

School Employees' Health Benefits Program

Plan Design Committee

Open Session Minutes: March 15, 2021 10:00 a.m.

Due to COVID-19 this meeting was held telephonically.

Adequate notice of this meeting was provided through the annual notice of the schedule of regular meetings of the Committee filed with and prominently posted in the offices of the Secretary of State. . The 2021 annual meeting schedule was mailed to the Secretary of State on December 19, 2020, Star Ledger and the Trenton Times on December 23, 2020. Updates regarding the Telephonic meeting were sent to the Secretary of State and posted to the Divisions Website on March 9, 2021.

The meeting of the School Employees' Health Benefits Program Plan Design Committee of New Jersey was called to order on Monday, March 15, 2021 at 10:00 a.m. Due to COVID-19 this meeting was held via Microsoft TEAMS.

The text of Resolution B (Executive Session) – was read in its entirety in the event that the Committee desires, at any point in the meeting, to approve a motion to go into closed session.

Acting Secretary Ludwig took Roll Call and established that a quorum was present.

Roll Call

Committee Members:

Julie Giordano Plotkin, NJEA

Jennifer Keyes-Maloney, Assistant Treasurer

Donna Chiera, AFT/AFL-CIO

Lynn Azarchi– Director, Office of Management and Budget

Kevin Kelleher- NJEA

John Megariotis- Acting Director, Division of Pensions and Benefits

Also Present:

Christin Deacon, Division of Pensions and Benefits

Andrew Lawson, Division of Pensions and Benefits

Nicole Ludwig, Division of Pensions and Benefits

Debra Pelto, Division of Pensions and Benefits

Amy Chung, Deputy Attorney General

Alison Keating, Deputy Attorney General

Division Updates

Assistant Director Christin Deacon stated that in the interest of time she will provide the COVID-19 updates to the Committee members via email at the conclusion of the meeting. Committee Member Kelleher asked if she would please include an update how many members/dependents have had the vaccine.

PRESENTATION: Horizon Behavioral Health

Joanne Karcic from Horizon presented to the Committee on the challenges that surround behavioral health. She stated the most obvious challenge is access of services- this is a nationwide issue across all book of business. Psychiatry resources are very minimal, she stated there are currently 15 million children needing mental health services. Currently there are under nine million providers who specialize in children's needs nationwide. Mrs. Karcic stated another challenge is stigma. A lot has been done to destigmatize, but the work is not done. She stated the work will be done when we can talk about mental health the same way we talk about other medical conditions.

Mrs. Karcic stated that Horizon has been working on insourcing behavioral health into primary care. This is where there is an integration of behavioral health with primary care health. Horizon has also implemented Continuum Care, this recognizes that not all care is the same for everyone. Horizon has rolled out several programs to support members regardless of age and need. She added that 50% of the SEHBP meets the criteria of anxiety or depression.

Mrs. Karcic stated the total behavioral health spend for the SEHBP was \$104,671,288 which accounted for 8.1% of all claims. She stated the claims for in network providers is \$49,823,533, which is a 12.77% increase since 2019. The total out of network spend is \$54,847,754 which is a 52.4% increase since 2019. This shows the need to expand the network. Committee Member Kelleher asked for the percent of in-network providers across all providers in NJ. Mrs. Karcic stated she will have to follow up with this.

Mrs. Karcic stated the top diagnosis is anxiety which accounts for 21.4% of plan spend, depression is the second top diagnosis which accounts for 18.8% of plan spend. Committee member Giordano-Plotkin asked if anxiety is being treated in ER visits, Mrs. Karcic stated she will follow up with this information. Mrs. Deacon, of the Division of Pensions and Benefits asked how Horizon would parse out an anxiety diagnosis when someone goes to the ER. Committee Member Kelleher asked for the top five diagnosis in the ER and if anxiety and depression fall within that top five.

Mrs. Karcic stated that prior to COVID-19 tele-psychiatry accounted for less than one percent of all claims. Since the onset of the pandemic this has increased to over 40 percent. She stated that the feedback has been consistently positive on the tele-psychiatry side. This service is being utilized across all ages.

Mrs. Deacon stated that there will be the Horizon Behavioral Health Summit offered in May. She stated Horizon, and the Division will provide more information as the date comes closer.

PRESENTATION: RETHINK BENEFITS:

Genevieve Wozow and Mike Civello of Rethink presentation Rethink to the Committee members. Mrs. Wozow stated NJ has the highest nationwide totals of autism. She added that NJ also has a high focus on children with learning disabilities as well as those who are diagnosed with neurodiversity learning.

Mrs. Wozow stated that Rethink is not a network, rather is an additional service provided to families/parents who have neurodiverse family members, this includes but is not limited to Autism and ADHD. Rethink is a coaching and consulting program which is highly specialized in this field. Rethink offers 24/7 services including support groups and videos. She stressed this is not a hotline, rather it provides contact and support to families to therapists that specialize in family assistance.

Christin Deacon stated this is a great concept and she is aware of several public sectors which have been utilizing this program. Mrs. Deacon asked if the other public sectors were required to RFP the program. Mr Civello stated it would be a soul source contract that an RFP would not be required, since Rethink is the only vendor of its kind. He stressed the program offers clinical coaching to the families.

Adjournment

Having no further matters to discuss, Committee member Chiera made a motion to adjourn, Committee member Giordano-Plotkin seconded the motion and all voted in favor. The meeting adjourned at 11:37 a.m.

Respectfully Submitted,



Nicole Ludwig
Acting Secretary SEHBP PDC