Overcoming Barriers to Digital Mental Health

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Identify Problem Behavior
depression
medication non-adherence
risky sexual behaviors
diet & exercise
more …

Design the Intervention

Develop the Technology

Evaluate

Deploy

cbits

Disclosures

Honoraria/Consulting fees
  Otsuka Pharmaceuticals
  One Mind Foundation

Ownership Interest
  Adaptive Health, Inc

Funding
  National Institute of Mental Health

  Microsoft Research

Center for Behavioral Intervention Technologies (CBITs)

- Founded 2011
- 8 Core faculty (Psychology/Psychiatry, Human-Computer Interaction, Communications, Implementation, Data Science)
- Many Digital Mental Health projects in depression, anxiety, eating disorders.
- Many settings: Healthcare, community mental health, universities
- Postdoctoral training program

Banbury Forum Consensus Statement on the Path Forward for Digital Mental Health Treatment

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Stakeholders from payers, care systems, policy, employers, DMHT companies, NIMH, researchers, patients, international representatives.

Three ways of using DMHIs

Fully Automated

Coached

Adjunctive

Effectiveness of DMHIs

Effective for common mental health conditions

Feasible for SMI; effectiveness inconclusive.

Delivery methods

- ***Fully automated***: Modest effects
- ***Coached***: strong outcomes, similar to psychotherapy
- ***Adjunctive***: Unclear for effectiveness or or efficiency.

EFFECTIVENESS

Depression

Anxiety

PTSD

Coached

Fully Automated

Banbury Recommendations

1. Guided (coached) DMHTs *should be offered* as a treatment option to all patients experiencing depression, anxiety disorders, and posttraumatic stress disorder.

2. DMHT products and services *should be reimbursable* to support integration into the U.S. health care landscape.

3. An *evidence standards framework* should be developed to support digital formularies and decision making in health care organizations, states, and commercial health plans and payers in selecting DMHT products that are effective, usable, safe, and equitable.

Components of Evidence Standards Framework

Benefit and Effectiveness (Does it work?)

Engagement (Do people use it?)

Data sharing and interoperability (Integration)

Risk management (Is it safe?)

Data security and privacy

Equity (e.g., ADA, effect on social disparities)

Reimbursement
Technology and Service

Technology	Service

Risk based contracts: ACOs, Medicaid (e.g., Massachusetts, Oklahoma and Michigan)

Codes:

- Pear Therapeutics has first HCPCS codes.

- Durable Medical Device (DME) codes?

Legislation: The Access to Prescription Digital Therapeutics Act of 2022 (S.3791, Shelly Caputo, R. WV – March 10, 2022)

- Prescription digital therapeutics defined as having FDA certification

CPT codes (99421-99423) – Online digital evaluation and management (E/M) services.

Guidelines: FDA vs OTC

FDA

- Only provides basic evidence of efficacy. Payers and healthcare systems want much more information

- FDA process is expensive and will therefore likely consolidate companies, reducing competition, slowing innovation.

OTC

- There is no governmental entity in the US that can comprehensively review products/services.

Thank You!

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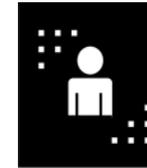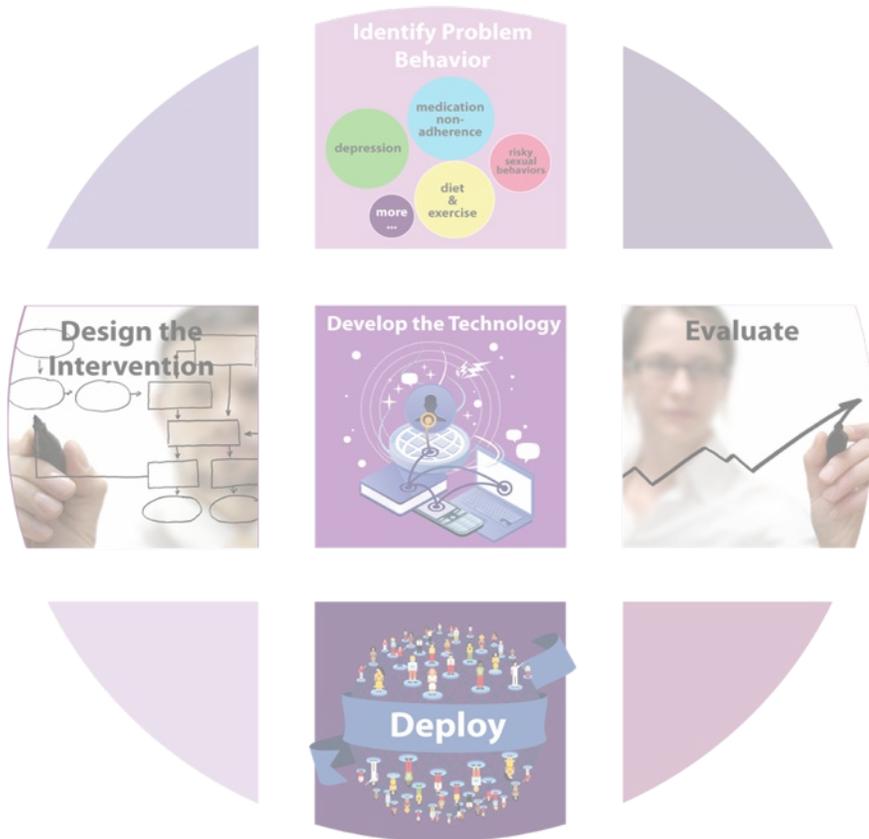
Society for
Digital Mental Health

https://www.societydmh.org/
Free membership
Inaugural Meeting (virtual) June 13-14, 2022

Join the CBITs Monthly Digital Mental Health Webinar
https://cbits.northwestern.edu/seminars-events/index.html