



health net™

News Now

June, 2024

TALKING TREND

Substance Misuse in Youth

In 2022, about 1 in 3 high school seniors, 1 in 5 sophomores, and 1 in 10 eighth graders reported using an illicit substance in the past year, according to the National Institute on Drug Abuse's (NIDA) annual survey ([Monitoring the Future: National Survey Results on Drug Use, 1975–2022: Secondary School Students, NIDA, 2023 \[PDF, 7.78MB\]](#)). Those numbers were down significantly from pre-pandemic levels and essentially at their [lowest point in decades](#).



While adolescent use of illicit substances has dropped substantially over the past few decades, more teens are overdosing than ever—largely because of contamination of the drug supply with fentanyl, as well as the availability of stronger substances ([Most reported substance use among adolescents held steady in 2022, National Institute on Drug Abuse](#)).

The drugs young people are using—and the way they're using them—have also changed, and psychologists say this needs to inform educational efforts around substance use. Use of cannabis and hallucinogens, which are now more salient and easier to obtain, were higher than ever among young adults in 2021 ([Marijuana and hallucinogen use among young adults reached all-time high in 2021, NIDA](#)).

In an interview with The American Psychological Association, ([APS](#)) [Monitor](#), Aaron Weiner, PhD, ABPP, a licensed clinical psychologist based in Lake Forest, Illinois, and immediate past-president of APA's Division 50 (Society of Addiction Psychology) stated, "The longer we can get kids to go without using substances regularly, the better their chances of having an optimal life trajectory. If that's the case, we want to help them avoid the worst consequences."

Last month, Health Net held a series of 3 webinars addressing this issue and you can access them below.

1. [Responding to an Opioid Overdose with Naloxone](#)
2. [Talking with Your Child About Substance Use](#)
3. [Impact of Cannabis\(marijuana\)/Vaping and Youths' Developing Brain](#)

INDUSTRY NEWS



Health Care Affordability Board Approves Statewide Health Care Spending Target for 2025-2029

On April 24, the Office of Health Care Affordability (OHCA) Board voted to approve a statewide health care spending target of 3.0 percent, which will be phased in over time, initially starting at 3.5 percent for 2025-2026, then lowered to 3.2 percent for 2027 and 2028 before reaching 3.0 percent for 2029 and beyond. The spending target will apply to health care entities, including health plans, provider organizations (with at least 25 physicians) and hospitals. Additional information is available in the HCAI [press release](#). The OHCA Board is a decision-making body charged with setting statewide and sector-specific spending targets, appointing a Health Care Affordability Advisory Committee, and approving key benchmarks, such as for alternative payment model adoption and the share of spending dedicated to primary care and behavioral health, among other responsibilities. More information on OHCA is available [here](#). Last week's meeting materials are also available on the OHCA [webpage](#). The next OHCA board meeting will be held on May 22, 2024.

HEALTH NET NEWS

Health Net Continues its Offering as Part of the CalPERS Plans in 2024 and Beyond



Health Net has been a covered carrier as part of the CalPERS offering since 2014. The CalPERS pension fund serves more than 2 million members in the CalPERS retirement system and administers benefits for more than 1.5 million members and their families.

Health Net offers Salud HMO y Más in Southern California as one of the affordable plans for CalPERS. Salud HMO y Más gives members access to a quality group of doctors and hospitals near where they live or work. One more great reason to choose Health Net – Scripps Health in San Diego is one of the current group of providers, and members have flexible cross border access to SIMNSA's network providers in northern Mexico.



“MAI TAI” INTEREST YOU IN SECURING A SPOT?

As one of our top performing Brokers, you can earn an exclusive stay in a tropical island paradise.

Meet with Health Net Senior leadership, discuss trends and learn new ways to create more business, all while mixing in some Mai Tais and soaking in some sun.

[More Details on How to Win Are Coming Soon.](#)

IN THE COMMUNITY

Collaboration to Support Maternity Health Equity

In May, [Mahmee](#), a maternal healthcare company, & Health Net announced our collaboration to provide additional doula and wraparound maternity support for Medi-Cal eligible Californians.



As our [Chief Health Equity Officer Dr. Pooja Mittal](#) explains, "The program ensures that new and expecting parents receive the care and support they need throughout the maternity journey. It also addresses health disparities that persist in maternal care, with Black mothers experiencing mortality rates [three times higher than white women](#)."

We're excited to expand our existing doula services to include Mahmee ... and our commitment to improving birth equity." Learn more about this collaboration in the [news release](#).

Health Net offers our members [Start Smart for Your Baby®](#), a program for pregnant members and new parents. It is designed to help members get the customized care they need for a healthy pregnancy and baby. This benefit is included in most Health Net Plans.

Start Smart for Your Baby® offers Health Net members:

- Information about pregnancy, newborn, and postpartum care.
- Resources to help get the things they need during pregnancy and after the baby is born including:
 - food
 - cribs
 - housing, and
 - clothing
- Breastfeeding support and resources.
- Staff that works with the member and their doctor through a more difficult pregnancy.
- Resources if the member is feeling down or anxious during or after pregnancy.
- Methods to help reduce or quit smoking, drinking alcohol, or taking other substances.

Members can learn more about the program and get started on our [Start Smart for Your Baby®](#) webpage, or by calling their health plan at the number listed on their ID card.

WELLNESS

Celebrating Pride Month Health Net Focuses on LGBTQ+ Health Care



Our vendors have added more resources to help meet the needs of our LGBTQ+ members.

[myStrength by Teladoc](#) Health has a large selection of topics for LGBTQ+ individuals:

- LGBTQ+ Health Quiz
- Mental Health in LGBTQ+ Communities
- Substance Use in LGBTQ+ Communities
- The Path to Allyship

[Sharecare](#) also has some resources for LGBTQ+ members, including:

- 5 Tips for Finding Affirming Mental Health Care as a Transgender Person
- Why is the Care of the LGBTQ+ Population an Issue?
- Are There Higher Instances of Mental Health Issues Among Older LGBTQ People?

Health Net strives to design health plans that include coverage for benefits and services that are important to members of the LGBTQ+ community.

For more information, you can view the English LGBTQ+ flyer on the [Large and Small Group Broker Forms & Brochures](#) > Support Tools.

Members can find our Community Resource page by going to the HN public website in the Health and Wellness section or by accessing the link: [LGBTQ+ Community Resource page](#).

All benefits must be deemed medically necessary. Members should refer to their EOC to determine if any of these benefits require prior authorization.

JUST FOR FUN

It's Here! June 20 is the First Day of Summer!

Wondering what to do to celebrate?

Here are 5 unique first day of summer activities to help you kick off the season.

1. Throw a "First Day of Summer" Water Party

Make the backyard into a water park by turning a plastic tarp into a giant slip n' slide, hanging a cluster of water balloons from the ceiling like a piñata and giving everyone water-squirting toys for a splashing good time.

2. Make a "Welcome to Summer" Fun Box

Create a kit that will help make this summer one to remember. Give kids a box filled with some of their favorite activities, like sand toys, art supplies, games and books. It will provide inspiration for fun things to do and will help keep them occupied during the warm weather months.

3. Make a Summertime Activity Jar

Have kids write summertime activities they would like to do on index cards. Then store them in a jar and draw one each day or every time they need things to do or say "I'm bored!"

4. Have a Picnic

Celebrate the first night of summer with a dinnertime picnic in an unusual place, like on top of your building's parking garage for city dwellers, or in a spot along a scenic country road. Play games or perhaps it's time to dust off your bikes and ride until hunger — or an inspirational patch of grass — strikes. Revel in the relaxation and watch the stars come out as you polish off dessert.

5. Camp out

Kick off summer with a night under the stars. Go camping in a state park or even your backyard. Do traditional fun camping things like grilling hot dogs and telling ghost stories.

