

Healing: Our Path from Mental Illness to Mental Health

June 8, 2022

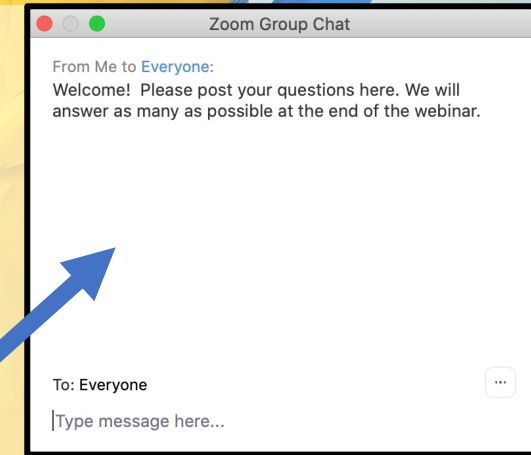
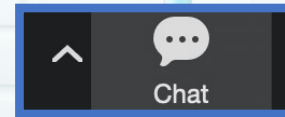
12:00pm PT / 1:00pm MT / 2:00pm CT / 3:00pm ET

Welcome! We will get started momentarily.

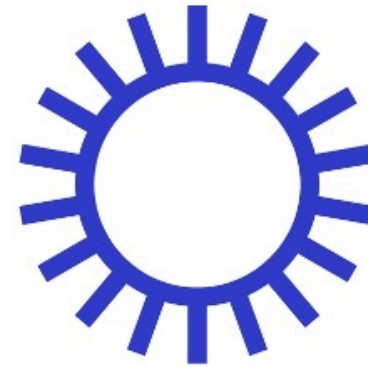
Please let us know who you are and where you are from in the chat box (click the chat icon at the bottom of your screen).

Housekeeping

- We want to hear from you! Share your **questions, comments** and “**ah-ha’s**” via the **chat box**.
- A **recording and slides** will be available within 24 hours - We’ll email you.



Welcome



IIMHL
International Initiative
for Mental Health
Leadership



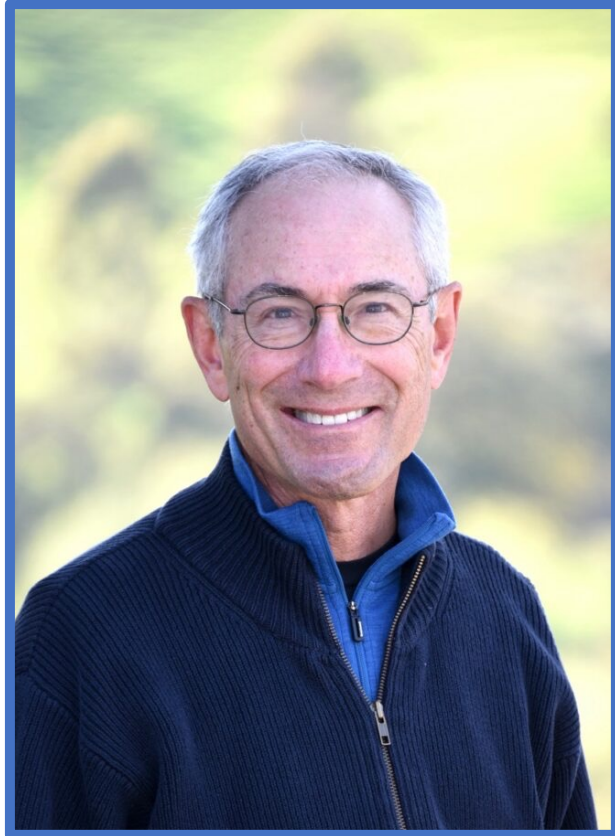
2022 Leadership Exchange

Valuing Inclusion, Resilience & Growth

- Focus on youth
- Three components
 - Virtual Matches: October 3-20
 - In-Person Network Meeting (Washington DC): October 26-27
 - Virtual viewing
- Register now!
 - <https://iimhl.com/2022-leadership-exchange-menu-iimhl>



Our Presenter



Dr. Tom Insel

- Author: *Healing: Our Path from Mental Illness to Mental Health*
- Co-Founder of Mindstrong Health, Humanest Care, and Vanna Health
- Former Director of the National Institute of Mental Health (NIMH) (2002-2015)

Healing: Our Path from Mental Illness to Mental Health

Tom Insel, MD

Former Director, National Institute of Mental Health (2002-2015)

Former Chair, Steinberg Institute (2019-2022)

Co-Founder: Mindstrong Health, Humanest Care, MindSite News, Vanna Health

Adj Prof, Stanford University

June 8, 2022

Disclosures

Board of Director roles

For profit: NeuraWell Therapeutics, Valera Health

Non-profit: Foundation for NIH, Fountain House, MindSite News, Schaeffer Center for Health Policy, Steinberg Institute

Advisory Board roles

For profit: Alto Neuroscience, Cerebral, Compass Pathways, Embodied, Koa Health, Owl Insight, PsychHub, Uplift Health

Non-profit: Koko

Financial Investor roles

Alto Neuroscience, Compass Pathways, Humanest Care, Karuna Therapeutics, Mindstrong Health, NeuraWell Therapeutics, Owl Insight, Valera Health

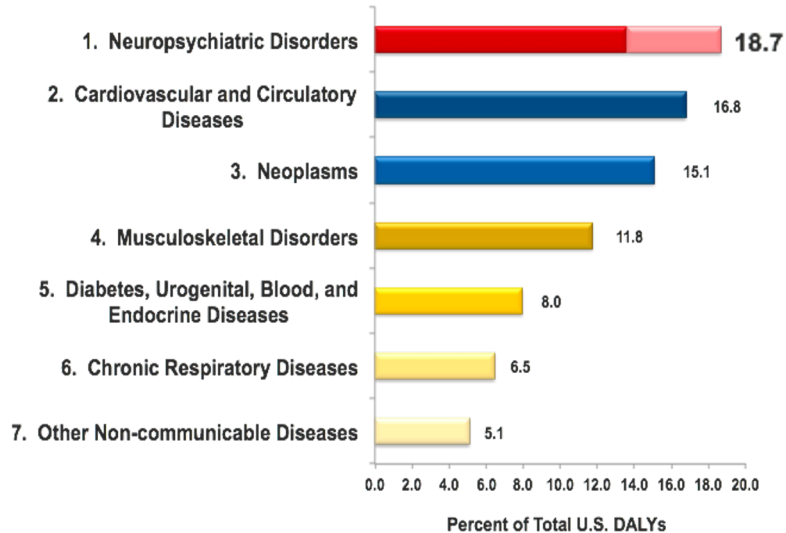
The Conundrum of Mental Health in America

- We have unprecedented progress in neuroscience, behavioral science, and technology
- We have effective interventions (medical, psychological, neural, and rehabilitative) for virtually every mental illness.
- More people are getting more treatment than ever.
- **Yet, outcomes are no better.**



The Problem: A Crisis in Behavioral Health

No reduction in morbidity or mortality

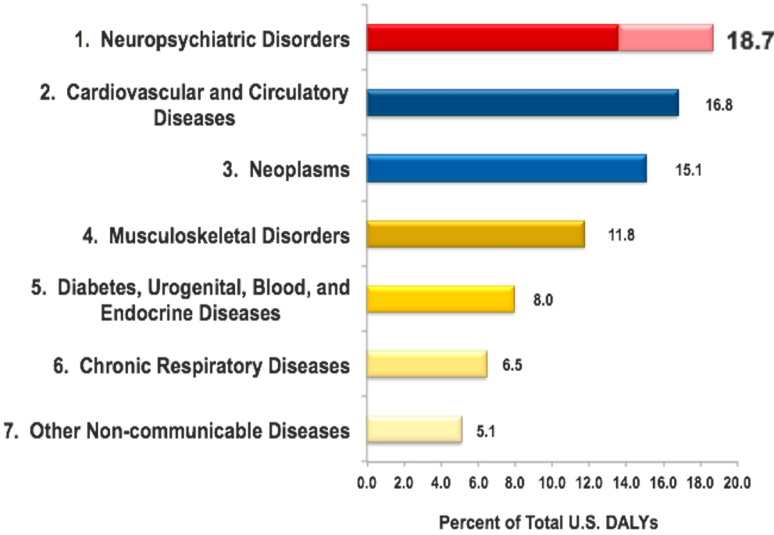


Data from Institute for Health Metrics and Evaluation

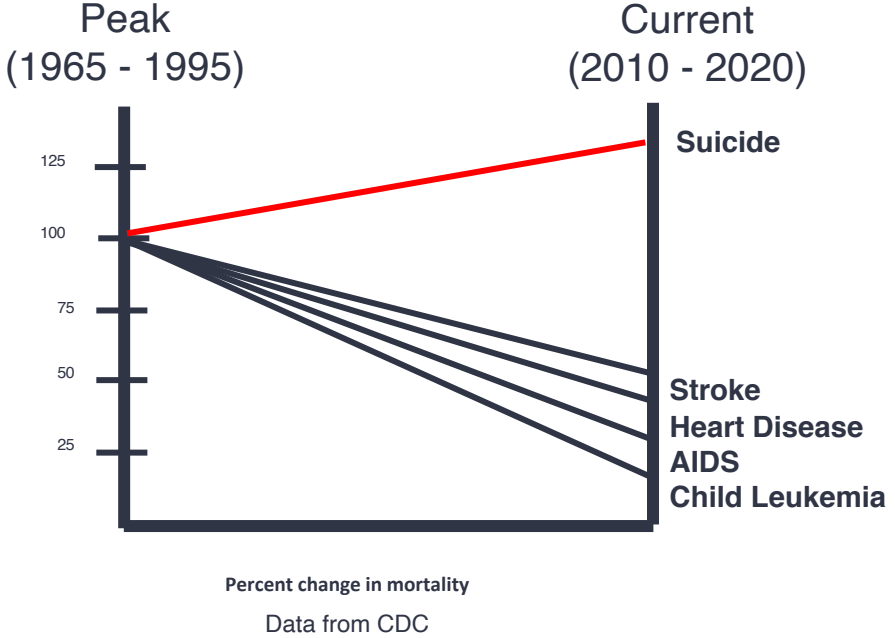
Morbidity:
Prevalence
Employment/Education
Housing
Incarceration
Life Expectancy
Poverty

The Problem: A Crisis in Behavioral Health

No reduction in morbidity or mortality

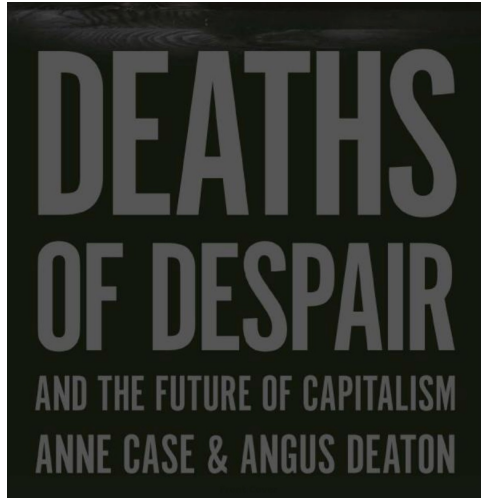


Data from Institute for Health Metrics and Evaluation



Data from CDC

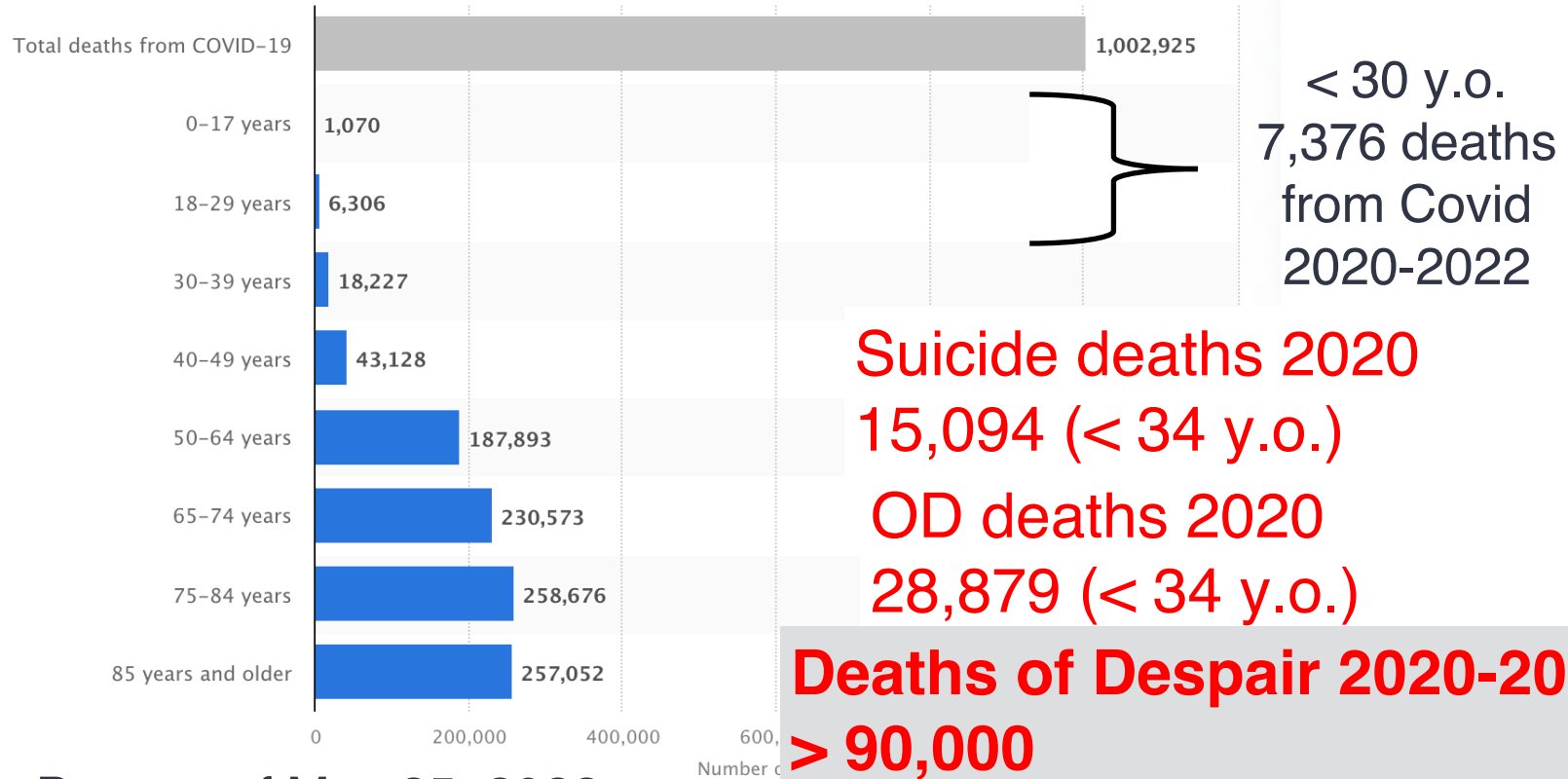
Deaths of Despair – Lowering Life Expectancy in America (before Covid-19)



	2000	2019	2021*
Suicide:	29,350	47,511	45,855
Drug OD:	17,415	71,130	103,598
Alcohol:	19,627	39,000	95,000**
TOTAL	66,392	157,141	244,453

Data from CDC NVSS. *estimates up to May 2021, **data not comparable

Deaths of Despair vs Deaths from Covid in Youth



Data as of May 25, 2022

https://www.cdc.gov/nchs/nvss/vsrr/covid_weekly/index.htm

<https://www.cdc.gov/nchs/data/databriefs/db428-tables.pdf#2>



'It's Life or Death': The Mental Health Crisis Among U.S. Teens

Depression, self-harm and suicide are rising among American adolescents. For one 13-year-old, the despair was almost too much to take.

My College Students Are Not OK

May 13, 2022



362 School Counselors on the Pandemic's Effect on Children: 'Anxiety Is Filling Our Kids'

In a Times survey, counselors said students are behind in their abilities to learn, cope and relate.

By [Claire Cain Miller](#) and Bianca Pallaro Produced by [Alice Fang](#)

Empowering Pediatricians

mental health care
y, the next

Schools are struggling to meet rising mental health needs, data shows

By Laura Meckler

May 31, 2022 at 9:00 a.m. EDT



Students line up to enter an elementary school in Jersey City last year. (Seth Wenig/AP)

The Washington Post
Democracy Dies in Darkness

A survey released Tuesday documents the toll the pandemic has taken on students' mental health, with **7 in 10 public schools seeing a rise in the number of children seeking services.** Even more, **76 percent, said faculty and staff members have expressed concerns about depression, anxiety and trauma in students since the start of the pandemic.** Yet only **about half of all schools said they were able to effectively provide needed services.**

Why do we have this crisis?

We don't know enough

We don't have enough therapists

We don't have effective treatments

We don't spend enough

Stigma

Why do we have this crisis?

~~We don't know enough~~

~~We don't have enough therapists~~

~~We don't have effective treatments~~

~~We don't spend enough~~

Stigma

Why do we have this crisis?

It's a care crisis.

Lack of Capacity

Beds, workforce, safety net

Lack of Engagement

60% not receiving care

Lack of Quality

Fragmented, episodic, reactive

Lack of Accountability

We don't measure outcomes

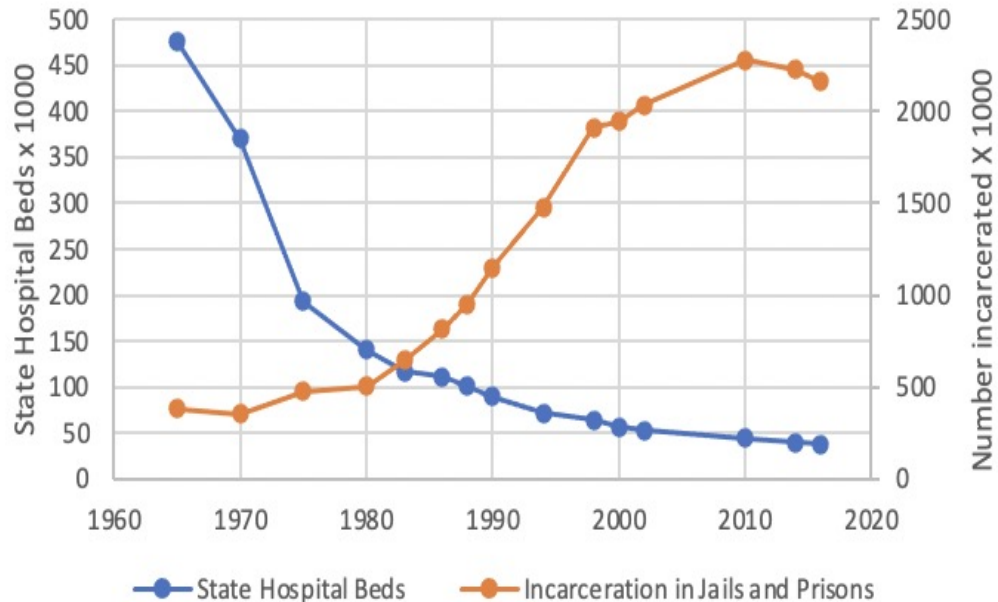
Lack of Equity

People w SMI = untouchables

Lack of Capacity

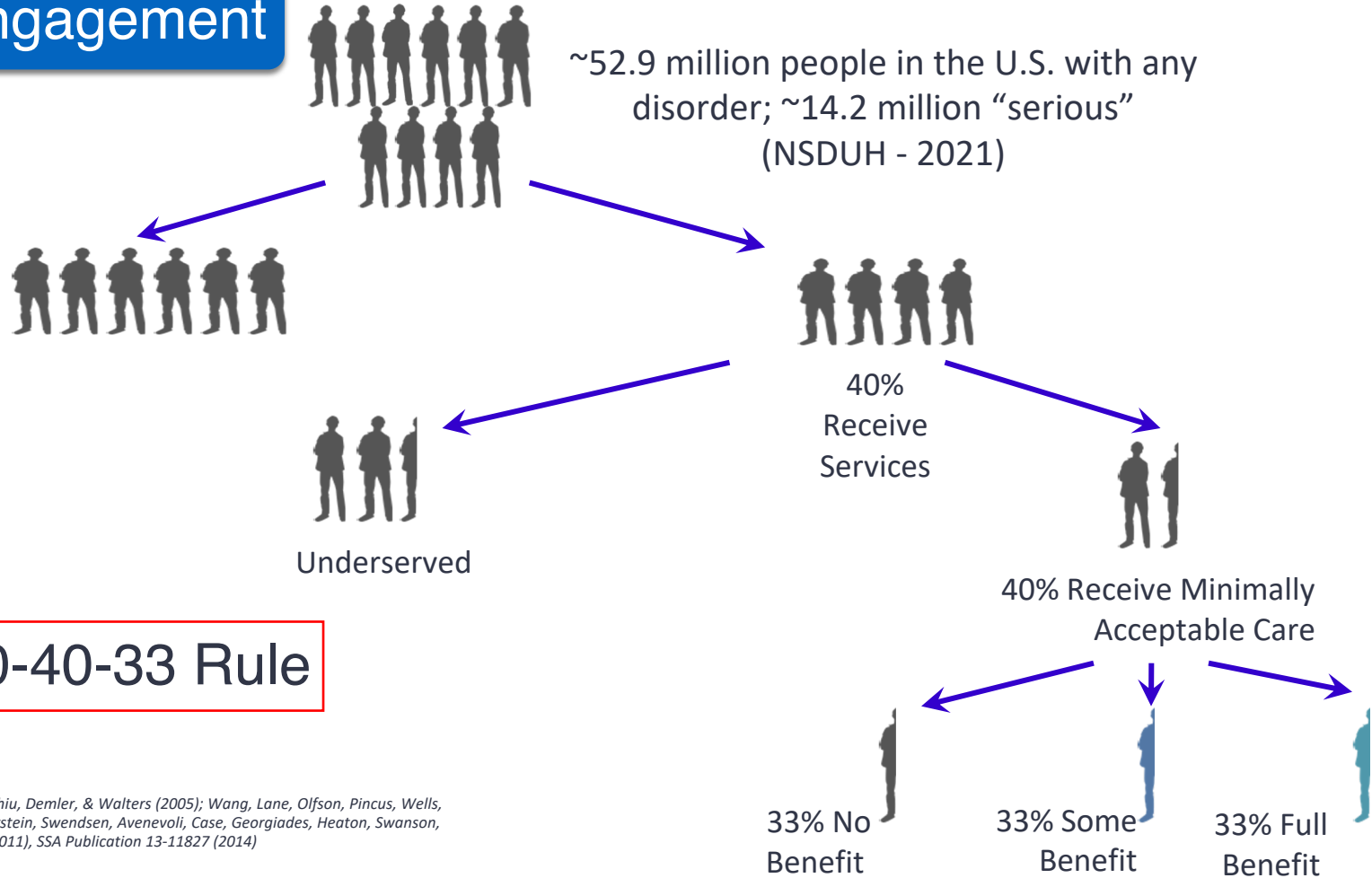
Problem: Underinvestment in health facilities for people with SMI

Trans-institutionalization 1965-2016



Insel, Healing, 2022

Lack of Engagement



The 40-40-33 Rule

SOURCES: NSDUH (2021); Kessler, Chiu, Demler, & Walters (2005); Wang, Lane, Olfson, Pincus, Wells, Kessler (2005); Merikangas, He, Burstein, Swendsen, Avenevoli, Case, Georgiades, Heaton, Swanson, Olfson (2011), SSA Publication 13-11827 (2014)

Lack of Quality

Percent Meeting Quality Standard
Mental Health vs Cardiovascular
2005 - 2016

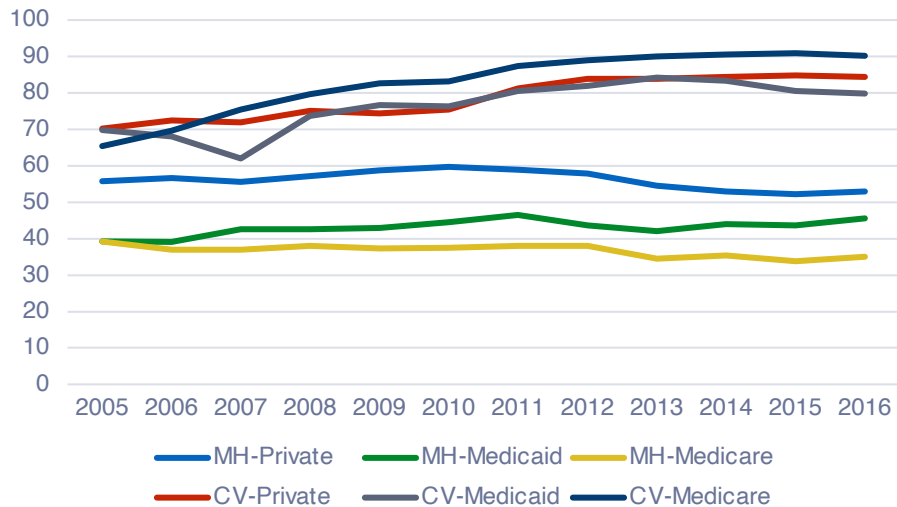


Figure 4-3. Mental health vs cardiovascular quality scores 2005-2016. Data show percentage of population meeting quality standard for a mental health measure (outpatient follow-up within seven days of hospital discharge) compared to a cardiovascular measure (persistence of beta-blocker treatment for six months after hospitalization for a heart attack) in patients with private insurance, Medicaid, or Medicare. Improvements across time are evident in cardiovascular care but not psychiatric care.

Lack of Accountability

JAMA Psychiatry | Review

Implementing Measurement-Based Care in Behavioral Health A Review

Cara C. Lewis, PhD; Meredith Boyd, BSc; Ajeng Puspitasari, PhD; Elena Navarro, BA; Jacqueline Howard, BA; Hannah Kassab, BSc; Mira Hoffman, BSc; Kelli Scott, PhD; Aaron Lyon, PhD; Susan Douglas, PhD; Greg Simon, MD; Kurt Kroenke, MD

However, it is underused; less than 20% of practitioners (17.9% of psychiatrists, 11.1% of psychologists, and 13.9% of masters-level practitioners) engage in MBC, and as little as 5% use it according to its empirically informed schedule (ie, every session). These rates reflect the status quo in the United States, the United Kingdom, and Australia despite policies recommending PRO use.

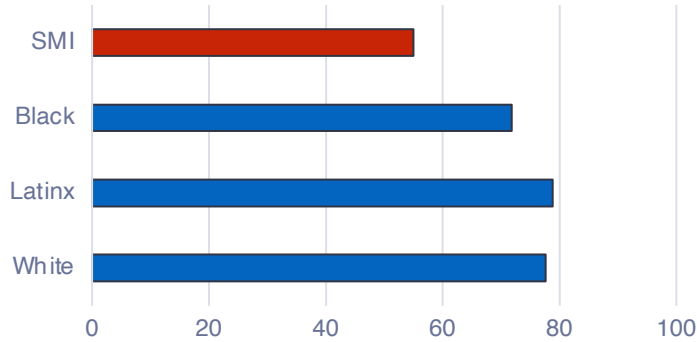
JAMA Psychiatry. doi:[10.1001/jamapsychiatry.2018.3329](https://doi.org/10.1001/jamapsychiatry.2018.3329)

Published online December 19, 2018.

Lack of Equity

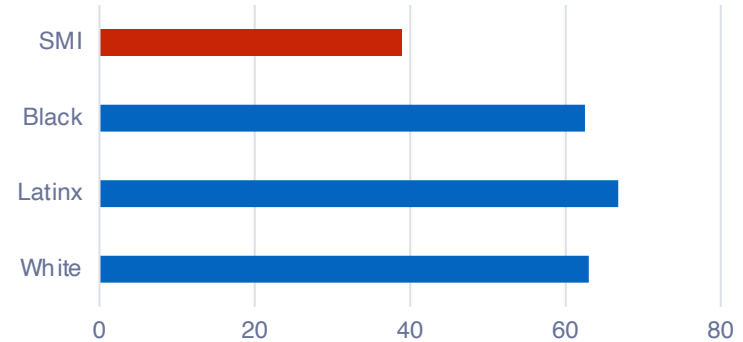
People with SMI Are America's Untouchables

Life Expectancy



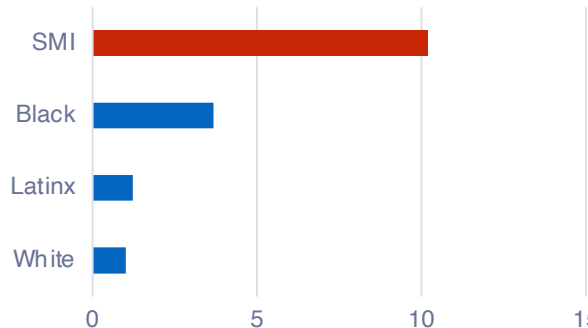
<https://www.cdc.gov/nchs/data/vsrr/vsrr015-508.pdf>

Employment - 2019



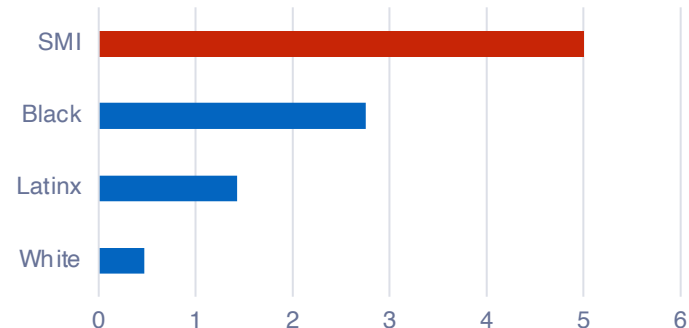
<https://www.bls.gov/opub/reports/race-and-ethnicity/2019/pdf/home.pdf>

RR Police Use of Force



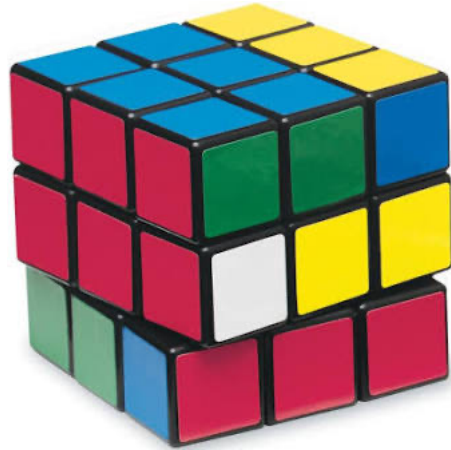
Laniyonu and Goff BMC Psychiatry (2021) 21:500

Incarceration (Prison)



<https://www.pewresearch.org/fact-tank/2020/05/06/share-of-black-white-hispanic-americans-in-prison-2018-vs-2006/>

Solutions –Tech, Policy, Recovery



Problems

Tech “Solutions”

Lack of Capacity



Investment

Lack of Engagement



Person-centered online care

Lack of Quality



Training, Coordinated Care

Lack of Accountability



Measurement/Value Based Care

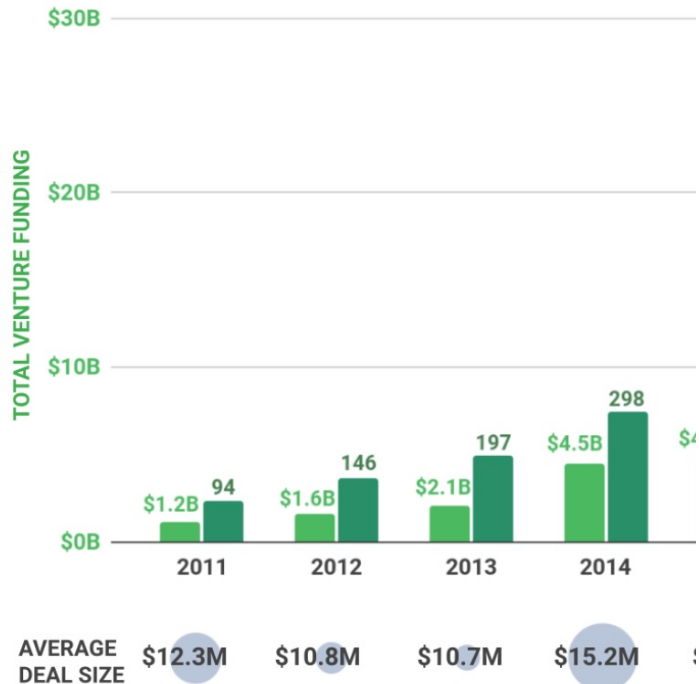
Lack of Equity



Recovery Based Care

Investment

U.S. DIGITAL HEALTH FUNDING AND DEAL SIZE 2011-2021



Note: Includes U.S. deals >\$2M; data through December 31, 2021
Source: Rock Health Digital Health Venture Funding Database

2021 TOP FUNDED CLINICAL INDICATIONS 2017-2021; numbers equate to funding rank



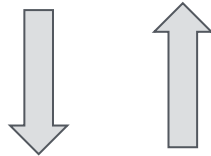
	2017	2018	2019	2020	2021
MENTAL HEALTH	\$0.5B 2	\$1.4B 1	\$1.0B 1	\$2.7B 1	\$5.1B 1
DIABETES	\$0.3B 4	\$0.4B 4	\$0.5B 4	\$0.8B 6	\$1.8B 2
CARDIO-VASCULAR	\$0.5B 1	\$0.6B 3	\$0.6B 3	\$1.1B 4	\$1.8B 3
PRIMARY CARE	\$0.1B 15	\$1.0B 2	\$0.5B 5	\$1.7B 2	\$1.6B 4
MUSCULO-SKELETAL	\$0.5B 3	\$0.2B 12	\$0.2B 14	\$0.2B 12	\$1.4B 5
ONCOLOGY	\$0.3B 6	\$0.4B 5	\$0.6B 2	\$1.3B 3	\$1.4B 6

NUMBER OF DEALS

Minute Clinic Meets Peloton

Mental Health Consults -- on demand, online intervention at time of need

- ✓ In the moment evidence-based care
- ✓ Empowering, strengths-based, solution-focused
- ✓ Behavior change goals set and sustained through community



Community -- 24/7, subscription-based, scaled workforce, goal-driven

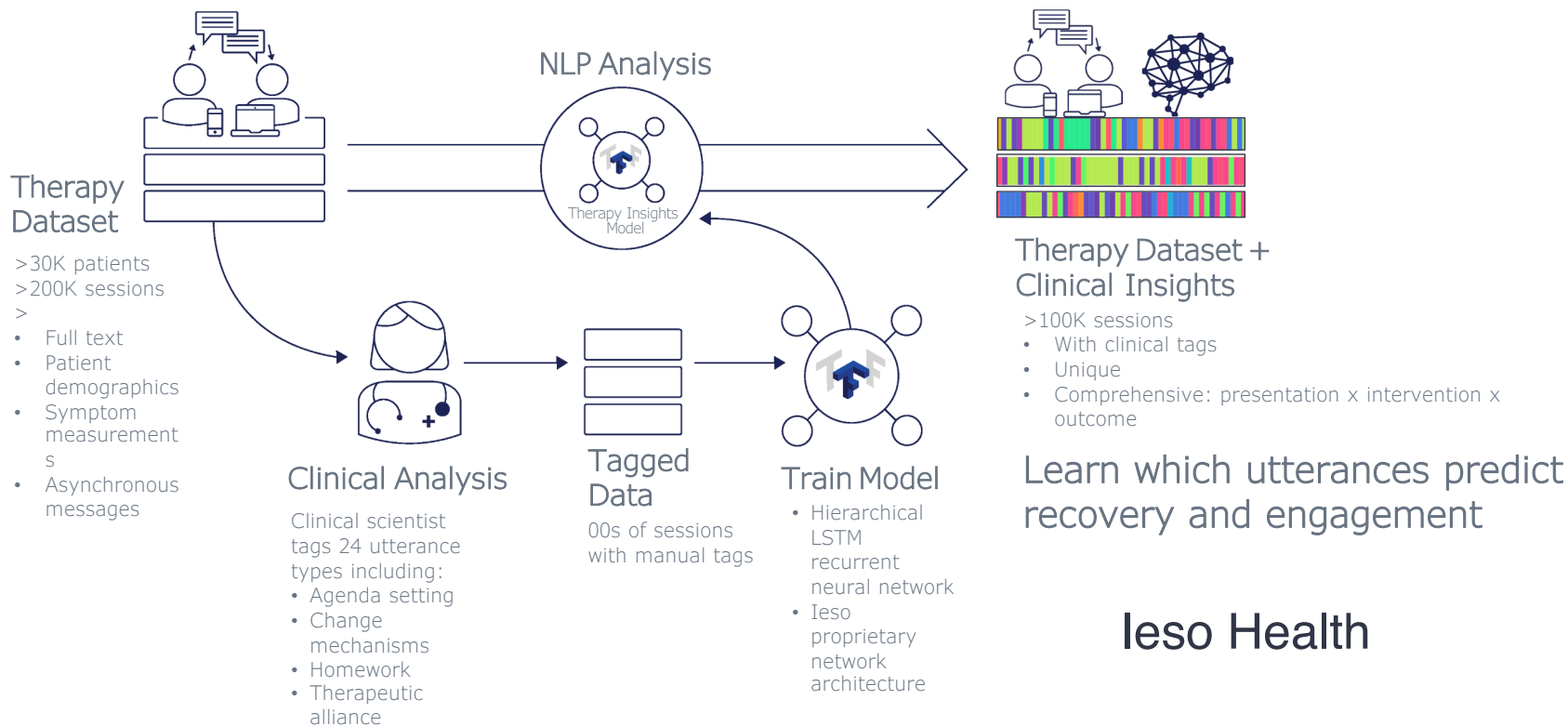
- ✓ Membership; decreased social isolation
- ✓ Shared accountability; Sense of purpose
- ✓ Crowd sourced skills and resilience building



Training, Coordinated Care

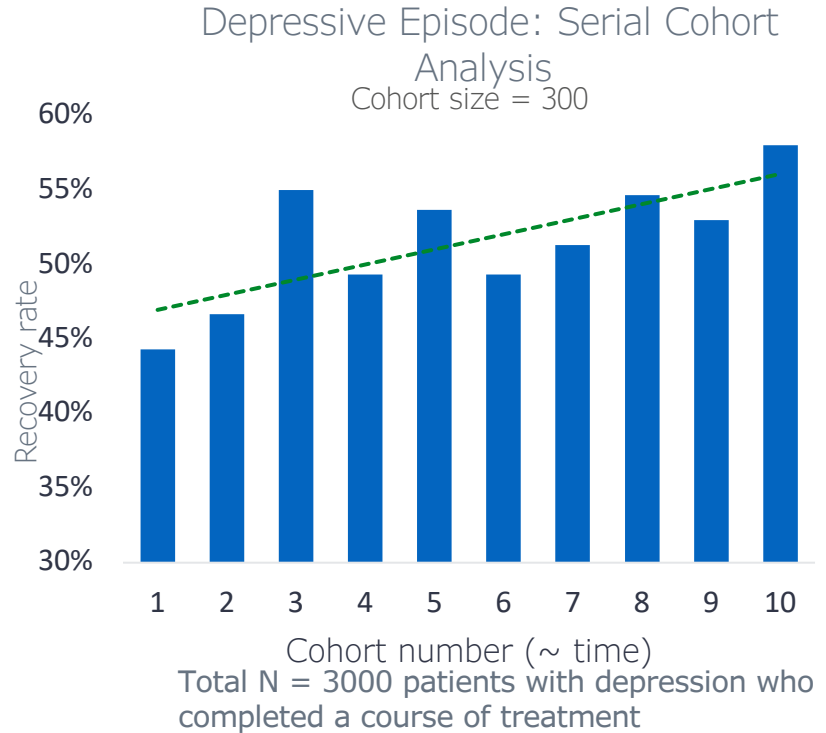
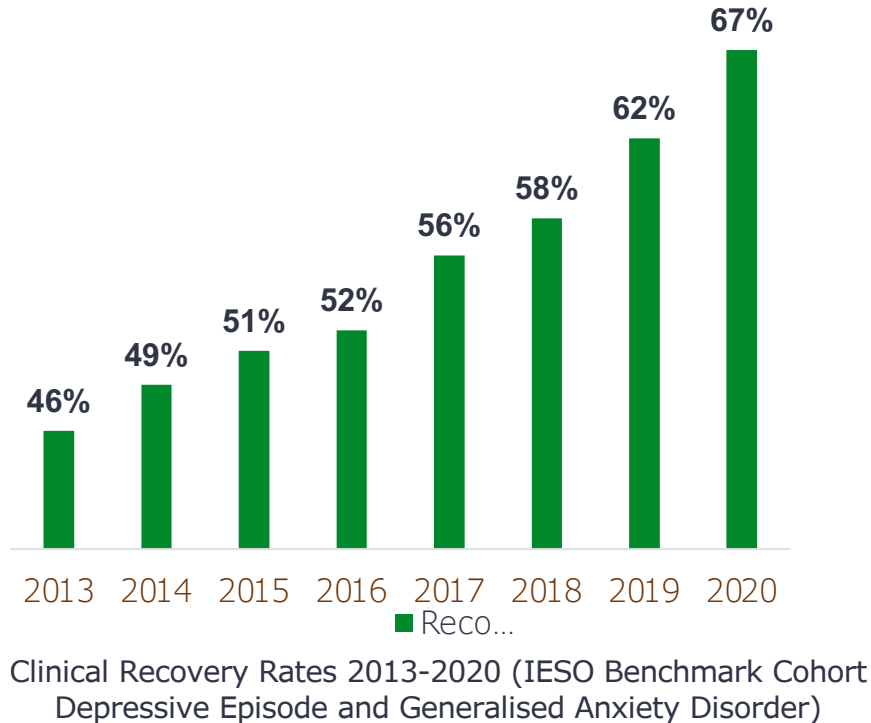
Predictors of treatment response: therapist language

Using deep learning to decode the effective content of therapy



Using real-world data to improve patient care

Ieso clinical outcomes consistently surpass all national targets

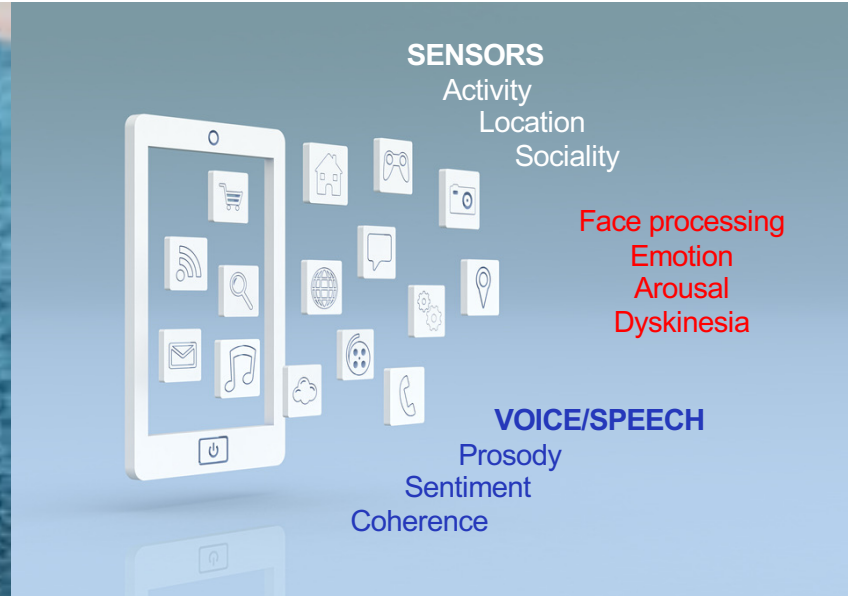


Measurement

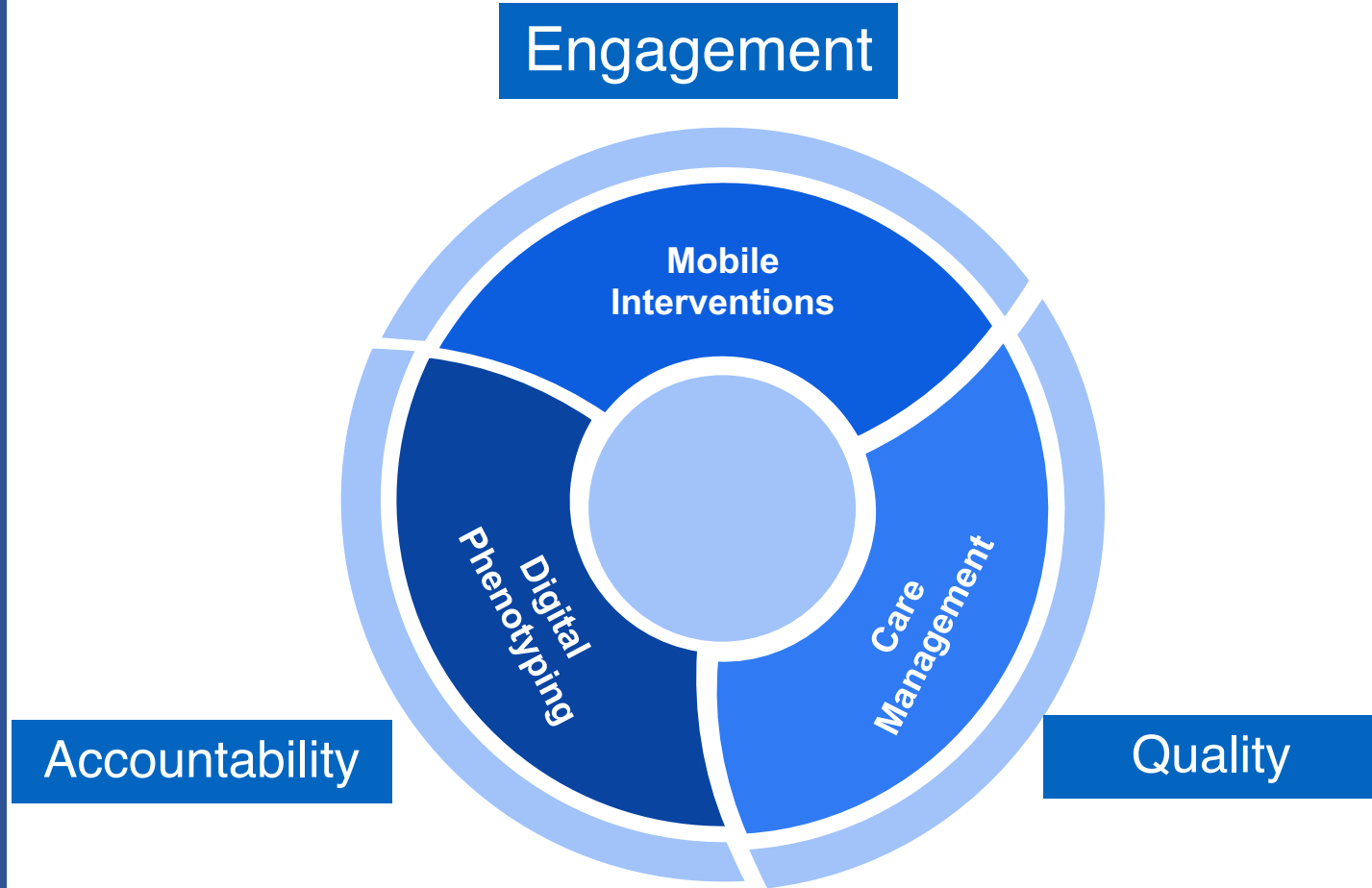
Telehealth 1.0



Telehealth 2.0



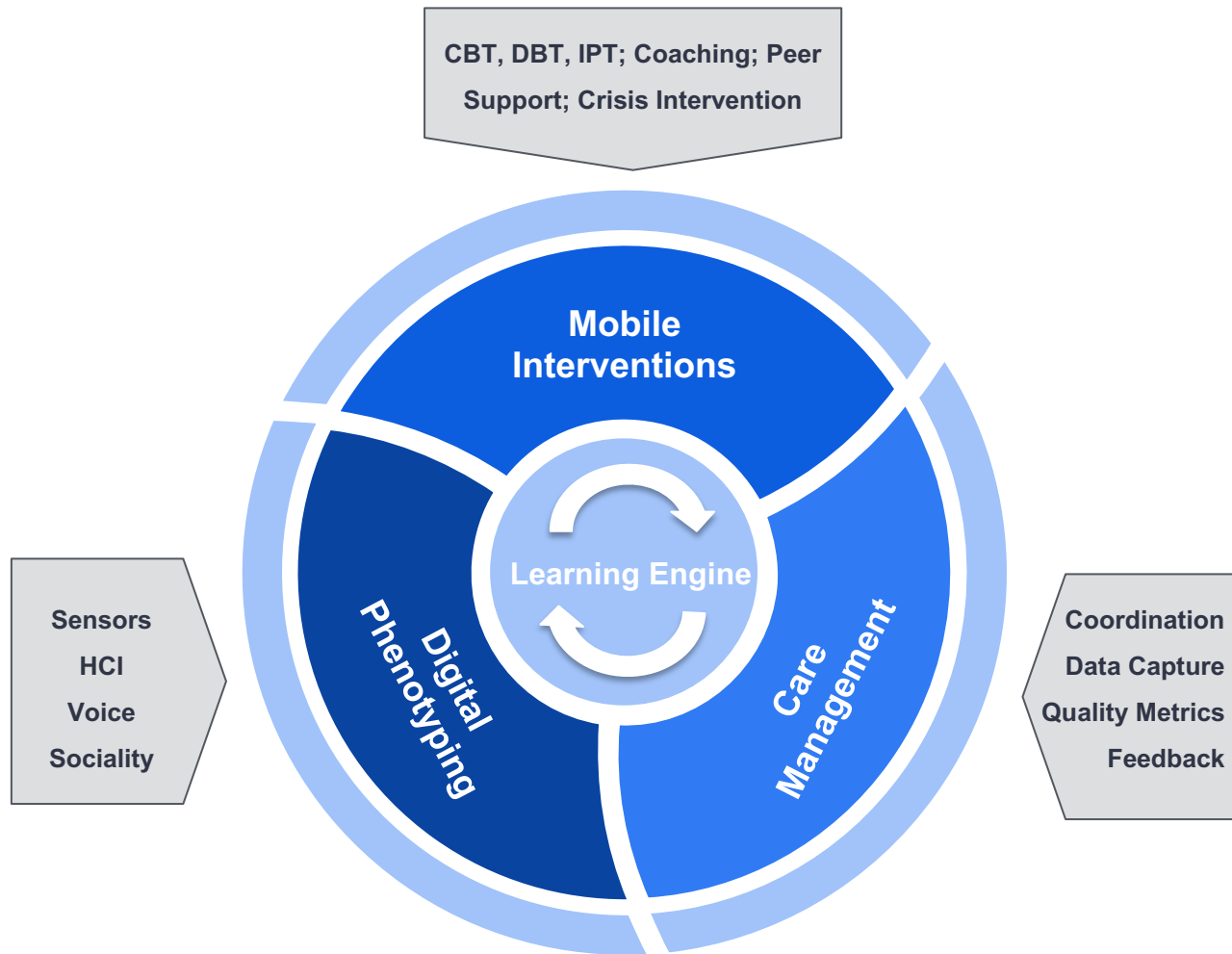
The Digital Mental Health Landscape



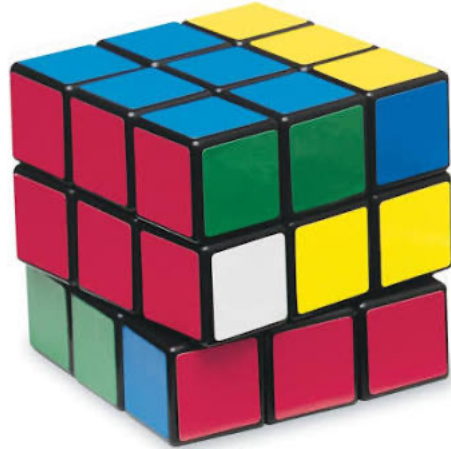
The Digital Mental Health Landscape

Tech Culture

UX Design
Data-Driven
Feedback



Solutions – Beyond Tech



Policy, Payment, Prevention, Recovery

Solutions – Federal

Unity Agenda:
“Let’s take on mental health”



White House Fact Sheet: Build capacity

Workforce

Crisis – 988

CCBHC

Connect to Care

Parity

Integration

Telehealth

Schools, libraries, comm centers

Better environments

Privacy protection online

Student services

Justice-involved

Policies: 988

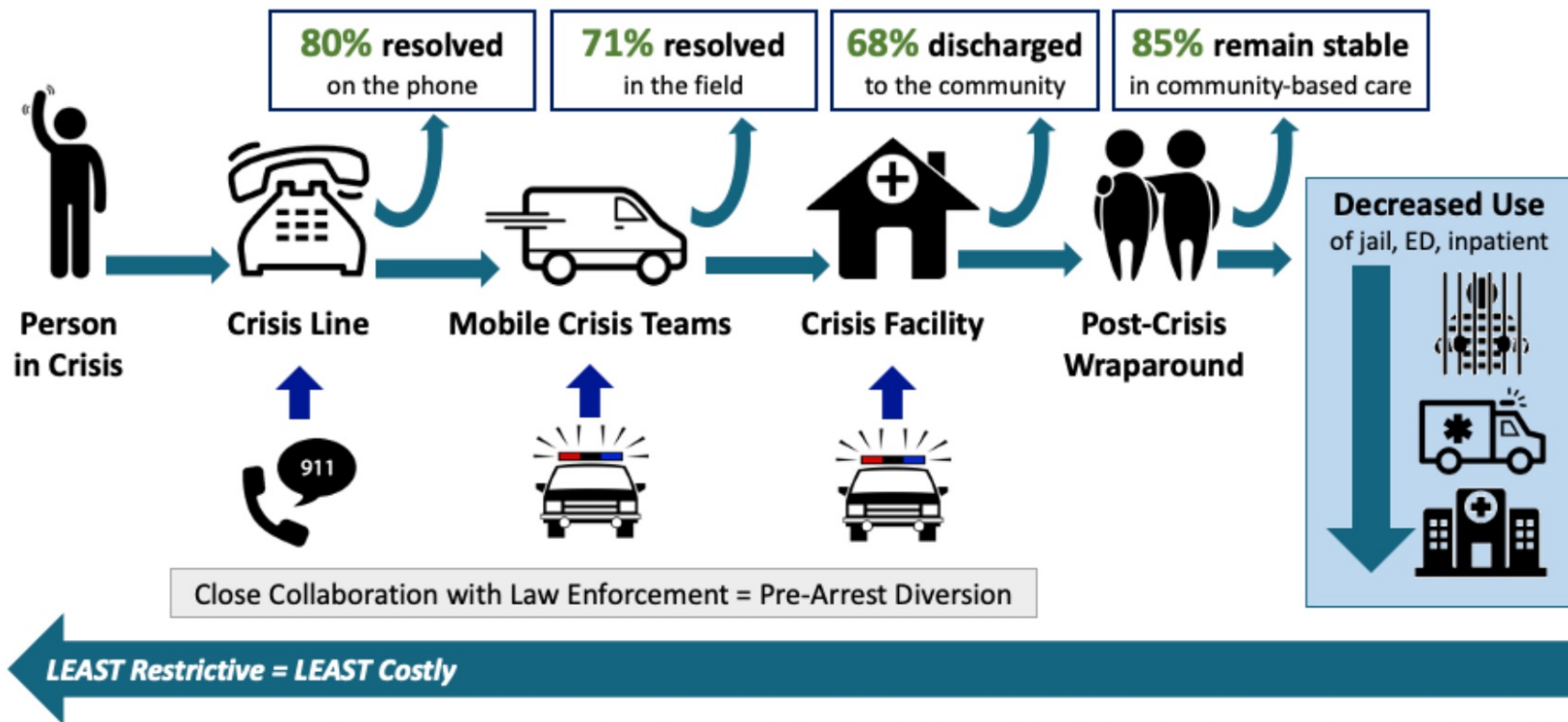
Problem: Current Crisis Response via 911 brings police, high rates of incarceration, ER boarding, and tragedies for people with SMI

Solution: Build out a crisis continuum

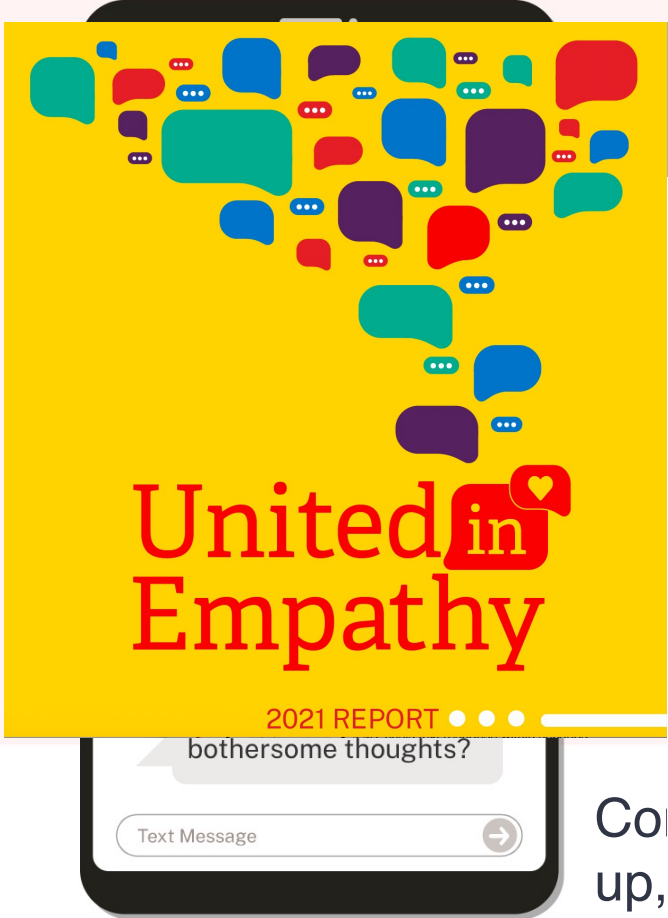
988 replaces 911 by 7/16/22

Someone to Call – Someone to Come – Some Place to Go

The Arizona Crisis System



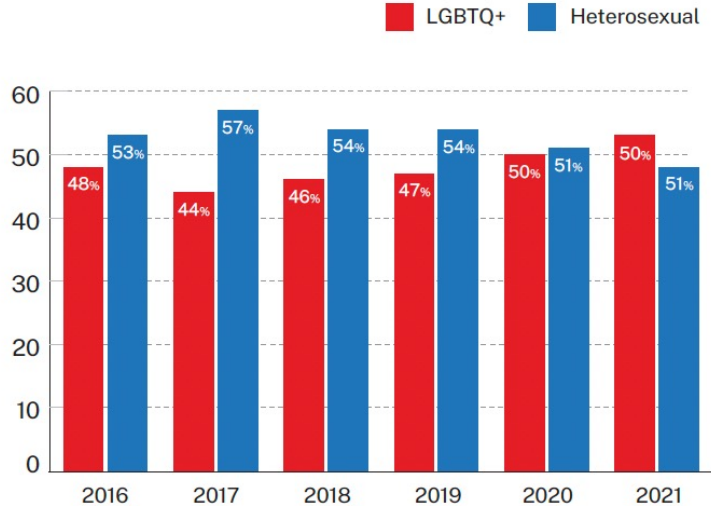
Schematic designed by Margie Balfour, Connections Health Solutions. Data courtesy Johnnie Gaspar, Arizona Complete Health Data applies to southern Arizona geographical service area, last updated Sep 2019



How It Works

2021: 1.3M conversations, 70% < age 25

Sexual Identity among Crisis Text Line Texters



ained Crisis
secure
lp you move

ommitment)

follow-

Payment: Alternative Payment Models

**Problem: Fragmented, under-resourced care for people with SMI.
Providers paid for medical services but not for rehabilitative services.**

**Solution: Create models for value-based payment
Certified Community Behavioral Health Centers**

430 Centers across 40 states

Whole Person Care (includes rehab services)

No Wrong Door (includes crisis services)

Prospective Payment (going at risk)

Prevention: Moving Upstream

Problem: Crisis-driven care, precludes reimbursement without a diagnosis and engages people when they are most difficult to help.

Solution: California Child and Youth Behavioral Health Initiative

\$4.4B over 5 years for youth < 26

Dyadic care for new parents

Schools become center of gravity for MH

Telehealth integration of pediatrics and specialty care

Portal for navigation, access, and integration

Recovery

Health ≠ Healthcare

From central DC:

17 mile journey

20 year incr in longevity

M. Marmot, The Health Gap

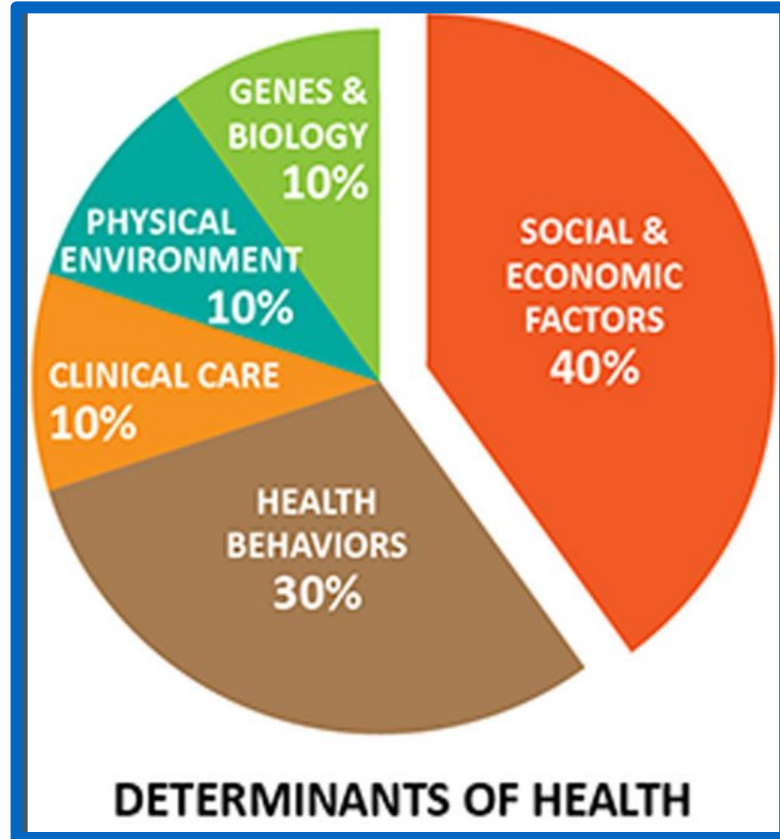
Treatment w statins

12.6 day incr in longevity

Hansen et al, J Gen Intern Med, 2019



Health ≠ Healthcare



10% related to care

US annual = \$4T

70% related to social factors and health behaviors

US annual = ?

Source: WHO

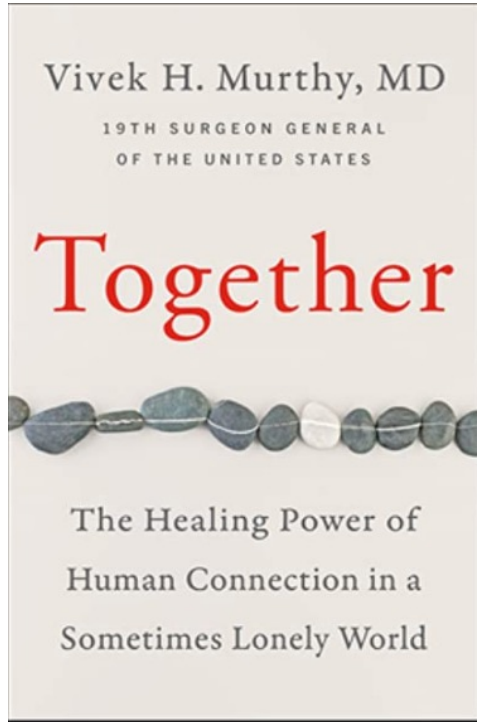
The Road to Equity: Recovery



The 3 P's: People, Place, Purpose

Covid Pandemic Attacks All of the P's

People: Loneliness is a Public Health Crisis



US Census Data

- more than a quarter of the US population (27%) lives alone
- over half the U.S. adult population is unmarried
- 1 in 5 have never married
- divorce rate in the US around 40% of first marriages

Loneliness drives hospitalization and medical complications for people with SMI.

Fortuna KL, Psychiatr Q. 2021 Mar;92(1):101-106.
doi: 10.1007/s11126-020-09777-8.

Place: Poverty is a Public Health Crisis

Adverse Childhood Experience

Food insecurity/Poor nutrition

Homelessness/Unsafe housing

Lack of education/opportunity

Racism/Exclusion

Adverse Environments

Children growing up in poverty are 2-3X more likely to have mental health issues.

SG Advisory 12/11/21

Purpose: Finding a mission

“He (she) who has a why can live with almost any how.”

Nietzsche

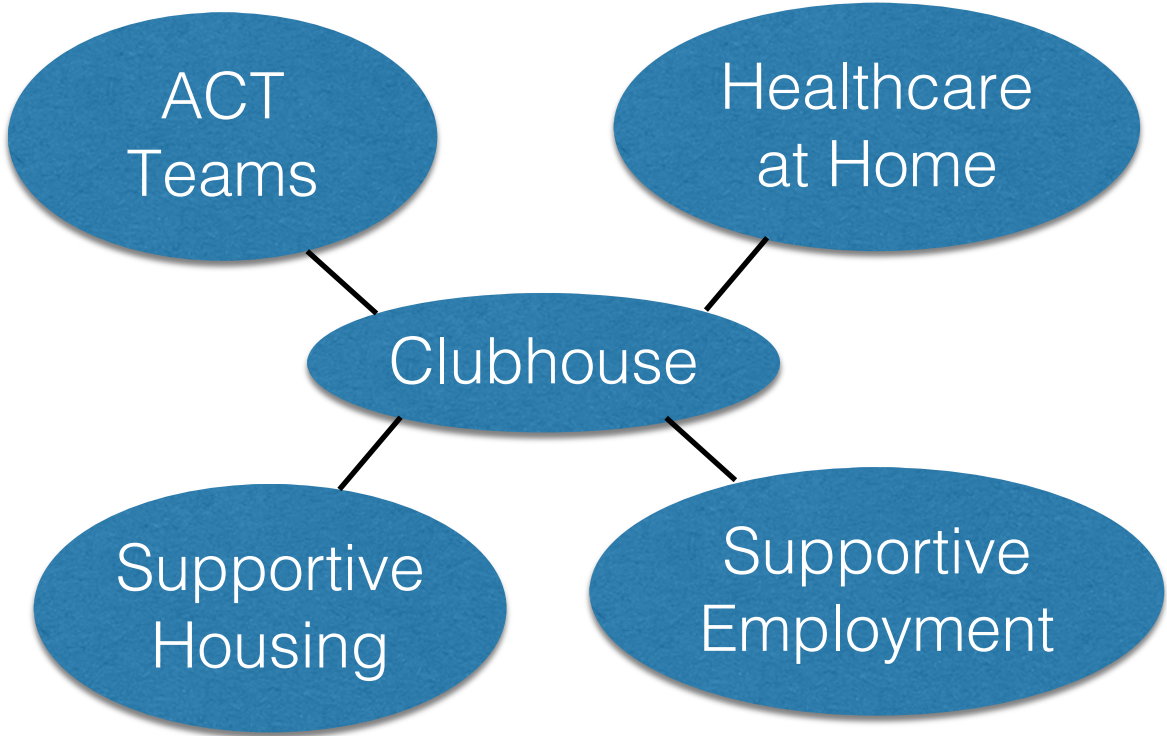
“If you want to reduce suicide give people something to live for.”

Marsha Linehan

People with mental illness can use their lived experience to help others recover.

We know how to deliver the 3 P's

People
Place
Purpose



Recovery

**The problems can be defined as medical
The solutions need to be defined as social,
environmental, and political**

**Recovery Requires Us to Think Beyond Symptoms
Recovery Invites Us to Redefine Care**

The Conundrum of Mental Health in America

- We have unprecedented progress in neuroscience, behavioral science, and technology
- We have effective interventions (medical, psychological, neural, and rehabilitative) for virtually every mental illness.
- More people are getting more treatment than ever.
- Yet, outcomes are no better.

It's not just healthcare.... It's the 3 P's.
The problem is medical but the solutions are....



Thank You!



***Starting a Social Movement
for Mental Health***

tinsel0@gmail.com



Q&A



Please use the chat box or the “raise hand” feature to ask questions.

Contact

Holly Salazar, CBHL CEO

hsalazar@leaders4health.org

www.leaders4health.org

