

Interactive Polling Questions

DURING DEB'S KICKOFF

1. I understand the difference between a virtual meeting, a webinar, and a virtual event/webcast?
 - a. Yes
 - b. No

Answer – No correct answer

SUMMARY. A *virtual meeting* typically involves a limited number of attendees who use video, audio and text to link up online. A *webinar* is likely to be educational or training-based with an audience that is typically smaller than a webcast. A *virtual event/webcast* like today's Summit is used to replace our traditional in-person event. Today you will participate through an audio and video stream of expert speakers and panelists, slides, videos, Q&A, social networking, and live polling.

2. How many times have you attended the Minnesota Health Action Group Employer Leadership Summit?
 - a. It's my first time
 - b. 1-3 times
 - c. 4-6 times
 - d. 7 or more times

Answer – No correct answer

SUMMARY. Review responses and introduce Mamie.

AFTER PATRICK AND BEFORE LEADING FROM THE TOP

3. What percent of workers say it is safer to remain silent about workplace stress than to bring it up with supervisors?
 - a. 38%
 - b. 47.5%
 - c. 62%
 - d. 69%

Answer – D: 69%

SUMMARY. About 69% of people polled **strongly agreed** that it was safer to remain silent about their workplace stress. ([Source – 2019 Workplace Health Survey by Mental Health America](#))

4. What percent of employees say they would stay with an employer longer if they provided mental health support?

- a. 89%
- b. 78%
- c. 50%
- d. 42%

Answer – a.

SUMMARY. A new study by Aetna found that 89% of employees would stay with an employer longer if they provided mental health support and two-thirds wouldn't work for a company that didn't have a clear policy on supporting mental health. (*Source: [Aetna Business of Health 2020: Tackling Polarized Perceptions in Corporate Health and Wellness](#)*)

AFTER THE MORNING BREAK AND BEFORE THE PATH FORWARD OVERVIEW

5. Providing a mentally health workplace is a top or medium priority for what percent of Minnesota employers?

- a. 91%
- b. 78%
- c. 52%
- d. 36%

Answer – a: 91%

SUMMARY. Providing a mentally healthy workplace is a top or medium priority for 91% of employers polled, yet nearly two-thirds report that employees experience challenges when trying to access mental health care. (*Source: [Minnesota Health Action Group 2020 Annual Employer Benefits Survey](#)*)

6. According to The Action Group's 2020 Annual Employer Benefits Survey, what is the most frequent response by employers regarding whether they have taken specific actions to improve parity, access to care, and coverage?

- a. Yes, currently in place
- b. No, working on this in the next 12-24 months
- c. No, we are not working on this
- d. Don't know

Answer – d: don't know

SUMMARY. While employers have a strong understanding of their benefit plan deductibles, copays, cost sharing, prescription drug benefits, and vendors, they frequently don't know what detailed provisions are in place with their health plan or PBM, as it relates to mental health.

**AFTER DARCY AND BEFORE ENSURING MENTAL HEALTH PARITY
AND ACCESS TO CARE**

7. **Either I, a family member or friend, or a co-worker have experienced mental illness (including depression and anxiety) or substance use disorder in the past year.**
- a. True
 - b. False

Answer – No correct answer

SUMMARY. Review responses and comment on prevalence.

8. **Of the 1 in 5 adults who experience a diagnosable mental illness in any given year, how many will go untreated?**
- a. Less than 10%
 - b. About 25%
 - c. More than 50%
 - d. More than 70%

Answer – C: More than 50%

SUMMARY. Of the 1 in 5 adults who experience a diagnosable mental illness in any given year, more than half will go untreated. Respecting and treating mental illness on par with other medical illnesses is the foundation of an effective workplace. ([Source: American Psychiatric Association Foundation Center for Workplace Mental Health](#))

**AFTER ENSURING MENTAL HEALTH PARITY AND ACCESS TO CARE AND BEFORE ADVANCING
COLLABORATIVE, MEASUREMENT-BASED CARE**

9. **Despite the fact that up to 90% of people who seek care for depression can be treated successfully with medication and/or therapy, the depression remission rate at six months in Minnesota is...**
- a. 8.2%
 - b. 12.4%
 - c. 22.1%
 - d. 32.2%

Answer – a. 8.2%

SUMMARY. Depression remission at six months remains stuck at just 8.2% in 2019, compared to 8.0% in 2016. People need good, timely care to get better, but it isn't happening for most Minnesotans with depression. This also represents a considerable gap in performance for mental health outcome measures relative to physical health outcome measures for conditions such as diabetes, cardiovascular or asthma care. ([Source: MN Community Measurement 2019 Health Care Quality Report](#))

10. Of eligible patients, what percent received a follow-up depression assessment after 12 months?

- a. 62%
- b. 45%
- c. 32%
- d. 30%

Answer – d.

SUMMARY. Of eligible patients, only 29.8% received a follow-up depression assessment after 12 months. Of note, adult female patients have significantly better depression outcomes than male adult patients across each of four outcome measures. ([Source: MN Community Measurement 2019 Health Care Quality Report](#))

AFTER LUNCH BREAK AND BEFORE DOUG LENNICK

11. How did you spend your lunch break today?

- a. Made and ate a healthy lunch
- b. Got a breath of fresh air and/or walked the dog
- c. Checked my email and/or the latest news
- d. Put in a load of laundry and/or did a little cleaning
- e. None of the above

Answer – No correct answer

SUMMARY. However you chose to spend your lunch break, we're glad that you are back!

12. Which of the following statements is true, based on brain research?

- a. Habits are hard to change because of the way the brain manages them
- b. Despite the seeming inflexibility of the brain, neural connections are highly plastic; even the most entrenched thought patterns can be changed
- c. Paying attention to new ways of thinking, however uncomfortable at first, can rewire people's thinking habits
- d. All of the above

Answer – d. All of the above

SUMMARY. Our next speaker, consultant and author Doug Lennick, will help us understand how we can use principles of neuroscience to recognize unconscious bias, where it is holding us back as organizations and individuals, and how we can reframe for enhanced performance.

AFTER DOUG LENNICK AND BEFORE MEET TODAY'S FEATURED INNOVATORS

13. As you evaluate potential innovative solutions, which of the following is most important as you decide which one(s) to add to your benefit offerings?

- a. Potential for cost savings and ability to address top claims drivers
- b. Opportunity to improve employee satisfaction and/or productivity
- c. Emerging solutions that differentiate the organization as a leader and innovator
- d. Proven solutions that have been adopted by and delivered results for other employers

Answer – No correct answer

SUMMARY. Review responses and introduce next panel.

AFTER MEET TODAY'S FEATURED INNOVATORS AND BEFORE INVESTING IN THE FUTURE OF MENTAL HEALTH

14. Has your organization recently added a mental health digital solution (for online cognitive behavioral therapy, resilience, mindfulness or other)?

- a. Yes – we added a solution in the past 12-24 months
- b. No – but we are considering options for the next 12-24 months
- c. No – this is not currently on our radar

Answer: No correct answer

SUMMARY. Review responses.

15. How much money did digital health startups raise in 2019?

- a. \$850 million
- b. \$980 million
- c. \$3.4 billion
- d. \$7.4 billion
- e. \$1 trillion

Answer: d. \$7.4 billion.

SUMMARY. Digital health startups raised an impressive \$7.4 billion in 2019; the second largest funding ever. While it's not clear how many of those are focused on mental health, we do know that there are expected to be about 1,000 mental health startups operating in 2020. (*MassDevice*, March 28, 2018 UPDATE SOURCE Sources: [Healthcare Innovation](#), and [What If Ventures](#))

AFTER INVESTING IN THE FUTURE OF MENTAL HEALTH AND BEFORE CLOSE

16. As I leave this Summit, I am most excited about:

- a. Becoming involved in initiatives or programs that will contribute to ending stigma and unconscious bias in my workplace
- b. Working to advance mental health parity
- c. Working with my health plan/other vendors to improve access to mental health care
- d. Partnering to increase and sustain the utilization and quality of tele-mental health care
- e. Expanding Collaborative Care to improve outcomes and reduce costs for mental health care
- f. Advancing screenings and Measurement-based Care to improve outcomes

Answer: No correct answer

SUMMARY. Review responses and comment on the Path Forward and resources to support action (in Summit program and on The Action Group website).

17. If I were to write the “headline” for today’s Summit, it would be:

- a. “Summit Pivot to Virtual Event a Hit with Attendees”
- b. “Patrick Kennedy Inspires Business Leaders to Prioritize Mental Health”
- c. “Path Forward Helps Employers Understand Specific Actions to Improve Mental Health Care and Outcomes”
- d. “Minnesota Employers Agree that Thinking Differently and Innovation are Essential for Meaningful Change”
- e. “Summit Attendees say they have a Renewed Sense of Optimism that Improvements in Mental Health Care and Outcomes are Possible”

Answer: No correct answer

SUMMARY. Review responses and transition to closing comments.