

# Behavioral Health Matters

NOW, MORE THAN EVER

## Magellan Healthcare returns to its behavioral health roots

One of the most important parts of our existence—whether human or an organization—is our roots. Over 50 years ago, Magellan Healthcare sowed the seeds for a managed behavioral health organization, branching into pharmacy and specialty benefits management as it grew.

At a time when social media, ongoing tragic events and unrest throughout the world are feeding the mental health crisis, Magellan has returned to its behavioral health roots—the place where its greatest strength lies.

Throughout the years, Magellan’s growth has been nurtured by organizations like yours. We have never forgotten this. That’s why we are committed to always being here to help enrich your behavioral health program, and most importantly, the lives of your members for years to come.



### BEHAVIORAL HEALTH RESOURCES

Magellan Healthcare is committed to increasing awareness of mental health issues. Our award-winning Behavioral Health Resources website offers free resources and expert advice to help our communities, clients, members and providers. Learn more and share with family friends and colleagues by visiting [MagellanHealthcare.com/BH-Resources](https://MagellanHealthcare.com/BH-Resources).

## Mental health, the most critical issue of our time









Despite the fact most Americans don’t agree on much these days, 90% do agree there is a mental health crisis in the United States. Many people are seeing family members, friends and neighbors struggling. In some cases, they are struggling as well.

<p><b>1 in 5</b> adults experience a mental illness each year  <b>54% are not receiving treatment</b></p>	<p><b>1 in 20</b> adults experience serious mental illness each year  <b>45% are not receiving treatment</b></p>	<p><b>1 in 6</b> youth aged 6–17 experience a mental health disorder each year  <b>49% are not receiving treatment</b></p>
<p><b>350</b> individuals for every <b>1 mental health provider</b></p>	<p><b>11 years</b>—Average delay between onset of mental illness symptoms and treatment</p>	<p><b>1</b> person dies by suicide every <b>11 minutes</b></p>

Sources: Mental Health By the Numbers | NAMI: National Alliance on Mental Illness; The State of Mental Health in America | Mental Health America ([mhanational.org](https://mhanational.org)); Facts About Suicide | Suicide | CDC; KFF/CNN Mental Health In America Survey

# Perk up your behavioral health program with Magellan Healthcare

Magellan’s multi-faceted approach to behavioral healthcare management combines our clinical excellence, innovative networking strategies and whole-person focus to produce results that make a difference.

 <p><b>9.6% IP 30-day readmissions</b></p>	 <p><b>24% reduction in members' PHQ-9 scores</b></p>	 <p><b>34% reduction in PEG scores</b></p>	 <p><b>42% improvement in member quality of life</b></p>
 <p><b>41% reduction in members' GAD-7 scores</b></p>	 <p><b>72% reduction in substance use</b></p>	 <p><b>80% experience less insomnia</b></p>	 <p><b>45% cost of care reduction using 5-star providers</b></p>



Learn how our programs reduce behavioral health events and symptoms while increasing quality of life. Scan the QR code or email us at [mhcinfo@magellanhealth.com](mailto:mhcinfo@magellanhealth.com).

Sources: Magellan internal data, January-September 2022; High-, moderate- and low-risk care management for large commercial health plan; Magellan internal data, 2022; Peer Support Program survey results, 2022; Kay-Lambkin, F. J., Baker, A. L., Lewin, T. J., & Carr, V. J. (2009). Computer-based psychological treatment for comorbid depression and problematic alcohol and/or cannabis use: a randomized controlled trial of clinical efficacy. *Addiction*, 104, 3, 378-88.; Vincent, N., & Lewycky, S. (2009). Logging on for better sleep: RCT of the effectiveness of online treatment for insomnia. *Sleep*, 32, 6, 807-15.; Magellan internal data, 2022, Large health plan with multiple lines of business

## Take care of your mental health

As a healthcare leader, you have a great deal of responsibility. There may be times when your obligations emotionally drain you. Understanding your emotions and what causes you to feel the way you do improves your self-awareness and makes it easier to cope with challenging situations.

### Four ways to identify and understand your emotions

**What are you feeling?**

Six basic emotions that are universal throughout human culture are: happiness, fear, anger, sadness, disgust and surprise. Practicing meditation can help you clear your mind and bring attention to specific emotions.

**Where do you feel it?**

When you have an emotion, do a body scan and think about how your body reacts. Ask yourself what this is telling you. Are you happy, sad or angry?

**Why am I feeling an emotion?**

You may be reacting to something in the present or a past experience. Or it might not be the emotion causing you to suffer, but your judgment of it.

**How can you get help to understand your feelings?**

Writing them out or having an open conversation with friends, loved ones or a mental health professional can help you to process your emotions by looking at them from different angles.



**Have a brewtiful day on us!**

Scan the QR code or send an email to [mhcinfo@magellanhealth.com](mailto:mhcinfo@magellanhealth.com). We'll send you a \$10 Starbucks gift card electronically if you mention this flyer.

