IBI-PBGH Forum 2019
Center for Workplace Mental Health

John Tumeh, M.D.
Chief of Psychiatry, Foundation Psychiatry, P.C.
Who we are

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

workplacementalhealth.org
What we do ...

- Case Studies: P2P Learning
- Mental Health Works
- Turnkey Programs
- Issue Briefs & Resources
- Consultation & Connection
- Cost Calculators
- Access to Care Project
Areas of greatest interest to employers.

- Anxiety
- Depression
- Employer Case Studies
- Mental Health Works Newsletter
- ICU Turnkey Program
Why the growing focus on mental health?

Common
- 1 in 5 people
- More Visible
- Stigma persists

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

Challenging
- Access & Quality
- Navigation
- Impact on Caregivers
Employers focusing in 3 key areas

- Assessment, raising awareness, training
- Improving climate and culture
- Improving access to care
Launching **NEW** Online Assessment

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

Workplace Mental Health Assessment

A Joint Project by the American Psychiatric Association Foundation, One Mind at Work and Mental Health America
Raise awareness & reduce stigma

- **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.
Addressing Workplace Mental Health

- Assessment, Raising awareness, training
- Improving climate and culture
- Improving access to care
Guidance on climate & culture

Secure Leadership, Commitment & Sustainability

Communication & Coordination

Policies, programs & operations supporting mental health

Ongoing data collection & analysis
Access to care matters ... A LOT

- Assessment, Raising awareness, training
- Improving climate and culture
- Improving access to care
Improving access to care in 5 key areas

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
Steps to improve access to care

- 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.
Contact the Center

Darcy Gruttadaro, Director
Ph: 202-559-3140
Email: dgruttadaro@psych.org
@darcygrutt

Front door to our work:
workplacementalhealth.org