

# PPRI Mental Health Survey Findings

March 31, 2026

# Speakers



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**Moderator**  
President & CEO  
National Alliance of Healthcare  
Purchaser Coalitions



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# PPRI's Inaugural Study

## Mental Health Benefits & Innovative Therapies

March 2026

# About PPRI

The **Pulse of the Purchaser Research Institute (PPRI)** is a National Alliance of Healthcare Purchaser Coalitions initiative aimed at amplifying the power of employer voices by engaging coalition leaders and employers in activities on timely health topics.

## PPRI Membership offers opportunities to:

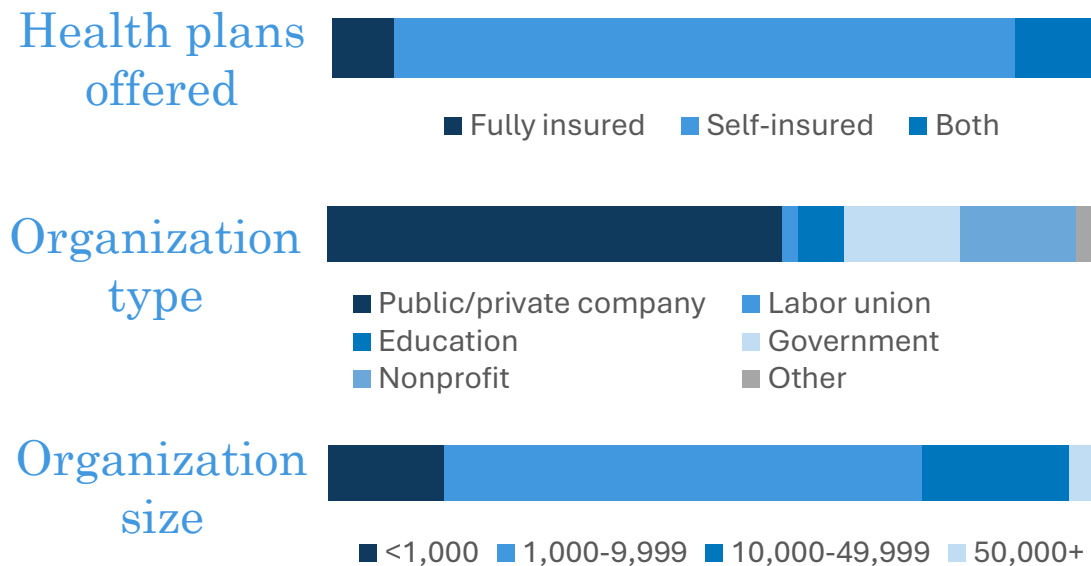
- **Engage** with other coalition members
- **Raise visibility** of employers at the center of decision-making
- **Amplify employer voices** to key healthcare stakeholders
- **Gain access to rich insights** for your organization

## Benefits include:

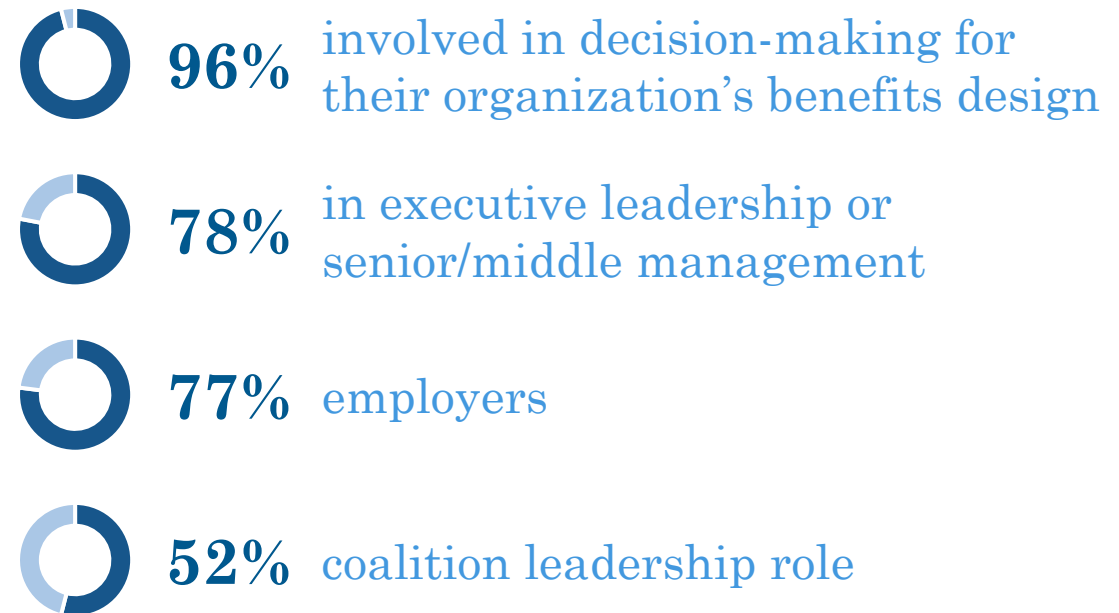
- \$500 to your coalition for every hour of member participation
- Early access to data and insights, including surveys and trends report
- Periodic reports with non-proprietary data from other research
- Optional compensation, as offered

# PPRI Profile

## Organization Characteristics



## Respondent Characteristics



To support a robust, diverse panel, **targeted recruitment** is focusing on:  
PROF. SERVICES, ARTS, ASSOCIATIONS, SCIENTIFIC | SMALL + JUMBO | UNIONS + SCHOOLS

# Pilot Study: Mental Health Benefits & Novel Rx

## Goals

**Insights:** Generate employer-driven insights to inform mental health product launch strategy

**Access:** Assess how knowledge, attitudes and behaviors influence access

**Adoption:** Evaluate drivers and barriers to adoption of innovative treatments

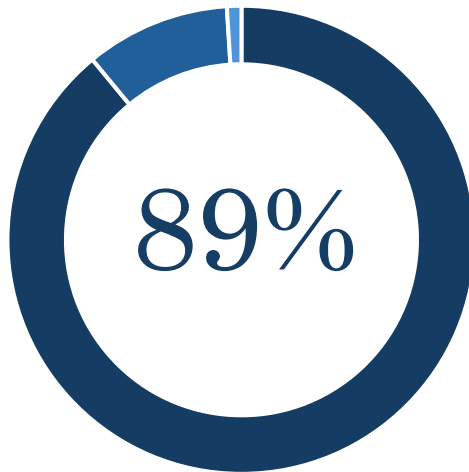
## Multi-phase Pilot Study

- **Online survey** conducted between December 2025 and January 2026 and included 72 respondents (77% employer representatives and 23% coalition leaders)
- On-going **qualitative interviews** among 12–15 employers and coalition leaders based on role, organization type, size and attitudes toward innovation.

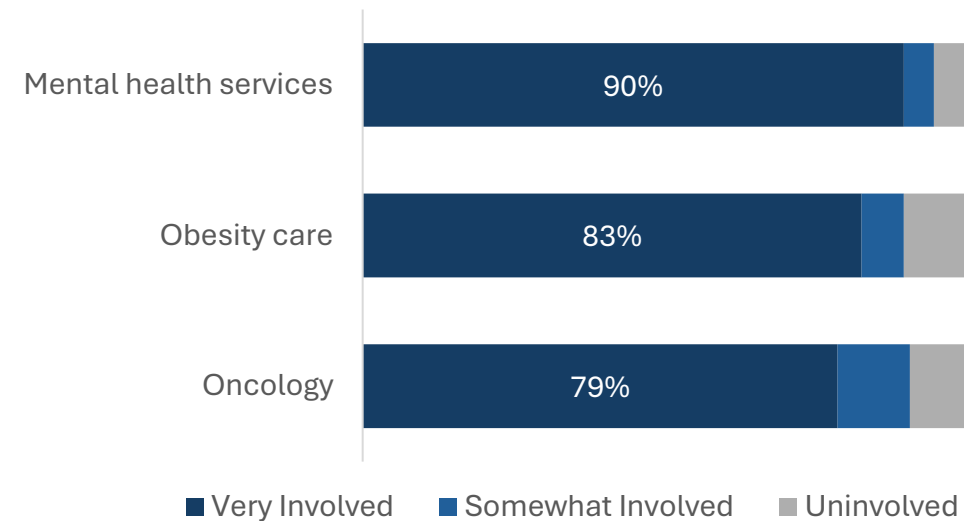
Sponsored by a small biopharma with multiple product candidates, including innovative Phase 3 treatment for mental health conditions

# Employers are Familiar and Engaged with Mental Health Benefits Offerings

Most employers and coalition leaders are **familiar with trends in employer benefits** for mental health

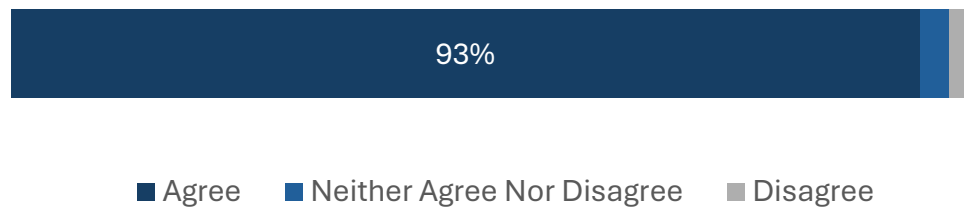


Most are **very involved in decision-making** about mental health benefits

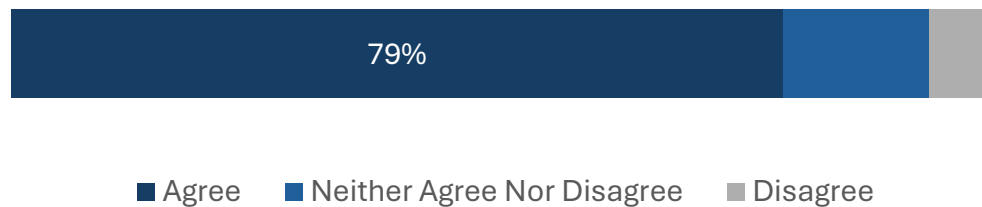


# Mental Health Benefits are a Priority for Employers

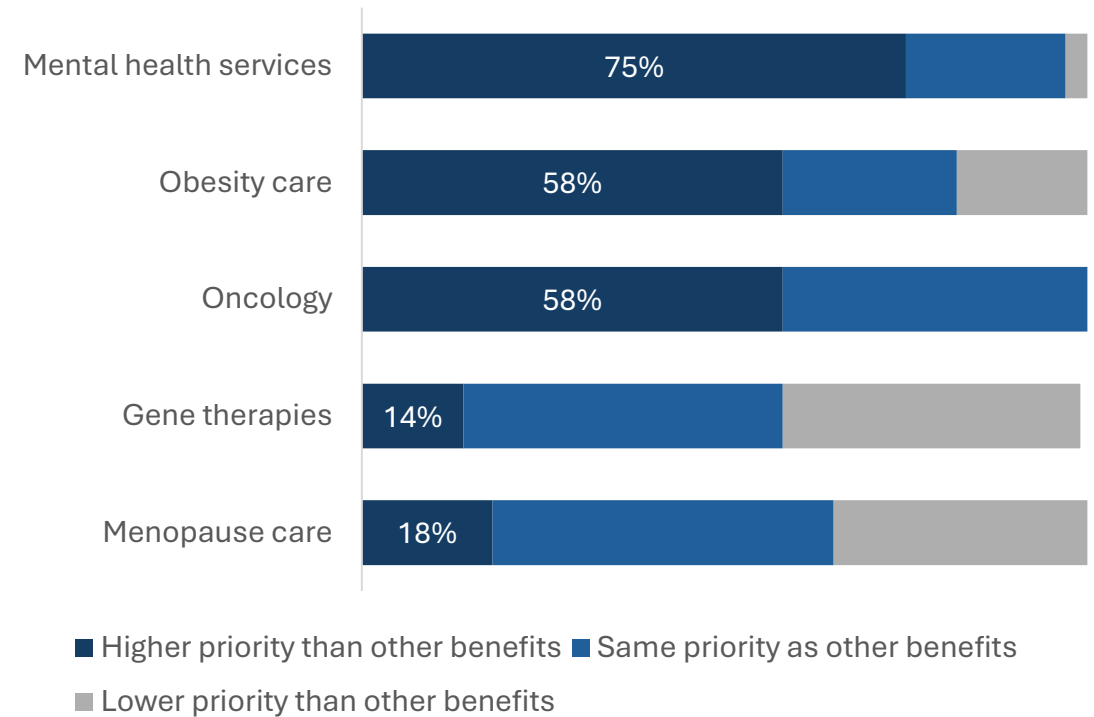
Most employers agree mental health benefits are **equally important** in a benefits package as those for physical conditions



Most employers agree that mental health benefits **receive active review and planning** during the annual benefit design process

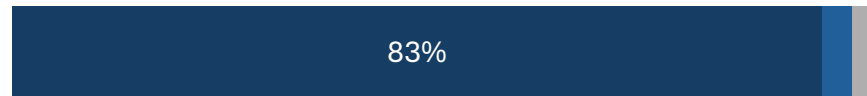


3 in 4 employers say mental health services are a **priority over other benefits**



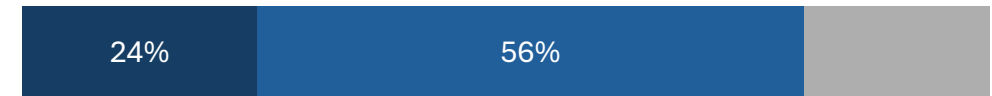
# Mental Health Benefits Are Recognized as Important, but Coverage Specific to Conditions Not Widely Adopted

Most agree that there is **growing need** for mental health benefits in their organization



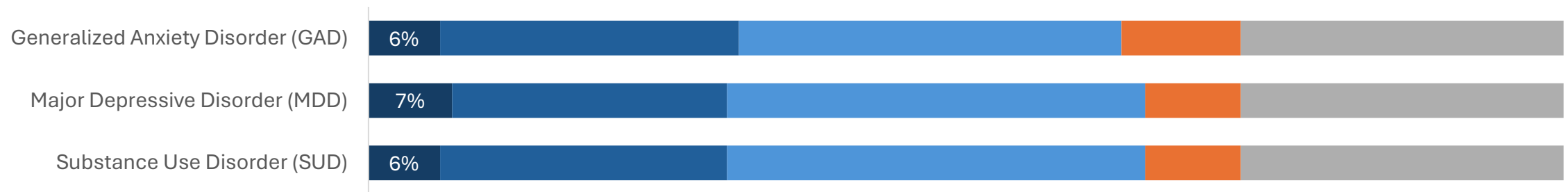
■ Agree ■ Neither Agree Nor Disagree ■ Disagree

Mental health **coverage policies for specific conditions**, like GAD, are not frequently implemented by employers



■ Agree ■ Neither Agree Nor Disagree ■ Disagree

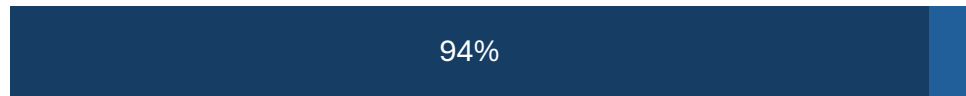
Spending on specific mental health conditions is often a **small or unknown** portion of overall budget



■ Significant ■ Moderate ■ Small ■ Negligible ■ Unsure

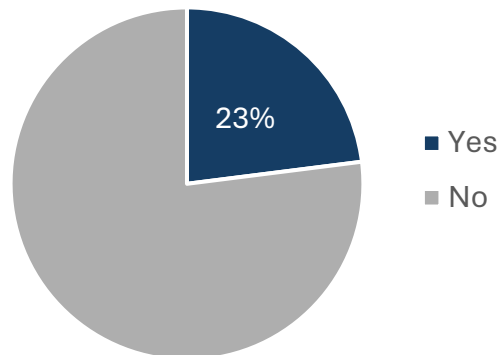
# Employee Needs Drive Mental Health Benefits Focus, but Employee Requests Are Relatively Low for Novel Treatments Like Psychedelics

Majority agree that **employee needs are driving growing importance of mental health benefits** in overall health benefit design

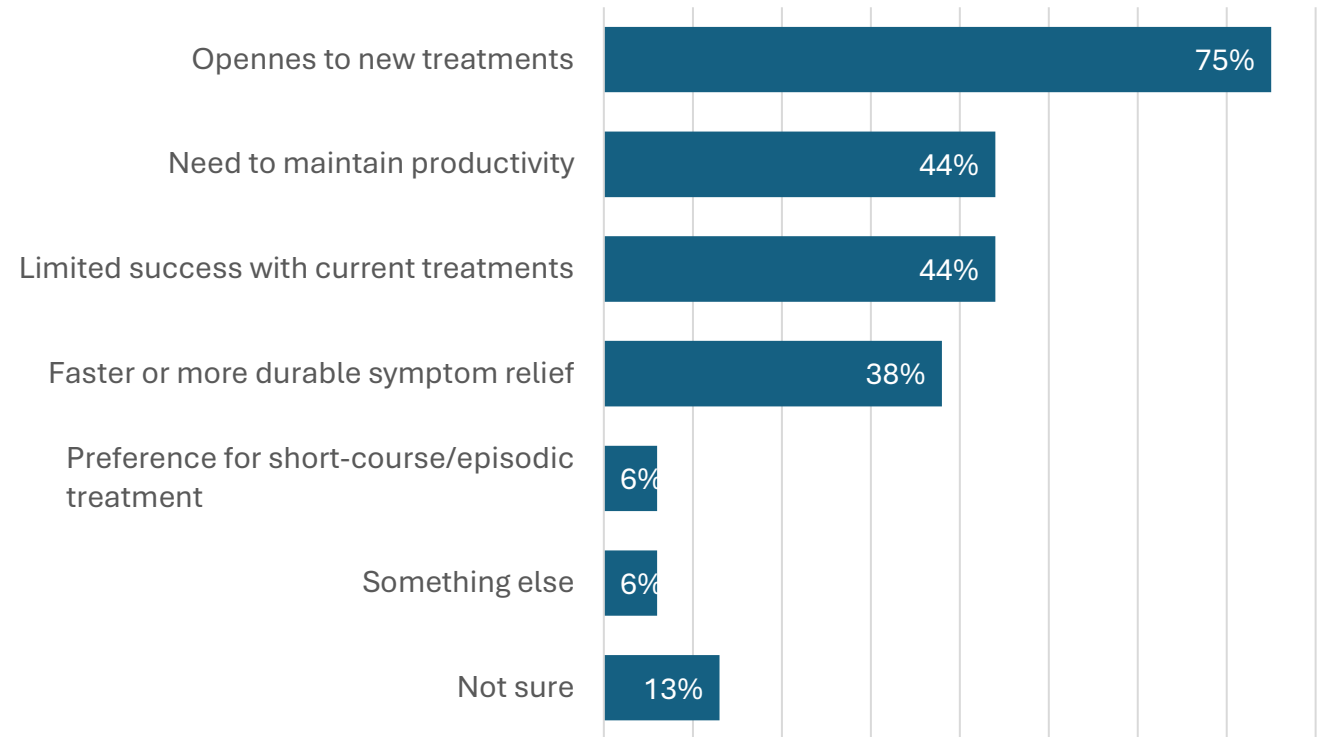


■ Agree ■ Neither Agree Nor Disagree ■ Disagree

As employees drive mental health focus, a quarter report **employee interest in coverage for psychedelic medicines** to treat mental health conditions

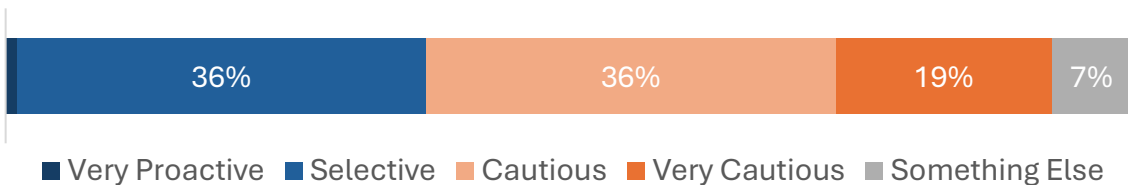


Among those with employee interest in psychedelic medicines ( $n=14$ ), **openness to new treatments** was the most common reason for interest in prescription psychedelics

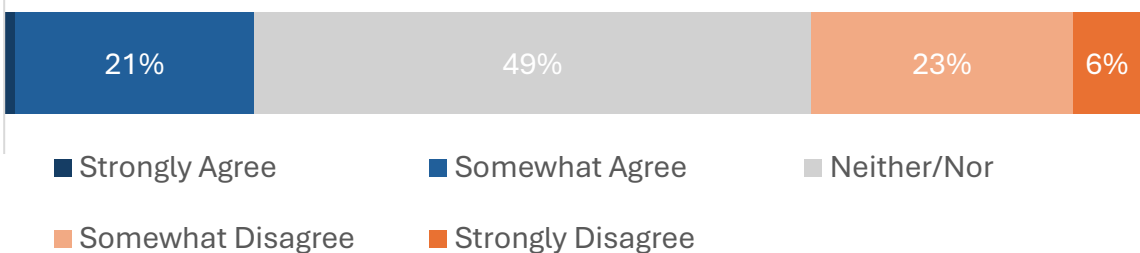


# Employers Are Unsure About the Impacts of Psychedelics in Mental Health Benefits Offerings, With Many Taking a Cautious Approach

How would you describe your organization's approach to adoption of prescription psychedelic medicines for mental health treatment?



Would your organization consider use of FDA-approved prescription psychedelic medicines for mental health care, including GAD?



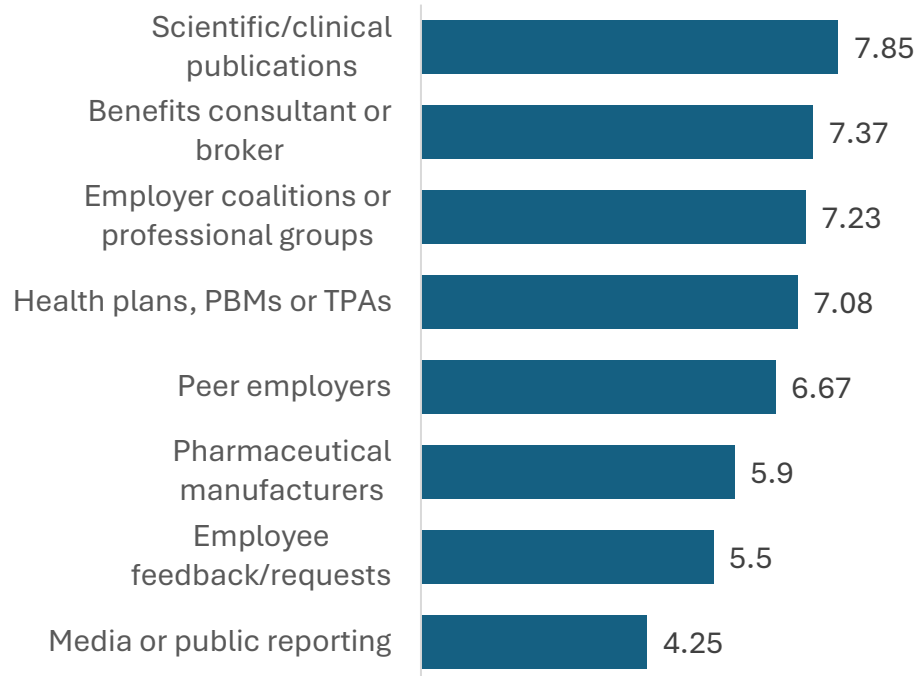
Statement	Agree	Neither/ Nor	Disagree
Internal education is needed to build comfort in covering psychedelic medications	80%	14%	6%
Psychedelic medications offer a <b>promising new care pathway</b> for GAD treatment	30%	56%	14%
Offering employee benefits that include psychedelic medicines will pose a <b>reputational risk</b>	35%	41%	23%

# Employers Would Like More Information from Trusted Sources About Psychedelic Medicines

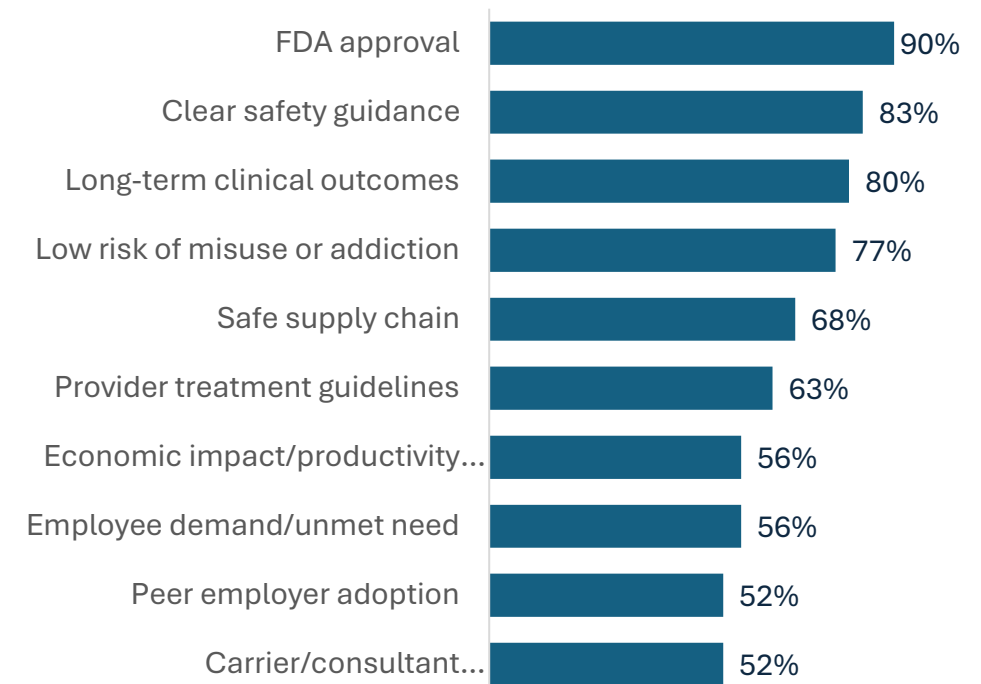
78%

are interested in receiving more information about psychedelic medications for GAD treatment

Employers most trust **scientific or clinical sources, benefits consultants and employer coalitions** for information on FDA-approved psychedelic medicines



**FDA approval, clear safety guidelines and long-term clinical outcomes** are the most useful information to seriously evaluate FDA-approved psychedelic medications



# Next Steps

- **Join** PPRI – or **Refer** a Friend!
- **Engage** with PPRI Communities or LinkedIn pages
- **Add** “@pulseofthepurchaser.org” as a safe sender
- **Participate** in an upcoming study:
  - Cancer Screening
  - Brain Health
  - Mental Health
  - Weight Management
  - Novel Access Programs

... *more to come!*

Sign up using this QR code



# Speakers



**Shawn Gremminger**  
**Moderator**  
President & CEO  
National Alliance of Healthcare  
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**Chrystine Zacherau**  
Senior Vice President  
Reservoir

# Upcoming Events

**Health Policy Summit:** Tuesday, April 7

Georgetown University Capitol Hill, McCourt School of Public Policy – Center on Health Insurance Reforms: 8:30 a.m. – 12 p.m. E.T.

2026 National Alliance  
Health Policy Summit

*Shaping Policy for Affordable Employer-Sponsored Care*



Tuesday, April 7, 2026

8:30 am-12 pm, ET

Georgetown University Capitol Hill, McCourt School of Public Policy - Center on Health Insurance Reforms



**2026 Strategic Leadership Summit:** June 8 – 9, 2026

Hilton St. Louis at the Ballpark, St. Louis, MO



**Women's Health Convening:** Wednesday, June 10

Hilton St. Louis at the Ballpark, St. Louis, MO: 8:15 a.m. – 12:15 p.m. C.T.

**2026 Annual Forum:** November 16 – 18, 2026

Crystal Gateway Marriott, Arlington, VA

Thanks to our co-host  
**Gateway Business Health  
Coalition**

2026 Strategic Leadership Summit



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