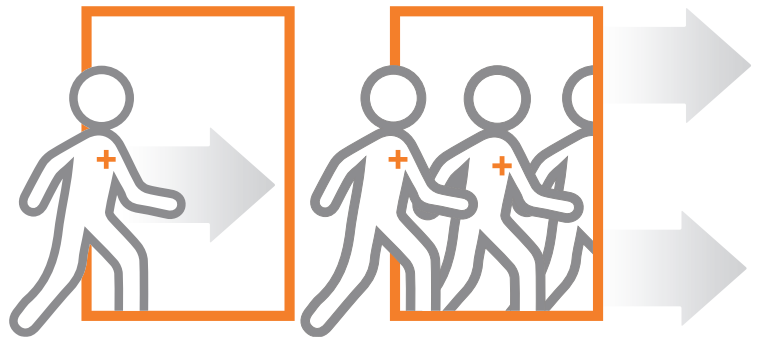


Behavioral care is different

Are you ready to build your own solution?

Provider network

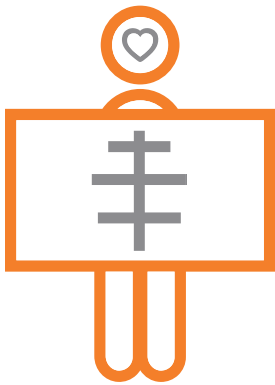
Provider shortages make it challenging to ensure access to services. Some **60% of practicing psychiatrists are 55 or older**. In the near future, **more psychiatrists will be leaving the profession than entering it.***



Universal treatment standards

Wide variations in patient outcomes can occur in behavioral health due to a lack of treatment standards for common, often complex, conditions. Expertise is required to identify and drive evidence-based care practices to **consistently improve outcomes and help reduce the total cost of care.**

Treatment plans



Care plans vary depending on an individual's unique combination of needs, especially when **both physical and behavioral comorbidities are present.**

Utilization management



Care planning must consider which previous interventions were or were not effective. Certain conditions, such as substance use disorder, are nuanced. They require clinical expertise to **identify nontraditional resources and interventions to drive engagement, remove barriers and assure ongoing treatment involvement.**

Case Management

Staff ratios are higher and demand specific skills in areas like motivational interviewing, addressing social determinants of health and **connecting with nontraditional care team members, such as peer support specialists.**



Additional barriers



Although it is difficult to quantify, **it is a widely held belief that stigma often prevents those with behavioral health symptoms from pursuing treatment.** Employers need resources to address stigma within their own populations.

And **PCPs need expert partner input** to assess and treat mental health and substance use disorder needs in their patients, **as well as in making the necessary referrals to specialized behavioral health treatment.**



*Substance Abuse and Mental Health Services Administration. Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health, 2016. addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf.

For more information, visit optum.com/behavioralhealth or contact your Optum representative.