



September 2020

COVID-19 Impact on Mental Health and Substance Abuse

LVBCH Webinar





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A healthcare analytics and services company that focuses on improving systems to support **personalized, patient-centered care.**

We help health plans, hospitals, physician practices and employers **better collaborate and align** to lower cost, improve outcomes and restore the Joy of Medicine.



Geneia's Family of Solutions



Agenda

- **COVID-19**
 - **Mental Health Implications**
 - **Substance Use**
 - **Employer Considerations**



COVID-19

Mental Health Implications: American Journal of Managed Care

EMPLOYEE STRESS

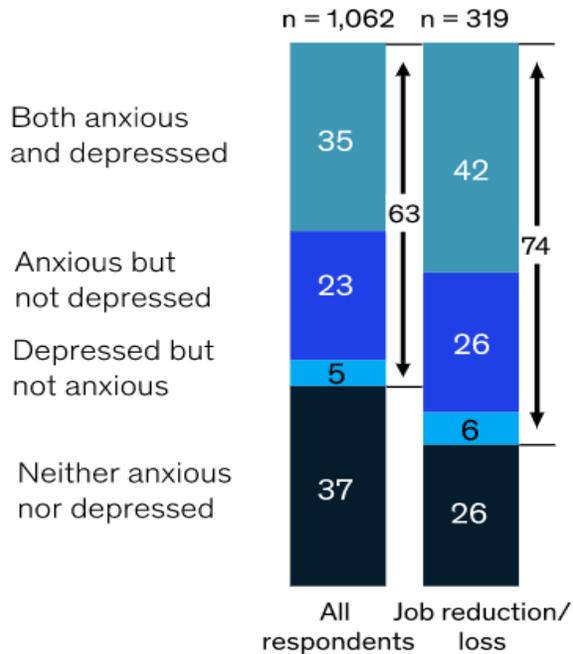
- 69% employees say COVID-19 is the most stressful time in their career
- 88% of workers experienced moderate to extreme COVID-19 related stress in the early stages of the pandemic
 - 62% lost 1 hour of productivity a day
 - 32% lost 2 hours a productivity a day

MENTAL HEALTH PRESCRIPTIONS

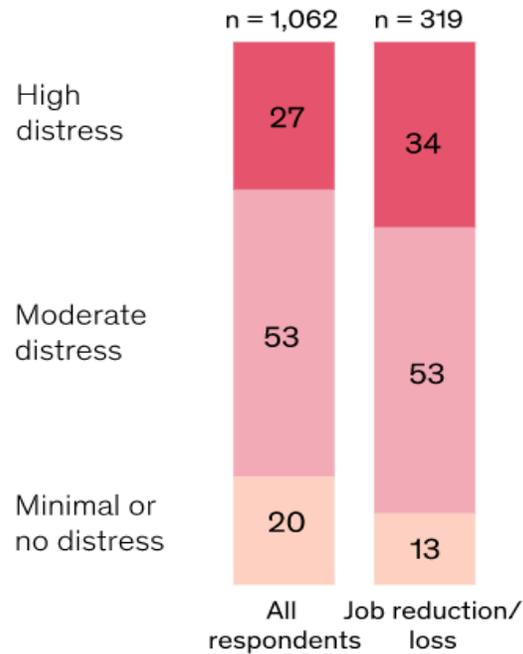
- 21% increase in weekly fill for antidepressant, antianxiety and anti-insomnia medications
- 78% of all three prescriptions filled were new prescriptions

Reported signs of distress related to COVID-19 in the United States

Respondents reporting feeling anxious or depressed in past week
% of respondents



Respondents' reported level of distress related to COVID-19
% of respondents



Respondents' levels of reported substance use



1 out of 4 reported **binge drinking*** at least once in the past week



1 out of 5 reported taking **prescription drugs** for non-medical reasons



1 out of 7 reported using **illicit drugs**

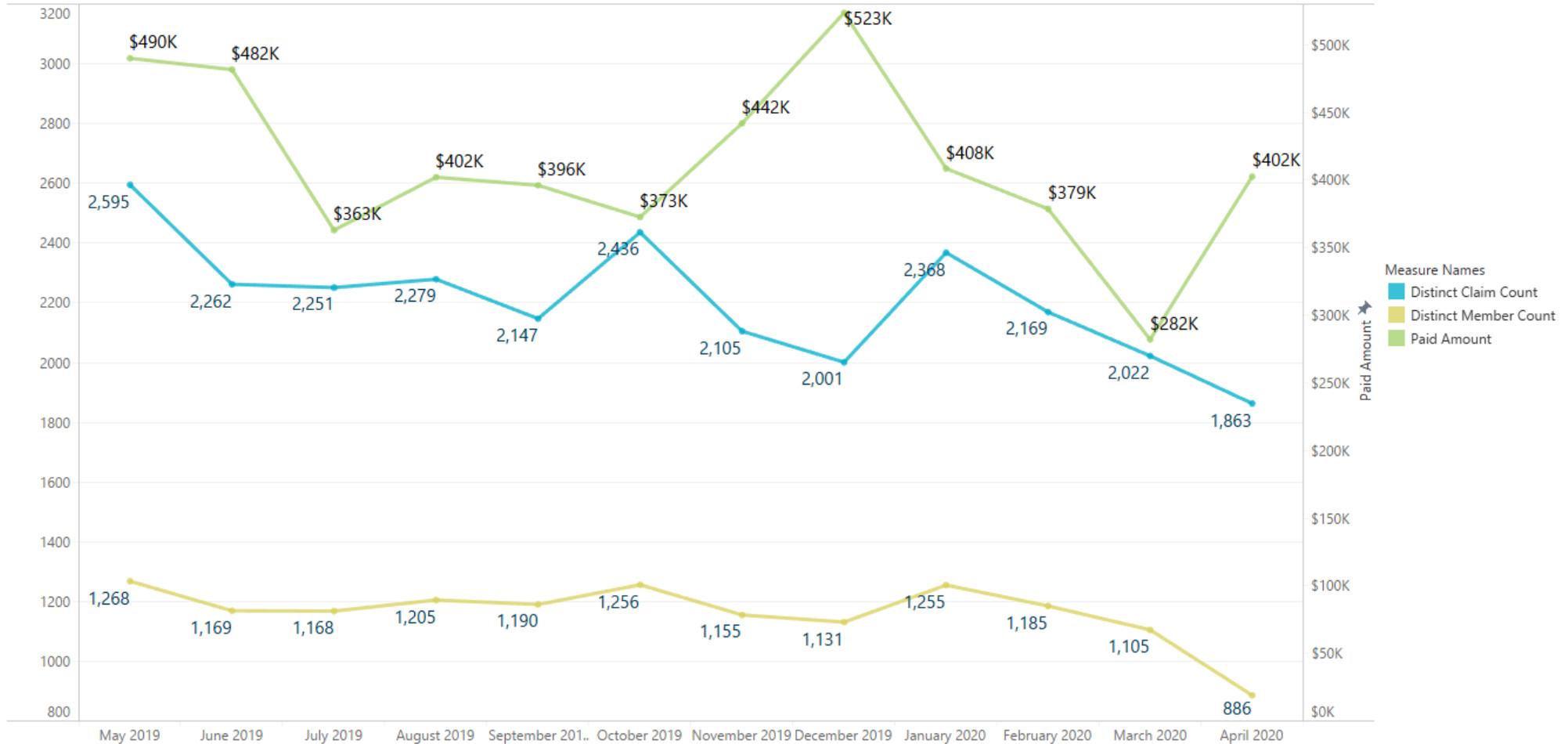
* As defined by National Institute on Alcohol Abuse and Alcoholism, ≥ 5 drinks for men and ≥ 4 drinks for women

A [McKinsey National Consumer Survey](#) from March 27–29, illustrates this widespread distress, exacerbated even further among those whose jobs have been adversely affected by COVID-19.

Mental Health & Substance Abuse Medical Claims

The Theon[®] Platform Care Engager[®] Module: LVBCH Data Group

Mental Health & Substance Abuse



COVID-19

Substance Use: Fierce Healthcare

- Federal government progress toward curbing the opioid epidemic is being erased by COVID-19 pandemic
- 40% decline in opioid prescriptions in last five years while overdose deaths are on the rise
- 35 states report increase in opioid-related mortality
- 34% increase in ED visits with an overdose diagnosis while hospital volume was significantly lower than normal

January – April 2019 30-Day Rolling Mean Comparison January – April 2020
16.6% increase in suspected overdoses
11.4% increase in fatal overdoses
18.6% increase in non-fatal overdoses



“As employers wrestle with business continuity planning during COVID-19, this research confirms that employers need to make mental health support a critical aspect of that plan, or risk a dramatic impact on employee health and productivity,”

- Sally Welborn, former global benefit VP for Walmart

COVID-19

Employer Considerations: Willis Towers Watson

Levers to help support your workforce



Enhance navigation support and improve access to affordable mental health services including virtual solutions



Ensure EAP* is fit for purpose and includes critical incident response



Train managers in areas essential to supporting employee mental and emotional wellbeing



Ensure senior leaders give mental health the same priority as physical health

*Employee Assistance Program



COVID-19

Employer Considerations: Geneia

- Communicate openly and regularly
- Educate on available benefits
- Encourage regular check-ins
- Acknowledge stress
- Normalize seeking help
- Promote healthy habits

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