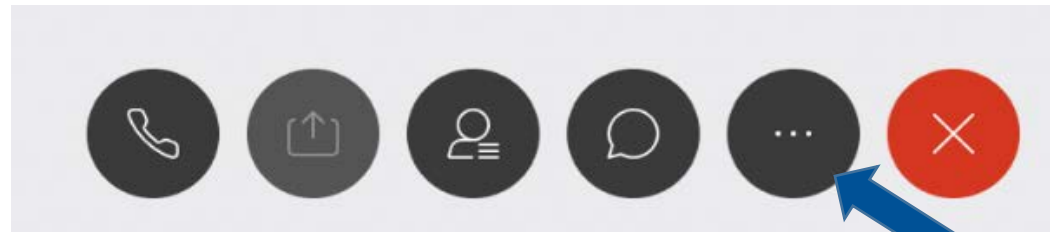


# Welcome to the Florida Alliance for Healthcare Value

## **2020 Summer Education Series** **July 30, 2020**

# TO ASK A QUESTION OF A SPEAKER/PANELIST

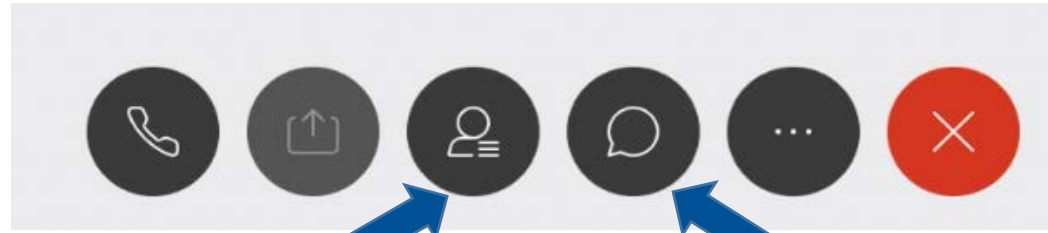


On your screen, click here to see **Q&A function**.

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- There is a 256-character limit for questions.
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# TO ASK A TECHNICAL QUESTION



On mobile devices you will find the **Chat function** here.

On your computer screen click here for the **Chat function**.

The **Chat function** is found by clicking on the text bubble icon when using a computer, or the participant bubble for mobile devices.

- Please use the chat function **only for questions related to WebEx issues**.
- For mobile devices (including iPads, Kindles, mobile phones), the Chat Function can be found in the lower left when you open the participant window.
- Type in your question and send to “Host.”

# Follow us on Social Media



Follow us on Twitter and Facebook **@FLHealthValue** and **Florida Alliance for Healthcare Value** on LinkedIn

**Tweet about today's event**  
**#FLAlliance2020**

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# Improving Quality. Reducing Costs. Accelerating Value.

[ABOUT US](#)

*The Florida Alliance for Healthcare Value is an employer-led research and education organization that brings together benefits leaders and healthcare stakeholders to develop and implement innovative improvements in healthcare cost, quality and safety in Florida.*

# Today's Session



## *The State of the Opioid Crisis in Florida*



**Sheriff Dennis M. Lemma**  
Seminole County, Florida

# Today's Session



## *A Comprehensive Alternative Treatment Approach for Substance Use Disorder*



**Francois de Brantes**  
**Senior Vice President**  
Signify Health



**Eric Bailly**  
**Director,**  
**Business Development**  
Anthem



**Brad Rex**  
**President and CEO**  
eHome Counseling Group



**Greg Williams**  
**Managing Director**  
Third Horizon Strategies



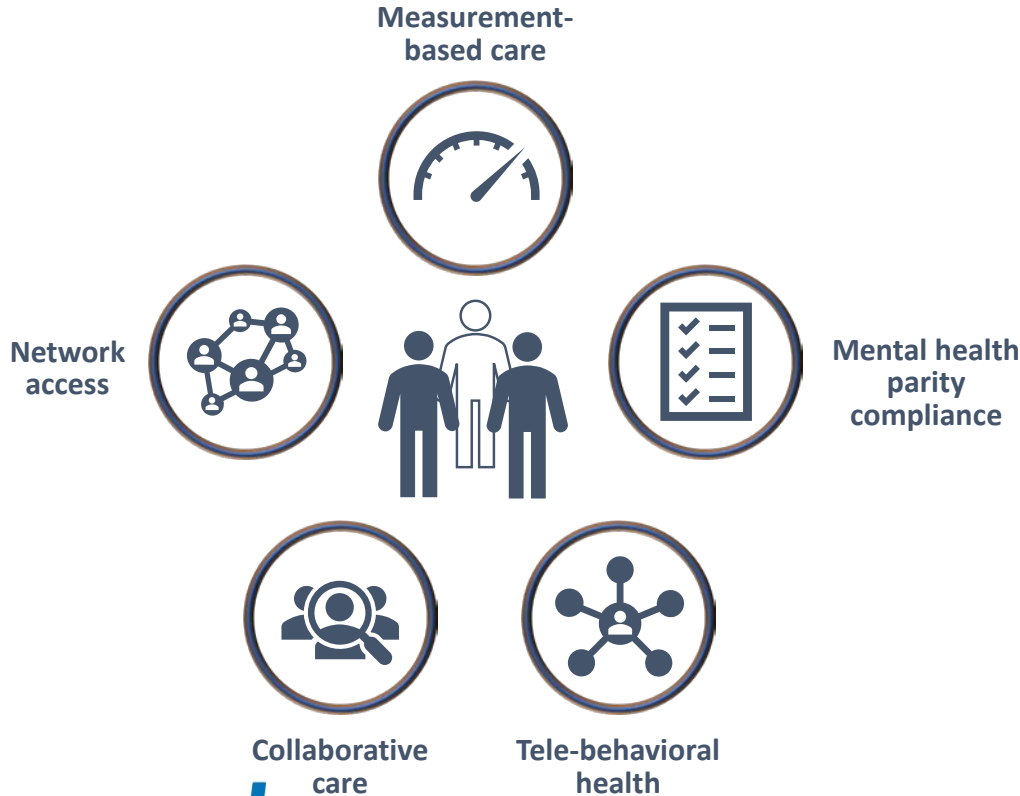
# Mental Health & Substance Use A Public Health Crisis

**Societal Impact**  
 Suicide rates at record levels  
 Opioid deaths up 400%  
 Acceptance improving, access declining

**Workforce Impact**  
 Direct impact on performance  
 Leading cost of disability  
 Multiplier effect on co-morbidities

## FIVE INTER-RELATED OPPORTUNITIES TO STEM THE TIDE OF ACCESS ISSUES

- A *BROKEN* SYSTEM**
- Phantom networks – difficult to get timely appointments
  - Provider shortages, low participation rates
  - Most mental health medications prescribed by primary care
  - No accountability for quality of treatment
  - Growing concerns and enforcement of mental health parity



- A *REFORMED* SYSTEM**
- Reverse declining network participation rates of mental health professionals
  - Improve quality of care provided and patient outcomes
  - Integrate behavioral health screening, coordination and referrals from primary care
  - Reduce legacy mental health disparities and friction
  - Supplement access and integration with virtual care

# The Path Forward for Mental Health and Substance Use

Network  
Access

Measurement-  
based care

Collaborative  
care

Mental health  
parity compliance

Tele-behavioral  
health

## NATIONAL STEERING COMMITTEE

Meadows Mental Health Policy Institute  
APA Center for Workplace Mental Health  
National Alliance of Healthcare Purchaser Coalitions



### LEAD

#### National Technical Resource Team

Education to national stakeholders  
(consultants, industry groups)

Advise and support coalitions

Website/tools/speakers bureau



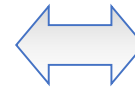
### LEVERAGE

#### Eight RESET Regions Multi-Stakeholder Change Initiative

Establish regional baseline

Foster stakeholder plan

Project management/problem resolution



### LOCALIZE

#### 30 Non-RESET Coalitions Purchaser Engagement Initiative

Educate consultants/employers

Enlist purchaser "sign-on" to initiative

Execute 10 universal action steps

## RESET

**R**egional  
**E**mployer  
**S**takeholder  
**E**ngagement  
**T**eam

## BEHAVIORAL HEALTH SUPPLY CHAIN

Benefits Consultants



Employers/Plan Sponsors



Health Plans/TPAs  
PBMs

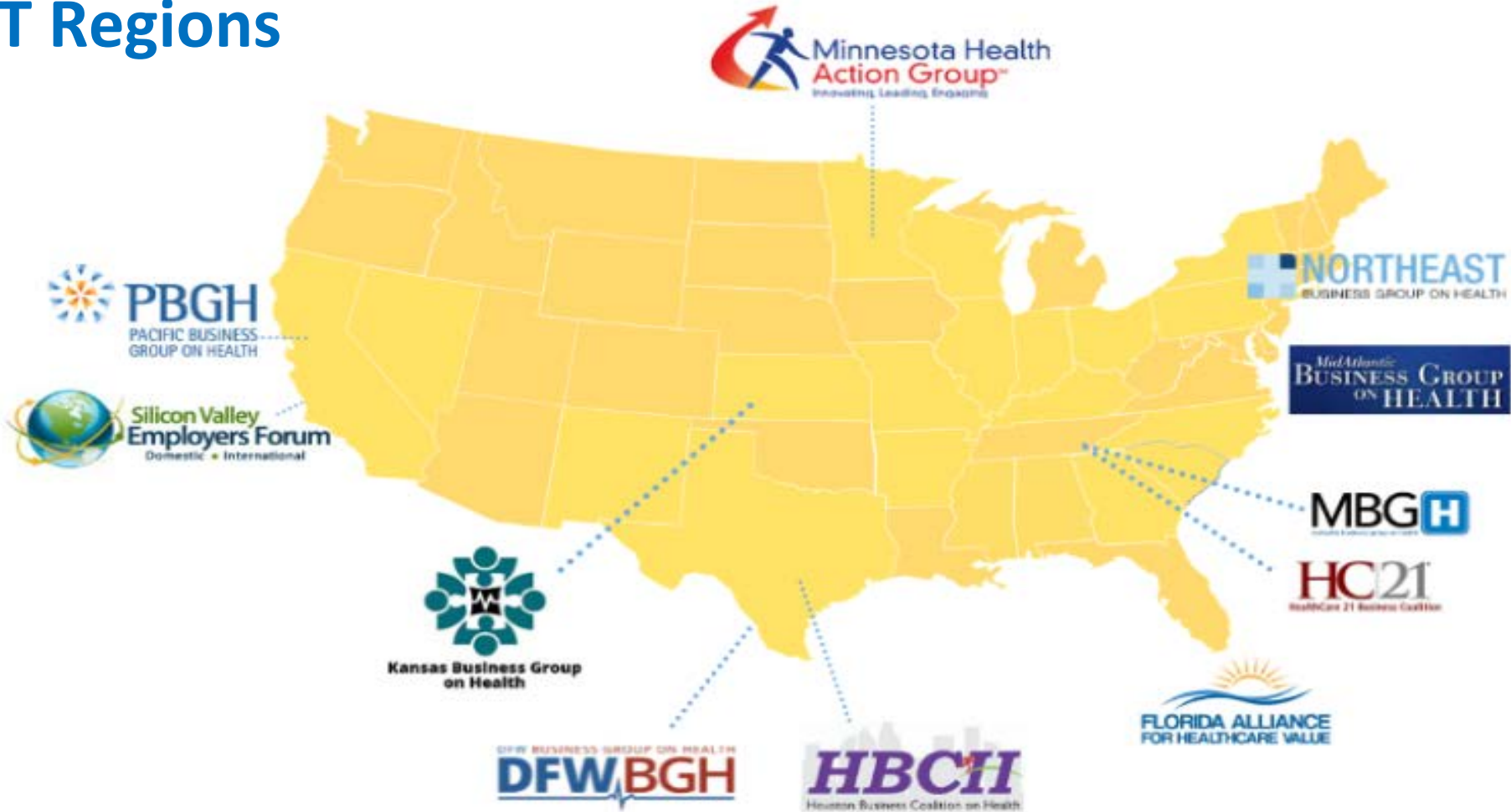


Health Systems  
Primary Care  
MHSU Specialists



**The Path Forward**  
for mental health and substance use  
Health Equity for all Americans

# RESET Regions



**The Path Forward**  
for mental health and substance use  
Health Equity for all Americans

# *The Path Forward* Goals and Objectives – the Next 5 Years

- **Improved network accuracy** by reducing no or low billing network psychiatrists by 30% from baseline
- **Improved network access** as demonstrated by a 50% reduction in MH/SU out-of-network disparities compared to other medical services
- **Reduced network burdens** as demonstrated by a 50% reduction in MH/SU denial rate disparities compared to other medical services
- **Increased prevalence of measurement-based care** with adoption by at least 40% of patient centered medical homes and accountable care organizations including all the largest health systems in each RESET region
- **Substantial adoption of collaborative care models** including 50% of primary care practices in the largest health systems in each RESET region
- **Substantial growth of tele-health for MH/SU services** with 100% of plans operating in RESET regions reimbursing for such services
- **External validation of MH/SU parity** for nonquantitative treatment limitations by 100% of plans

PROJECT  
**PIOID**

# The State of the **Opioid Crisis** in Florida

July 30, 2020

*By Seminole County Sheriff Dennis Lemma*



# About Sheriff Dennis Lemma

Sheriff Dennis Lemma began his career with the Seminole County Sheriff's Office more than 28 years ago and became Seminole County's 10th Sheriff in 2017. In August 2019, he was appointed by Attorney General Ashley Moody to serve as Vice Chair on the Statewide Task Force on Opioid Abuse. He also serves as Co-Chairman on Project Opioid's Board of Directors.

# The opioid crisis is still an epidemic.

**128**

Americans die every day  
from an opioid overdose

**10.8 million**

Full-time adult workers have  
a substance abuse disorder

**60%**

of opioid-related deaths in  
Florida (2018) were under  
the age of 45

**636,000+**

Floridians are misusing opioids

**56%**

of Americans in need of  
substance abuse or mental  
health treatment **never receive it**

**14,334**

opioid overdose calls in  
Florida (2018)



## WHAT IS AN OPIOID?

Opioids include prescription pain pills, heroin, fentanyl, and morphine

# Opioids are some of the most dangerous drugs

**Heroin**

Lethal Dose  
10-12mg



**Fentanyl**

Lethal Dose  
1-2mg



**Carfentanil**

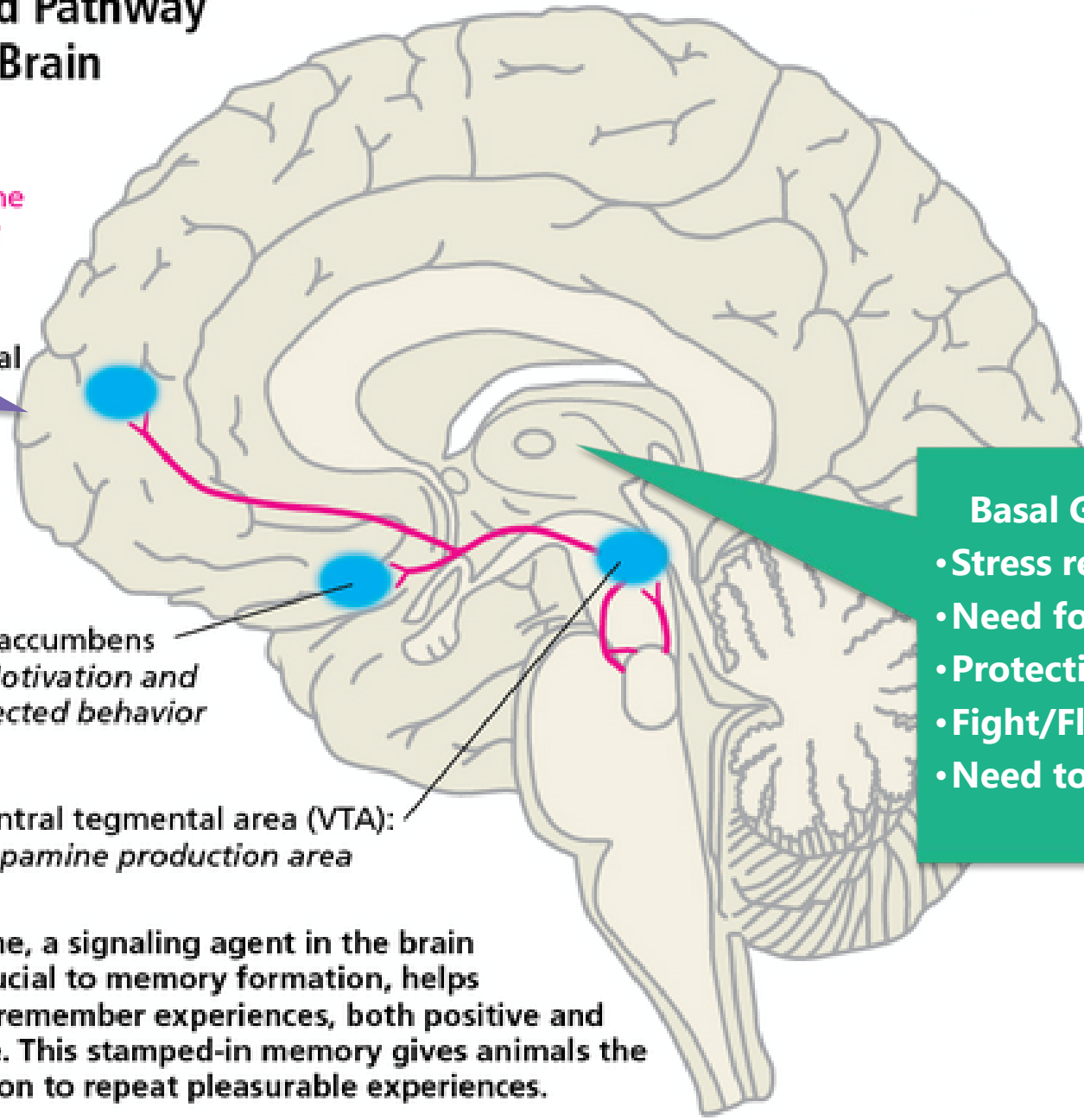
Lethal Dose  
.02mg



**NOTE:** Information is based on DEA data. Every person reacts differently.  
Heroin in doses as little as 3mg or less have been known to cause death.

## Reward Pathway in the Brain

Dopamine pathway



Prefrontal

Nucleus accumbens (NAc): *Motivation and goal-directed behavior*

Ventral tegmental area (VTA): *Dopamine production area*

Dopamine, a signaling agent in the brain that's crucial to memory formation, helps animals remember experiences, both positive and negative. This stamped-in memory gives animals the motivation to repeat pleasurable experiences.

### Prefrontal Cortex

#### Role:

- Decision making
- Thinking
- Reasoning
- Learning

### Basal Ganglia/Ext. Amygdala

- Stress response
- Need for food, sex
- Protection of kin
- Fight/Flight
- Need to Avoid Withdrawals

Opioids are so powerful that they can change your brain over time



# COVID-19 is making the opioid crisis even worse.

**42%**

Increase in drug overdoses nationwide in May

**50%**

of Americans say the pandemic has affected their mental health

“As the prevalence of the virus has increased over the past many weeks, fear and anxiety have increased as well.”

-Governor Ron DeSantis on July 22, 2020





The data is showing how much work we have to do, in Florida & beyond

10%

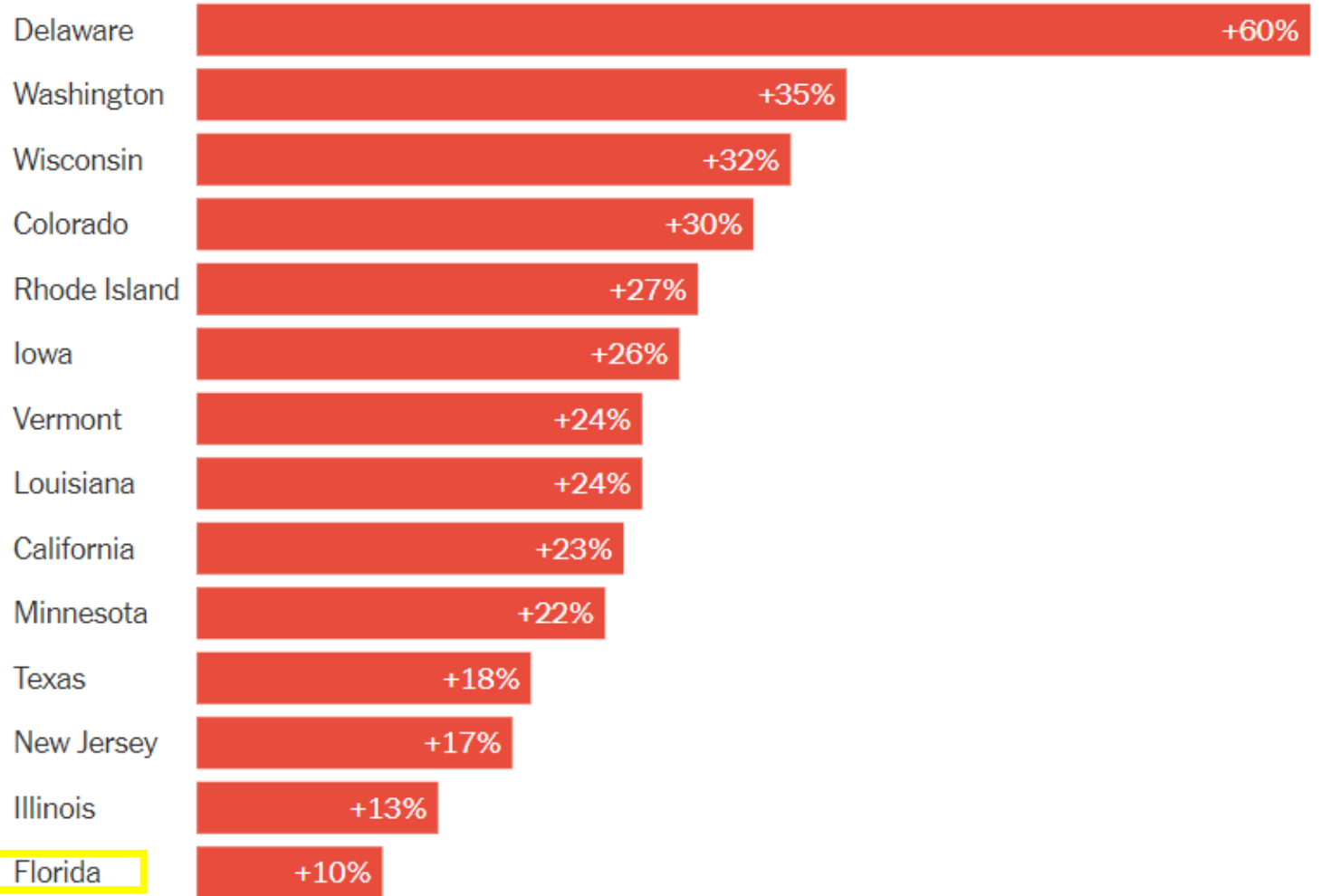
increase in drug-related deaths in Florida compared to this time last year

**PUBLISHED 2 WEEKS AGO**

*By The New York Times*

### Drug-related deaths have risen in 2020 in states across the country.

Increase in drug-related deaths from 2019 through the first portion of 2020.



All data is provisional. Definitions of what counts as a drug-related death vary by state. Data for Arizona, California, Florida, Minnesota, Tennessee, Texas, Washington and Wisconsin includes only a subset of counties within each state.

Source: State and local health departments, coroners and medical examiners

# The cost of the crisis:

## \$78.5 billion a year

a year is spent on **healthcare costs, lost productivity, addiction treatment and criminal justice involvement** associated with opioid misuse

## \$800,000

is lost from the economy **per each person** who dies from an opioid overdose

*The average age of overdose victims is **41***

## IT DOESN'T HAVE TO BE THIS WAY:

Kaiser Permanente Northern California analyzed the average medical costs during 18 months pre- and post-treatment for substance abuse and found that the treatment group had a 35% reduction in inpatient cost, 39% reduction in ER cost, and a 26% reduction in total medical cost, compared with a matched control group.

Addiction is a complex brain disease that can be managed with medications, counseling, and community support.

**Medications for opioid use disorder (MOUD)** help reduce cravings and stabilize brain function, so the person can focus on recovery.

**FDA-APPROVED  
MEDICATIONS INCLUDE:**

Buprenorphine (Suboxone)  
Naltrexone (Vivitrol)  
Methadone  
Naloxone (Narcan)

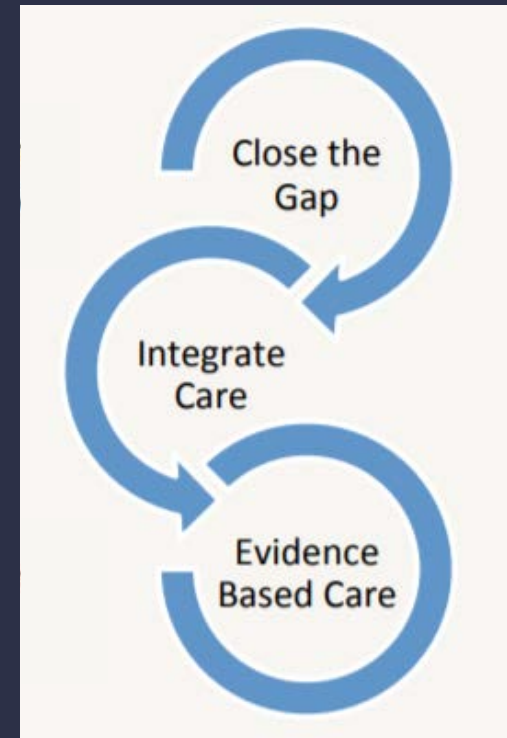
# How you can make a difference:

Every dollar invested in substance abuse treatment provides a \$4-\$7 ROI.

**\$13,578** vs. **\$31,055**

A 2014 study found that patients receiving addiction treatment that combined medications and counseling had lower total healthcare costs, compared to those with little or no addiction treatment

*Kaiser also found that family members of patients with substance abuse disorders had higher healthcare costs – until their family member had been stabilized for at least 1 year.*



Small changes in workplace policies can go a long way for someone struggling in silence – **especially now, in COVID-19.**



MAT COVERAGE

HARM REDUCTION  
COVERAGE

MENTAL HEALTH PARITY FOR  
PROVIDER REIMBURSEMENT

SCREENINGS IN PRIMARY  
CARE SETTINGS

KEEP NALOXONE IN YOUR  
FIRST AID KIT

TELEHEALTH COVERAGE

ADDICTION TRAINING



# What the State is Doing:

## April 1, 2020 Recommendations:

### TREATMENT & RECOVERY

- Increase access to treatment and behavioral health services
- Support and expand our current system of care
- Reduce barriers to obtain medications for opioid use disorder treatment
- Support the expansion of naloxone (Narcan) availability in communities

### PREVENTION & EDUCATION

- Implement public educational mass media campaign
- Advance Community Prevention Workforce and infrastructure

### DATA COLLECTION

- Improve data collection and sharing across agencies



FLORIDA STATEWIDE TASK FORCE ON

# OPIOID ABUSE

## FINDINGS AND RECOMMENDATIONS OF THE STATEWIDE TASK FORCE ON OPIOID ABUSE

TO THE GOVERNOR  
THE PRESIDENT OF THE SENATE AND  
THE SPEAKER OF THE  
HOUSE OF REPRESENTATIVES

### CHAIR:

State Attorney General

Ashley Moody

### VICE CHAIR:

Seminole County Sheriff

Dennis Lemma

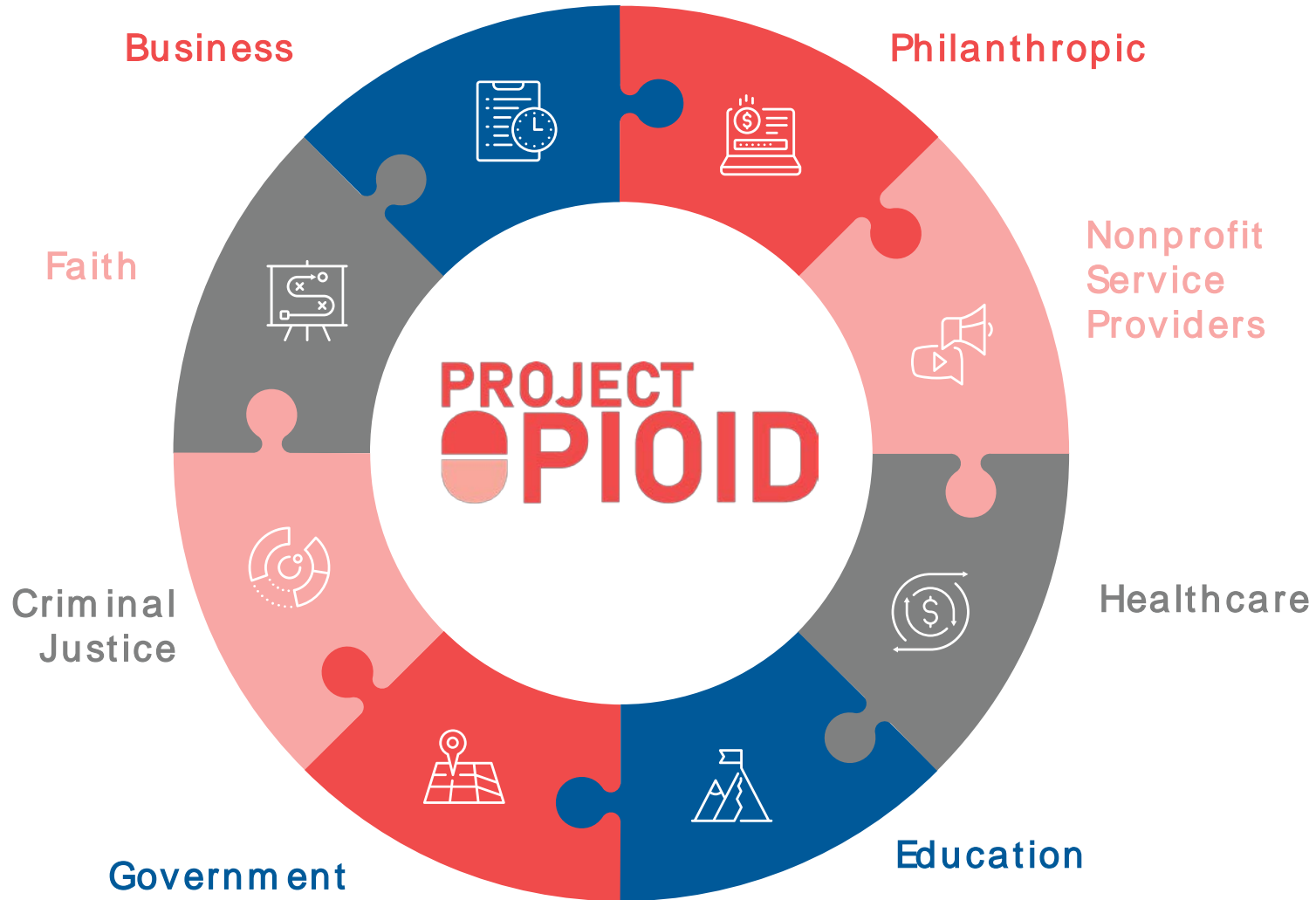
Project Opioid is a coalition of business, faith, and community leaders working together under one banner to solve the opioid, addiction, and mental health crisis in Florida's communities.

# PROJECT OPIOID

INSPIRING LEADERS TO SAVE LIVES



# Cross-Sector Collaboration Makes a Difference



**JOIN A  
COALITION:**

We are expanding across Florida! Get involved at [ProjectOpioid.org](https://ProjectOpioid.org).

**PROJECT  
OPIOID**

# The Central Florida Coalition

*Over 100  
leaders from  
influential  
companies in  
Central  
Florida alone*





# Our Research:

## Regional assessment of Central Florida's diverse needs



*“Prescription for Change: Finding Solutions to the Opioid Crisis in Florida” (Oct. 2019)*

PROJECT  
OPIOID

FOR \_\_\_\_\_

Rx  
*Prescription  
For Change*

*Finding Solutions to  
the Opioid Crisis in Florida*

A Supplement to Prescription for Change: Finding Solutions to the Opioid Crisis in Our Region

RESTORE \_\_\_\_\_ LIVES

DO NOT OVERDOSE \_\_\_\_\_ M.D. SOLUTIONS NEEDED \_\_\_\_\_ M.D.

DEA NO. \_\_\_\_\_ ADDRESS THE PROBLEM \_\_\_\_\_

ProjectOpioid 1-407-456-0605 FORM NO. 102919

Our goal is to reduce opioid overdoses and deaths in Florida by a minimum of 50% over the next 36 months.



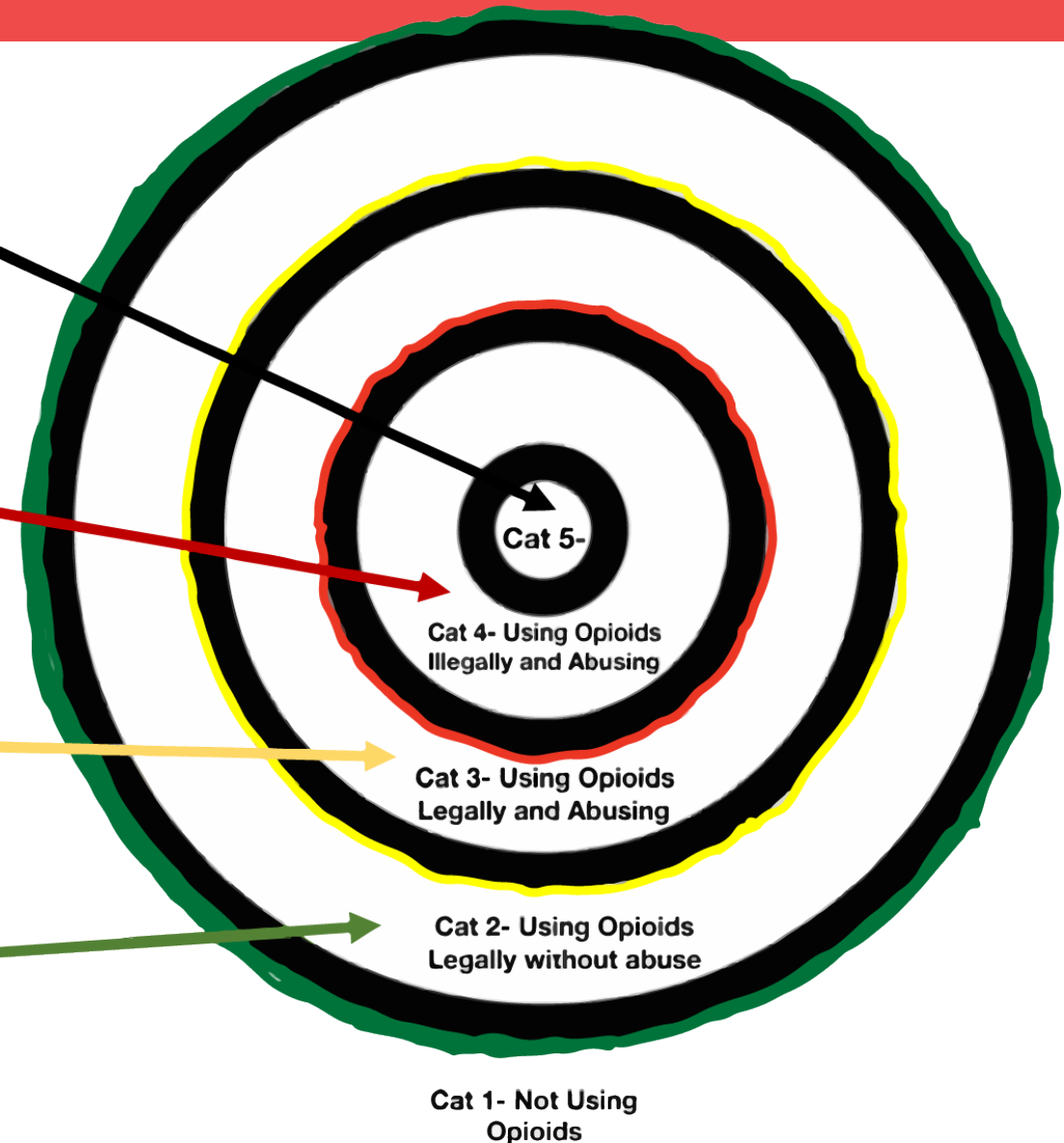
# 5-LEVEL RISK CONTINUUM:

Individuals enter this category when they die, in 2017, there were 378 overdose deaths in our region

It's estimated that over 5,000 individuals in our region are using opioids, including heroin illegally 2017, there were 1,336 overdoses in Central Florida

There are almost 64,000 individuals legally obtaining opioids and using them for nonmedical reasons in our region

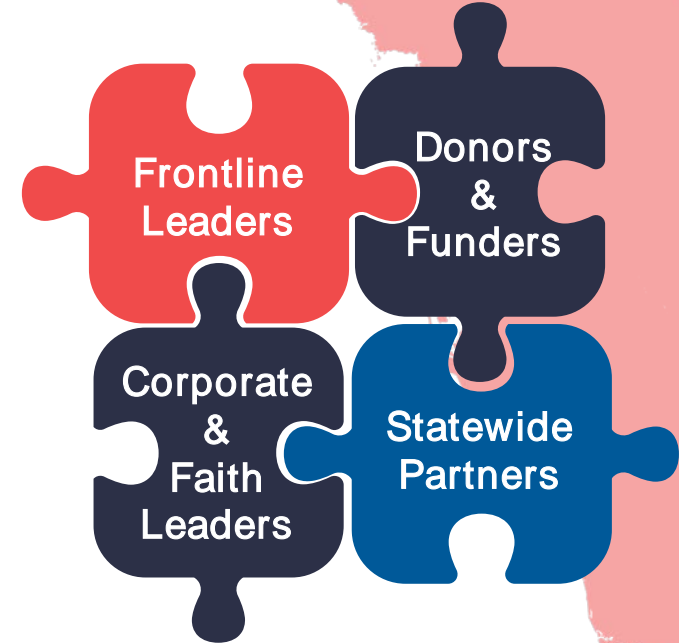
There are over 113,000 individuals with a prescription for Opioids in Central Florida



CURRENT CAMPAIGN:

# Project Opioid is expanding across Florida

Join a coalition at [ProjectOpioid.org](https://ProjectOpioid.org)





*We want*

# 100 BUSINESSES IN 100 DAYS:

*Will you commit to keeping naloxone in  
your company first aid kit?*



## HOW TO:

- Start with free naloxone (from us)
- Commit to training your employees & encouraging other leaders to adopt
- Share the new policy on social media

# Thank You!

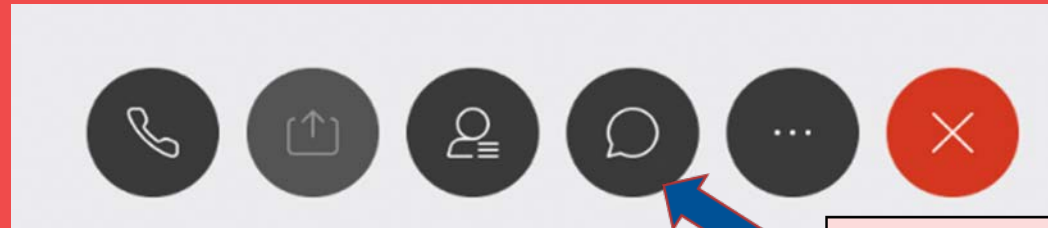
## Contact Sheriff Lemma:

**Sheriff Dennis Lemma**  
*Seminole County Sheriff*  
[dennislemma@seminolesheriff.org](mailto:dennislemma@seminolesheriff.org)

## Join Project Opioid:

**Dr. Kendall Cortelyou-Ward**  
*Director of Data & Strategy,*  
*Project Opioid*  
[Kendall@projectopioid.org](mailto:Kendall@projectopioid.org)

# Questions?



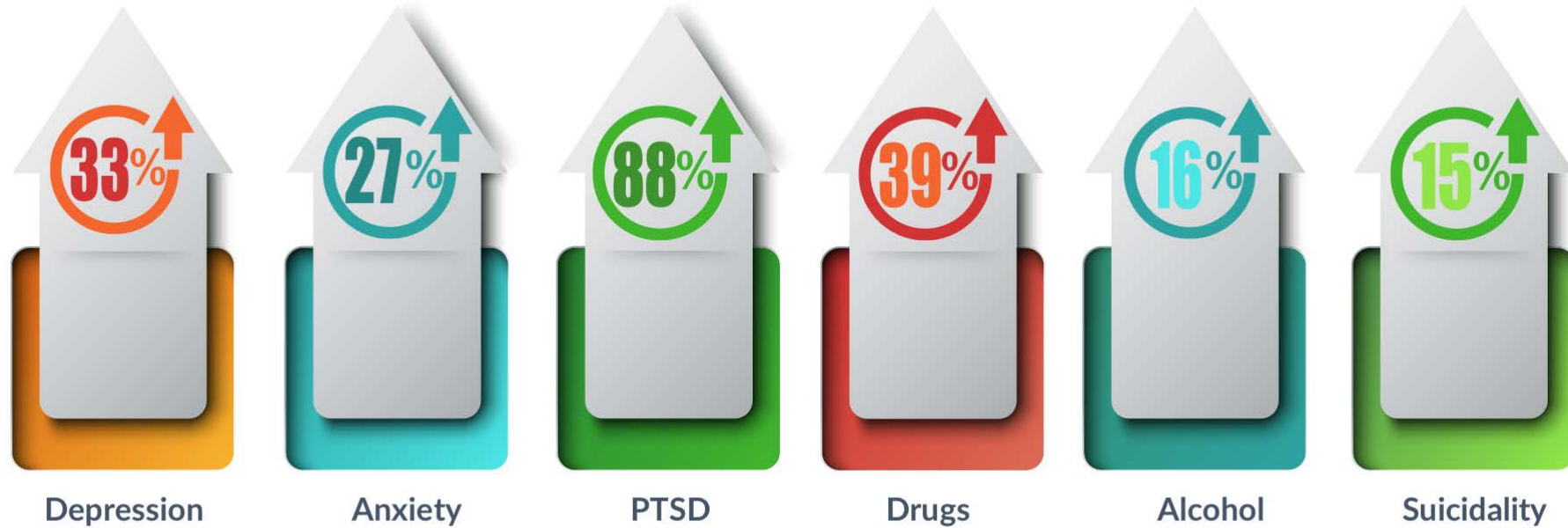
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# COVID-19 IMPACT ON MENTAL HEALTH



*March-June year over year comparison based on eHome Counseling Group assessment results*