



**Select  
Health**

# Behavioral Health Programs and Projects

Quality Provider Program

2023 Fall Best Practice Conference

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# Alarming Data in Behavioral Health

Old Data but Worsening



# Increasing Rates of Mental Health Disorders

In 2017, 800 million people suffered from a MH disorder worldwide. This is 10% of the world population.

Add in SUD, 970 million people suffering. Increases to 13% of the world population. Rates in the US reach 20% of the population for those having MH disorders and/or SUD.

Now data suggesting rates up to 50% in the US. Likely underestimated due to lack of recognition, denial, stigmatization leading to dishonesty or minimization of symptoms.

Between 2008 and 2017, greatest rise in BH diagnoses of 40% in the age group of 18-25yo.

Ages 12-17yo rates of depression increased by 68%.

# Increasing Rates of Mental Health Disorders and Costs



ADHD diagnosis up 41% in 4-17yos between 2003 and 2012

Depression now tops the list of disabling disorders including CV disease, Cancers, and infections.

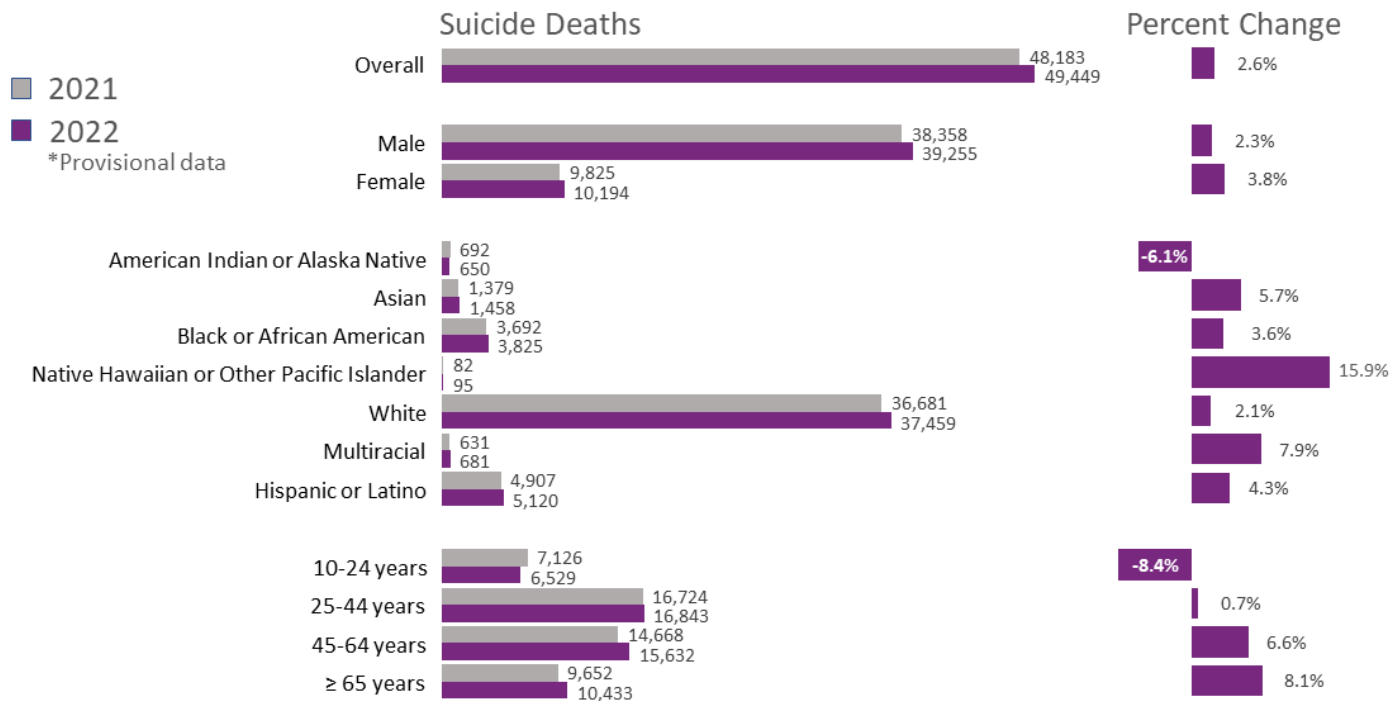
Mental Health disorders and SUD's are the leading cause of years lost to disability and overall disease burden in the US.

Cost of MH services worldwide: \$2.5 Trillion in 2010. Estimated to be over \$6 trillion by 2030.

Cost of life: in 2016, 45,000 deaths attributed to suicide.

For every person who completed suicide 30 others attempted leading to 1 million suicide attempts per year.

Overall, the number of deaths by suicide **increased** 2.6% from 2021 to 2022\*, but **decreased** among American Indian/Alaska Native people and Youth





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# Major Select Health Initiative

FUH/FUM Measures

# Why Do FUH/FUM Measures Matter?



In 2019, 1 in 5 adults in the U.S. age 18 and older had a mental health diagnosis.

Providing follow-up care after an acute hospitalization or emergency room visit can:

- Improve outcomes
- Decrease repeat hospitalizations
- Reduce suicide attempts and overall cost of care

# National Averages for 7-Day Follow Up<sup>1</sup>

## NCQA Data 2017- 2021

Insurance type	Percentage
Commercial HMO	45-50%
Commercial PPO	43-49%
Medicaid HMO	35-39%
Medicare HMO	27-32%
Medicare PPO	27-32%



# National Averages for 30-Day Follow Up<sup>1</sup>

## NCQA Data 2017- 2021

Insurance type	Percentage
Commercial HMO	66-70%
Commercial PPO	65-70%
Medicaid HMO	56-59%
Medicare HMO	48-52%
Medicare PPO	49-55%

# Select Health Member Data

FUM 7 day  
Follow Up=  
52%

FUM 30  
day Follow  
Up= 65%

FUH 7 day  
Follow Up=  
45%

FUH 30 day  
Follow Up=  
62%

QPP reports data as of 9/12/2023

# Select Health Efforts



Evaluating gaps in Provider networks



Collaborating with the Intermountain BH Operations Team



Identifying SDH's and how they can affect member ability to seek or follow through with care. Ex- Housing, Transportation, Food, access to technology.



Adding Digital Health organizations to our network to fill presumed gaps. Ex- Aspire 365, Path Health, Little Otter.

# References

1. (2023) Follow-up after hospitalization for mental illness. In: NCQA. <https://www.ncqa.org/hedis/measures/follow-up-after-hospitalization-for-mental-illness/>. Accessed September 15, 2023
2. Palmer CM (2022) Brain energy: A revolutionary breakthrough in understanding mental health--and improving treatment for anxiety, depression, OCD, PTSD, and more. BenBella Books, Inc., Dallas, TX

# QPP Updates

Taleese Hanks, MSN, RN

Jacob Hancey, MHA



# 2024 Program Updates

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## New Measures

Follow-up for Substance  
Use 7 & 30



## SDoH Screening Incentive

Adding Z-Codes to  
measures



## Incentive Changes

FUH & FUM payment  
changes



# Thank you!

