay between physical health and behavioral health
- Acute and chronic illnesses increase the risk of — and exacerbate — symptoms of anxiety and depression
- Chronic stress can negatively impact diet, sleep, blood pressure, immune system, and overall self-care, including adherence to medical treatments (e.g., worse glycemic control)
- Psychiatric diagnoses, especially if untreated, are associated with worse outcomes for a wide variety of medical illnesses (less likely to care for themselves, seek care, or follow medical advice)



A Whole-Person Approach to Well-Being

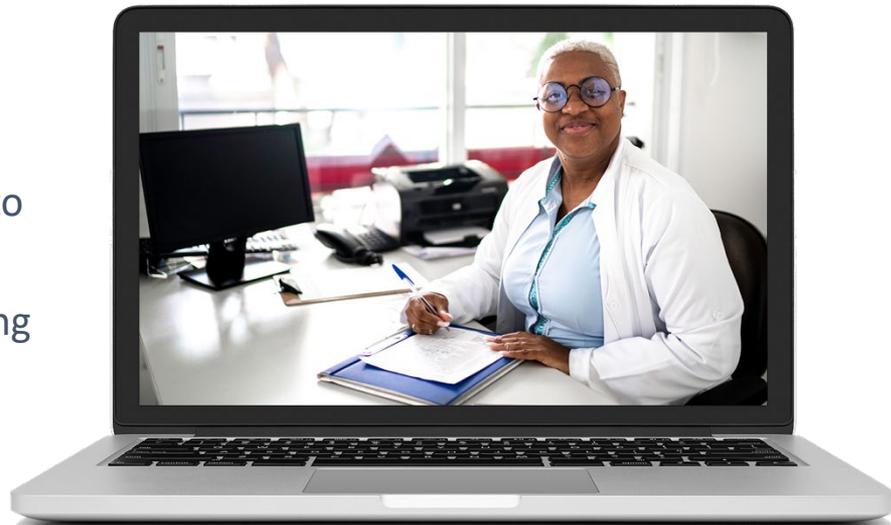


- Arguments in favor of the integration of physical and behavioral health
- 29.3% of the population at UPMC have a mental health and/or substance use disorder
- Increased health care expenditures for people with a behavioral health diagnosis
- SNP-SMI team is a prototype for managing whole-health outcomes of high-risk/high-cost members with physical and behavioral health needs
- If successful, this model could be replicated in the commercial space
- Collaborative care model leverages consultation to increase access to behavioral health services within primary care
- TiPS program connects pediatricians to child psychiatrists

Trend Toward Virtual Employee Health Services

Growth of virtual physical and behavioral health services for employees:

- **MyHealth@Work** success — increased utilization due to convenience of 24/7 access to care
 - Expanded benefits include virtual counseling and virtual health coaching
 - Potential to improve employee health and reduce absenteeism; especially important in facilitating return-to-work protocols for COVID exposures/illness



Employer Support of Employee Behavioral Health Needs

A group of diverse people in an office setting, smiling and engaged in a conversation. A man in a dark sweater is the central focus, smiling broadly. To his left, a woman in a yellow top is partially visible, also smiling. In the background, another woman with blonde hair is smiling. The setting appears to be a modern office with a whiteboard and sticky notes visible in the background.

- Role of workplace in employee emotional well-being
- **“Mental health first aid”** an example of employers learning skills to identify, understand, and respond to behavioral health signs and symptoms
- Fostering a culture that is supportive of everyone’s behavioral health needs

Employer Support of Employee Behavioral Health Needs

- Stigma around mental health symptoms remains widespread
- Power of normalizing emotional responses to life's stressors
- It requires no special training to connect on a human level
- Sharing a worry as an engagement strategy
- Be familiar with coverage for mental health services and availability of an employee assistance program



Leveraging Our Relationships



- Partnership with **UPMC Western Psychiatric Hospital**, a nationally recognized leader in mental health clinical care, research, and education
- Clinical input from subject matter experts on formulary decisions, medical policies, and emerging technology/therapeutics
- Telehealth support for underserved areas
- TiPS program available to all child members

Leveraging Our Relationships

- **Community Care Behavioral Health –**
Medicaid Behavioral Health MCO
- Innovations help to inform our work with providers as well as commercial Health Plan
 - Moving from fee-for-service model to value-based payments
 - Supporting evidence-based treatments for the opioid epidemic



Thank You

UPMC HEALTH PLAN
