

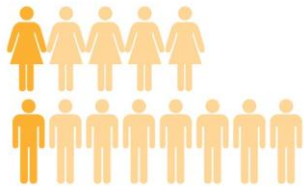


## Targeting expenditure for mental health to achieve real results

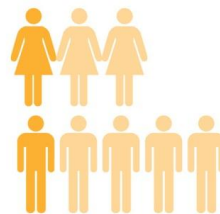
28 November 2013  
Private Healthcare Australia  
Conference - Hobart



## Prevalence of depression and anxiety



1 in 5 women and 1 in 8 men are likely to experience depression in their lifetime.



1 in 3 women and 1 in 5 men are likely to experience anxiety in their lifetime.



## Prevalence of depression and anxiety



### *Depression alone is debilitating, and this effect is multiplied in people with physical illness.*

- After myocardial infarction or coronary artery disease **20%** of patients experienced depression and up to **50%** experience a panic disorder.
- **44 %** of people post stroke experience depression and there is an increased incidence of generalised anxiety disorder.
- Up to **52%** of patients with Type II diabetes have been found to experience depression with generalised anxiety disorder being experienced by over **14%** of patients.

Clarke DM. Currie KC. MJA Vol. 190 No. 7 - 2009



## Mental Health in Australia 2010/11

**Almost \$6.9 billion  
(\$309 per person)  
was spent on  
mental health**

Depression, anxiety and sleep disturbance were the three main mental health related conditions managed by GPs

Almost 15 million mental health-related GP encounters. One-quarter of these were for patients aged 65 and over and three out of five were for women



About 1.9 million Australians (9%) of the population receive public or private mental health services

There were more than 23 million PBS and RPBS subsidised prescriptions for mental health related medications in 2011/12

The proportion of all GP encounters that were mental health related increased from 10.8% in 2007/08 to 12.1% in 2011/12

86.1% of the mental health-related subsidised prescriptions were provided by GPs, with another 8.1% prescribed by psychiatrists and 5.8% by non-psychiatrist specialists

Source: AIHW Mental Health Services in Brief 2013  
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5



**Only 35% of Australians with anxiety and depression access treatment.**

**Men are less likely to seek help than women, with only 1 in 4 men who experience anxiety or depression accessing treatment.**

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## The major challenges

### So why don't people seek help?

- Mindset
- Don't feel sick enough
- Stigma
- Access is limited in some regions
- Lack of social support and community connections
- Lack of knowledge



## Treatment options



Psychological  
interventions



Medical  
interventions

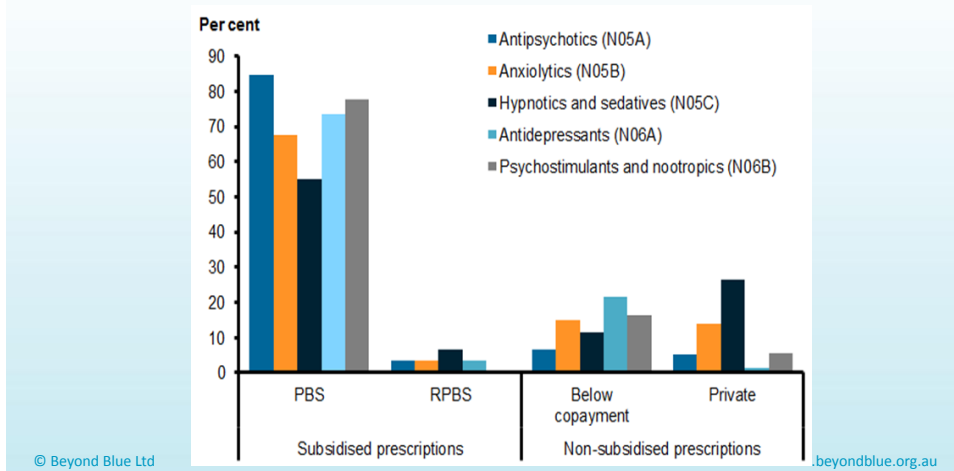


Complementary  
& Lifestyle  
interventions



### Community-dispensed prescriptions, by patient category for mental health-related ATC groups, 2010–11

Source: Drug Utilisation Sub-Committee database (DoHA).



### Adherence to mental health medications

- Studies have shown that an average of 47% of patients taking anti-depressants were not taking medications as prescribed.
- Discontinuation rates range from 21-33% regardless of drug class



## Common signs of depression

Physical	Feeling	Thinking	Behavioural
<ul style="list-style-type: none"> <li>• Disturbed sleep</li> <li>• Appetite changes</li> <li>• Sick and run down</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Overwhelmed</li> <li>• Indecisive</li> <li>• Lacking confidence</li> <li>• Irritable</li> </ul>	<ul style="list-style-type: none"> <li>• Negative thinking patterns</li> <li>• Hopeless, helpless and worthless</li> <li>• Suicidal thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• Poor concentration</li> <li>• Reduced Productivity</li> <li>• Alcohol and other drug use</li> <li>• Social withdrawal</li> </ul>

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## It's the symptoms stupid

- Impact on the capacity to follow treatment
  - Impact on adherence to medication
- Impact on capacity to change lifestyle – exercise, diet , alcohol

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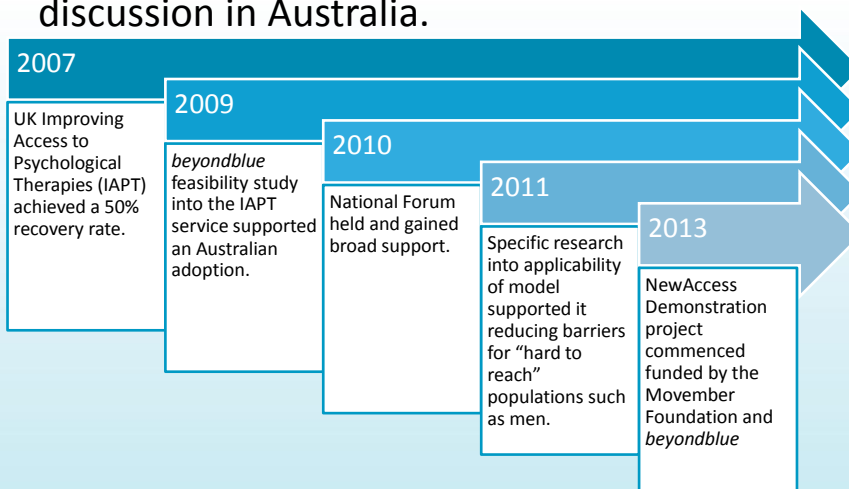
# NewAccess

A *beyondblue* program



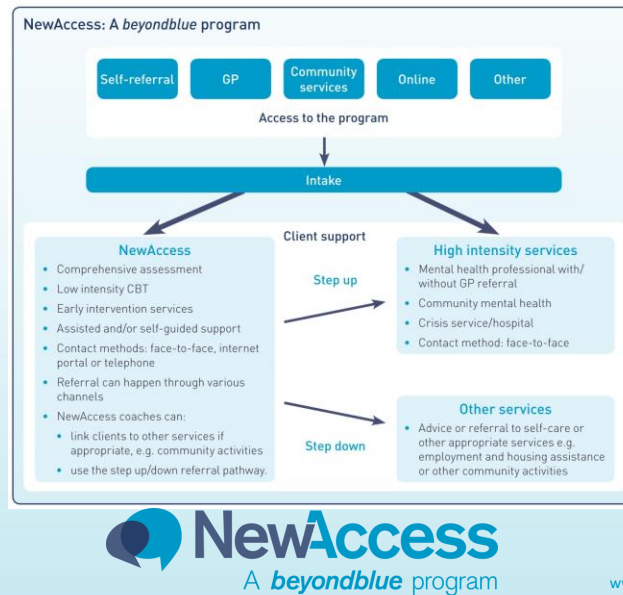
## History

- Four years of research and collaborative discussion in Australia.





## The Program



## The Access Coach Workforce

- Part of the local community;
- Not currently providing a health service;
- Preference for undergraduate degree; and
- Personal attributes suited to the role.







## The work of an Access Coach

- Client Centric Service
  - Tailored program in collaboration with client
  - Assisted and/or self-guided Low Intensity CBT
  - Client workbooks
- Connecting clients with services
  - Link to client to appropriate community networks
  - Refer to other support services e.g. employment, financial or housing

The screenshot shows a worksheet with several sections for behavioral experiments. The sections include:

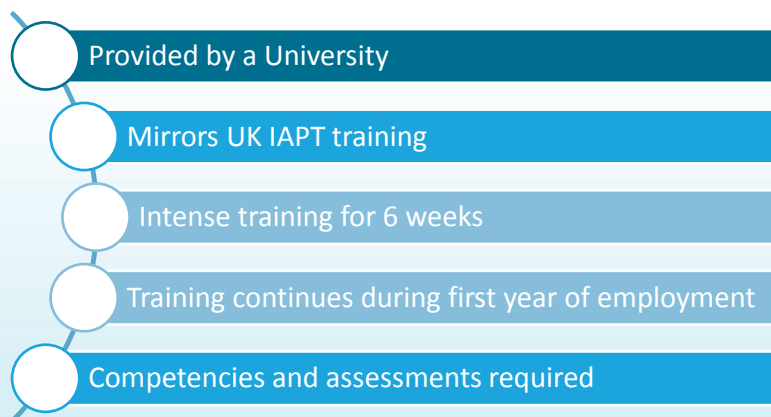
- Thought to the Put Into Action:** What is the thought you want to put into action?
- Testing it Out:** What are you going to test?
- Thought to the Put Into Action:** What do you think is going to happen?
- Testing it Out:** What are you going to test?
- Thought to the Put Into Action:** What do you think is going to happen?
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- Thought to the Put Into Action:** What do you think is going to happen?
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## Training and Support



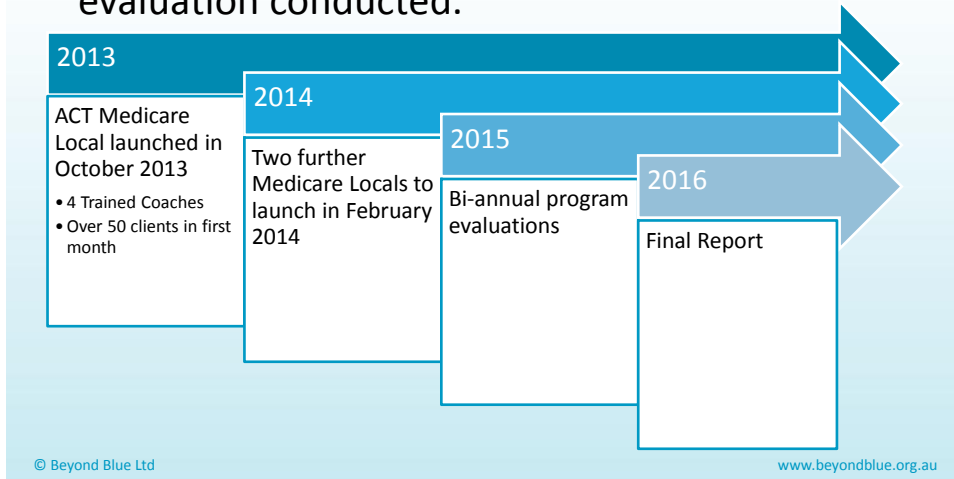
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## Milestones

- Project to run over three years with a full evaluation conducted.



## Healthcare Savings

- Annual reductions in healthcare usage estimated per client in UK:
  - 1.59 GP consultations
  - 0.36 outpatient procedures; and
  - 0.73 inpatient bed nights
- Overall savings per person on NHS expected to be £300
- 6 Years saving of £102m



## Expected Savings

- UK IAPT program expected net benefit over 6 years is £4.6 billion created by:
  - Healthcare savings
  - Tax gains
  - Welfare savings
  - Health benefits
  - Reduction in sickness absences



## The Good News

Not more health professionals, traditional services

More support for the individual to recover

- Coaches
- Web based services
- Phone / chat
- Interactive Apps