

# Who is Managing Your Patient's Behavioral Health?

## The State of Mental Health

Your patients are suffering. The global pandemic has pushed mental health to the forefront — four in 10 adults are experiencing at least one adverse mental or behavioral health symptom.<sup>1</sup> Rates of treatment for depression are already low and treatment is often inadequate.<sup>2</sup> Less than half of patients suffering from the most severe forms of depression receive any type of intervention or care.<sup>3</sup> For your patients to thrive, the system must change.

## Primary Care is the Solution

Primary care is the de facto mental health system. From years of speaking with both patients and providers, we know that people are more comfortable receiving behavioral health services in the primary care setting.<sup>4</sup> This setting is also well equipped for catching adverse symptoms. Providers like you are at the frontline of combatting mental illness. While patients come to you for physical ailments, their behavioral conditions also need attention. Doctors, physician assistants, and nurse practitioners are key to behavioral health services. These facts sparked behavioral health integration in primary care.

## Behavioral Health Integration

Patients are best served when primary care and behavioral health work together. Psychiatric Collaborative Care Management (CoCM) is designed to help primary care providers attend to their patients' behavioral health needs. Clinically validated and patient-focused, this model significantly improves outcomes for depression and anxiety — while lowering total healthcare costs by up to 10%.<sup>5</sup> A mutually beneficial opportunity for both providers and patients, integration serves a dual purpose in the modern primary care system, providing an economically viable and sustainable solution.

## Our Unique Approach: Upfront, Onsite, and Ongoing

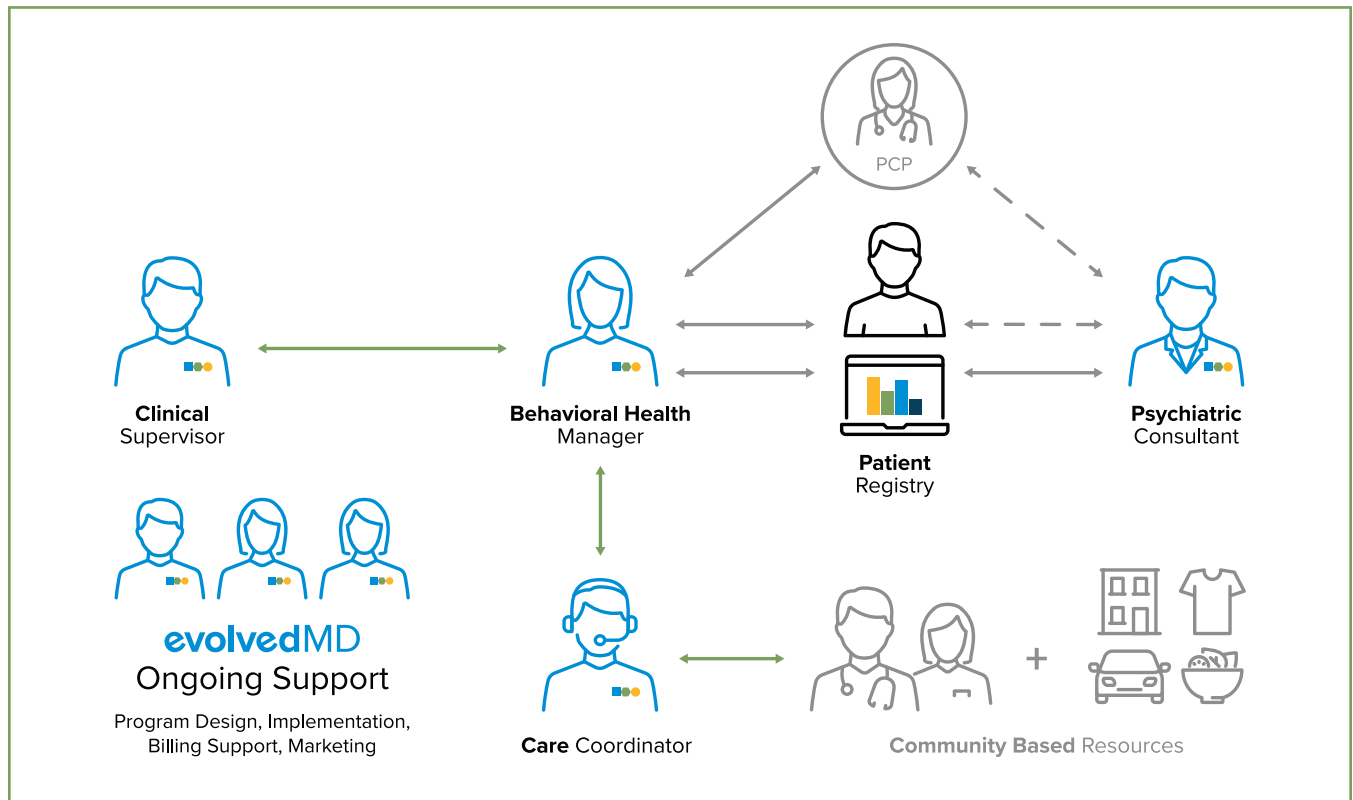
At evolvedMD, we are leading the integration of behavioral health services in modern primary care. How? **We use a uniquely upfront, innovative, and ongoing approach that places our behavioral health specialists on site and in person at each of the practices we serve.** As one of America's largest and most seasoned companies dedicated to integration, we fully embed behavioral health specialists into a collaborative team. evolvedMD is committed to meeting patients where they are most comfortable: whether that is in person and on site or virtual. We offer early, comprehensive, and dedicated care to help patients achieve the best possible behavioral health outcomes.

### References

1. Czeisler, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic – United States, June 24-30, 2020. Morbidity and Mortality Weekly Report. CDC. 2020 Aug 14;69(32):1049-1057.
2. Pratt, L and Brody D. Depression in the U.S. Household Population, 2009-2012 No. 172. NCHS Data Brief. 2014 Dec;172:1-8.
3. Wittayanukorn, et al. Prevalence of Depressive Symptoms and Predictors of Treatment Among US Adults from 2005 to 2010. General Hospital Psychiatry. 2014 May-Jun;36(3):330-336.
4. American Medical Association – Behavioral Health Integration in Physician Practices.
5. Milliman Research Report. July 2008.

## Our Model in Action

We are a company dedicated to whole patient care. We are also committed to enhancing the traditional CoCM model — ensuring patients receive wraparound and seamless services. Your site becomes a comprehensive solution for the full spectrum of physical and behavioral health services when you partner with evolvedMD.



## Aligned and Validated

Industry leaders and some of the most respected names in healthcare are investing in behavioral health integration. evolvedMD's model aligns with RAND's mental health care transformation recommendations and delivers outcomes championed by providers and patients alike.

## Outcomes

Our model and delivery are fully aligned to hit the quadruple aim:

1. Improving provider wellbeing
2. Driving better clinical outcomes
3. Increasing patient satisfaction
4. Lowering the total cost of care

## Want to learn more?

You are experts at primary care, but who is managing your patients' behavioral health? If you want to learn more about an economically viable and better way to integrate behavioral health while driving better patient outcomes, then contact us at [evolvemd.com](http://evolvemd.com). evolvedMD is rapidly expanding across the U.S. and we are seeking innovative and modern practices to join us. Together, we can ensure that everyone has access to quality behavioral health services to promote whole patient care.