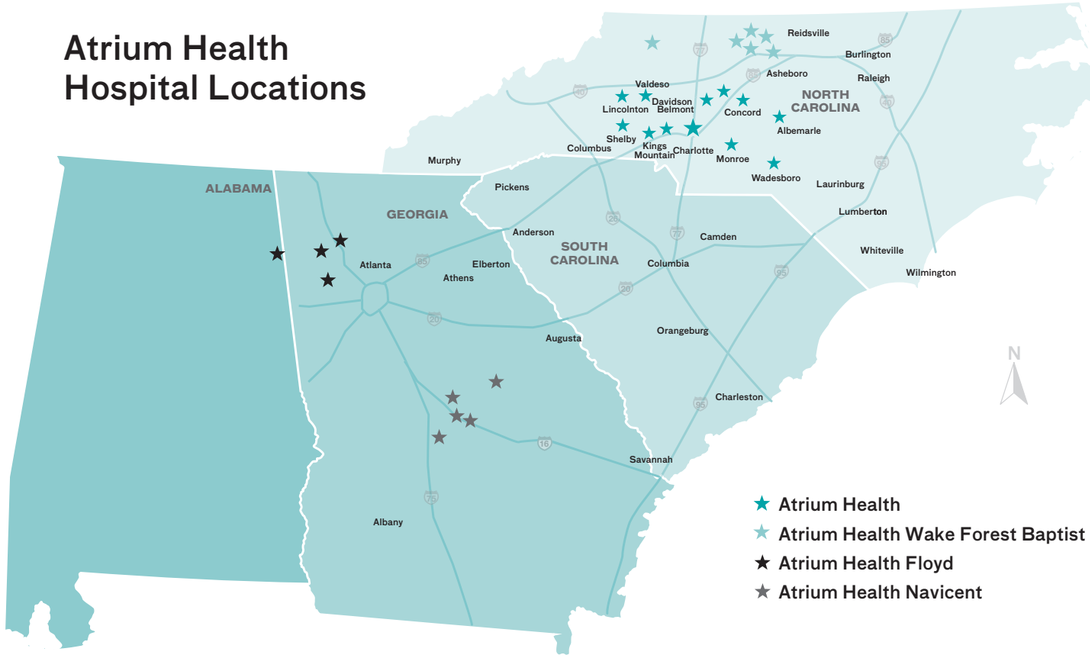
ADVOCATE HEALTH

SOLUTIONS for employers

Behavioral Health

Atrium Health Hospital Locations



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Ensuring access to *specialized care*

Mental illness and stress are common, costly factors that can negatively impact employee performance and overall health.

- Approximately one in five adults in the U.S. experience mental illness each year.[1]
- Employees with behavioral/mental health conditions spend 2-4x more money treating their chronic conditions than those without behavioral health conditions.[2]

Our services can help by putting specialized behavioral health care well within reach through ***on-site*** or ***near-site clinics*** and access to virtual care.

1 Any Mental Illness (AMI) Among Adults. (n.d.). Retrieved October 23, 2015

2 The Enterprise Impact of Behavioral Health, CastLight

BEHAVIORAL HEALTH CONSULTANTS

A licensed mental health professional serves as each organization's dedicated behavioral health resource. Our consultants work to understand your company culture, build relationships and be seen as a trusted resource. The goal is to prevent escalation of symptoms and teach resiliency and management skills. Benefits include:

- Customizable options for on-site, virtual or blended services
- Easily accessible options so employees can decide to meet with the counselor or managers can refer employees if they suspect a need
- Increased familiarity with existing company resources, so clinical team can refer employees to the most appropriate provider for additional care.

VIRTUAL SUPPORT SERVICES

Our virtual support services connect employees, as well as clinic providers and staff, to our team of experts within the behavioral health division at Atrium Health. Services are offered via a tiered program model and are designed to help:

- Improve early detection of symptoms
- Eliminate barriers and provide timely access care.
- Drive cost-effective and clinically effective treatment

EMPLOYEE ASSISTANCE PROGRAM (EAP)

With unlimited consultation and training for leaders, our Employee Assistance Program goes far beyond traditional EAPs by serving as an extension of a business HR department. We work closely with HR and other leaders to increase engagement, reduce absenteeism and help employees embrace changes in their work and home environments.

Rather than merely assess and refer employees immediately to other services, our team serves employees directly unless it is determined that long-term counseling is needed. Other services include:

- Unique HR and leadership assistance
- A designated account manager
- Crisis response services and training at no additional charge
- Individual leadership training and development assistance
- Assistance with planning of large-scale organizational change

TRAINING AND EDUCATION

Mental Health First Aid Training

Recommended for anyone who leads teams, this course teaches individuals how to properly identify and support those showing early or worsening signs of a mental health challenge, disorder or crisis, or substance use. The first aid techniques in this course are designed to be given until appropriate professional help is received or the crisis resolves.

Course Options:

- In-person 8-hour course
- Blended 2-hour self-paced work followed by a 6-hour in-person course
- Virtual 2-hour self-paced work followed by a 6-hour virtual course

Educational Seminars

Educational seminars are also available on a variety of health topics to help enhance employee health and well-being. Seminars are conducted by Atrium Health experts and can be customized for your organization. Examples of behavioral health seminars include:

- First Responders
- Stress management, resiliency and well being