



16th Annual Health Insurance Summit

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The impacts of anxiety & depression on the mental health cost curve

Amanda Hagan – CEO Healthcare Australian Unity

Peter

“When I am alone or facing a work issue, I feel overwhelmed and anxious with feelings of sadness and worthlessness. I have an uneasy feeling in my stomach and thoughts of “I don’t want to be here” or “I want to be home”. It makes me close down and call my wife to make me feel safe. This is impacting my way of life.”

Susan

“A lack of energy and low mood towards the end of the day, when having difficulty at work and when getting into clothes, this leads me to eat for comfort and avoid social activities which is affecting my self-esteem and quality of life.”

Dimensions of mental health

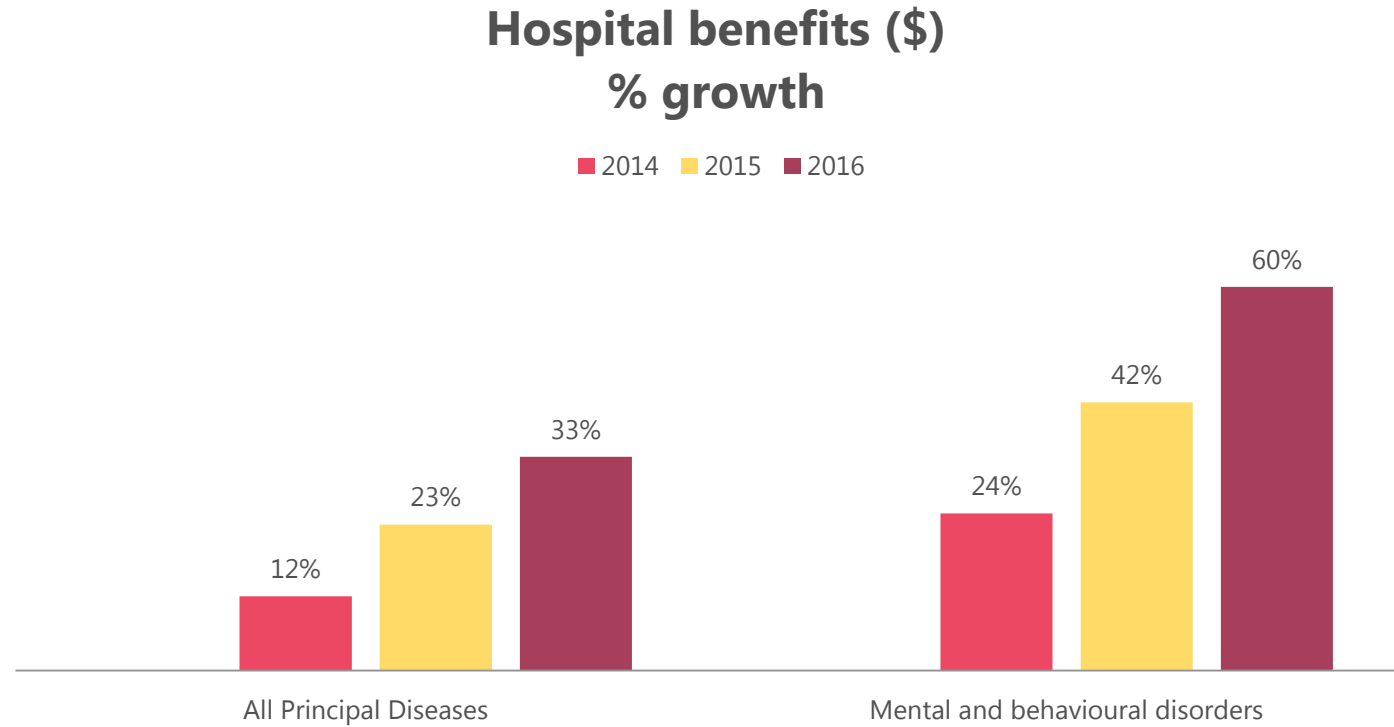
- One in five adults experienced a common mental disorder in the last 12 months
- Anxiety disorders (eg social phobia) – 14 percent
- Affective disorders (eg depression) – 6 percent
- 2-3 percent of adult population have severe mental disorders
- Over 7 percent of young people (aged 4-17) had a major anxiety disorder in the last 12 months
- Anxiety and depression disorders comprise about 6 percent of Australia's total disease burden

Dimensions of mental health

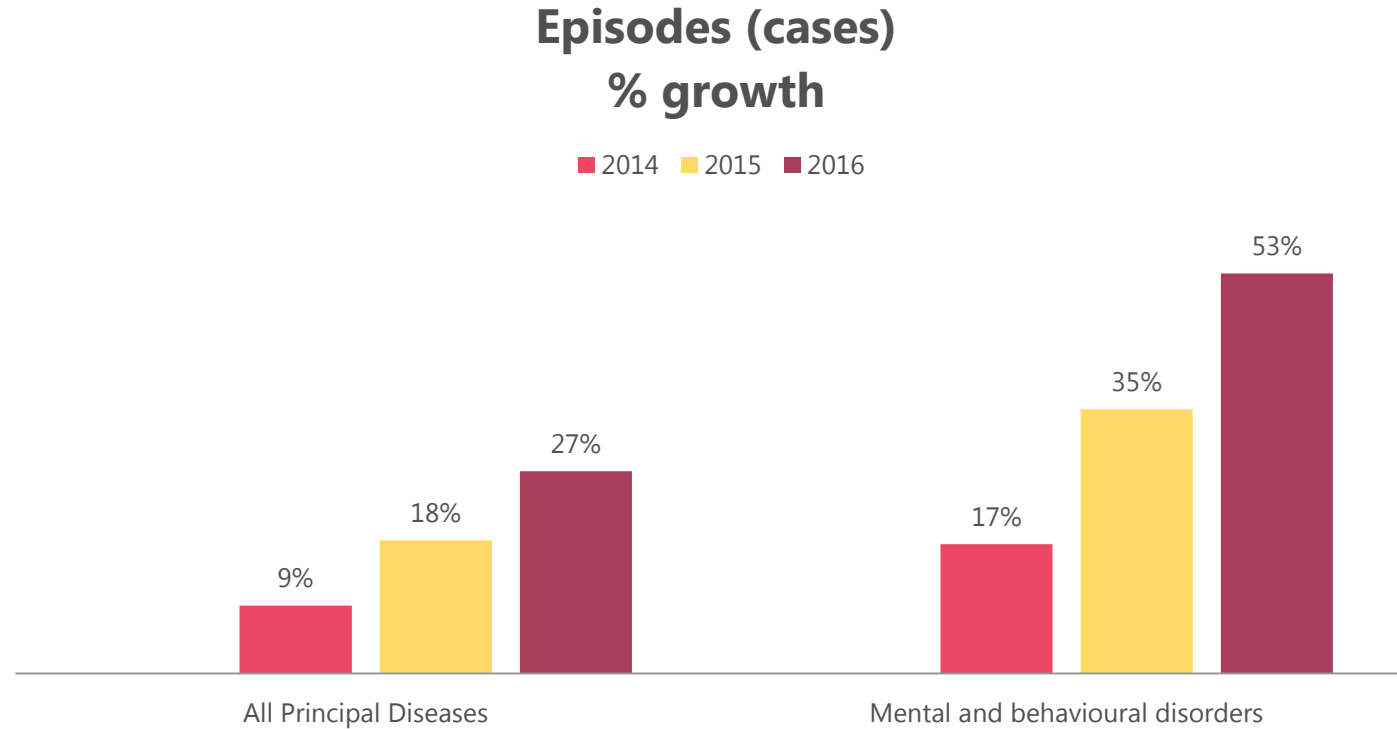
- 75 percent of mental health problems first appear before the age of 25
- 70 percent of young women and 80 percent of young men receive no support

Source: A Way Forward: Equipping Australia's Mental Health System for the Next Generation (EY & Reach Out Australia 2015)

Australian Health Service Alliance Claims Data



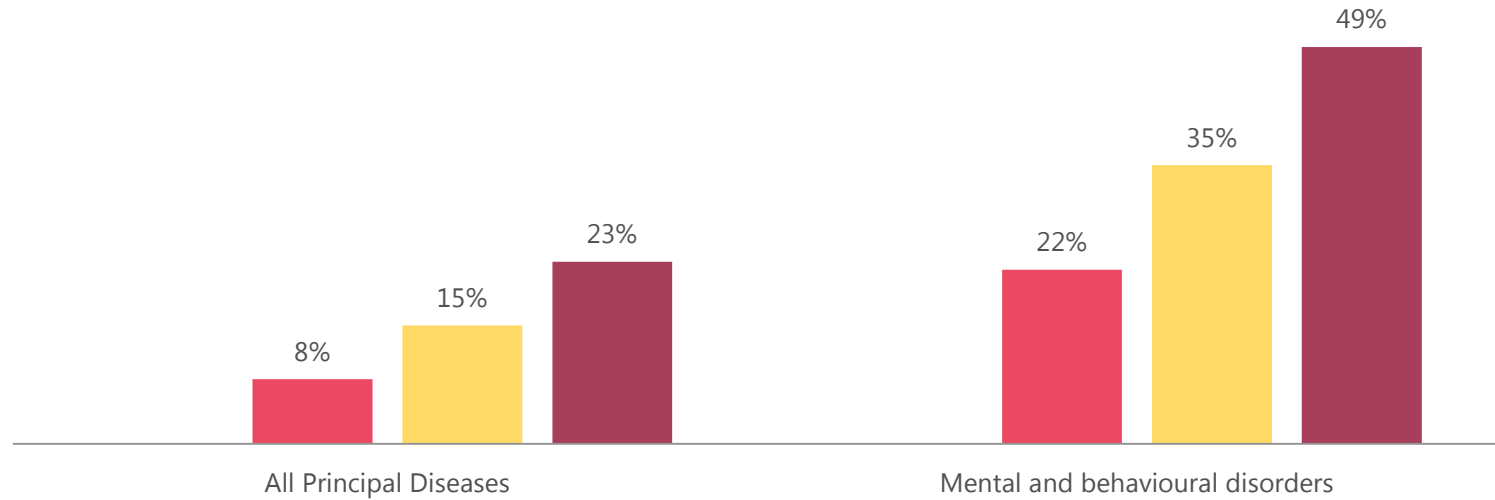
Australian Health Service Alliance Claims Data



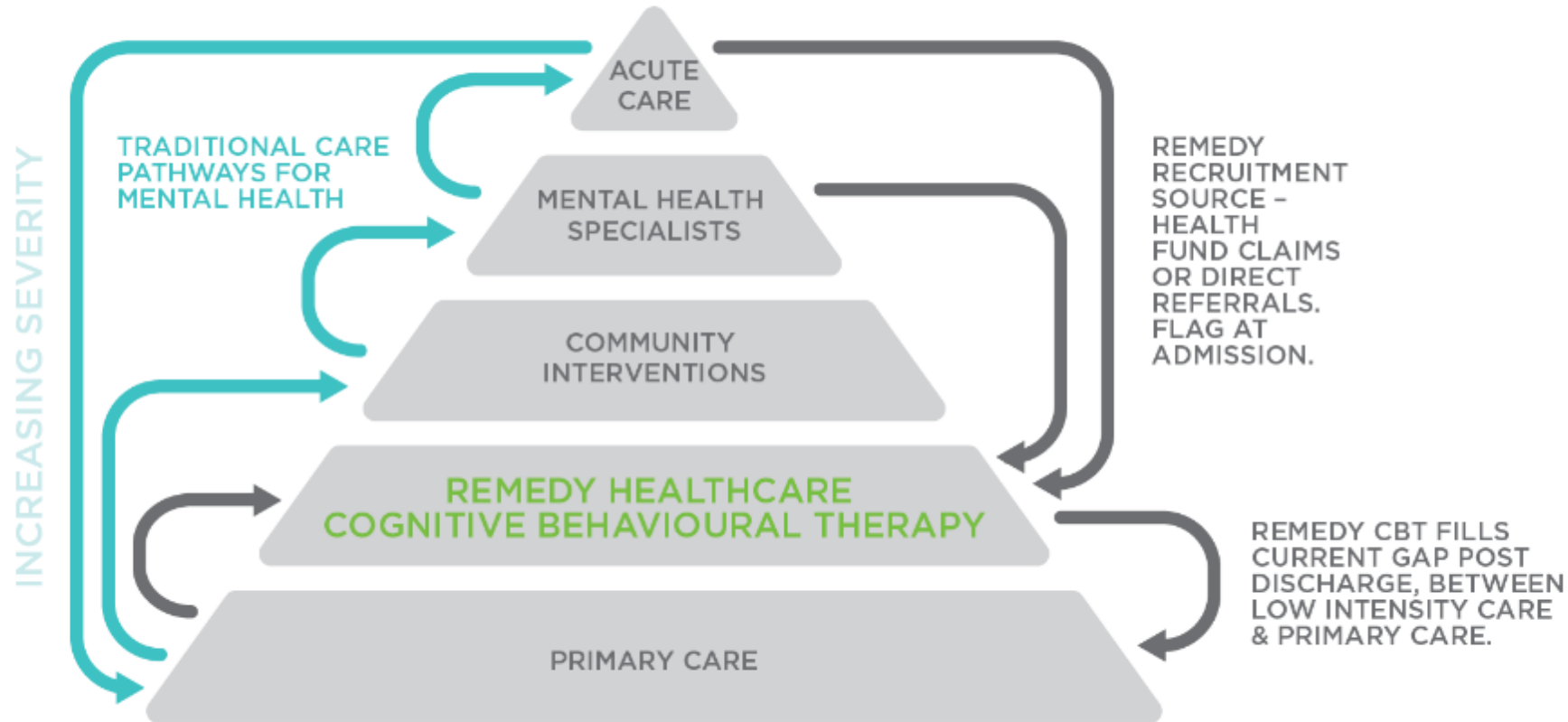
Australian Health Service Alliance Claims Data

Bed days % growth

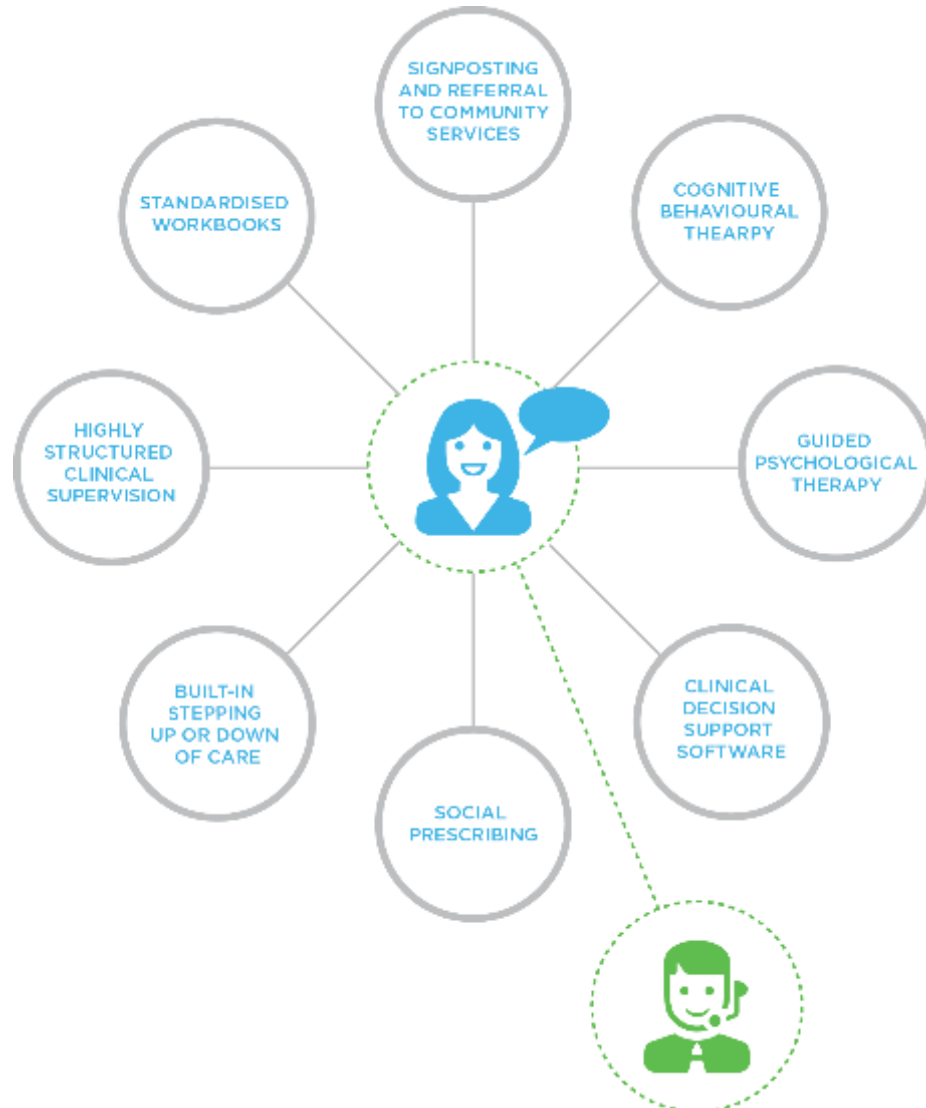
■ 2014 ■ 2015 ■ 2016



Working within a stepped care model



Working within a stepped care model

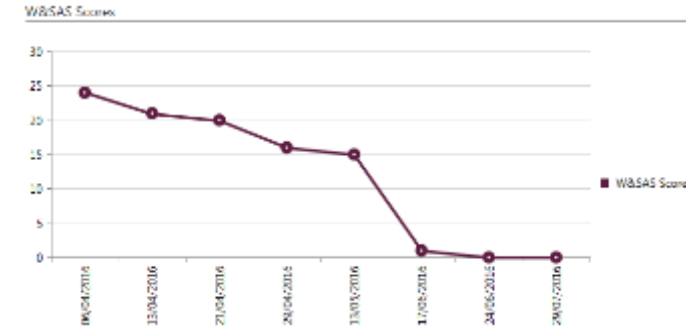
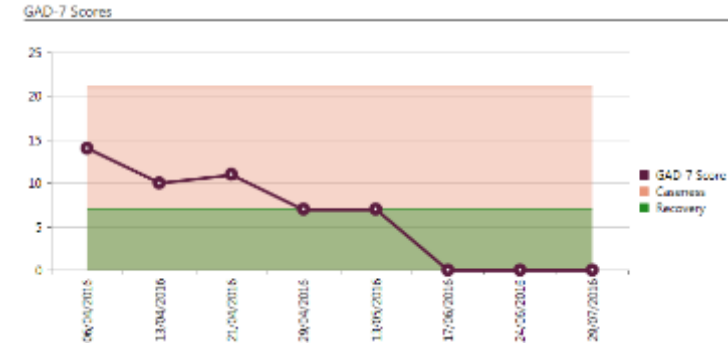
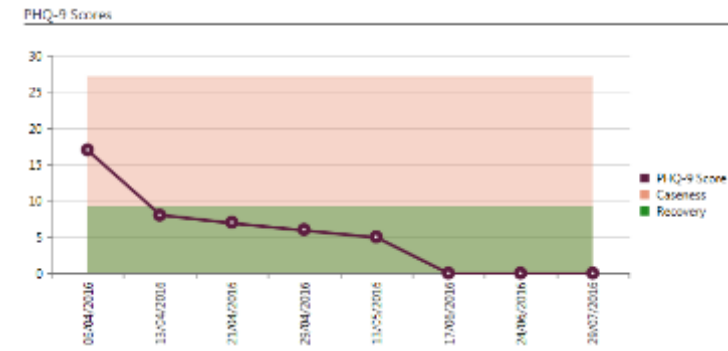


- All coaches are trained through an accredited course
- Guided self help
- 6 phone based sessions plus 3 & 6 month follow up – assessment, goal setting plus re-lapse prevention
- Workbooks support coaching
- Clinical evaluation after each contact
- Clinical supervision of each case and real time alerts
- Stepped care model
- Communication with the person’s GP

Case study – Peter

“When I am alone or facing a work issue , I feel overwhelmed and anxious with feelings of sadness and worthlessness I have an uneasy feeling in my stomach and thoughts of “I don’t want to be here” or “I want to be home”, it makes me close down and call my wife to make me feel safe. This is impacting my way of life.”

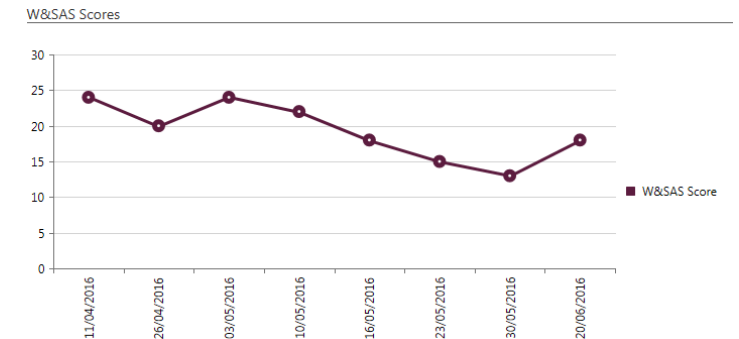
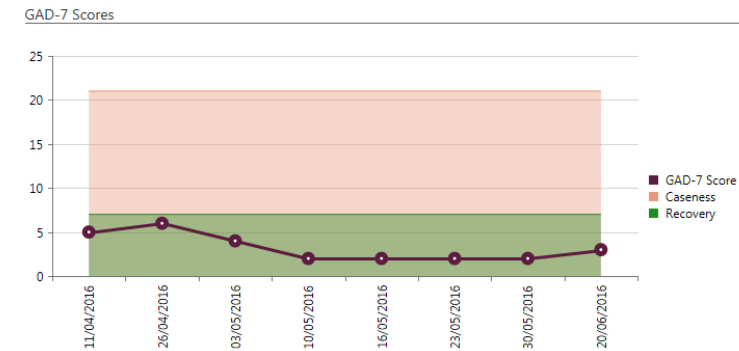
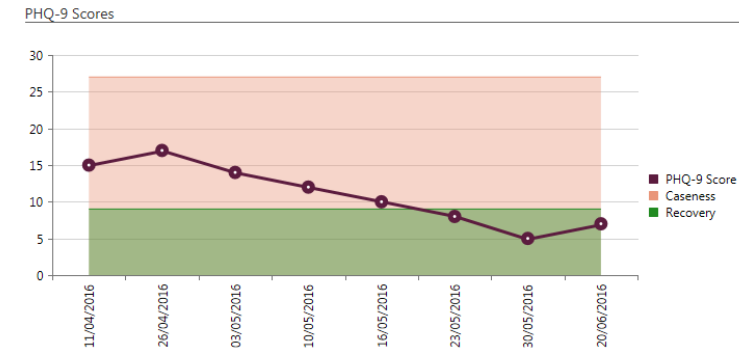
- 63 year old male
- Lives with his wife, works full time as a general manager
- He is now more engaged with his health care team and taking advice on board, he is being open about his mental health with his family and no longer thinks that asking for help is a sign of weakness, he has increased his self-confidence
- Peter was regularly saying he needed to go home from work due to his physical health concerns, he was hiding his mental health concerns and seeking the comfort and safety of home to escape the pressures of his job
- Peter now reports he is not taking unplanned leave due to his mental health. He is being more assertive at work and the pressures that were getting to him and making him flee from work e.g. managing a difficult employee, he is now handling in an appropriate way



Case study – Susan

“A lack of energy and low mood towards the end of the day, when having difficulty at work and when getting into clothes, this leads me to eat for comfort and avoid social activities which is affecting my self-esteem and quality of life.”

- 31 year old female
- Lives alone and works part time in a corporate role
- Stopped full time work due to her depression and is on a graduated return to work program
- Was rarely working a full day - a maximum of 2-3 half days, she found them very tiring and hard
- Susan engaged in a course of behavioural activation to help increase her weekly activities, mainly focusing on self-care and increasing work hours
- Susan gradually increased her work hours and by the end of treatment was working two full days and one half day per week and reported confidence to continue building up



Thank you