

2020 MINNESOTA MENTAL HEALTH GUIDING COALITION

A Unique Opportunity to Help Drive Improved Mental Health Care and Outcomes in Our State

"I couldn't be more pleased with the work of the 2019 Mental Health Guiding Coalition. From publishing the results of the eValue8™ Mental Health Deep Dive to receiving the PCORI Award, we have accomplished so much. We have significant momentum, so let's use it! Our goal is to have 100% of the Mental Health Guiding Coalition members remain at the table in 2020 for this urgent and meaningful work on behalf of patients."

Nance Lee Mosquera, Employee Benefits Manager, City of Saint Paul and Action Group Board Member



Executive Summary: Achieving Value in Mental Health Support in Minnesota
A Deep Dive Powered by eValue8™

As a coalition of employer purchasers, the Minnesota Health Action Group, in collaboration with the National Alliance of Healthcare Purchaser Coalitions, conducted the eValue8™ Mental Health Deep Dive for Minnesota Health Plans. This was a rigorous "request for information" process, backed by employers and mental health experts nationally.

The Deep Dive asked detailed and important questions about health plan capabilities to provide timely, high-quality, affordable mental health services. The Deep Dive analyzed mental health plans and gaps in care. The Deep Dive also published Data Summaries for eight health plans. The Deep Dive helped build the foundation for the 2018 Minnesota assessment.

Highlights:

- Results offer assessment identified some variations in performance across responding health plans:
 - Plans had relatively even areas of strength and opportunity for improvement.
 - There were also many common areas of concern.

All plans, in Minnesota and nationally, reflect a shift toward more aspirational purchaser expectations.

Minnesota health plans generally performed better than their national peers. These findings include:

- Identification of members with behavioral health conditions.
- Easy access to behavioral health clinicians in after-hours and evenings.
- Plans or all medications for adults and opioid agonist (AOA) drugs, along with member demographics such as age, gender, race, ethnicity, and service use disorder (SUD) are available on internet or mobile devices.
- Plans offer coverage with change in insurance carrier through member initiatives low utilization.

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The Deep Dive Process and Directions:

Questions were distributed to health plans. Data was collected from responses due by April 19, 2018.

Each participating health plan received a customized report to identify opportunities for improvement where applicable.

Public reporting of results is intended to improve market competition and outcomes.

The Action Group is grateful to Blue Cross and Blue Shield of Minnesota, HealthPartners, and Allianz for their support in this meaningful initiative.

National Alliance of Healthcare Purchaser Coalitions
Minnesota Health Action Group

2019 Accomplishments:

Convening Guiding Coalition including 20 participating Minnesota organizations and national expert advisors*; quarterly meetings plus five Advocacy Team meetings; rollout of employer tools and resources (including supporting communications); identification of gaps and multi-stakeholder collaboration opportunities; conducting and publishing the eValue8 Mental Health Deep Dive for Minnesota Health Plans; engaging with NAMI to support successful new parity legislation in Minnesota; co-hosting Collaborative Care Code training for MN providers; and attending and presenting at various events nationwide to inform and inspire others.

2020 Priorities:

Continued multi-stakeholder collaboration to drive actions and accountability to close gaps in care (quarterly meetings and Advocacy Team meetings, as appropriate); conducting PCORI outcomes-focused research; holding three Community Dialogues; and alignment of related activities for optimal leverage, including The Action Group's Annual Employer Benefits Survey, Annual Employer Leadership Summit, and more!

OUR WORK IS:

- **Important.** The Action Group's 2019 Annual Employer Benefit Survey shows: "Mental health is an important part of the health management strategy over the next two years" (83% agreed), and "The mental health of our employees is directly related to the overall performance of our organization (99% agreed).
- **Organized.** Agendas are provided in advance, feedback is collected after each meeting, and summaries are provided to ensure your time is used efficiently and respectfully.
- **Collaborative.** We create a powerful "common table" where every voice matters and is heard. Guiding Coalition members have the opportunity to influence the strategy and tactics. *We are better together.*
- **Leveraged.** The cost of the work is shared by all participants, so your investment is magnified. Where appropriate, we leverage outside grants and funding such as the CDC grant for the Collaborative Care Code Training in Minnesota and the PCORI Award.
- **Outcomes-focused.** We don't just "admire the problem." We gather data, seek to understand, identify alternatives, move to action, and measure results.

"Minnesota has long been recognized for innovation and leadership in health care delivery, quality and measurement. This has been particularly evident in mental health where the Minnesota Health Action Group has been one of the leading employer coalitions in the country on this topic. Your work here demonstrates yet again, your unique leadership of the purchaser and healthcare community in Minnesota to leverage the collective knowledge of stakeholders and foster collaboration on real solutions to intractable issues."

Michael Thompson, President and CEO, National Alliance of Healthcare Purchaser Coalitions

***Participating Employers:** Best Buy Company, Blue Cross and Blue Shield of Minnesota, City of Minneapolis, City of Saint Paul, Emerson, HealthPartners, Hennepin County, League of Minnesota Cities, MN State Employee Group Insurance Program, Mortenson, United Natural Foods, University of Minnesota, University of Minnesota Physicians; **Multi-stakeholder Participants:** Entira Family Clinics, Fairview Health Services, MN Community Measurement, Minnesota Department of Health, Minnesota Medical Association, Minnesota Psychiatric Society, NAMI Minnesota, Stratis Health; **Expert Advisors:** Darcy Gruttadaro, Director, Center for Workplace Health, APA Foundation, Henry Harbin, M.D., Psychiatrist, Health Care Consultant, Michael Thompson, President and CEO, National Alliance of Healthcare Purchaser Coalitions

OUR VISION

Everyone who needs care can seek it, without discrimination.

Individuals have access to high-quality, affordable, integrated, and measurement-based care, when and where they need it.

Providers are paid fairly, and payments incent and reward providers for high-value care.

So that, patients with depression and anxiety get better.

OUR FOCUS AND GOAL

FOCUS:

Integrated mental health care for depression and anxiety — as a stand-alone condition or as a comorbidity.

GOAL:

Improve the statewide rate of depression remission at six months from **8% to 50%**.

Q&A

Can others join the Mental Health Guiding Coalition, or is it a “closed group?”

Others are welcome to join for 2020. Please contact Deb Krause (dkrause@mnhealthactiongroup.org).

Are stakeholders being asked to provide financial support for this work in 2020? If so, how much?

Yes. The request for support is at the *same level* as 2019. Support varies by size and type of organization. Larger organizations provide more funding; nonprofit partners provide less funding.

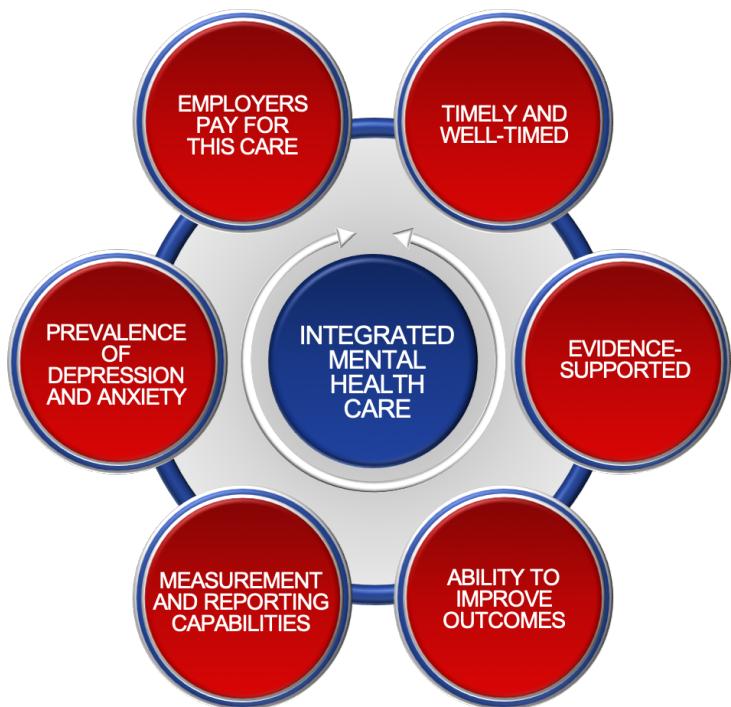
Is financial support necessary, given that The Action Group received the PCORI Award?

Yes. The PCORI Award builds on the foundation of the Guiding Coalition, adding to, not replacing our core work. Your funding supports the core work in 2020.

How is the financial support used?

As a nonprofit organization, we do not seek to make a profit, only cover our expenses, and we work as efficiently as possible. The financial support covers the cost of staff and consultants for the project (project management, communication, operations, and PR) as well as direct out-of-pocket costs for meetings (space, food, printing, materials, etc.).

WHY INTEGRATED MENTAL HEALTH?



High-value Benefits of Guiding Coalition Membership...

- 1 Have a voice at the table to guide this important work, including the PCORI research, the 2020 Community Dialogues, and other work to close gaps in care.
- 2 Have advance knowledge related to specific tactics.
- 3 Learn and grow personally and professionally by hearing input and perspectives from other stakeholders, employers and Minnesota and national leaders.
- 4 Be recognized as a leader, by employers and other stakeholders, in accelerating mental health care and outcomes.