
Technology to Support Triage and Stepped Care Models

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Technology in Mental Health: Where We've Been



Telehealth and EHR
adoption



Best Practices and
Workflows



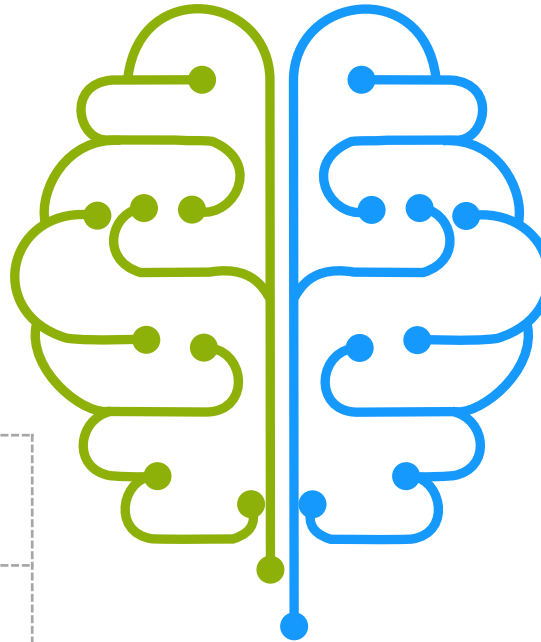
Widespread Adoption
Growth of Industry



What We've Learned from the First Stages

Insel, T. (2023). *NPJ Digital Medicine*

Challenges



Solutions



Questionable/unethical/illegal practices and privacy violations



Low levels of patient engagement



Poor integration with EHR is a barrier to clinician adoption



Few efficacy studies, and poor findings when they do exist



Primary focus on mild/moderate mental illness and wellness

Current payer models for mental health do not support sustainability

Advocate for regulation and focus on quality, safety, and data security

Focus on technologies that enhance care (rather than replace)

Meaningfully integrate high-quality technology into EHR, focusing on clinician workflows

Industry-academic partnerships for Stage 1 studies

Prioritize partnerships with technologies focusing on serious mental illness

Investigate payer models by partnering with healthcare systems and payers



Technology in Mental Health: Where We're Going



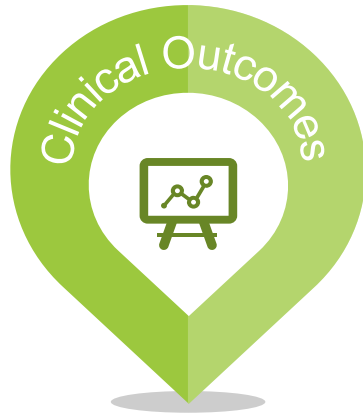
Telehealth and EHR adoption



Best Practices and Workflows



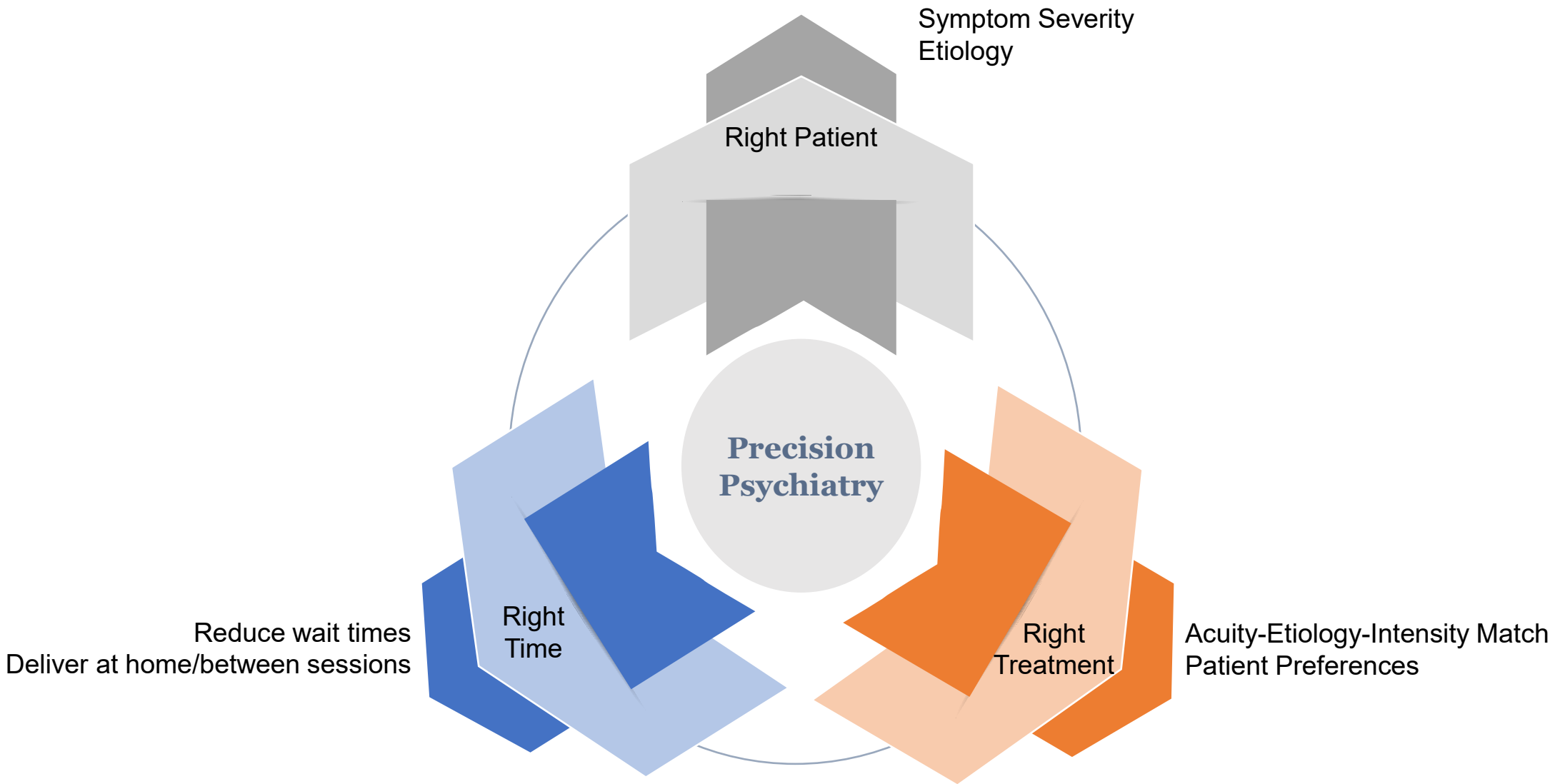
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Focus on Quality, Safety, and Outcomes
Incorporation in Primary Care & Stepped Care Models
Symptom Monitoring and Triage

Expansion to populations with SMI
Value-Based Care and Payer Models
Infrastructure for Learning Health Systems





Post-Partum Depression in Colorado

Key takeaways

Nationally, PMADs are the **#1 complication** of pregnancy and childbirth



In Colorado, PMADs affect **1 in 11** pregnant and postpartum women

Untreated PMADs **are costly** and have **multigenerational consequences**



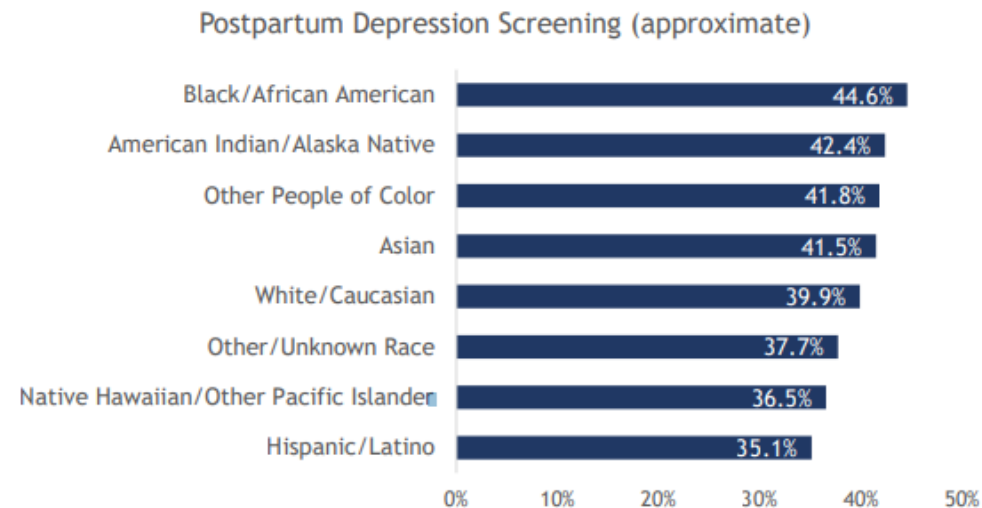
An estimated **\$199 million** for all births in 2017

COLORADO

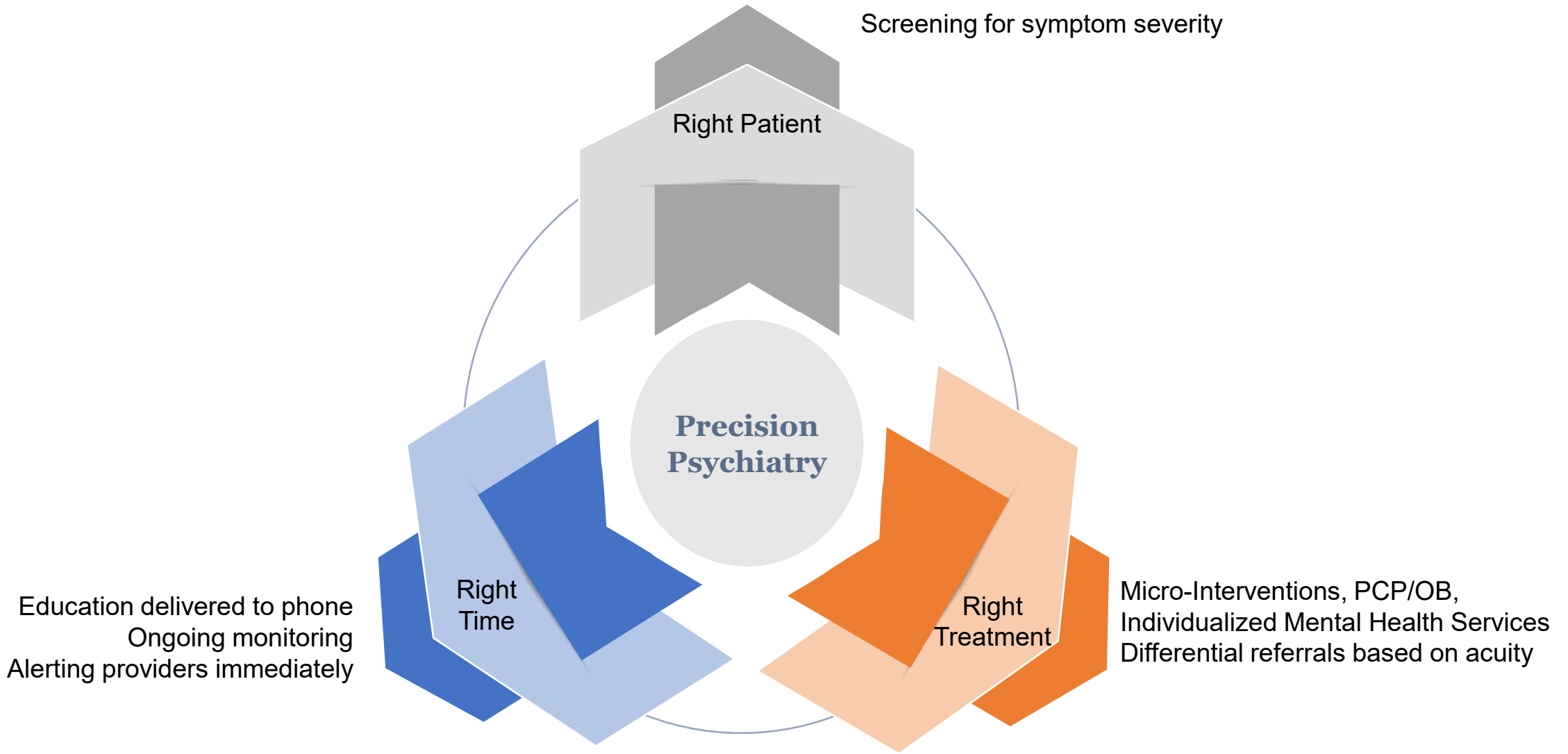
Nationally, half of **perinatal women** with a diagnosis of depression do not get the treatment they need



Figure 11. Percentage of Births Where Birthing Parent Was Screened for Depression at Any Time After Delivery, CY 2020



Graphic Shared with permission from Mathematica:
<https://www.mathematica.org/>
Chart: Maternal Health Equity Report, 2020





Providing Immediate Resources for Moms



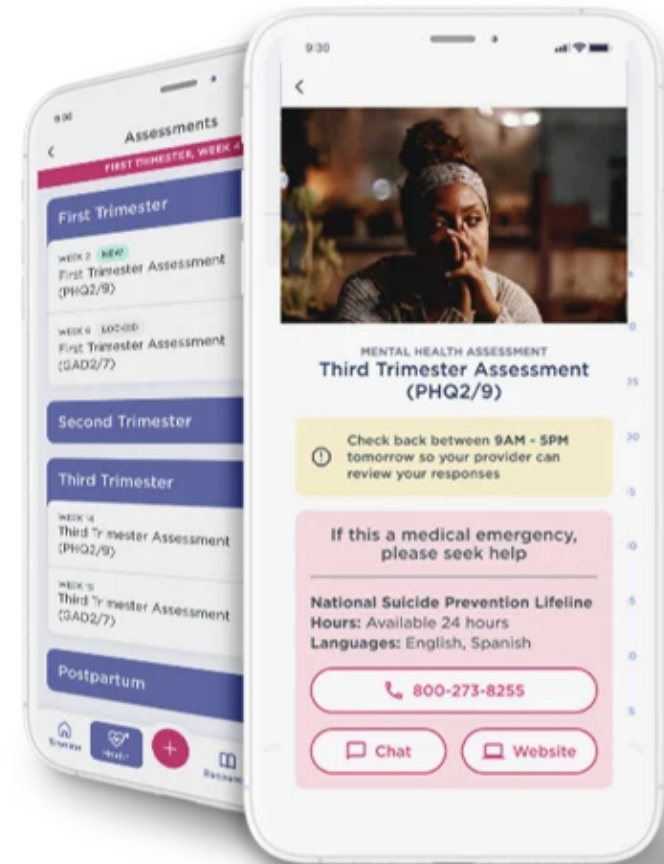
Prenatal & Postpartum Mental Health Assessments: Out-of-the-box mental health assessments (PHQ2/9 and/or EDPS) deployed at designated times throughout the pregnancy



Leverage Existing Resources: Workflows to automatically connect patients to your mental health services and materials



Patient Education: Clinically-validated content to facilitate patient awareness and self-support around mental health concerns



Incorporation into Stepped Care Model

