

2024 State of Mental Health

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Mental Health over Time

EVOLUTION OF BEHAVIORAL TREATMENT AND RESOURCES

- Caused by demons or deviations from faith
- Consultation with local religious leader

- Behavioral health care crisis due to COVID-19
- Increasing market demand

- Increased focus on mental health support and high value solutions
- Multiple point solutions enter the market

- Market demanding greater value
- Enhanced member experience

- Removed from society
- Placed in Insane Asylums or Prison

- Stigma lessening
- Looking to employer to support mental health

- Robust employee benefits are becoming a retention tool

- Digital capabilities needed
- Get members to Care

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



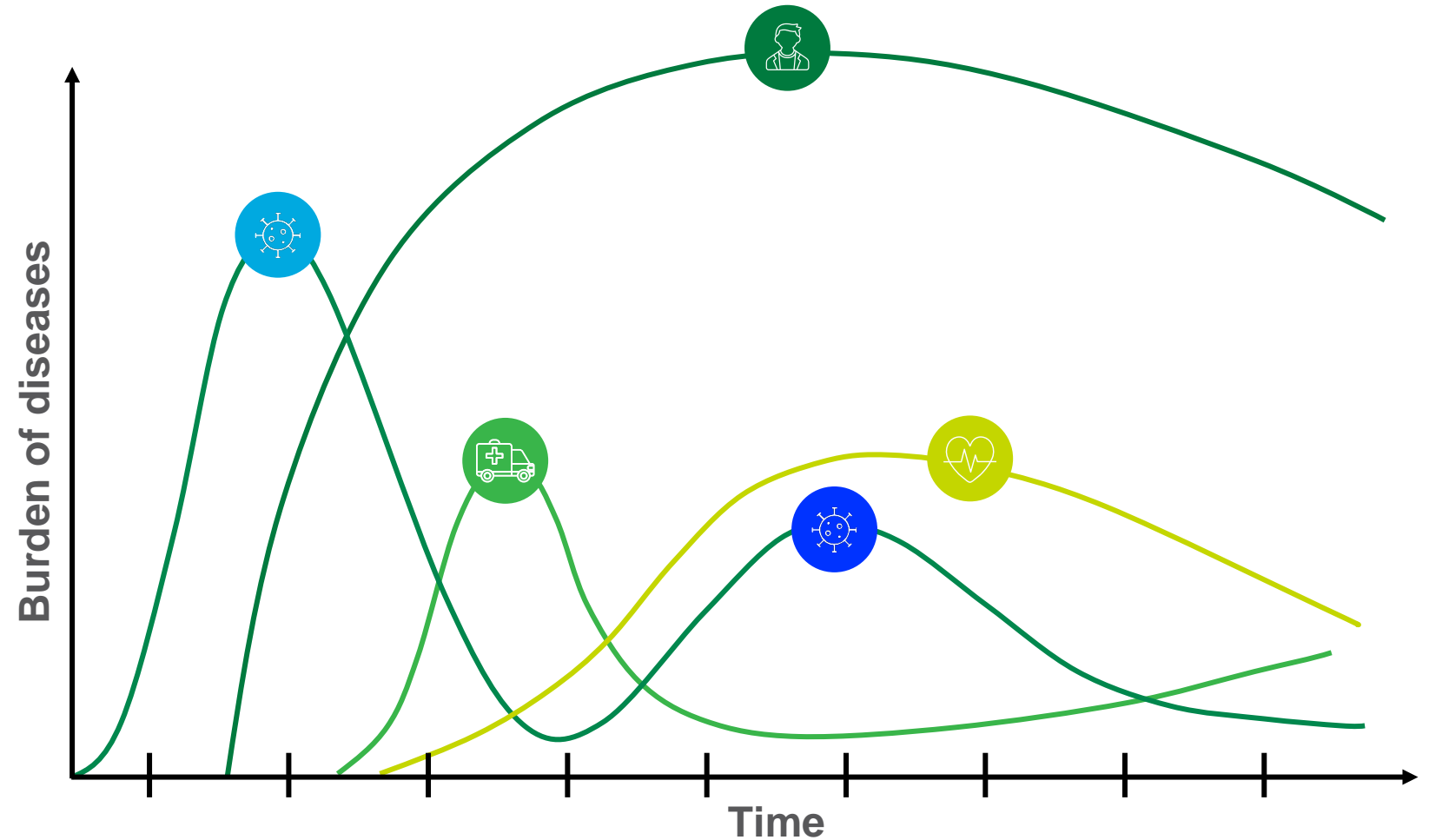
3RD WAVE
Influx of urgent non-COVID conditions



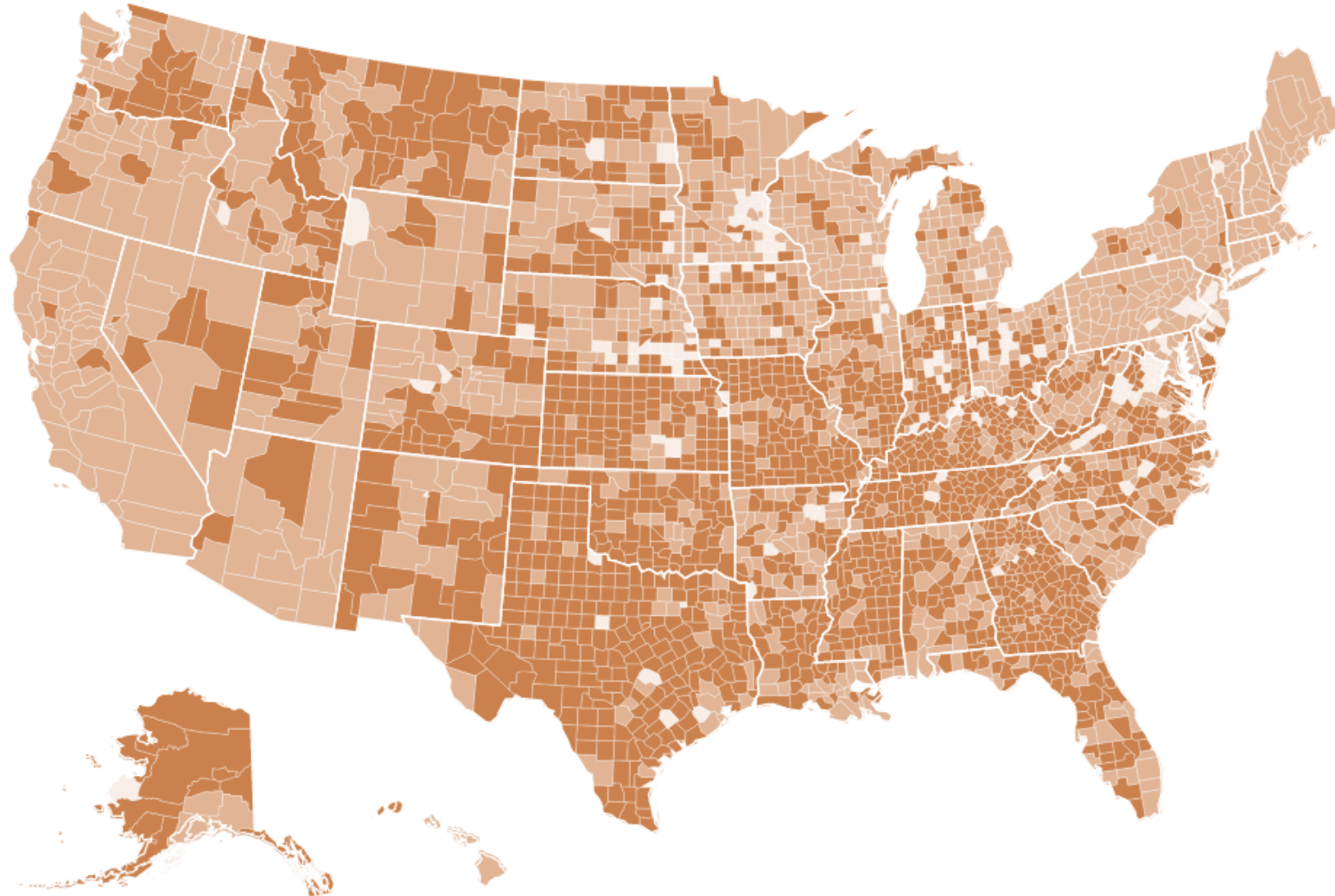
1ST WAVE PT. 2
COVID-19 resurgence when restrictions lifted



4TH WAVE
Chronic disease exacerbation



Primary care physician shortage¹



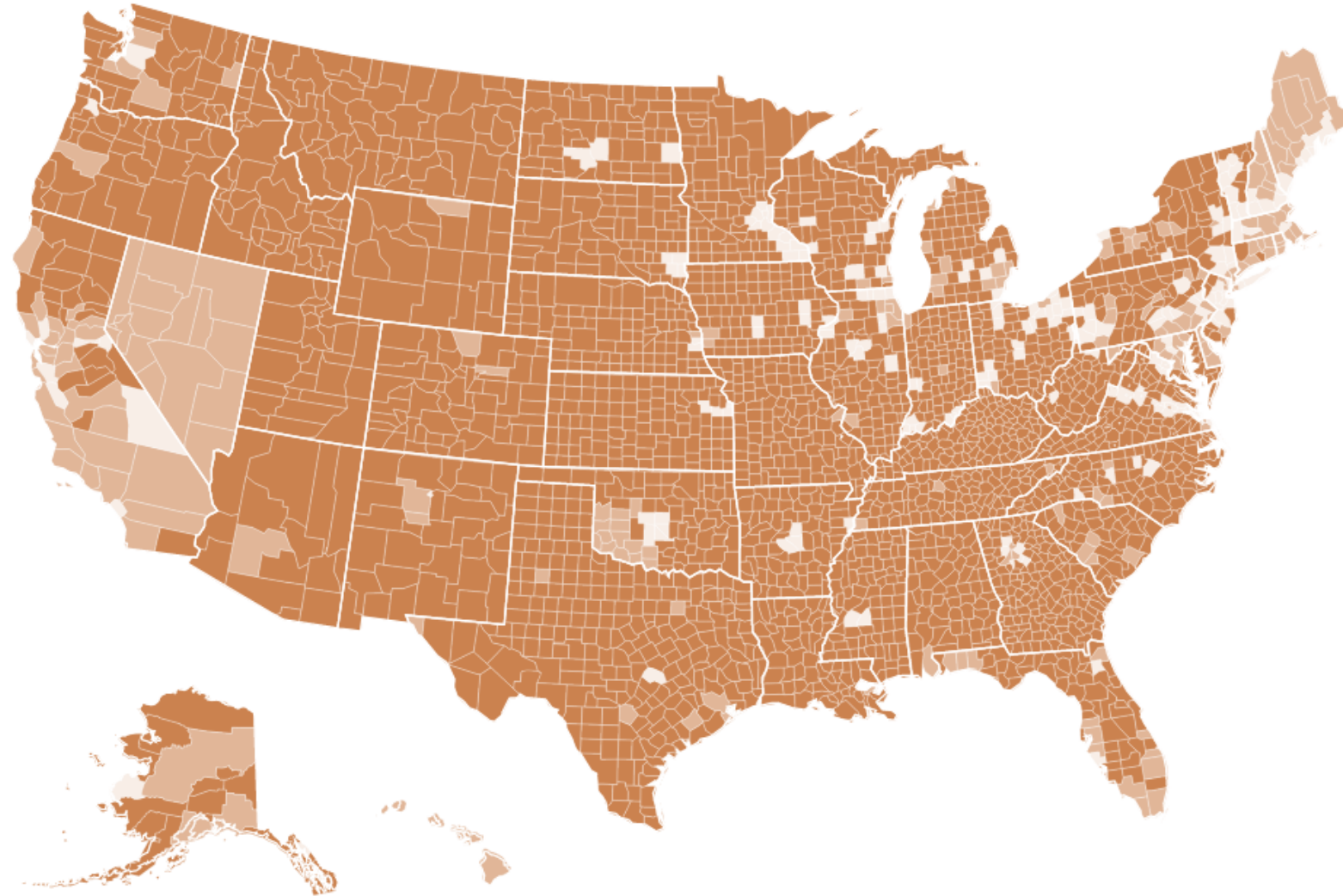
- None of county is shortage area
- Part of county is shortage area
- Whole county is shortage area



Map is for illustrative purposes only. 1. [Rural Health Information Hub 2022. ruralhealthinfo.org/data-explorer?id=210](https://ruralhealthinfo.org/data-explorer?id=210)

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Mental health professional shortage



- None of county is shortage area
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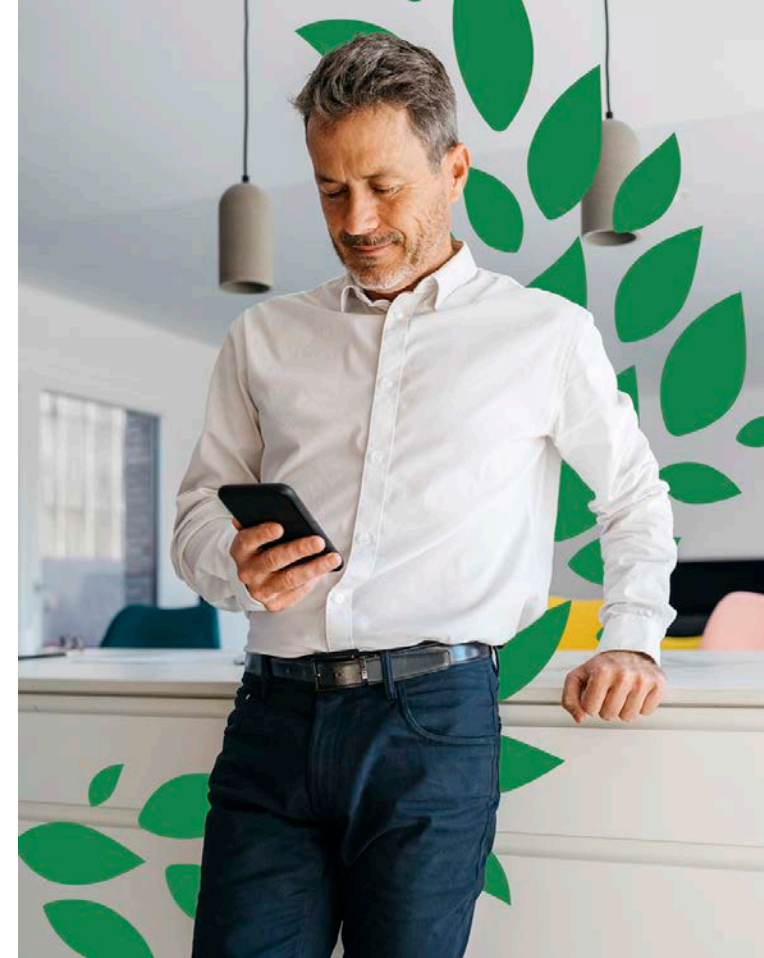
Technology and Mental Health

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

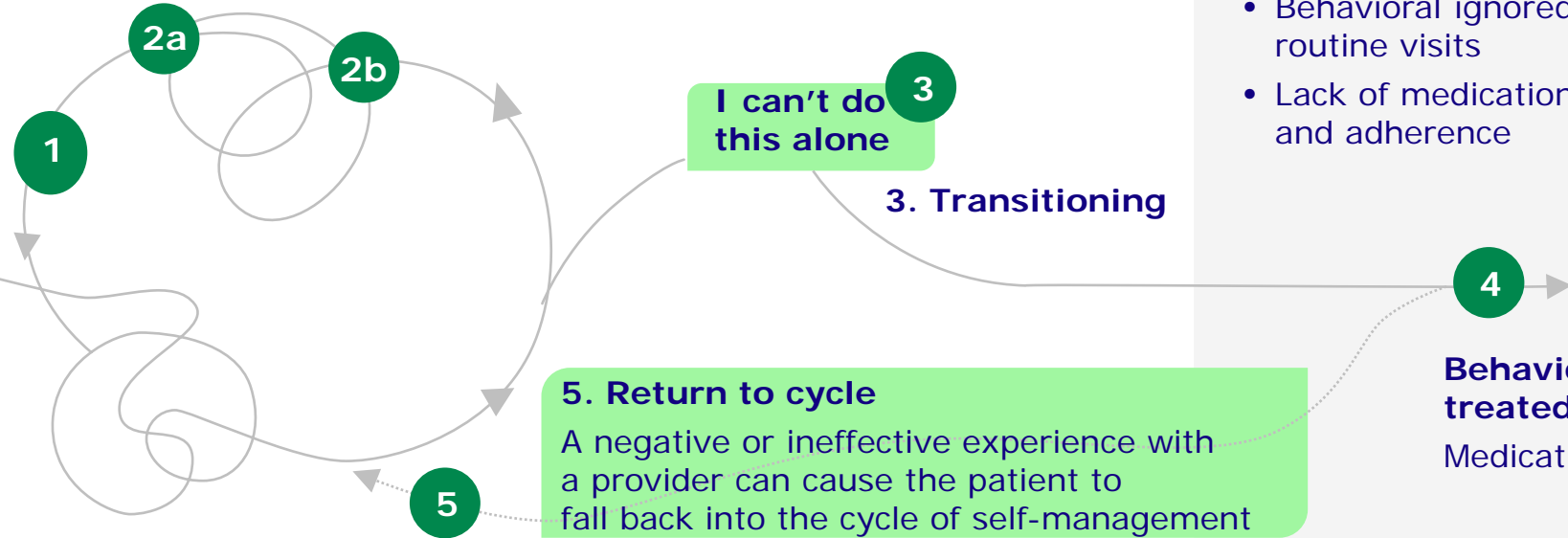
3. Transitioning

- 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

Something is not right



Pre-system Engagement

Engaged with system



Therapist Matching

Found within many provider tools.

Asks questions you may not think of.

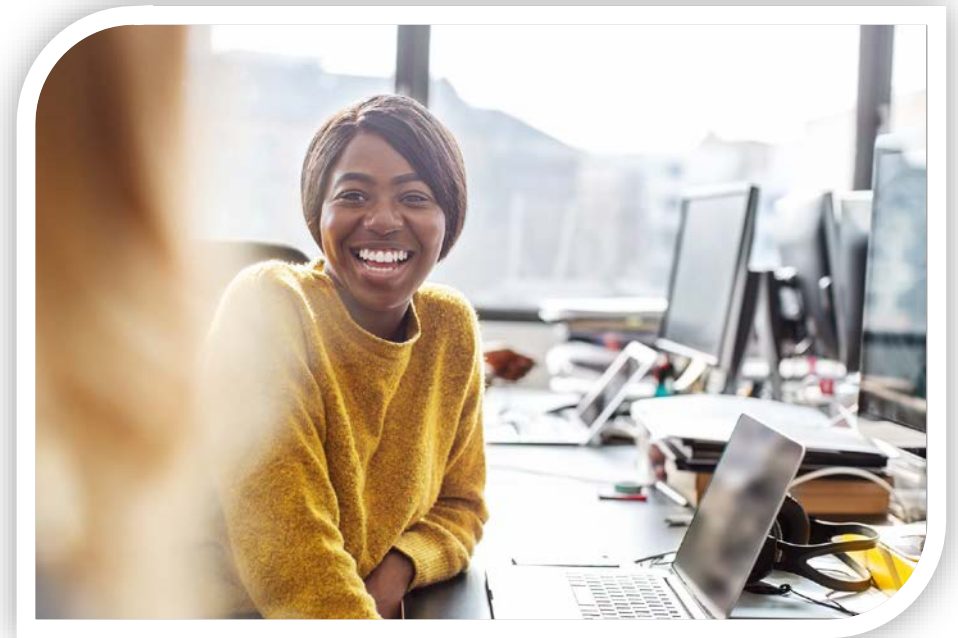
Improves Clinical Results.

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**