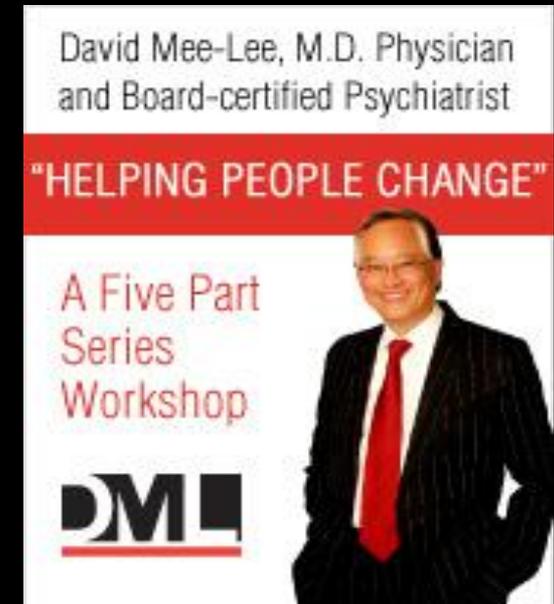
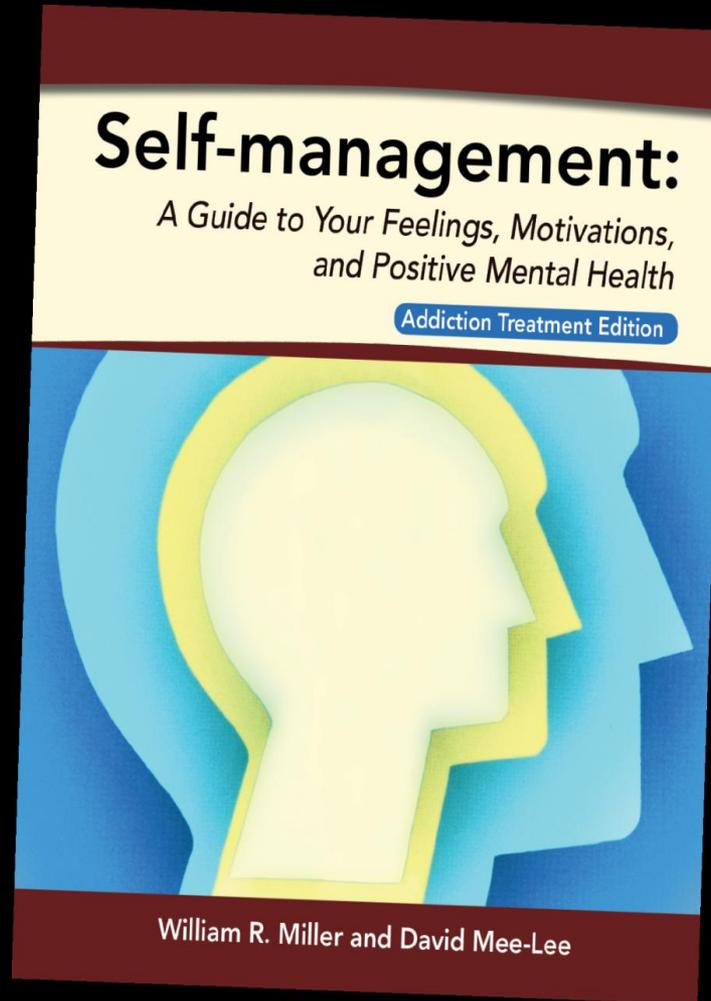
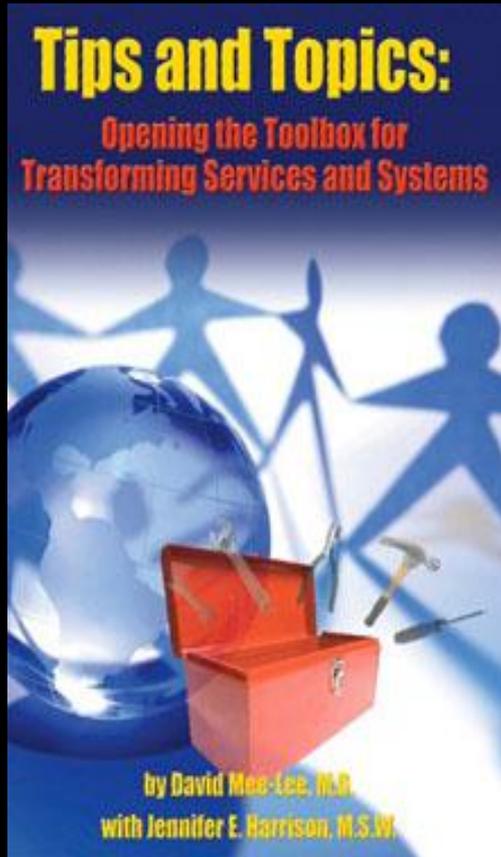


**From SickCare to
HealthCare
to Health and Wellness:
*Evolution or Revolution?***

David Mee-Lee, M.D.

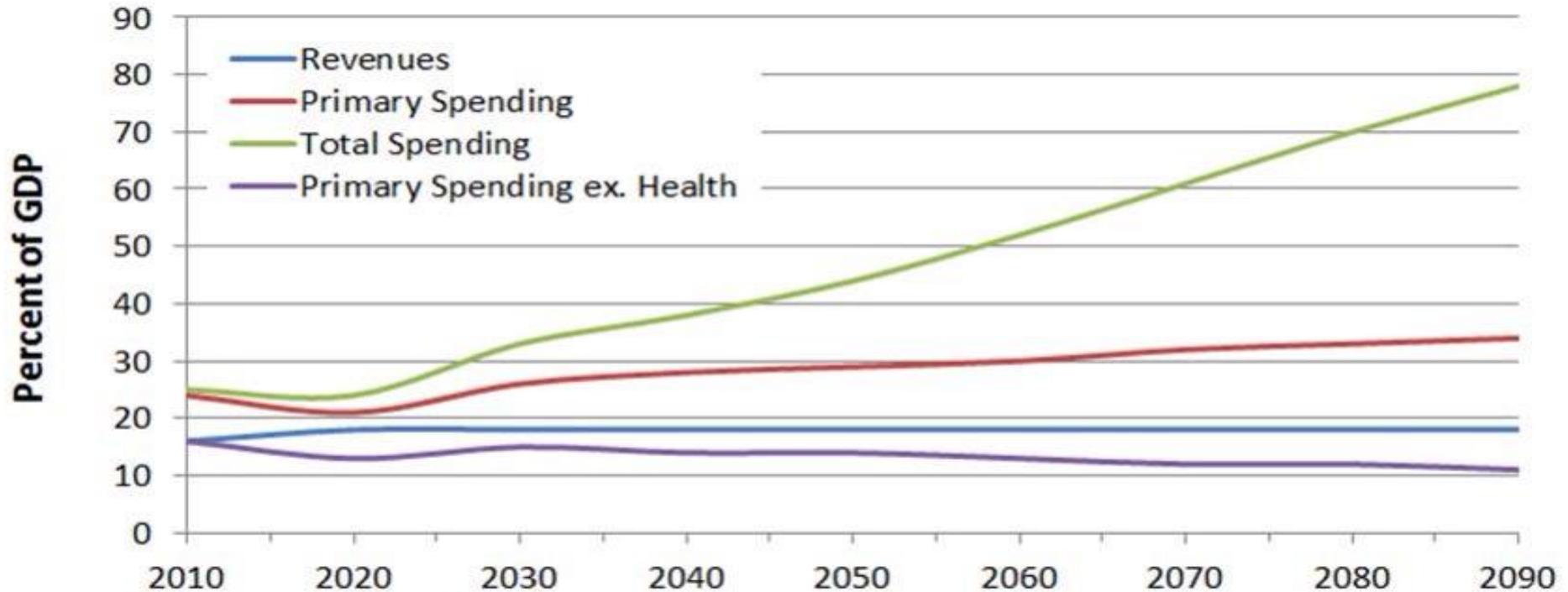
Senior Vice President
The Change Companies
Vice President
Institute for Wellness Education

Disclosure Statement



Driving Force Behind the Change to America's Healthcare System

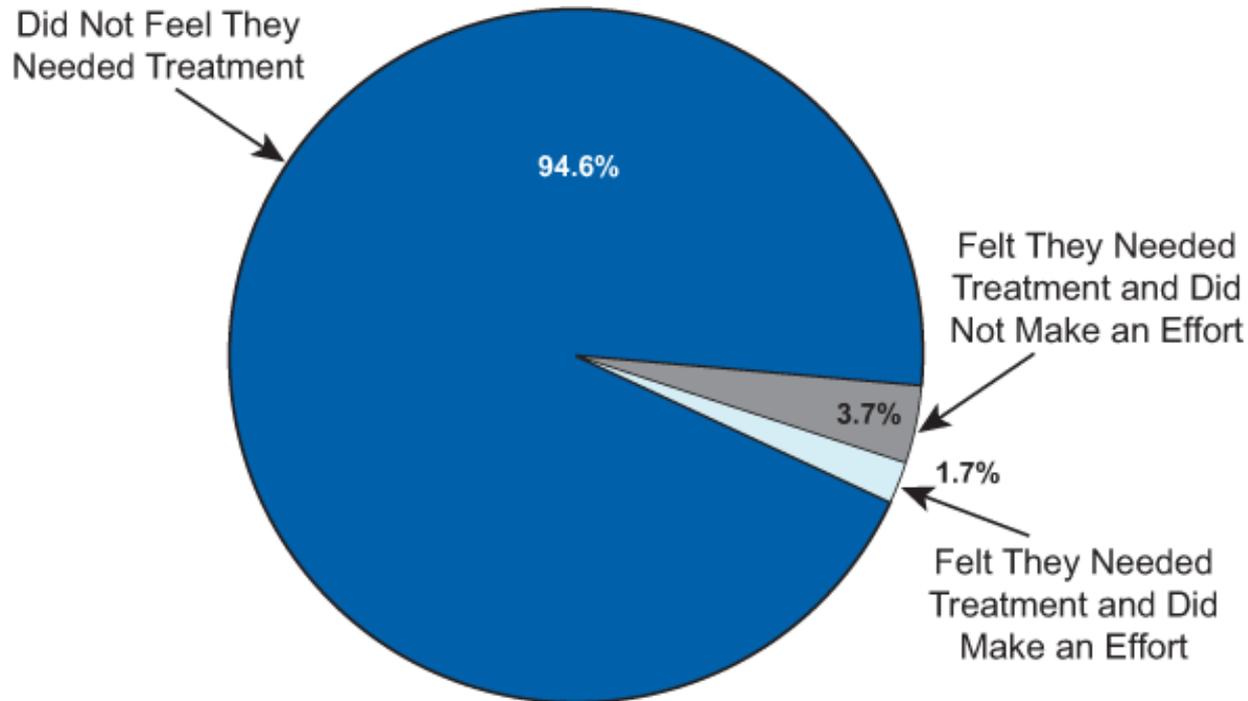
Dominant Role of Healthcare Spending (CBO's Long-Term Budget Projection)



Source: Congressional Budget Office: *Extended Alternative Fiscal Scenario*. Extrapolated by Committee for a Responsible Federal Budget, as illustrated in Binder, A.S.: *After the Music Stopped: The Financial Crisis, the Response, and the Work Ahead*. New York: The Penguin Press, 2013
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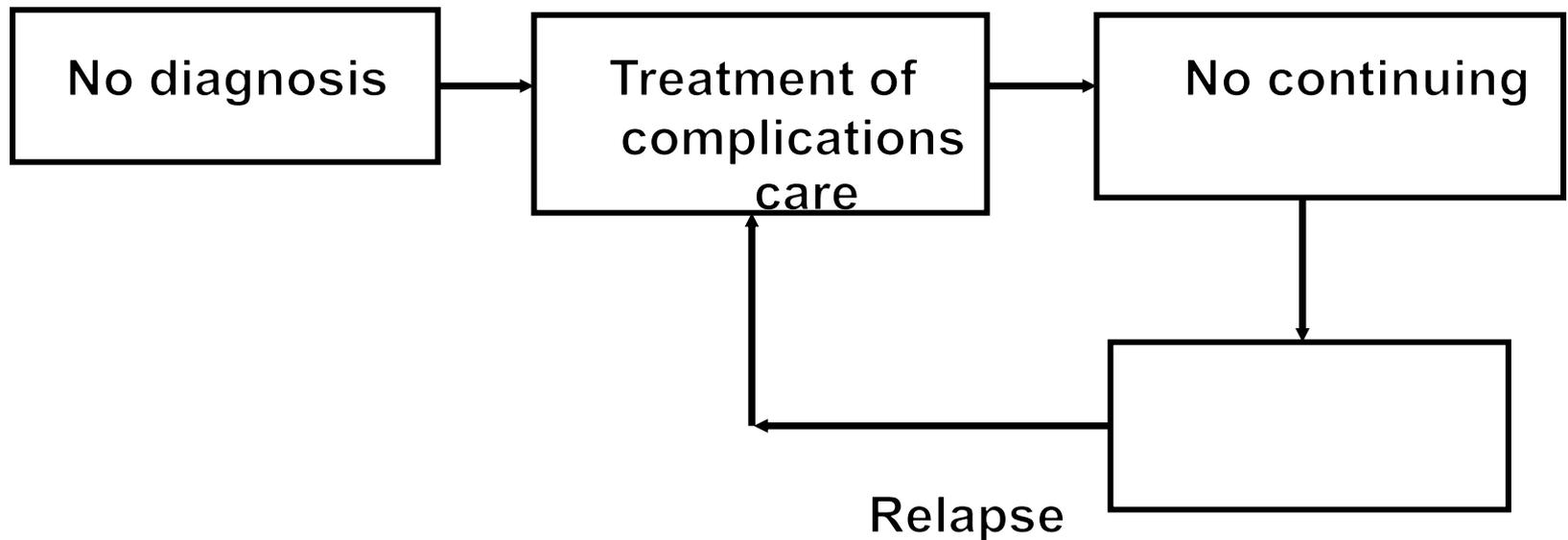
National Survey on Drug Use and Health (NSDUH)

Past Year Perceived Need for and Effort Made to Receive Specialty Treatment Among Persons Aged 12 or Older Needing But Not Receiving Treatment for Illicit Drug or Alcohol Use: 2012 Data (September 2013 SAMHSA)

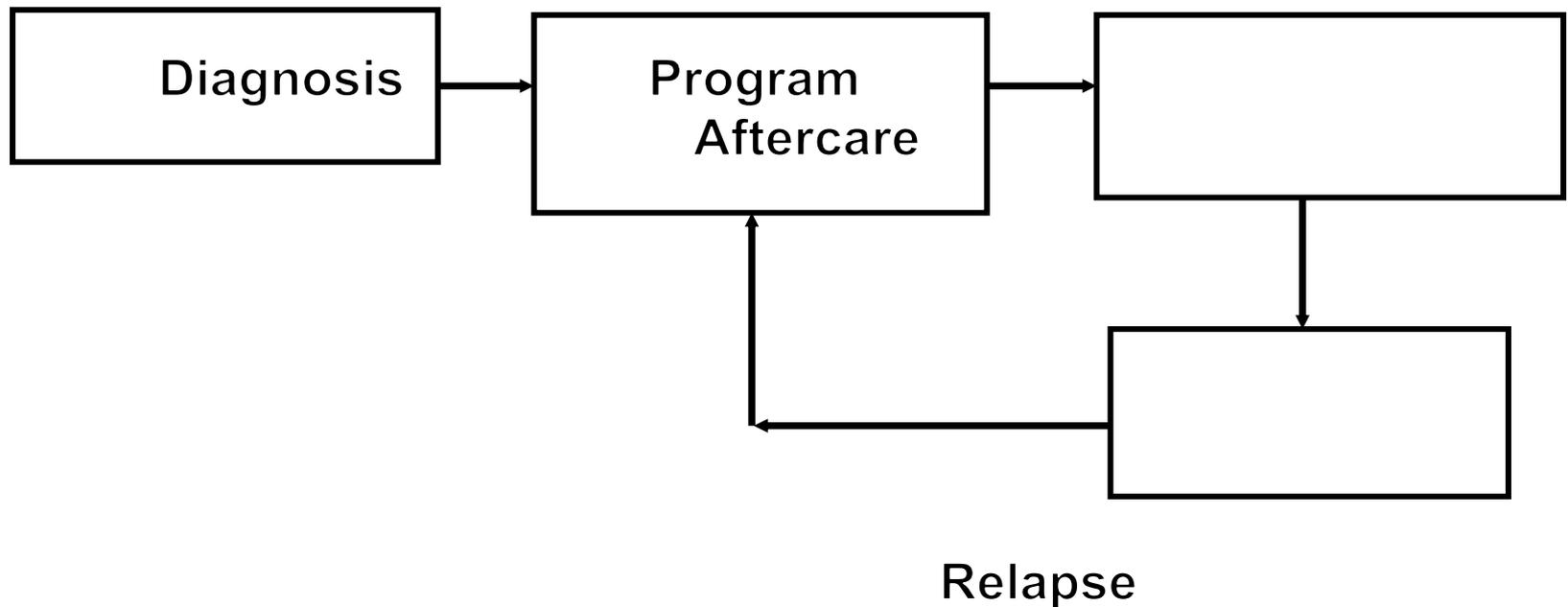


20.6 Million Needing But Not Receiving Treatment for Illicit Drug or Alcohol Use

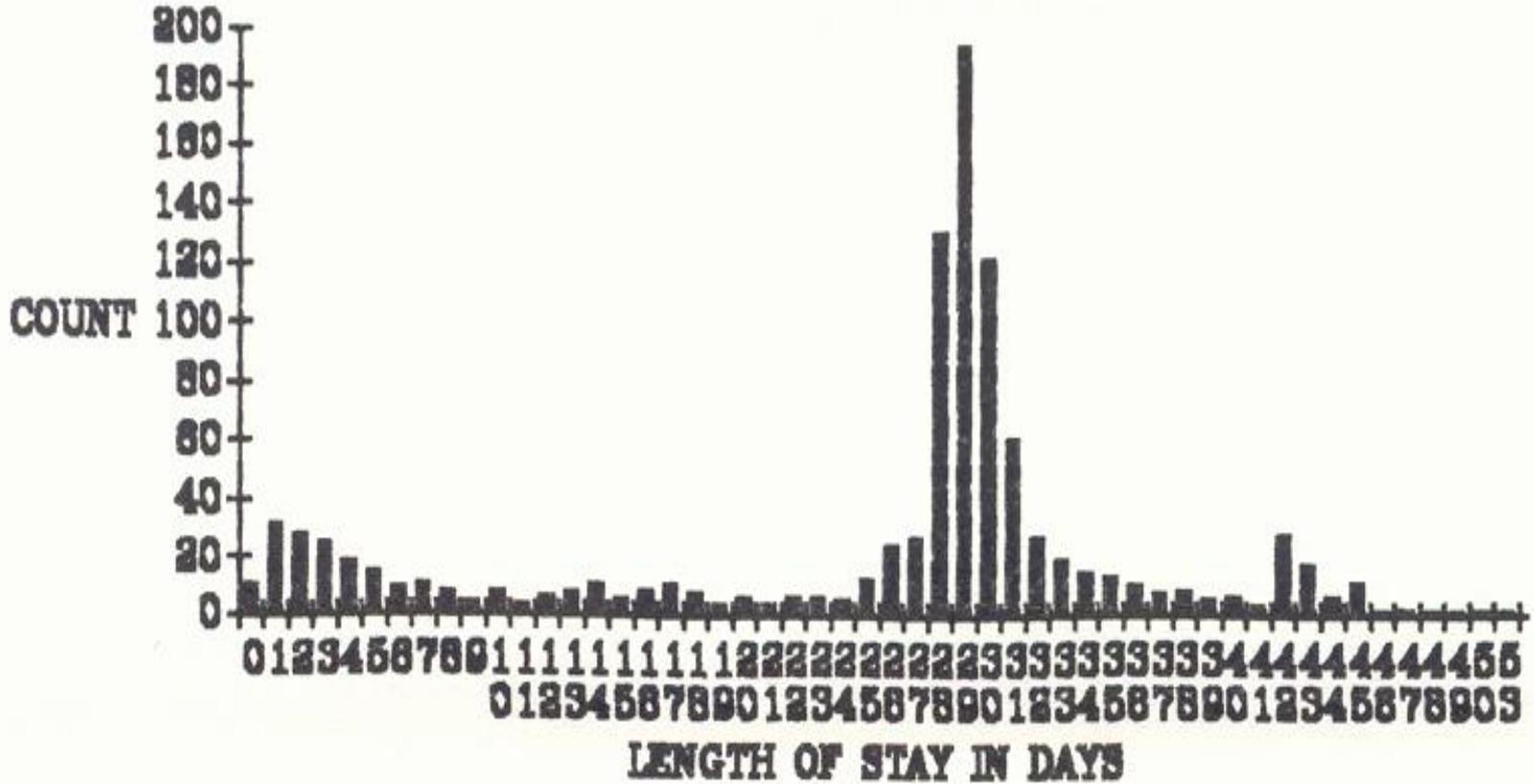
1. Generations of Clinical Care



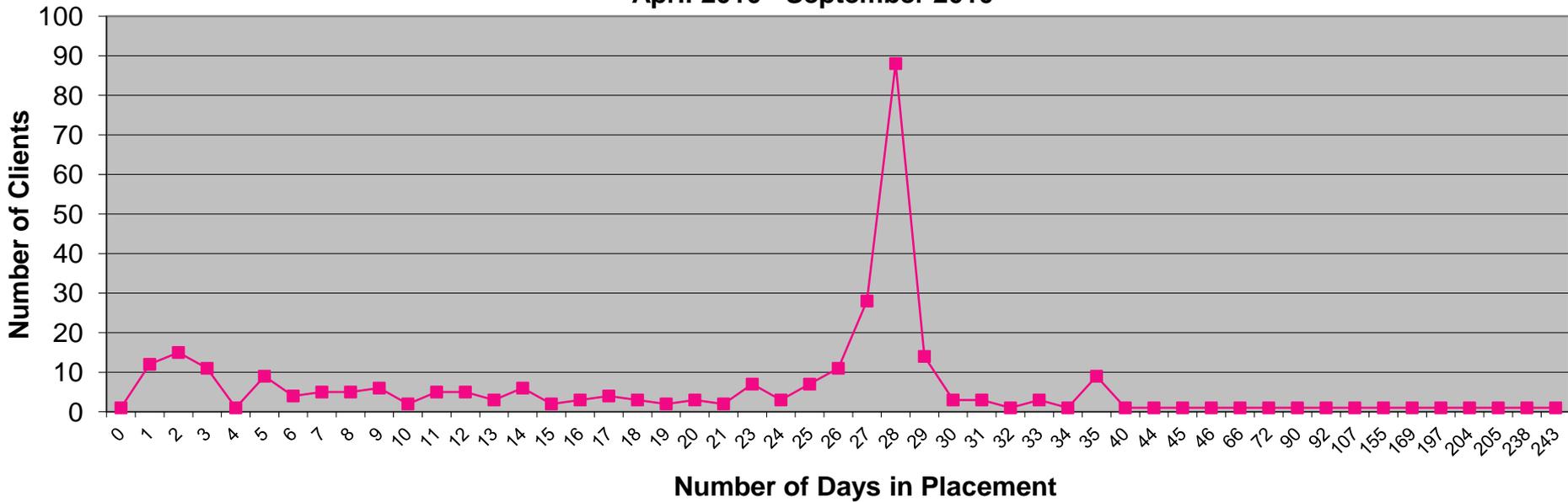
2. Generations of Clinical Care



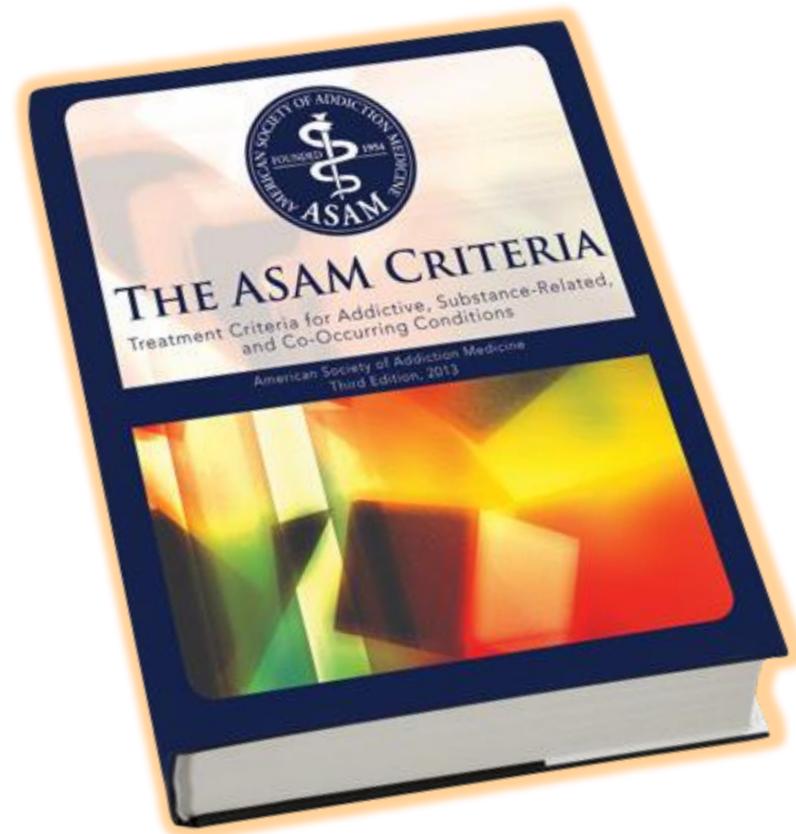
LENGTH OF STAY ADULTS ONLY



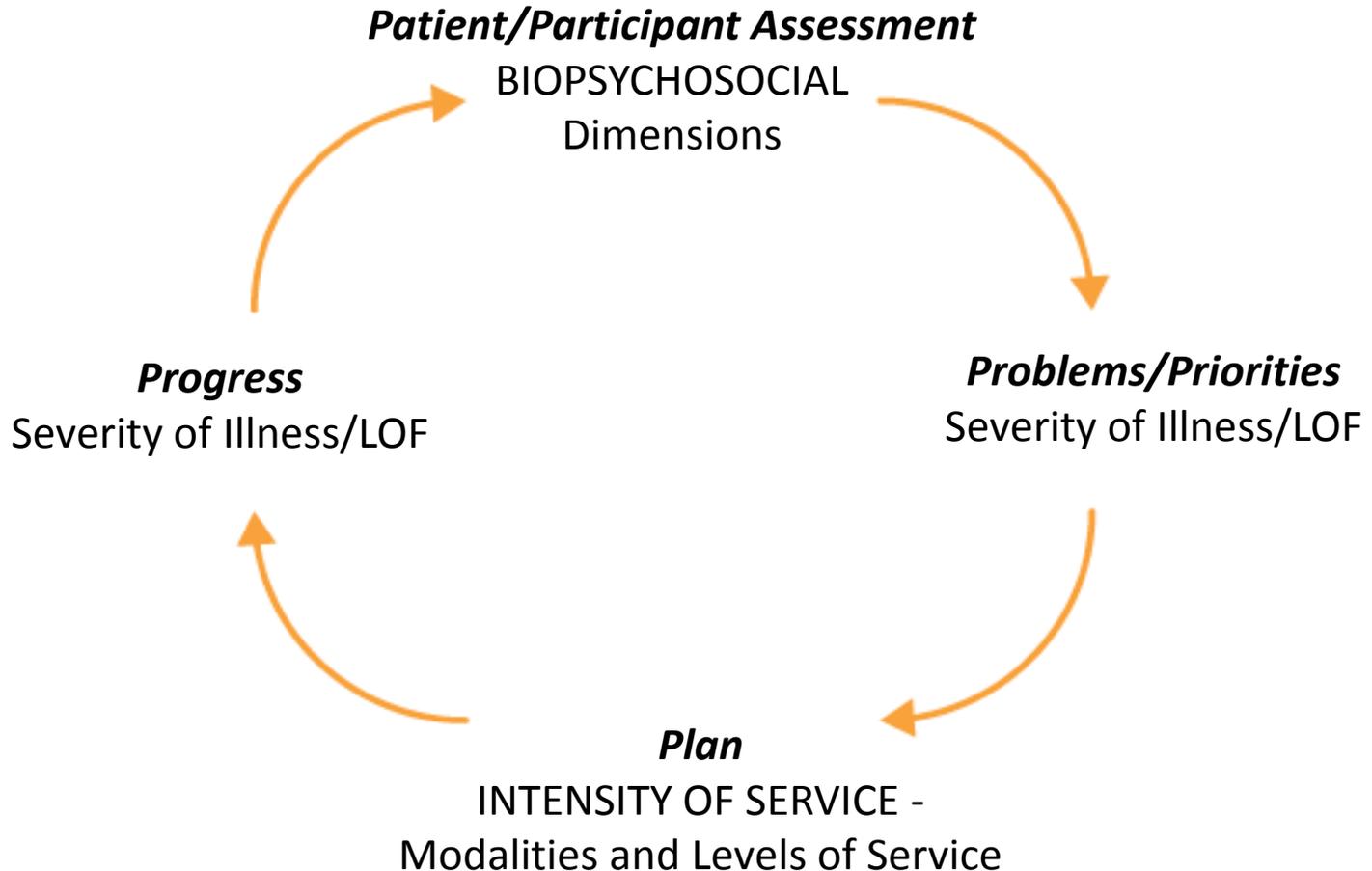
**CD Residential Clients by Number of Days in Placement
April 2010 - September 2010**





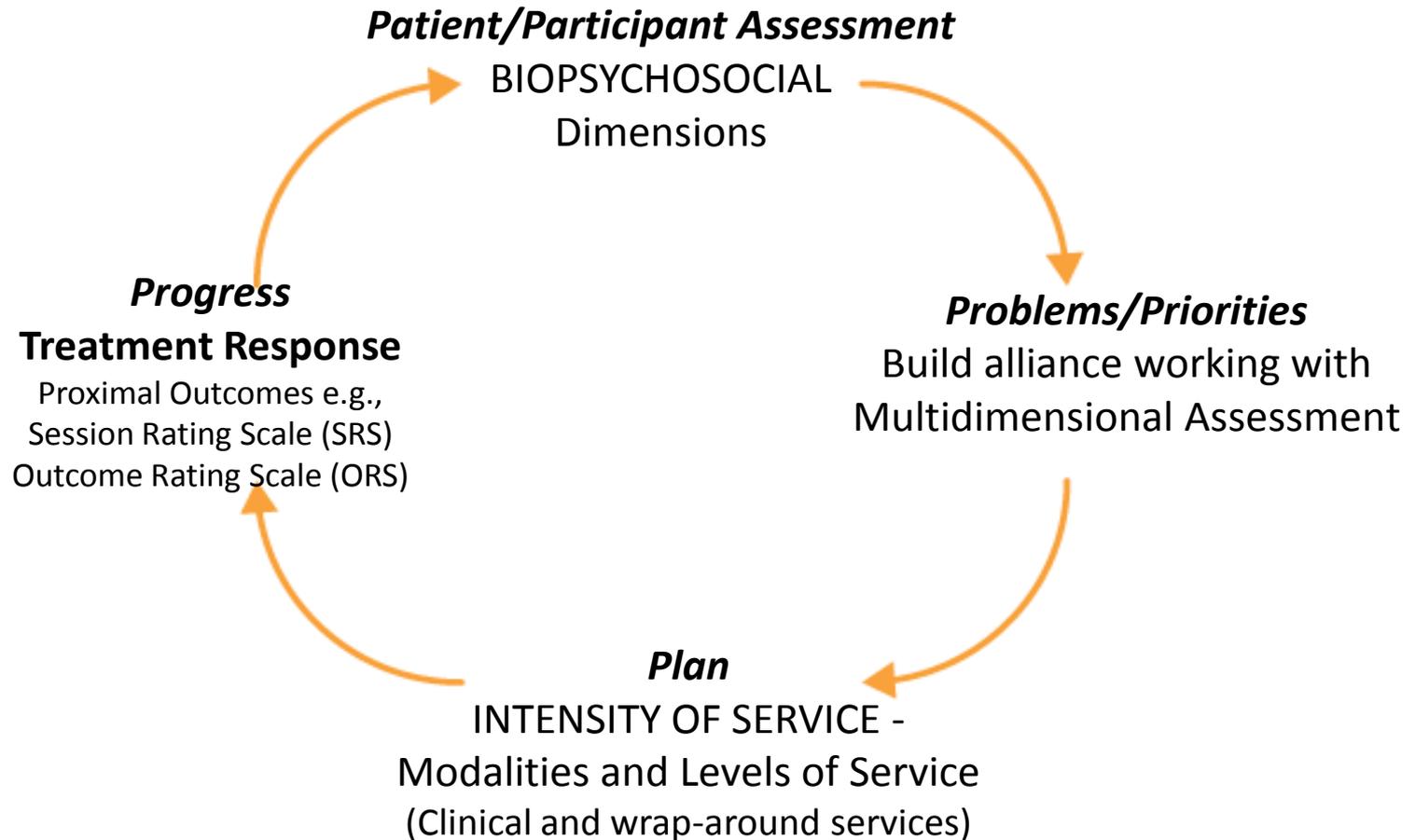


3. Individualized, Clinically-driven Treatment





4. Client-directed, Outcome-informed



The ASAM Criteria Multidimensional Assessment

1. Acute Intoxication and/or Withdrawal Potential
2. Biomedical conditions and complications
3. Emotional/Behavioral/Cognitive conditions and complications
4. Readiness to Change
5. Relapse/Continued Use/Continued Problem potential
6. Recovery Environment

Individualized Service Plan

- **Motivate** - Dimension 4
- **Manage** – All Six Dimensions
- **Medication** – Dimensions 1, 2, 3, 5
- **Meetings** – Dimensions 2, 3, 4, 5, 6
- **Monitor**- All Six Dimensions

Level of Care Continuum

0.5 Early Intervention - SBIRT

I → 1 Outpatient Treatment

II → 2 Intensive Outpatient and Partial Hospitalization

III → 3 Residential/Inpatient Treatment

IV → 4 Medically-Managed Intensive Inpatient Treatment

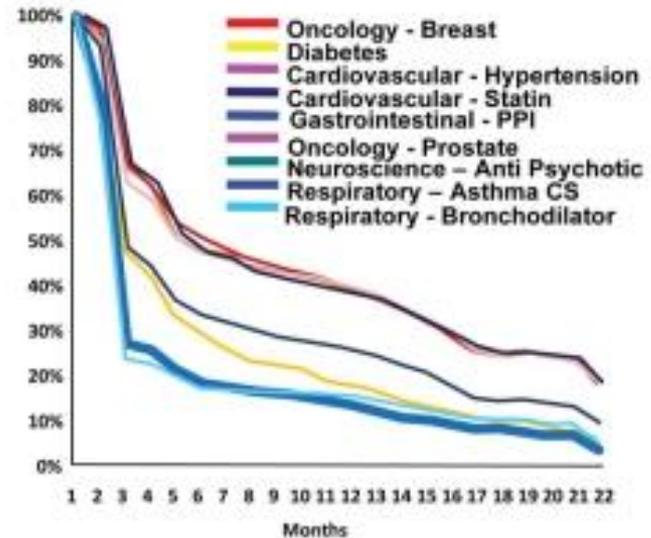
Current State of Health

- **Chronic** disease Tx = **>75%** of national health \$\$
- **> 1/2 adults** do not receive recommended **preventive care** and **screening** tests (guidelines for age and sex)
- On average, **50%** of people with chronic diseases do **not comply** with their treatment plan
- **Productivity losses** (personal & family health problems) cost U.S. employers, on average, **\$225.8 billion/yr.**

Current State of Health



Compliance



Cross Industry Data MDC Health

Current State of Wellness

- **Aging** workforce with multiple **chronic conditions** → higher healthcare **utilization**
- **Individual lifestyle** determines **50%** of health status and **60-75%** of health costs
- **Employees'** physical health shows **downward trends**
- **Sleep problems** are pervasive
- **Stress** levels are rising

Current State of Wellness



How to Get There From Here - ABC

- **Attitude**
- **Behavior Change**
- **Change Cultural Norms**

Resources

- www.changecompanies.net
- www.ASAMcriteria.org
- www.instituteforwellness.com
- davidmeelee@gmail.com