

The Future of Mental Healthcare

Advancing the Access, Engagement and Outcomes for Patients

7th- 8th December, 2021
Bay Area, CA & Online PT

Conference Day 1. Tuesday 7th December
8:00am Registration, Breakfast and Networking Conference Platform Opens
9:00am Chairs Opening Remarks Thomas Insel , Chairman of The Board, Steinberg Institute
9:15am Keynote Presentation: The Impact of the Surge of Mental Health Needs on the Healthcare System and the Patients It is reported that one in five adults in the US live with a mental illness. 1.7 million veterans received treatment in a VA mental health speciality program in 2018. These statistics are staggering and highlight the need for a robust system when offering mental healthcare services. <ul style="list-style-type: none">• How is the healthcare system addressing the surge in mental healthcare demands?• How large provider systems have operated under the strain of increased needs.• What changes have been implemented in response to the pandemic?• What changes have been made to address mental health parity? John Boyd , Chief Executive Officer of Mental Health Services, Sutter Health
9:45am Presentation: Can a Mental Health App be Ethical? Oliver Smith , Strategy Director and Head of Ethics, Koa Health
10:10am Keynote Panel Discussion: How are we Overcoming the Systemic Challenges within the Healthcare System to Provide Better Mental Healthcare for the Patients? Out of all the people believed to be suffering from poor mental health, only around 40% have been diagnosed, and that 40% is already over-stretching 100% of the healthcare resources available. This panel led

by experts from across the industry, will dive into current treatment efforts and identify key challenges faced by the system.

- What barriers are there for patients regarding accessibility of mental healthcare?
- What challenges have there been in our attempts to increase engagement?
- How can we focus our efforts to enhance outcomes for the patient?
- How has telemental health grown over the course of the pandemic?
- What are the implications if we do not address this surge in mental health needs as a holistic healthcare system?

Christine E. Petit, PhD, Vice President of Public Policy and Advocacy, [Mental Health America of Los Angeles](#)
Myra Altman, Vice President Clinical Strategy & Research, [Modern Health](#)
Walter Greenleaf, Medical VR/AR Expert & Director of Technology Strategy, [Stanford University & National Mental Health Innovation Center](#)

10:50am

Morning Break, Refreshments & Networking

Access to Mental Healthcare

11:20am Presentation: Ensuring Clarity Around the Spectrum of Mental Health.

Providing the *right* treatment options for patients suffering with mental health disorders is imperative for patient outcomes and success. However, there is a gap in understanding the complete differences between mental wellness and mental illness. This presentation will define the scope of mental health disorders.

- Removal of stigma and increase of open, non-judgemental conversation.
- Helping patients understand their different management needs.
- Dismantling the belief that seeking help for mental health will negatively impact progression in the workplace.
- How can we help patients navigate a complex healthcare system?

Jacob Ballon, Clinical Professor, Psychiatry and Behavioral Sciences, [Stanford Health Care](#)

11:45am Presentation: Scaling Access to Evidenced-Based Healthcare Through Digital Therapeutics

Today, 60% of people who need mental health care do not receive it. By providing non-drug alternatives for the most common mental health issues, DTx like Big Health are scaling inclusive solutions to those who need it most. Big Health Chief Medical Officer, Jenna Carl & VP of Equity & Population Health, Celeste James, will discuss how the company is pioneering innovative commercial models, effectively providing evidenced-based solutions to millions.

Jenna Carl, Chief Medical Officer, [Big Health](#)

Celeste James, VP, Equity & Population Health, [Big Health](#)

12:10pm Presentation: Making Mental Healthcare More Equitable & Understanding the Major Social, Cultural and Economical Differences between Communities

With the Impact of COVID pandemic highlighting accessibility issues for patients suffering with mental health disorders, there is an external pressure to ensure access to high-quality continuous care across the entire population. This presentation will delve into the intricacies of creating a more accessible mental healthcare system for patients.

- Why have these access issues previously been overlooked, how are we identifying them and what are we currently doing to tackle the disparities?
- How we can help patients access the right care for them based on their social, cultural and economic needs.
- How are data driven approaches being used to uncover those who need help the most, but have previously been overlooked?

Alex Briscoe, Principal, [California Children's Trust](#)

12:35pm Panel Discussion: How can we Streamline Frontline Healthcare to Improve Accessibility?

With an increase in mental health issues over recent years, the pressure on the healthcare system has grown exponentially with frontline physicians overstretched & patients not receiving continuous high-quality care. This panel, led by senior providers, will dive into the current challenges and discuss options for streamlining processes and improving quality of care.

- Can we ensure primary care physicians know how to treat patients with mental health issues to lessen the burden for psychiatrists?
- How can we provide more alternatives to face to face therapy sessions and how do we reach rural communities where there is a lack of internet connectivity and phone service?
- How could digital tech have a role to play in reaching the most patients effectively? -Is blended delivery the best way forward?
- How will streamlining frontline healthcare tackle the issue of increased demand within an overstretched mental healthcare system?
- What strategies are being taken to reduce wait list times?

April Joy Damian, Vice President and Director, [Weitzman Institute](#)

Andrew Sperling, Director, Legislative Affairs, Government Relations Policy & Advocacy, [National Alliance on Mental Illness](#)

Uchenna Barbara Okoye, MD, MPH, [Traditions Behavioral Health](#)

Chris Mosunic, Chief Clinical Officer, [Vida Health](#)

1:15pm The Future of Mental Healthcare Event includes an extended break in the middle of the day to give you ample time for lunch and another chance for 1-2-1 meetings or open networking. (1h 30min)

Increasing Patient Engagement

2:10pm Panel Discussion: How can we Improve Patient Engagement with Mental Healthcare Therapies and Interventions to Increase Effective Care?

With a whole plethora of different reasons as to why patient engagement remains low, the need for mental health interventions that are tailored to the patient continues. This panel discussion explores the barriers to care, approaches to tackle these and ultimately solutions to enhance engagement.

- What are the barriers that interfere with a patient's adherence to interventions?
- How does engagement vary across different populations and how do we adjust for this?
- How can deeper and more timely interactions drive patient engagement?
- What are the strategies we currently have to help patients navigate the mental healthcare system and more easily engage?
- How can anonymous engagement benefit patients who might be reluctant to seek help?

Kristina Saffran, Co-Founder & Chief Executive Officer, [Equip](#)

Tendai Masiriri, Director of Behavioral Health, [Providence](#)

Al Rowlett, Chief Executive Officer [Turning Point Community Programs](#)

Murray Zucker, Chief Medical Officer, [Happify Health](#)

2:50pm Presentation: Using Novel Natural Language Processing Algorithms for Advanced Mental Health Evaluation and Evidenced-Based Decision Making

A major challenge in addressing mental health problems is the absence of rigorous and objective characterization of symptoms, based on which evidence based decision making algorithms could be developed. Speech is the main medium of diagnosis and intervention in today's psychiatry and we believe

the advent of new natural language processing (NLP) algorithms can help with developing such objective measurements which could be used in evidence-based decision making processes. In this presentation, I will discuss:

- Role of NLP algorithms in objective symptom evaluation, triage and diagnosis of mental health problems
- How textual data analysis could provide clues to the outcome of care in individual patients and form individualized care plans
- How textual analysis and text generation can help increase the capacity and quality of mental healthcare

Mohsen Omrani, Co-Founder & Chief Executive Officer, [OPTT](#)

3:15pm Presentation: Machine Learning, BioSensing, Digital Health and Virtual Reality Technology

Converging to facilitate improved personal health and wellness, and to address mental health concerns

Walter Greenleaf, Medical VR/AR Expert & Director of Technology Strategy, [Stanford University & National Mental Health Innovation Center](#)

3:40pm Presentation: Precision Psychiatry and Novel Therapeutics Informed by Neuroscience: Focus on Depression

- Overview of precision psychiatry for depression
- Introduction to the Stanford Translational Precision Mental Health Clinic
- Discussion of targeted treatments for two putative subtypes of depression

Laura Hack, Instructor, Psychiatry and Behavioral Sciences, [Stanford University School of Medicine](#)

4:05pm

Afternoon Break, Refreshments & Networking

4:30pm Presentation: Learning Healthcare Networks as a Path to Personalized Care.

In a healthcare system where one size does not fit all, the scope for treatment options is broad and diverse. This presentation will dive into such things as tailored healthcare plans, precision medicine & novel therapeutics approaches for effectively engaging and treating patients.

- How can we use the data available to tailor mental health plans to individuals and how will this also help psychiatrists delivering care?
- The importance of meeting the patient where they are. Is the mantra 'Treating the patient, not the disease' the key for increased engagement, adherence and outcomes?
- What are the dangers of not tailoring care to patients with regards to their ongoing engagement?

Andrew Nierenberg, Professor of Psychiatry, [Harvard Medical School](#)

4:55pm Presentation: Economic Burden of the ‘Silent’ Mental Health Epidemic

Hear the results of a new study published by Happify Health of the Kantar Health National Health and Wellness Survey (NHWS). Happify Health's Chief Medical Officer, Murray Zucker MD, reveals new data showing that the prevalence of depression in the general population of the United States is 23%, but increases to 40% when accounting for individuals with undiagnosed depression, which comes with an \$6,296 increase in incremental healthcare costs when compared to people with minimal to no depression. The study was authored by Happify Health's Director of Health Economics and Outcomes Research, Anita Mohandas, MSc,MHP, and presented in Poster at [ISPOR Europe 2021](#) in December.

Murray Zucker, Chief Medical Officer, [Happify Health](#)

5:20pm Panel Discussion: Exploration of the Factors Influencing Patient Engagement.

There are many factors affecting patient engagement which all stakeholders have a part to play in. During this panel discussion we will hear from all perspectives as to the specific challenges and solutions being proposed to increase patient engagement.

- How does the patient's perceived value of the intervention affect engagement?
- What part does a patients' involvement in choosing the intervention play?
- What effect does an affirming provider with culturally versed therapists have on the level of engagement of patients?
- How do digital tech solutions provide ease of use?
- How can we decrease the time between referral and appointment?

Christina Miller PhD, President and Chief Executive Officer, [Mental Health America of Los Angeles](#)

Kate Hardy, Clin.Psych.D, Clinical Professor, Psychiatry and Behavioral Sciences, [Stanford Health Care](#)

Jahmal Miller, Vice President of Equity & Inclusion, [CommonSpirit Health](#)

6:00pm Chairs Closing Remarks

Tom Insel, Chairman of The Board, [Steinberg Institute](#)

Close of The Future of Mental Healthcare Summit Day 1

Conference day 2. Wednesday 8th December

8:00am Breakfast, Refreshments & Networking | Conference Platform Opens

9:00am Chairs Opening Remarks

Tom Insel, Chairman of The Board, [Steinberg Institute](#)

9:10am Presentation: Powering breakthroughs in behavioral healthcare

- Rising prevalence and emergence of disruptive technologies means behavioral health is at an inflection point
- Harnessing these forces to make the provision of evidence the basis for decision making in behavioral health is a key to making needed breakthroughs
- Time is now to forge partnerships to turn disparate data to Evidence

Nawal Roy, Founder & CEO, [Holmusk](#)

Enhancing Outcomes

9:35am Presentation: Patient-Centered Outcomes: A Common Goal For all Stakeholders and Strategies to Ensure we Achieve This.

All stakeholders have the common goal of providing high quality care for patients with mental health issues. There are many different strategies to ensure outcomes are patient centered but are these measures validated, assessed routinely and tailored to meet the needs of the patient?

- Health care payers and providers will need a portfolio of validated measures of patient-centered outcomes across a spectrum of mental health conditions.
- Mental health outcomes will need to be assessed more routinely, and measurement-based care should become part of the overall culture of the mental health care system.
- Disparities in quality and outcomes in care are more pronounced for racial and ethnic minorities and those from lower socio-economic status groups.

Yavar Moghimi, Chief Psychiatric Medical Officer, [AmeriHealth Caritas Family of Companies](#)

10:00am Panel Discussion: How can Integrated Behavioral Healthcare Enhance Mental Health Outcomes?

With most healthcare insurance plans offering high levels of frontline care, a new wave of healthcare offerings is breaking through with a blend of primary care for medical conditions alongside behavioral health factors that affect health and wellbeing to provide improved patient-centric clinical outcomes. This panel will discuss the introduction of 'Whole-Person Care' and the impact it can have on the healthcare system.

- How can we measure the success of interventions in order to see if they are effective for our members and how can tech and data be utilized?
- How can integrated behavioral healthcare improve the economic outcomes in the healthcare system and what impact will this holistic approach have on patient outcomes?

- What level of evidence, including clinical, economical and real-world, is needed to adopt an intervention into a health plan?
- The differences between the rationale of integrated behaviour care and the level of adoption are currently miss matches - Why is this happening and how can we enable it?
- How can we change both patient and provider surrounding physical and mental health being disconnected?
- How can we look at benefits of care from a comprehensive stakeholder perspective?

Pamela Greenberg, President & Chief Executive Officer, [Association for Behavioral Health and Wellness](#)

Stuart Lustig, Senior Medical Director, [Cigna](#)

Eric Meier, President & CEO, [Owl Health](#)

Vaibhav Narayan, Vice President Digital Health Innovation, [Johnson & Johnson](#)

Brittany Linton, PhD, Clinical Psychologist, [US Department Veterans Affairs](#)

10:40am

Morning Break and Refreshments

11:20am Fireside Chat & Audience Q&A: An Expert's Perspective: Tom Insel, Looking Forward to Mental Health in 2030.

In the US, we have treatments that work, but our systems still fail to deliver care well. Quality of care varies widely, and much of the field lacks accountability. We focus on drug therapies for symptom reduction rather than on plans for long-term recovery. Care is often unaffordable and unavailable. Where is the justice for the millions of Americans suffering from mental illness? Who is helping their families? Engage in the discussion addressing what the path from mental illness to mental health looks like and how we get there.

- What are we missing today?
- With more people getting more treatment, why are outcomes no better?
- How much will tech be the solution?
- What is the workforce of the future?

Tom Insel, Chairman of The Board, [Steinberg Institute](#)

11:45am Panel Discussion: How Should Tech Integrate Into the Future of Mental Healthcare?

The issue of supply and demand is just one of the problems that tech aims to tackle and thus far has proven to be unquestionably effective. Moving forward, what roles will digital tech play in the mental healthcare setting to address these issues and what kind of innovation can we expect to see over the coming years?

- How can digital tech help to bridge the gaps with regards to access, engagement and outcomes?
- How can therapists integrate digital tech into their processes, with their patients?
- How can digital tech and telehealth support value-based care, to help therapists treat as many patients, as effectively as they can?
- Ways in which telehealth will continue to provide benefits post-pandemic

- Why is it important for digital mental health companies to conduct the highest level of research to provide evidence-based tech? Should there be an industry wide standard to ensure patient safety?

Kristian Ranta, Chief Executive Officer, [Meru Health](#)

Jeremy Maynor, Vice President Telehealth, [UHS](#)

Jonathan Seltzer, President, [SimplePractice](#)

12:25pm Closing Panel Discussion: Where Does the Future Lie for Mental Healthcare and What Will Define its Success?

In the wake of the COVID-19 pandemic, the demand for mental health services has amplified beyond the available resources. How can we leverage what we have learnt to ensure the success of accessible, affordable, continued, high-quality mental healthcare. Engage in the discussion between the experts on what might be the best approaches going forward.

- How does the healthcare system need to change in order to suit everyone involved, whilst still maintaining patient centricity?
- What needs to happen with funding and reforms post-pandemic, when the emergency declaration expires?
- What are the advantages and disadvantages of becoming more digitized?
- What actions can local, state and federal governments take to improve access, enhance engagement and increase outcomes in terms of aiding the mental healthcare system?
- What will define the success of continuous and high-quality mental healthcare for patients?

Sabina Lim, System Vice President Behavioral Health Safety and Quality, [Mount Sinai Health System](#)

Bryan King, Professor & Vice President Child Behavioral Health Services, [UCSF](#)

Jill Harkavy-Friedman, Vice President of Research, [American Foundation for Suicide Prevention](#)

Mohsen Omrani, Co-Founder & Chief Executive Officer, [OPTT](#)

1:05pm Chairs Closing Remarks

Tom Insel, Chairman of The Board, [Steinberg Institute](#)

Close of The Future of Mental Healthcare Summit 2021