

Mental Health/Substance Use Employer Learning Collaborative Session #6

Monday, February 20, 2023



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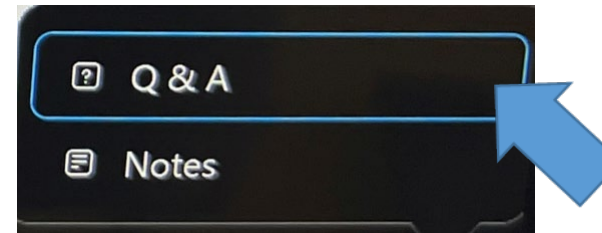


TO ASK QUESTIONS


For most devices, the **Q & A function** can be found by clicking on the ellipses at the bottom of your screen on the far right.



Clicking on the ellipses will open a new menu, which will then allow you to click on **Q & A**.



- With the **Q & A** window open, type in your question and send to **HOST** or **Ashley Tait-Dinger**.
- There is a 512-character limit for questions.
- While we would like this to be interactive, we understand sometimes that is not possible.
- Please reserve the **Chat** function for technical questions to the **HOST** – **although today we will be dropping some important materials in the chat!**

 Please bookmark our Mental Health/Substance Use (MH/SU) Employer Learning Collaborative (ELC) webpage. The webpage is home to prior MH/SU ELC webinar recordings and slide decks, as well as important mental health resources.

<https://flhealthvalue.org/our-work/mental-health-substance-use-elc/>

Agenda

- EAP Discussion Follow Up
- Prescription Digital Therapeutics Coverage in FL
- CAA/Mental Health Parity Update
- Grant Opportunity – Mental Health/Health Equity
- Voice of the Purchaser Survey



EAP Discussion Follow Up



During the January ELC, a question was brought up regarding **Behavioral Health (BH) and EAP utilization** as well as strategies to increase usage of BH benefits



Increasing BH Program Utilization

- Organization may want to **explore alternative options** regarding MH/SU benefits in conjunction with their respective EAPs for covered members
- The Kaiser Family Foundation recently **identified co-pays and deductibles as barriers to care**, particularly for low wage earners
- McKinsey and eHome Counseling, in separate surveys, found that most respondents who indicate they have a mental health condition reported **counseling services as being unaffordable**



Considerations



• In lieu of the traditional MH/SU component, consider:

- **Waiving co-pays and deductibles** immediately addresses a barrier to care
- **Complying with MH/SU parity** not at the detriment of existing medical benefits
- **Investing in expansion of the network, reimbursement rates, treatment length allowances**

Prescription Digital Therapeutics Coverage in FL



As of January 1, 2023, Pear Digital Therapeutics' **reSET and reSET-O** are now **included** on the Medicaid Preferred Drug List (PDL):

- reSET and reSET-O are prescription digital therapeutics (PDT) designed to complement the **treatment of substance use and opioid use disorders**

Per Florida statute, the statewide Managed Medicaid payers **must follow the PDL** within 45 days and is now a pharmacy benefit for an estimated **5.4 million Medicaid beneficiaries**

reSET & reSET-O





















- Both PDTs **utilize cognitive behavioral therapy** as an adjunct for the treatment of substance use and opioid use disorders
- For use with individuals **18 years of age and older**
- A combination of randomized control trial and real-world evidence **results over the last four years** accelerated the approval process
- The **Florida Medicaid Pharmaceutical & Therapeutics Committee**, typically utilized to approve medications for the PDL, was bypassed due to the strength of the results
- Resource materials will be available on the ELC webpage

Next Steps



- Given the recent inclusion on the Florida Medicaid PDL and its potential reach, **adoption into the commercial market by self-funded insurers** is a consideration
- Draft letter to send to your carrier if they also administer Medicaid plans in FL – the letter is being dropped in the chat and will be included on the ELC webpage

Florida Medicaid Health Plan	% of FL Medicaid MCO lives		Parent Company	Membership
	37.5%	→		1,530,163
	19.6%	→		798,824
	19.5%	→		793,895
	9.9%	→		405,268
	5.0%	→		203,013
	3.5%	→		144,234
	3.1%	→		127,173
	1.5%			61,734
	0.4%			16,077

Data Source: AHCA, December 2022, and January 2023, MCO enrollment and Preferred Drug List (PDL)

CAA/MH Parity Update



On December 29, 2022, Congress enacted the **2023 Consolidated Appropriations Act (CAA)** - included in the legislation are efforts to address mental health parity:

- **Elimination of the opt-out for non-federal government health plans** (Section 1321) – eliminated the right of self-insured non-federal government health plans to opt out of the MHPAEA
- Grants to states to **enforce and ensure compliance with mental health and substance use parity** (Section 1331) – the preparation of comparative analyses of any nonquantitative treatment limits on MH/SU coverage

Reminder that you can find on the MH/SU ELC webpage the
MODEL DATA REQUEST FORM

Grant Opportunity MH/Health Equity



- Offering education in MH/Health Equity, providing a forum for participating employers to assess their current strategy, and develop action plans that can enhance/impact their approach for their workforce in late 2023 and into 2024.
- Received application on Friday afternoon and due this Friday!
- The initiative will start in late March 2023 and end in December 2023
- Each coalition will recruit 3-5 employers to participate in a kick-off meeting, workgroup meetings every other month from May-early September, and a debrief meeting to discuss project findings



We Need Your Help!



A competitive application process!

What areas or aspects of MH/Health Equity would you want to cover during this project? Some ideas...

- Benefit design changes and plan offerings that reduce barriers to care
- Addressing underlying social determinants of health
- Supporting integration and expansion of MH/SU services into primary care
- Making benefits and health care easy to navigate

Would this learning/action opportunity provide value to your organization?

Do you want to participate?

Voice of the Purchaser Survey



National Alliance survey of employers/healthcare purchasers to understand the perceived performance of services received from MH/SU providers, including carriers and point solution providers:

- **Key Areas of the Survey:** Equitable Access, Quality of Care, Integration of Mental/Behavioral Health into Primary Care, Workplace Mental Health Support
- If we get five employers to respond we will get the Florida results (but we would like many more responses than that so that we focus our efforts!)
- **The link to the survey is in the chat** – let's have you use the remaining time to respond to the survey or at least get it started
- We will keep the WebEx going to answer any questions you have about the survey while you are responding

THANK YOU!



Next ELC Meeting

Monday, March 27, 10 AM – 11:30 AM

Agenda topics:

Measurement-Based Care Presentation

Voice of the Purchaser Survey Results (if available)

Update on MH Parity Compliance

Update on grant application –
MH/Health Equity

Mental Health Convening Meeting in
Dallas – Path Forward and PCORI

