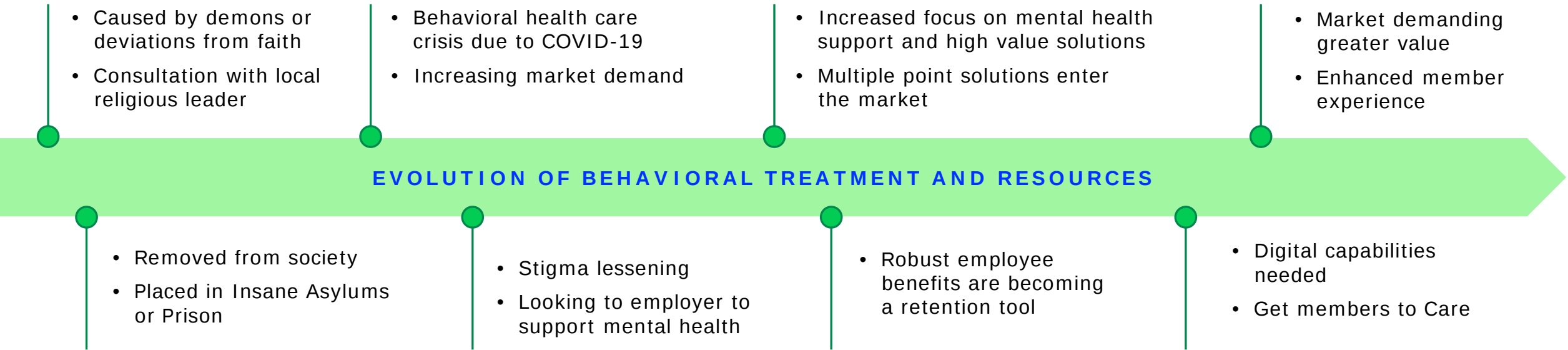


2024 State of Mental Health

W. Clayton Davis, MA, MBA, LPC
Behavioral Clinical Account Manager



Mental Health over Time



What's Next?

Clinical waves of impact from COVID-19



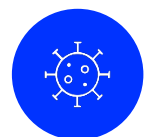
1ST WAVE
COVID-19 immediate
mortality/morbidity



2ND WAVE
Depression, PTSD,
provider burnout,
economic injury



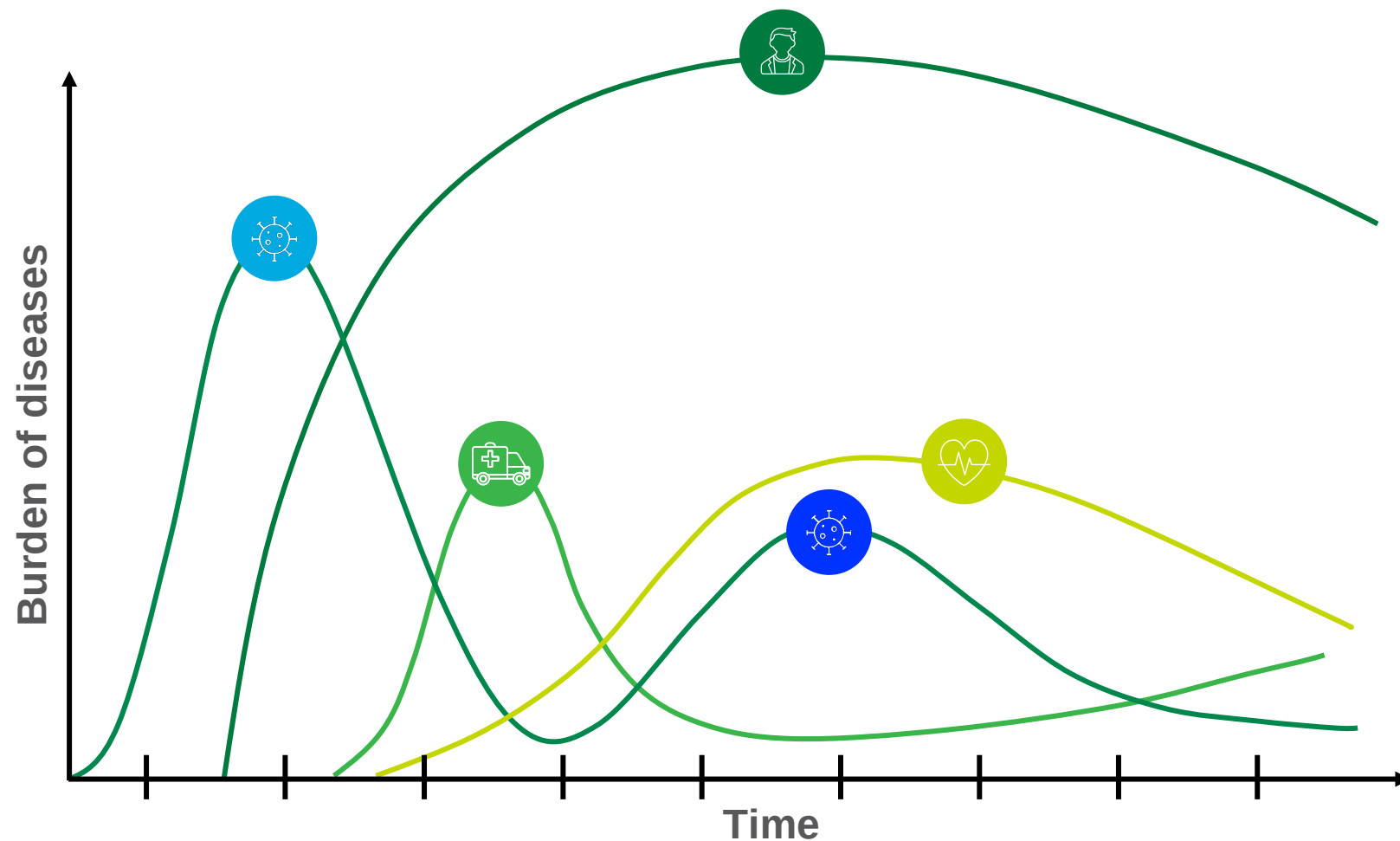
3RD WAVE
Influx of urgent
non-COVID conditions



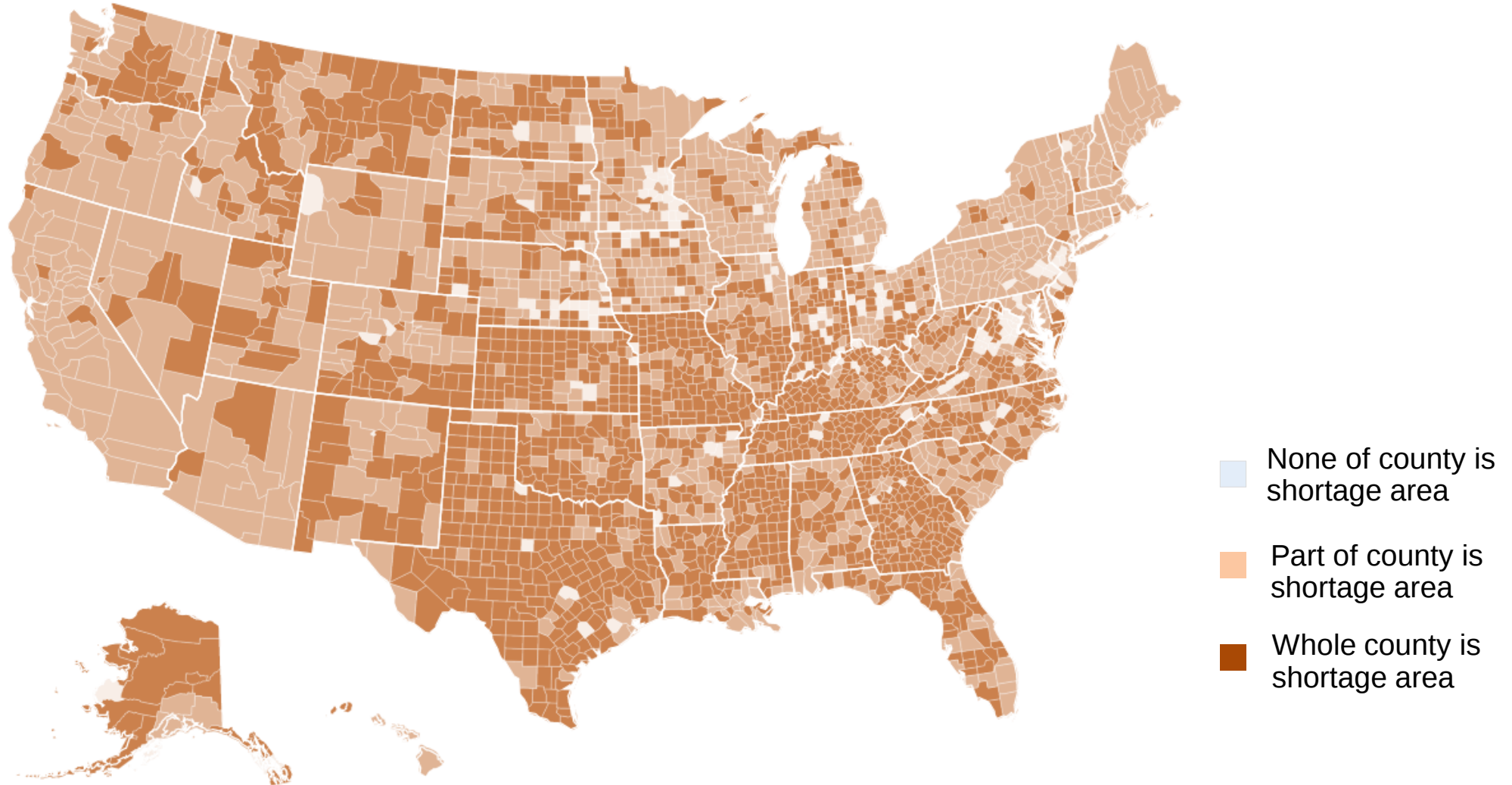
1ST WAVE PT. 2
COVID-19 resurgence
when restrictions lifted



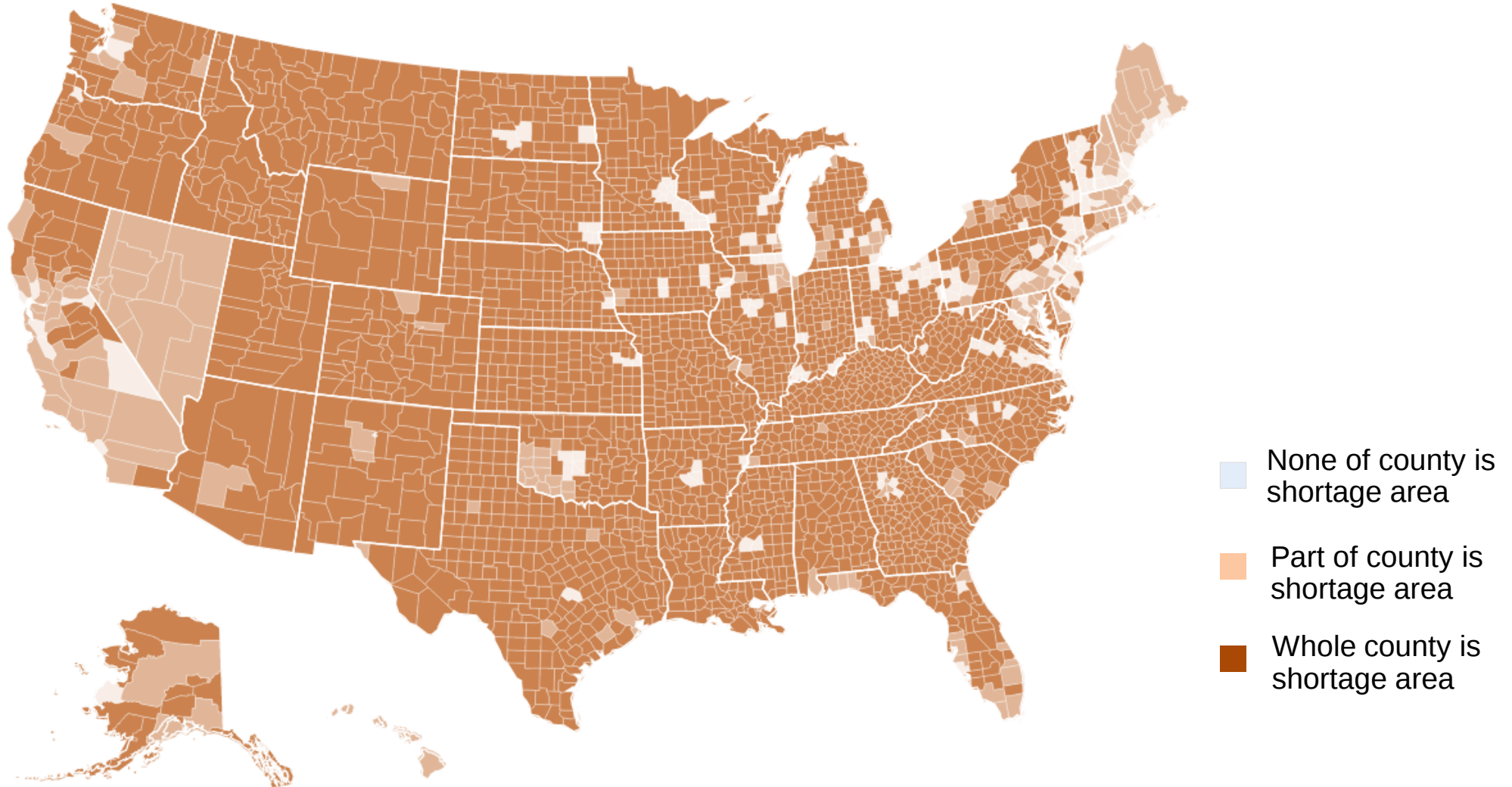
4TH WAVE
Chronic disease
exacerbation



Primary care physician shortage¹



Mental health professional shortage



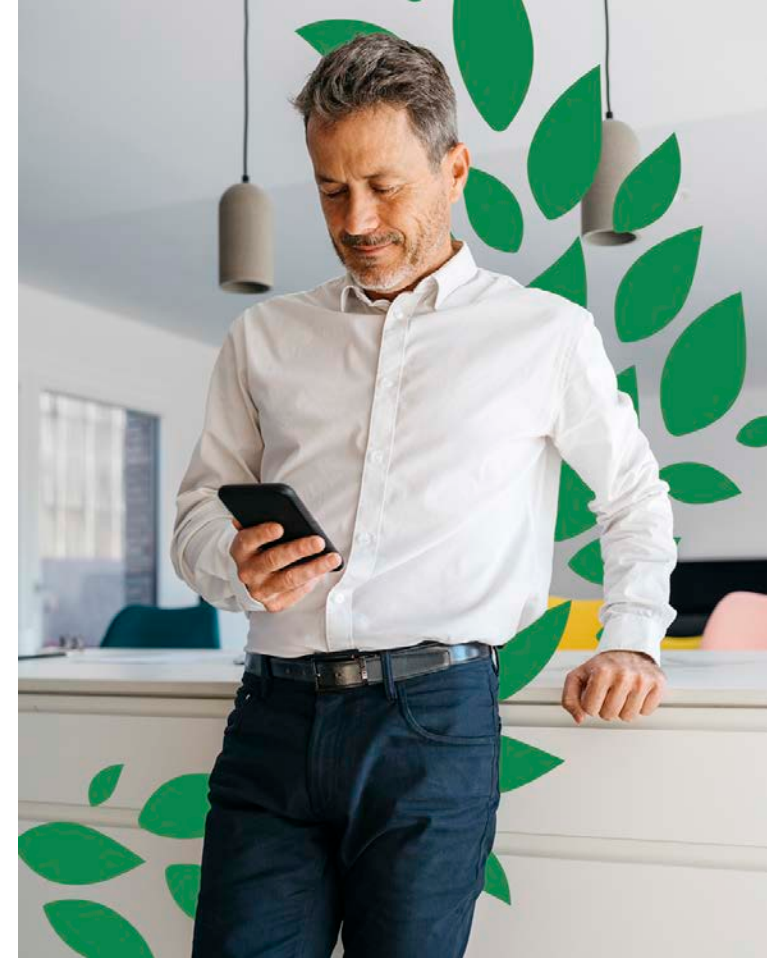
Technology and Mental Health

Advantages

- Expands Access and Availability.
- Higher Level of Comfort for Some Individuals.
- Wellness Options.
- Drives Innovation.

Concerns

- Limited Research.
- Developing Resource.
- Privacy.
- Overselling and Misinformation.



Mental Health Coaching



What is it?

- Education and Support for Mental Health Challenges.
- Can be provided by non-licensed paraprofessionals.
- Helps with identifying dysfunctional thought patterns and coping skills.
- Can assist with issues that may not require counseling or medications

Strengths

- Simple to learn coping skills for Stress, Depression, and so on.
- Behavioral “Personal Trainer” for personal guidance.
- Lower cost to access.
- Relieves some utilization from a taxed mental health network.

Limitations

- Not a replacement for counseling or medication management if needed.
- Coaches may not have a standardized license or certification.



Current state: Individuals face a long, chaotic journey to find help



1. Self-managing

Self-management of symptoms to relieve discomfort

2a. Seeking perspective / support

Looking for perspective, support or validation

2b. Getting information

Seeking answers to questions to understand condition and symptoms

I can't do this alone

3. Transitioning

4. Getting help

- Provider isn't like me
- Provider can't/won't treat me
- Behavioral ignored in routine visits
- Lack of medication guidance and adherence

Behavioral health treated two ways:
Medication & therapy

5. Return to cycle

A negative or ineffective experience with a provider can cause the patient to fall back into the cycle of self-management

Pre-system Engagement

Engaged with system



Therapist Matching

Found within many provider tools.

Asks questions you may not think of.

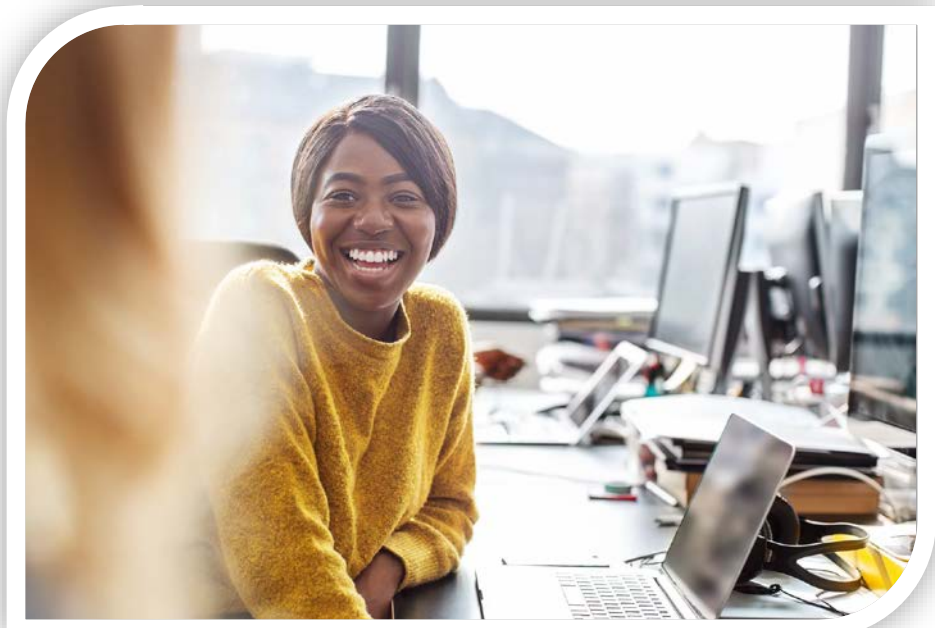
Improves Clinical Results.

Improves emotional comfort in session



Actions

- ❑ Utilize mental health resources through your insurance providers. These have been vetted by licensed clinical professionals.
- ❑ Educate yourself on the latest behavioral tools, such as the virtual mental health options
- ❑ Be curious. There are many resources that are no cost to explore to learn more about behavioral health, such www.Cigna.com.
- ❑ Never too early to explore healthy mental health resources with family.





Thank You For Your Interest