



The Future of Behavioral Health:

A Presentation to the National Dialogues on Behavioral Health

Presented by:

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About Beacon

COMPANY OVERVIEW

Our multi-modal approach helps us to better integrate social, behavioral and physical solutions to drive improved outcomes for **~44 million members nationwide**

Our products:

Beacon Behavioral

Beacon Total Health

Beacon Wellbeing

Beacon Care Services

We serve:



Health plans



Employers



Federal



State & local governments



BEACON BY THE NUMBERS

250 clients

115,000 providers

nationwide behavioral health specialty network

500 state-licensed

board-certified therapist in the nation's largest virtual care network

4,500 employees

including approximately **1,200** licensed clinicians

A Stronger, Market Leading Behavioral Health Organization

Anthem[®]



 **beacon**
health options

Digital first
Predictive modeling

Industry depth
Clinical expertise
Data insights



Benefits of combined entity

- + Proactive interventions to engage members with supportive guidance, useful tools and valuable insights creating personalized engagement
- + Expanded depth and breadth of offerings
- + Cutting edge solutions
- + Innovative digital and clinical design initiatives

A Behavioral Health Emergency



CDC Study Documents Rise in Adolescent Suicide Attempts During Pandemic



Children's mental health crisis a 'national emergency,' pediatric groups declare

There has been a "shocking" rise

By Meredith Deliso



October 14, 2021

CDC Reports Record High 12-Month Drug Overdose Death Toll

AAP News

AAP, AACAP, CHA declare national emergency in children's mental health

October 19, 2021

Hartford Courant

The number of children seeking urgent behavioral health care at Connecticut Children's has tripled since the summer, forcing families to wait hours on end for an emergency department bed



Kids' mental health declared national emergency

The New York Times

How Young People's Social Anxiety Has Worsened in the Pandemic



The boarding crisis: Why some kids are waiting days in the ER for psychiatric ward beds

Mental health ED visits rose 31% among kids aged 12 to 17 last year.

Modern Healthcare

October 19, 2021 04:25 PM

Pediatric groups declare 'national mental health emergency'

STEVEN ROSS JOHNSON

Psychiatric Times

Child and Adolescent Mental Health: A National Emergency

October 25, 2021

Leah Kuntz

The Pandemic has Significantly Impacted Behavioral Health



Half of adults say that worry or stress related to the pandemic has had a negative impact on their mental health¹

1 in 4 say it's had a major impact¹

1 in 4 adults The text "1 in 4 adults" is followed by an icon of four stylized human figures. The first figure on the left is dark blue, and the other three are light blue.

reported having symptoms of anxiety or depression in 2021 vs. **1 in 10 in 2019²**

46% of parents

have noticed a **new or worsening mental health condition** for their teen since the start of the pandemic³

¹ KKF Health Tracking Poll, Kaiser Family Foundation, December 2020.

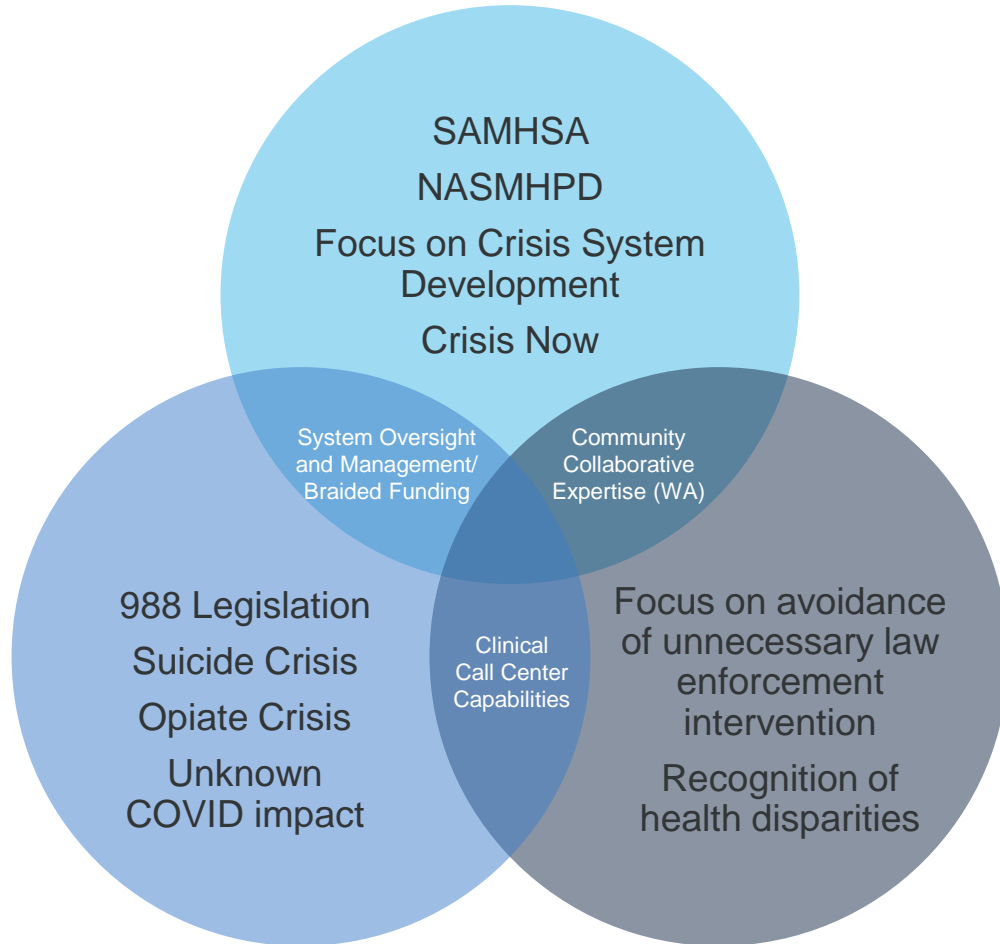
² The Implications of COVID-19 for Mental Health and Substance Use, Kaiser Family Foundation, February 2021.

³ How the pandemic has impacted teen mental health, National Poll on Children's Health, CS Mott Children's Hospital, March 2021.

Growing Demand: The Good, The Bad, and The Ugly



Addressing Immediate Need: Ensuring Access to a Comprehensive Crisis System



The Licensing Conundrum: The Path Towards Access Expansion

Connecticut

Beacon worked with The National Governors' Association to design a program to improve outcomes for high-cost/high need Medicaid members, resulting in:

Reduced Discharge Delay



Reduced Youth Inpatient Length of Stay



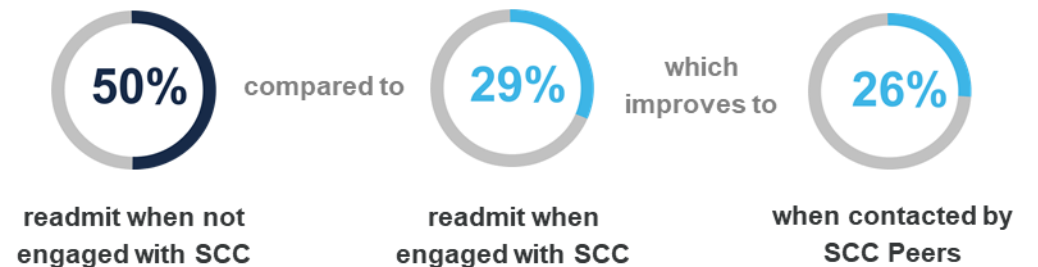
Members with a mental health diagnosis and more than seven emergency visits who received peer and intensive case management services improved an average **7.3 points** on the Mental Composite Scale.

Georgia

Beacon's Specialized Care Coordination (SCC) Program features Peer Specialists and Community Transition Specialists (CTS) who help members transition to community-based services. In 2019, aftercare appointment rates improved with CTS involvement:



Additionally, the SCC Program improved readmission rates. The more SCC Program involvement, the better:



Changing Pathways: Utilizing Peers to Reduce Opioid Overdose

In the program's first year, the number of fully engaged participants increased **10 times**. In addition, this group experienced a number of positive outcomes.



Connection to MOUD

In the first year of Changing Pathways, the number of members discharged from withdrawal management who successfully connected to an MOUD provider in the community **increased 52%**.

Reduction in other behavioral health (BH) episodes

In the program's first year, nearly **40% of engaged participants** adhered* to MOUD for the three-month period following discharge. That is about **2.5 times** the number of individuals who went through a traditional detox. These individuals experienced the following positive outcomes when comparing the three months prior to, and following, discharge:



Reduction in overdoses

Individuals who engaged in Changing Pathways in 2020 and remained MOUD adherent* for 90 days following discharge, experienced a **76% reduction** in rate of overdose, from 8.3% to 2.0% of members.

Reduction in readmissions

During the program's first year, a significantly lower percentage of engaged participants re-admitted to an inpatient facility within 7 and 30 days of discharge than individuals in traditional detox did.

CHANGING PATHWAYS • 3.6%

TRADITIONAL DETOX • 5.9%

WITHIN 7 DAYS

CHANGING PATHWAYS • 14.3%

TRADITIONAL DETOX • 21.6%

WITHIN 30 DAYS



reduction in the average number of BH ED visits per member



reduction in the average number of inpatient days per member

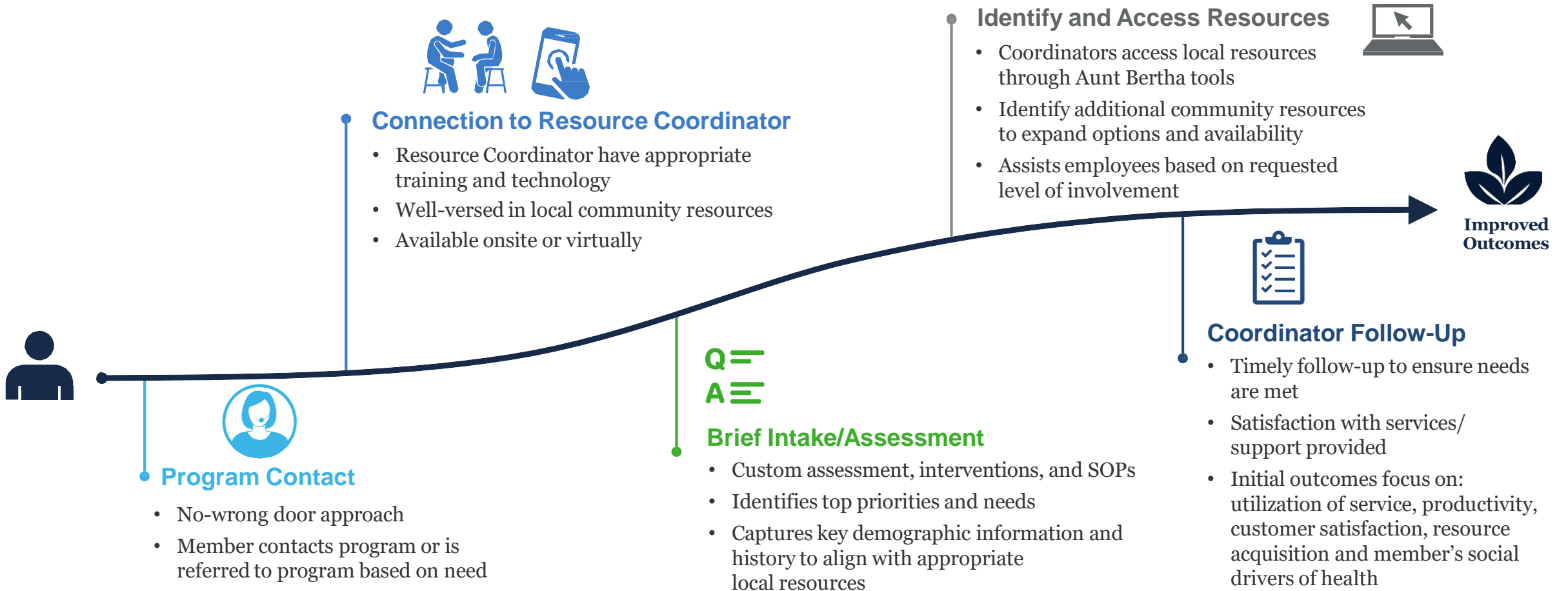


reduction in the average number of detoxes per member

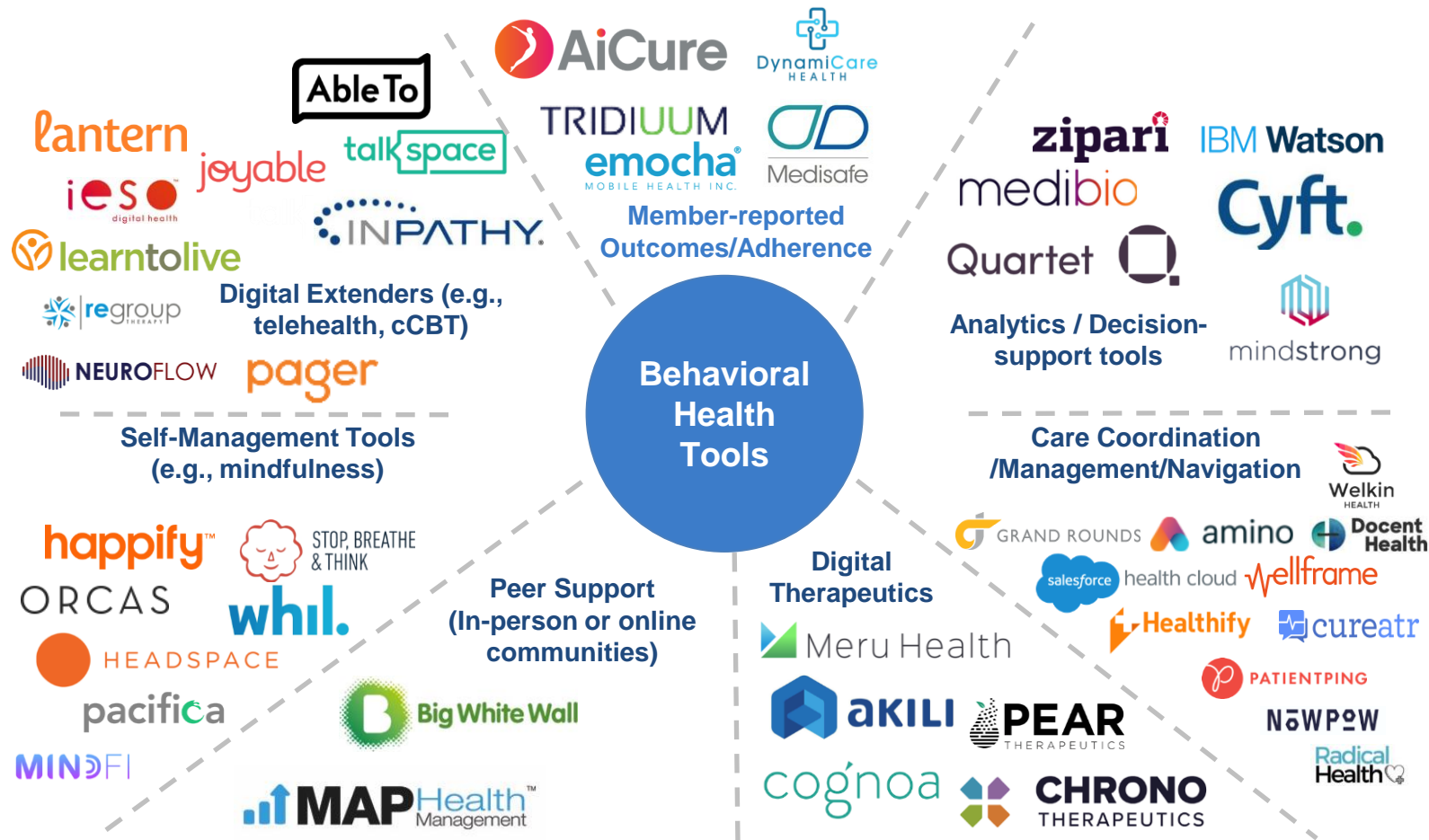
Adherence means using MOUD at least 80% of days for the three months following discharge.

Why More 90791s Won't Solve the Mental Health Crisis

Resource Coordinator Model: helping members choose how they interact with the program from referrals to more hands-on, personalized support



The State of Care



The State of Access



Telehealth



Text/Chat (Alternative forms of therapy)



Self-service solutions (CBT Mindfulness)



Care navigation



Devices, drugs and passive capture



Social determinants of health tools

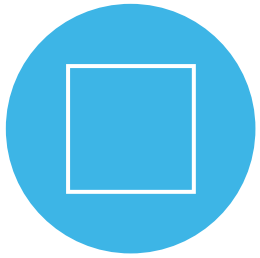


Addressing Health Equity

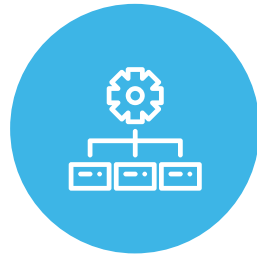
Major depression and anxiety are underdiagnosed by **32–40%** in Black, Hispanic, and Latino communities.

Lower diagnosis rates are likely driven by a lack of understanding of cultural differences, stigma around diagnosis or treatment, and barriers to getting care

The State of Quality



Mental health is still a black box



There has been movement to use standardized tools

- Low adoption
- Limited utility



What would consumer companies do?



Potential solutions

The Playing Field and the Government's Role



Code system **is not prepared** for the health system of today



The way we license and monitor providers **is not prepared** for the system of today

- Intrastate
- What about unlicensed providers such as coaches and peers?



The way we do research and grants **is not prepared** for the innovative landscape

What Does the Future Hold?



Thank you

Contact Us



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