

# 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



**1<sup>ST</sup> WAVE**  
COVID-19 immediate mortality/morbidity



**2<sup>ND</sup> WAVE**  
Depression, PTSD, provider burnout, economic injury



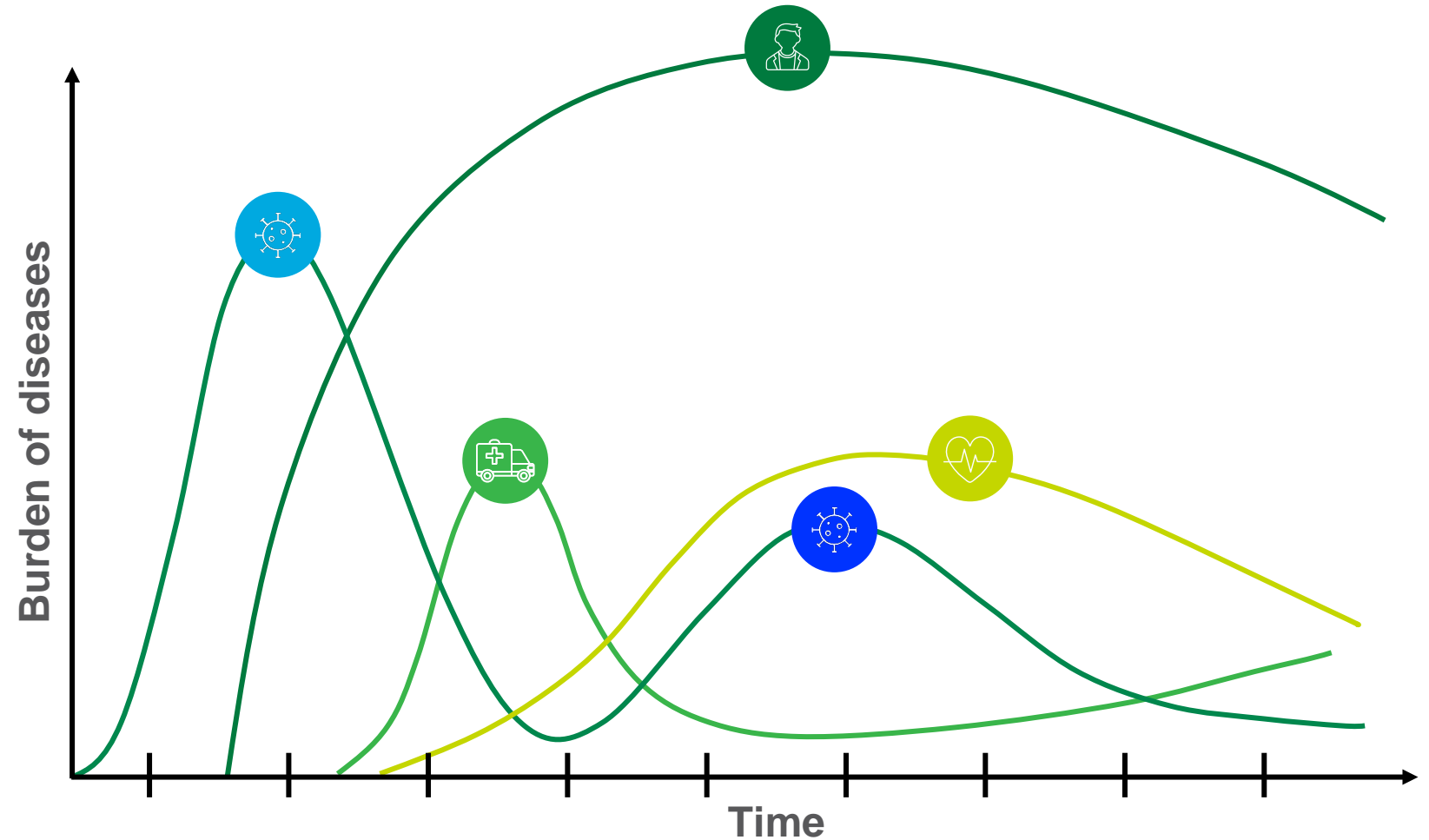
**3<sup>RD</sup> WAVE**  
Influx of urgent non-COVID conditions



**1<sup>ST</sup> WAVE PT. 2**  
COVID-19 resurgence when restrictions lifted



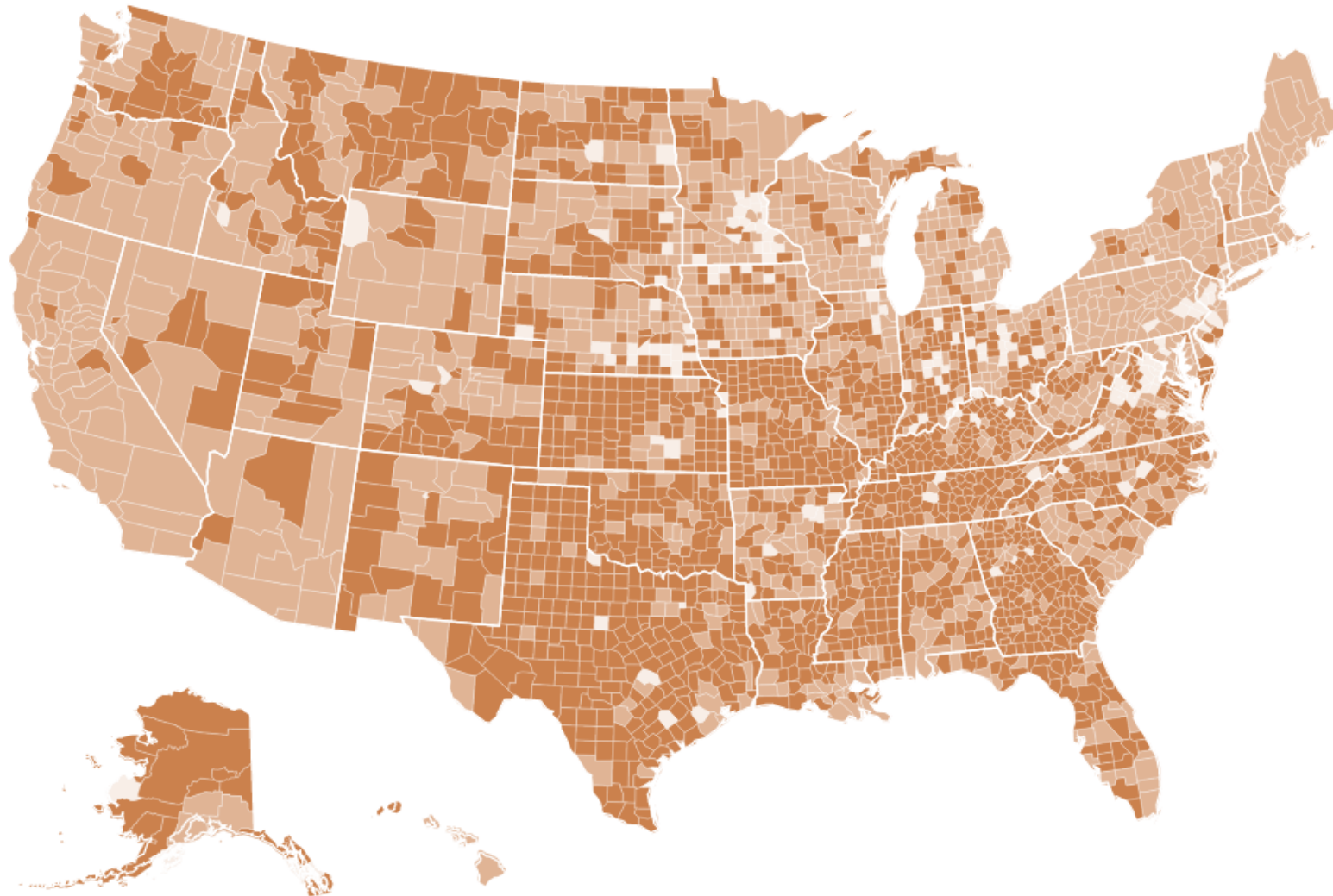
**4<sup>TH</sup> WAVE**  
Chronic disease exacerbation



Graph adapted from Victor Tseng – Pulmonary & Critical Care Physician: University Of Colorado, March 2020

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# Primary care physician shortage<sup>1</sup>



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

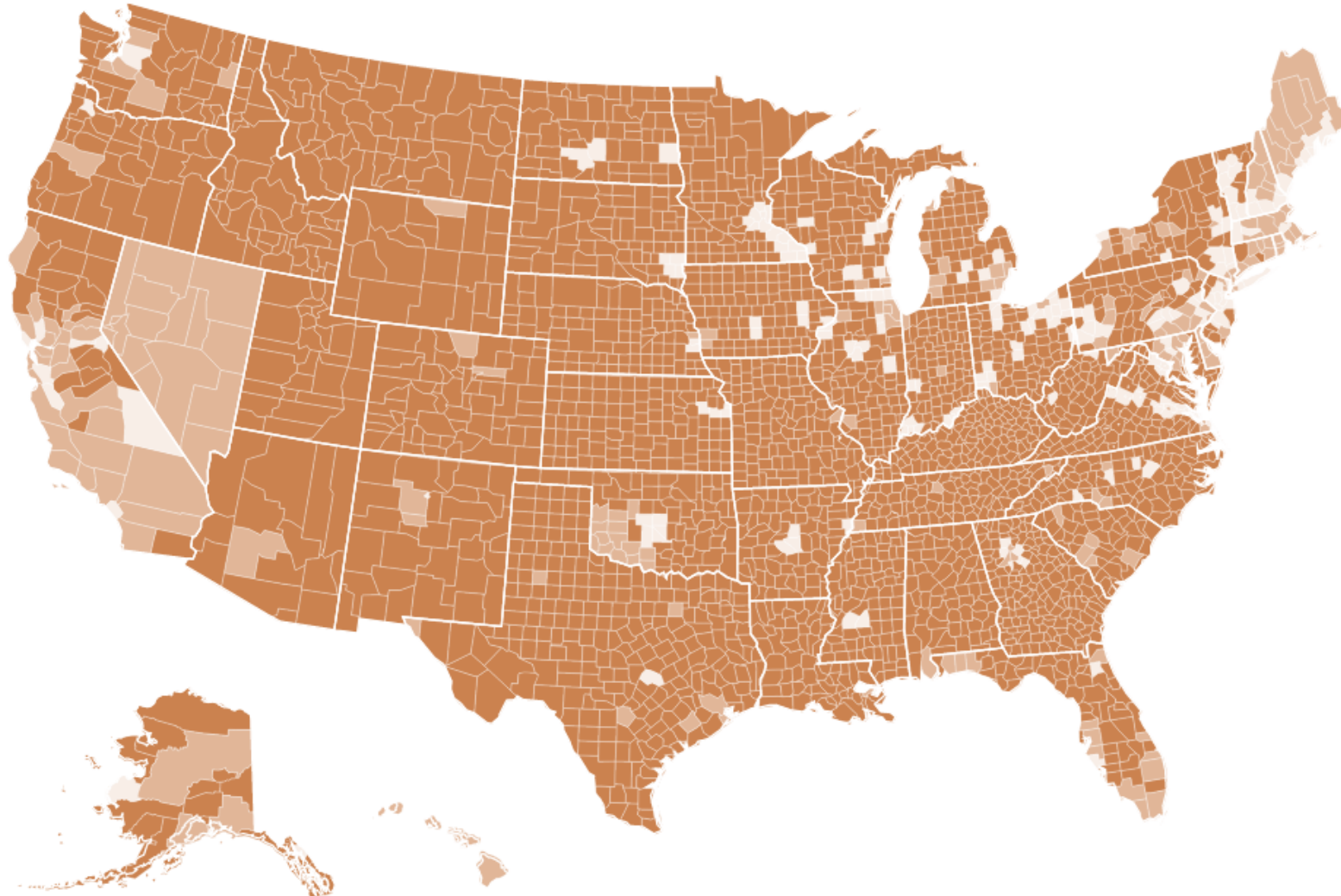


Map is for illustrative purposes only. 1. Rural Health Information Hub 2022. [ruralhealthinfo.org/data-explorer?id=210](https://ruralhealthinfo.org/data-explorer?id=210).

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# Mental health professional shortage



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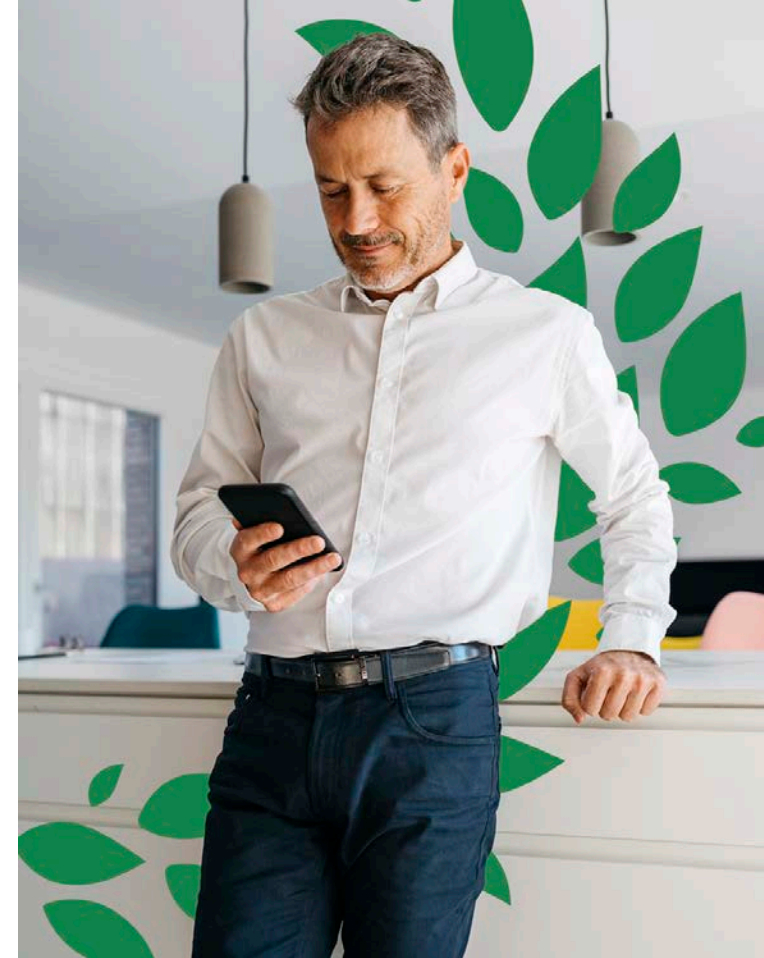
# Technology and Mental Health

## 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**

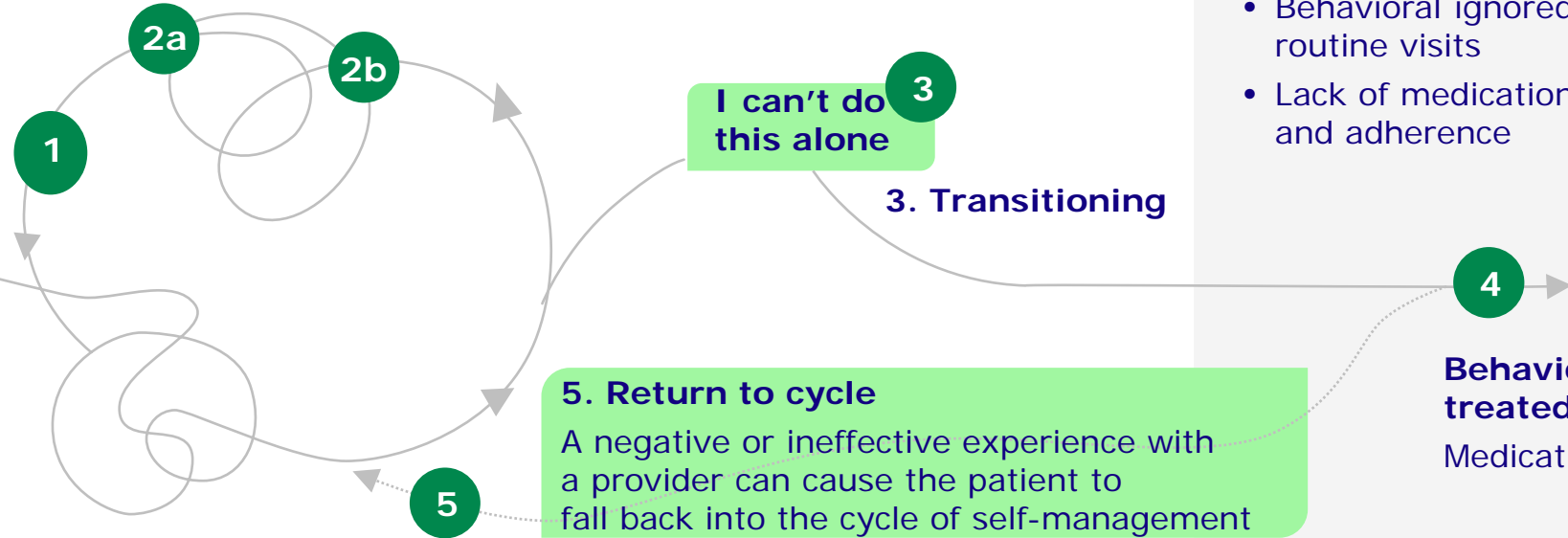
**3. Transitioning**

- 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 Cigna and many providers.

Asks questions you may not think of.

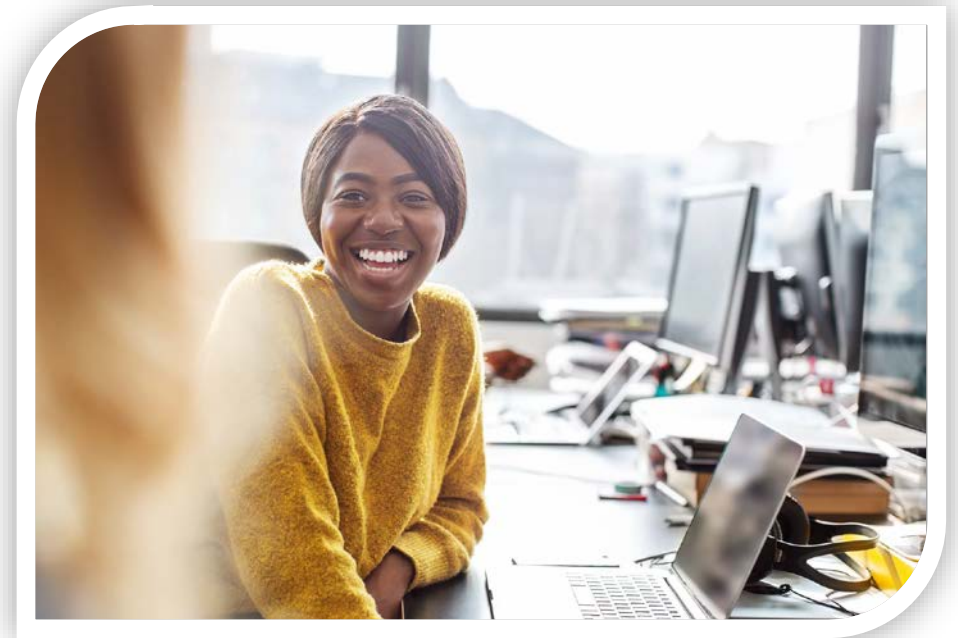
Improves Clinical Results.

Helps with 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](http://www.Cigna.com).
- ❑ Never too early to explore healthy mental health resources with family.





**Thank You  
For Your Interest**