AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

IBI-PBGH Forum 2019
Center for Workplace Mental Health

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Who we are

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

CENTER FOR WORKPLACE MENTAL HEALTH

Providing employers with tools & information to promote employee mental health & well-being.

workplacementalhealth.org

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What we do …

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- Case Studies: P2P Learning
- Mental Health Works
- Turnkey Programs
- Issue Briefs & Resources
- Consultation & Connection
- Cost Calculators
- Access to Care Project

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Areas of greatest interest to employers.

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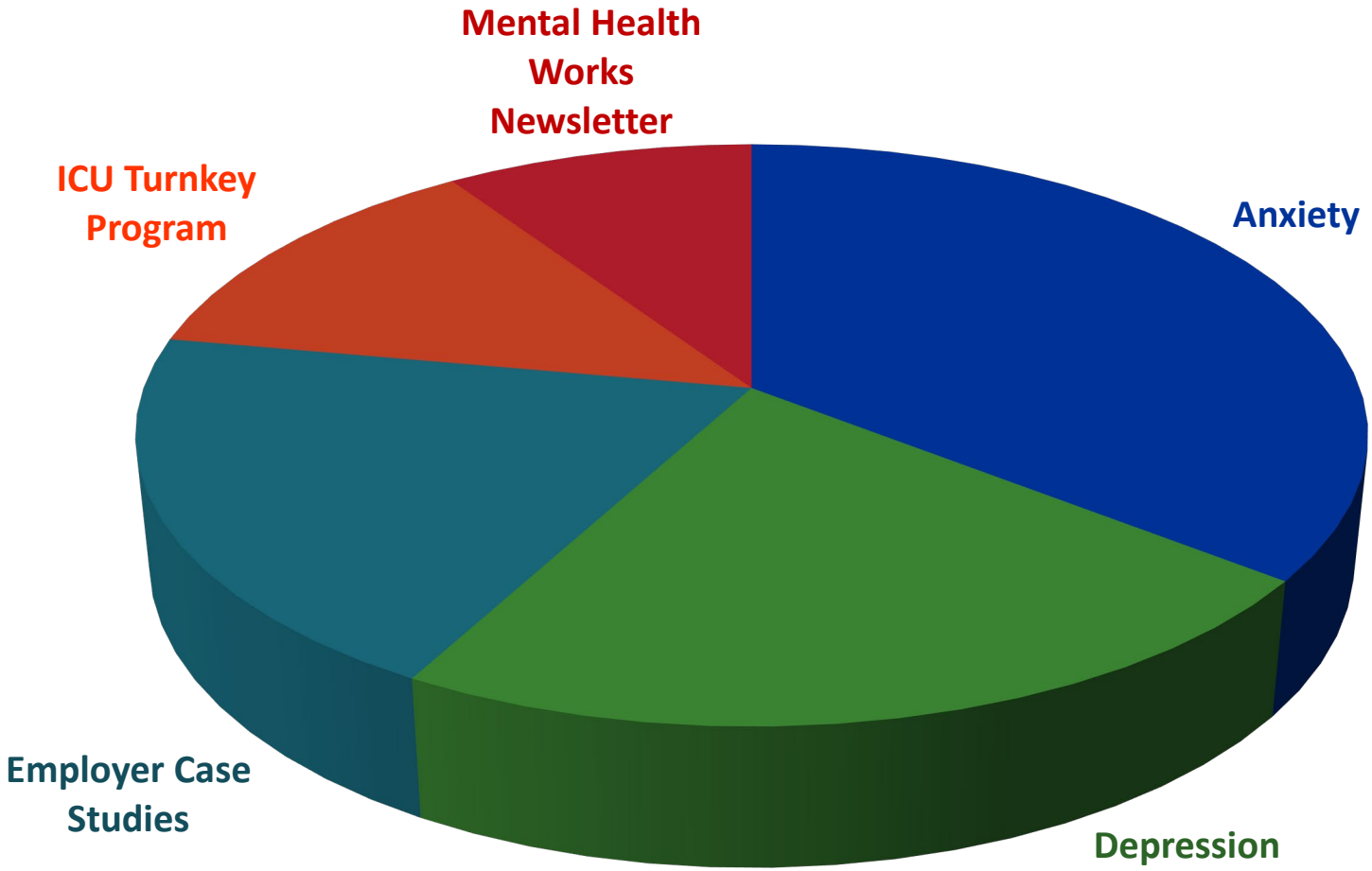

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Why the growing focus on mental health?

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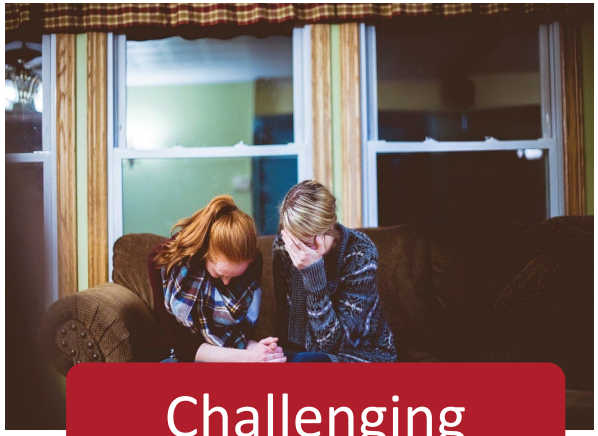
Common

- 1 in 5 people
- More Visible
- Stigma persists

Costly

- Depression: $210 B
- Co-morbidity $$$
- Retention, Performance



Challenging

- Access & Quality
- Navigation
- Impact on Caregivers

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Employers focusing in 3 key areas

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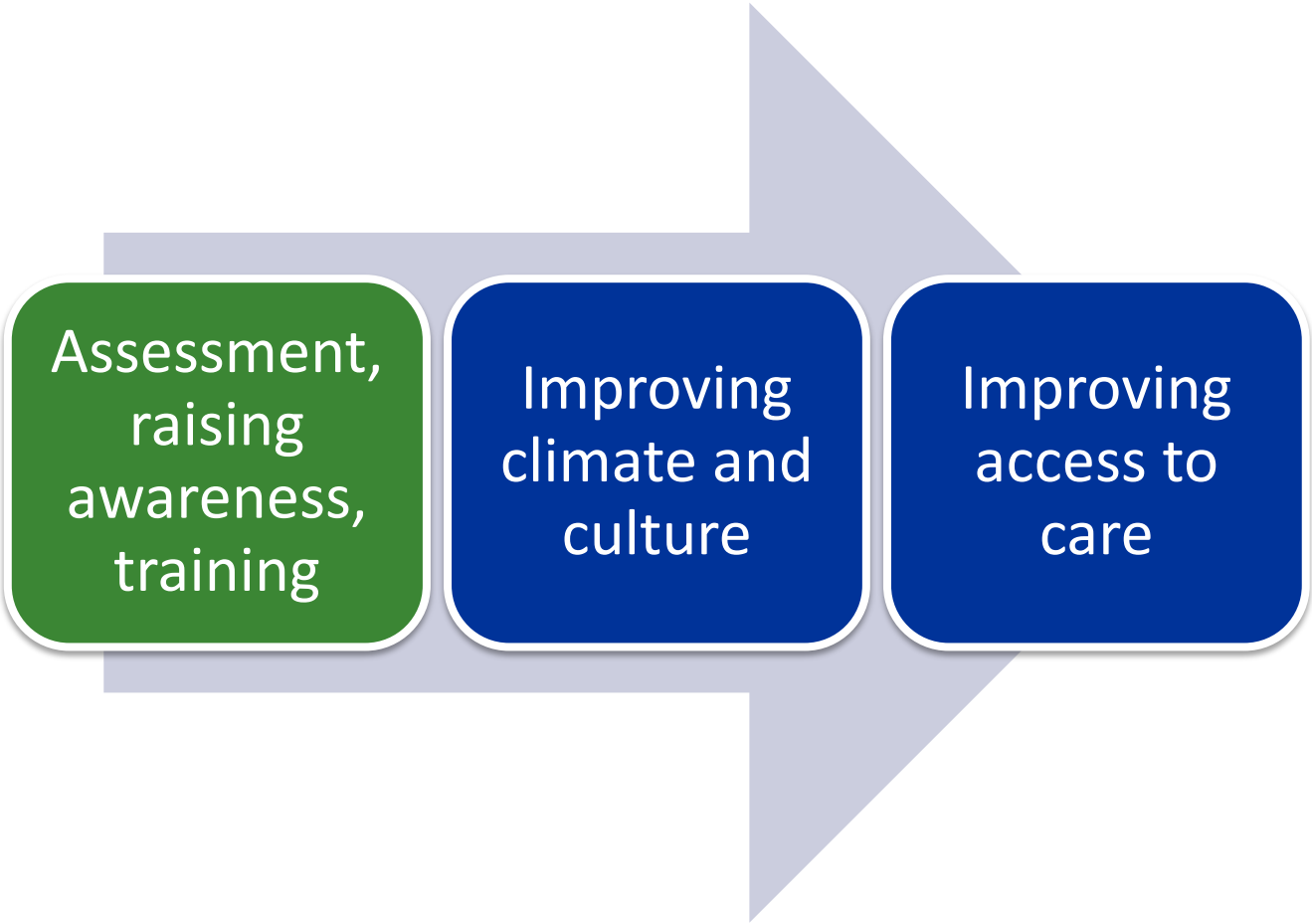

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Launching *NEW* Online Assessment

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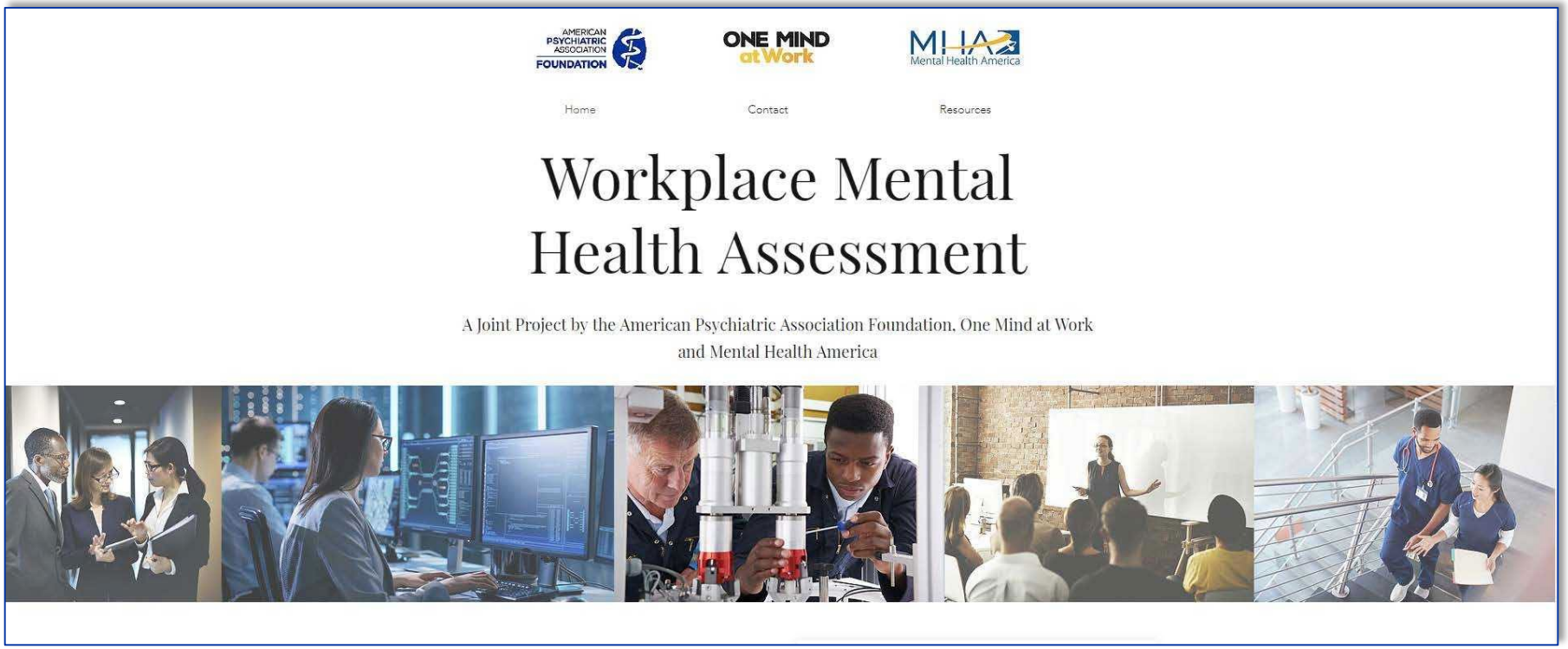
Online Assessment with Comprehensive Resources (late May)
Joint Project with One Mind at Work and Mental Health America



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Raise awareness & reduce stigma

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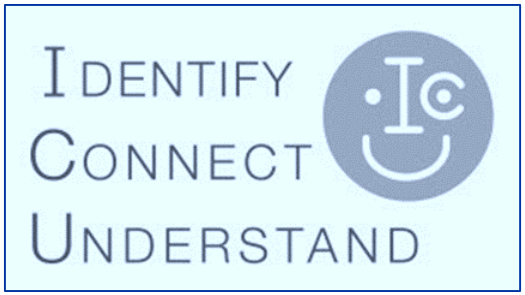
- Right Direction: depression awareness.
- Simple, turnkey & customizable.
- Developed with Employers Health coalition.
- Ongoing research, published in late 2019.

- ICU: awareness campaign to reduce stigma.
- Developed by DuPont & donated to APAF.
- Available in multiple languages.



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Addressing Workplace Mental Health

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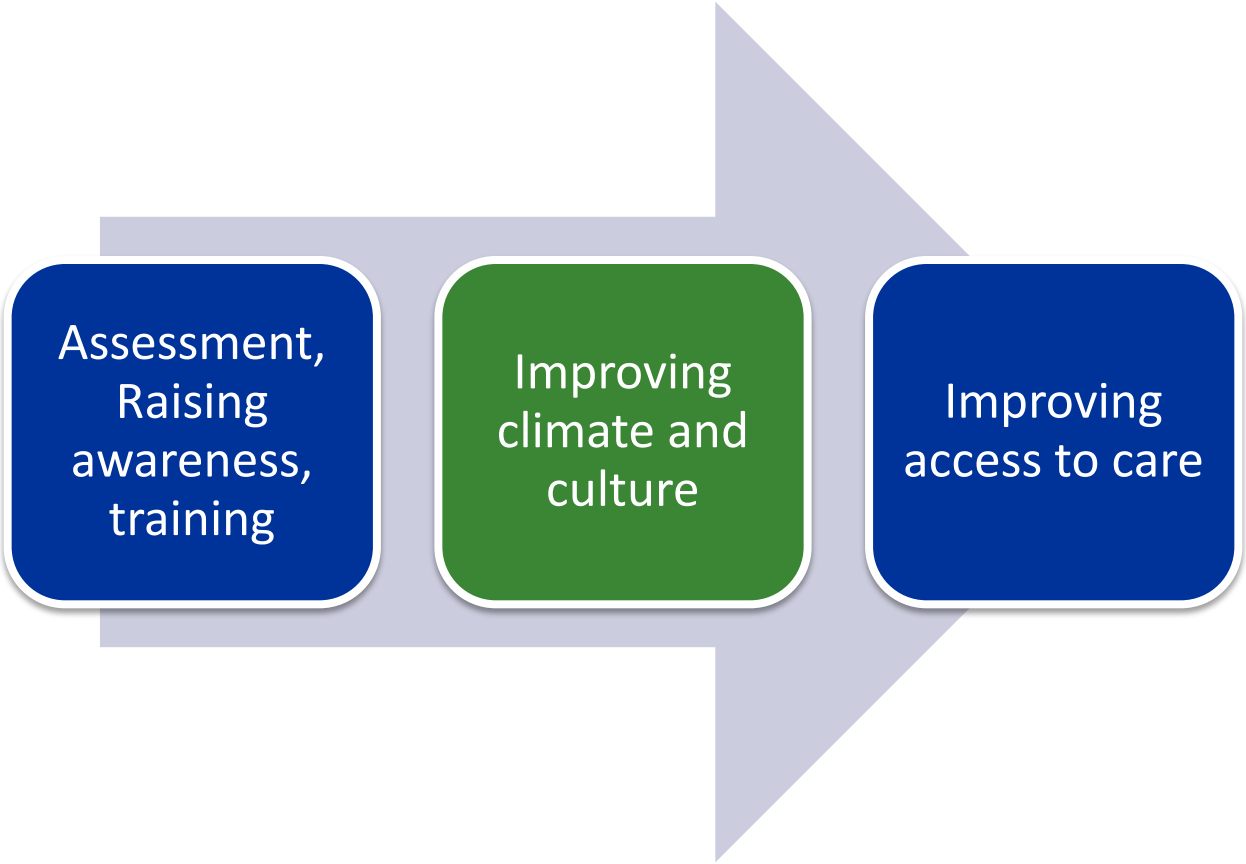

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Guidance on climate & culture

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- Secure Leadership, Commitment & Sustainability
- Communication & Coordination
- Policies, programs & operations supporting mental health
- Ongoing data collection & analysis

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Access to care matters … A LOT

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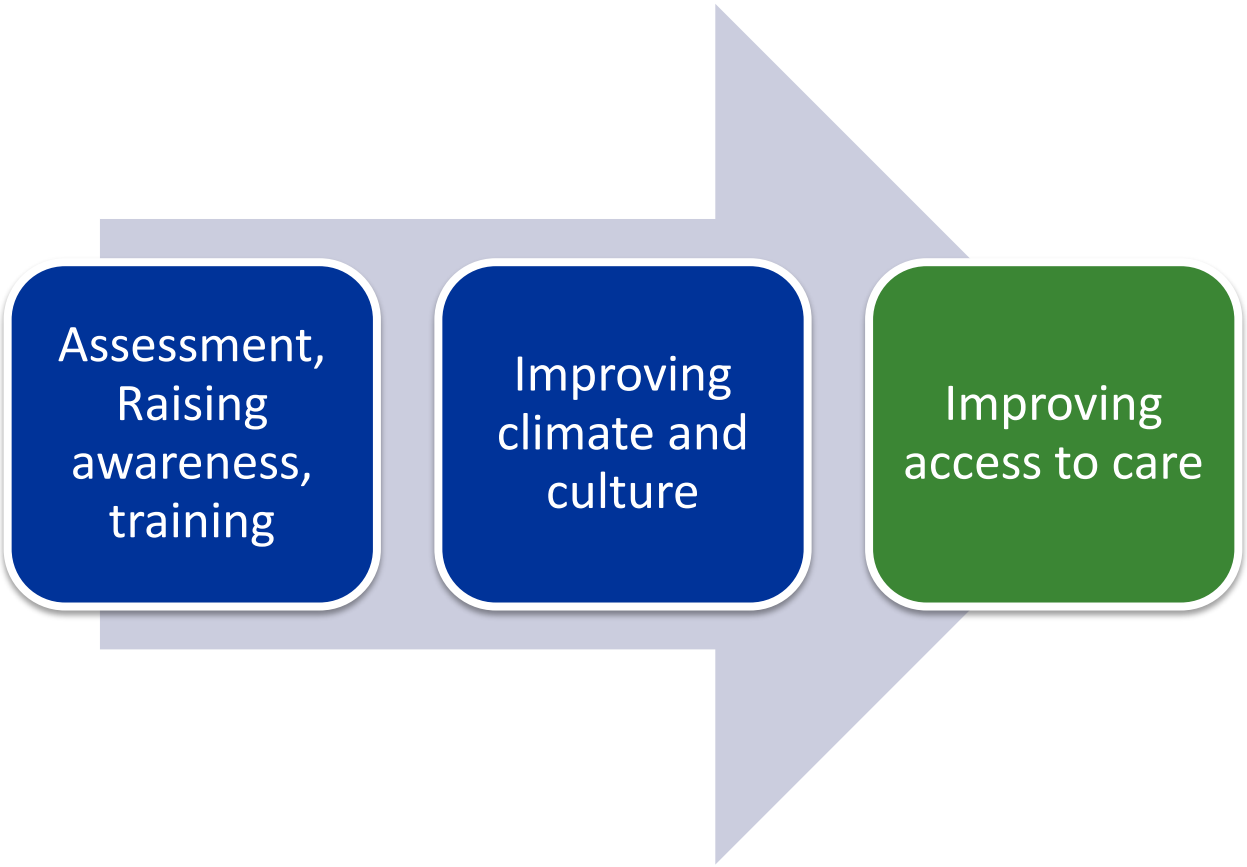

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Improving access to care in 5 key areas

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Recommendations developed to improve access to timely & effective care for employees with high ROI for employers.

Ensure Network Adequacy

Improve Mental Health Parity Compliance

Expand the Collaborative Care Model

Advance Measurement Based Care

Expand Telepsychiatry

Project aligned with APA policy goals

Project aligned with Nat'l Alliance eValue8 Report

Leveraging role & influence of key stakeholders

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Steps to improve access to care

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Request data from your TPA/health plan on key elements related to access to care. The Bowman Family Foundation created a Model Data Request Form for employers.

Review the APA/APAF step-by-step recommendations for employers & health plans for improving access to care. Recognize and act on the key role you play as a purchaser.

Survey employees to learn about their experiences and challenges accessing care. It can be anonymous but important to learn about barriers to care.

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Contact the Center

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Front door to our work:

workplacementalhealth.org

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