

PREVENTIVE HEALTH QUARTERLY

MANAGEMENT OF MENTAL ILLNESS SAVES LIVES AND MONEY

Mental illness affects many people.

For employers, mental illnesses such as depression and bipolar disorder are right behind back pain as the leading cause of workplace absenteeism.

For government payers, schizophrenia is one of the most costly illnesses. More than 50 percent of the costs associated with the disease stem from lost productivity, unemployment, social services and criminal justice.

Often mental illness is associated with a variety of co-morbid conditions, all of which add to the cost and medical complexity of care management on the part of providers and payers alike.

For the individual and their families mental illness can be simply devastating.

Costs of Untreated Mental Illness:

- ❖ It is estimated that 35 million Americans — 16 percent of the population — will suffer from depression serious enough to require treatment
- ❖ Recent estimates of the federal cost of serious mental illnesses other than schizophrenia (bipolar disorder, serious depression, etc) now total **\$41 billion yearly** and are rocketing upward at a rate of \$2.6 billion a year.
- ❖ Schizophrenia — long considered the most chronic, debilitating and costly mental illness — now consumes a **total of about \$63 billion a year in** direct and indirect costs.

THE COSTS OF WORKPLACE DEPRESSION

Employers routinely invest substantial funds in recruiting, training and retaining employees. When employees suffer from untreated depression they are incapable of working at optimum level, thus reducing productivity (presenteeism) and increasing risk for other medical problems, injuries and worker's comp claims.

In the year 2000, employers spent \$26.1 billion dollars in direct medical costs to treat depression however, the indirect costs — including lost productivity — were \$51.5 billion dollars.

The secondary impact of untreated depression for individuals and employers alike is a several-fold increase in the costs of other chronic co-morbid conditions: heart disease and diabetes among the most common.

- ❖ Researchers have estimated losses in productivity due to depression of up to 19.6 percent.
- ❖ Estimates of how many days are missed by workers with untreated depression are up to 50 days a year.
- ❖ Major depression accounts for 48 percent of the lost productivity amid U.S. workers.

Depression continued...

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Treatment of Depression — An Important Consideration for Employers

The National Institute of Mental Health (NIMH) reported results from dozens of studies which revealed that providing a minimal level of enhanced care for employees' depression would result in a cumulative savings to employers of \$2,898 per 1,000 workers over 5 years. In addition, savings from reduced absenteeism and employee turnover began to exceed the costs of the program by the second year, yielding a net savings of \$4,633 per 1,000 workers.

- ❖ One study reported that when depression management was included in their health plans, productivity increased over 6 percent and absenteeism declined 28 percent with a savings of \$2,601 per each depressed employee.
- ❖ A study of integrated care for federal employees found three federal plans significantly reduced out-of-pocket spending.
- ❖ Most studies find a 40-55 percent reduction in absenteeism with treatment of depression.

THE COST OF SCHIZOPHRENIA

Schizophrenia ranks among the top 10 causes of disability in developed countries worldwide and makes up for nearly eight percent of hospital occupancies. Yet the greatest cost of schizophrenia is the non-economic costs to the sufferers and their families.

- ❖ Schizophrenia — long considered the most chronic, debilitating and costly mental illness — now consumes **a total of about \$63 billion a year** for direct treatment, societal and family costs.
- ❖ Only 36 percent (\$23 billion) of schizophrenia's cost involves direct treatment. The majority is absorbed by other factors including direct non-health related services, lost time from work for patients and care givers, social services and criminal justice resources.
- ❖ Schizophrenia affects one percent of the population, accounts for a fourth of all mental health costs and takes up one in three psychiatric hospital beds.

MENTAL HEALTH MANAGEMENT PROGRAM IMPROVES CLINICAL OUTCOMES

U.S. Preventive Medicine® offers a mental health care management program that has worked successfully with persons with mental illness since 2002 in improving outcomes and utilization.

The program follows evidence-based national practice guidelines from the American Psychiatric Association (APA) and provides community-based Registered Nurse Advocates that provide in-home and telephonic care to focus on the many medical, behavioral and social needs of those with mental illness.

In a 2005 pilot study "Colorado Persons with Schizophrenia and Medical Co-Morbid Conditions" Specialty Disease Management, now operating as The Prevention Plan™, a wholly-owned subsidiary of U.S. Preventive Medicine, Inc., deployed RN Care Managers in the field who worked with the program participants addressing all the client's medical needs to ensure adherence to treatment plans and improve overall health outcomes.

Diet, sedentary lifestyles, excessive smoking habits, limited personal support and obesity are often found among those with mental illness and increase the complexity of the care management.

The RNs also provided education, care coordination and referral assistance for the client and their families, to address the environmental factors and behaviors that impact co-morbid conditions such as diet, exercise, immunizations and proper screenings.

The program showed significant success in improving the overall health outcomes of participants, and resulted in an increase in utilization while saving overall hospital costs.

Program results indicate:

- ❖ Reduced costs for emergency room utilization
- ❖ Improvements in clinical indicators for hypertension
- ❖ Overall reduction in A1c levels among participants with diabetes
- ❖ Weight loss among participants despite anti-psychotic medications which often cause weight gain
- ❖ Improvements in functional status
- ❖ Increases in the number of claims for office visits per thousand, indicating participants sought needed medical care
- ❖ Increased prescription costs indicating adherence to medication plans
- ❖ Evidence of appropriate screening and preventive measures
- ❖ Improved vaccination rates

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ABOUT U.S. PREVENTIVE MEDICINE®

Our Mission:

To improve the quality of health and longevity of the individual. We will achieve this by partnering with physicians, hospitals, employers and other organizations to organize and advance a culture of prevention resulting in MORE GOOD YEARS™ for all.

About U.S. Preventive Medicine, Inc.

U.S. Preventive Medicine, Inc., a privately owned company, is building the first power brand in the United States and internationally focused specifically on primary, secondary and tertiary prevention.

The company has developed a suite of proprietary wellness, chronic care management and early disease detection programs and services that improves health outcomes while reducing health care costs. The Plan includes innovations such as the Prevention Score™, a tool that tracks prevention efforts and key health indicators throughout the year, and a no-nonsense guarantee that the payor's total health care costs will be reduced. Our product suite includes:

The Prevention Plan™

The Prevention Plan™ is a groundbreaking program that enables individuals to determine their top health risks and receive a customized plan and coaching from nurses to lower those risks and become healthier. Members receive a "one-stop," personalized online web site to store medical information, complete educational health programs, receive reminders about needed screenings, track personal progress and learn about work-related preventive benefits and incentives.

The Prevention Plan CM™

The Prevention Plan CM™ brings intensive disease management resources to individuals with costly chronic conditions. By understanding the barriers that impede better health and working closely with each person and his/her health care providers — either telephonically or in the home and workplace — Prevention Plan RNs work to limit the progression of an existing condition and detect other potential issues before they cause harm.

The Prevention Plan PLUS™

The most comprehensive plan, The Prevention Plan Plus™ combines The Prevention Plan with Prevention Plan CM. This enables an organization or individual to implement wellness and disease management measures along with evidence-based strategies that change behavior and improve health.

The Prevention Plan Premium™

This early disease detection and health management program for executives and individuals is available through the Global Prevention Network™, U.S. Prevention Network™, and Centers for Preventive Medicine®. These internationally preeminent and regionally dominant health care institutions provide early disease detection assessments through advanced diagnostic technology as well as needed follow up medical care.



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