For self-insured companies, it's important to offer behavioral health services for your employees.

Addressing behavioral health is more crucial now than ever before—and companies should care about their employees' mental health.

"Behavioral health is at the top of mind for people nationwide," says Daniel Winkler, a licensed clinical social worker (LCSW) and licensed professional counselor for Narus Health, a Lucent Health Company. "We have spent the past two years social distancing. Now, people are coming back to work and gathering with people after being isolated—and they are feeling anxious.

"Incidents like the Uvalde Texas school tragedy demonstrates the need for human connection for mental health wellbeing. We do not know understand the motivation of 18-year-old Salvador Ramos. We do know there was a human disconnect that lead to the deaths of children and adults on May 23, 2022. At Narus, we treasure our relationships with our patients and strive to teach mental health skills to maintain our humanity in a culture that devalues true human connection. If we are to survive as true human beings, true connections are necessary."

More than 47 million people in the United States are living with a mental health condition, according to research published in Mental Health America's 2021 State of Mental Health in America Report.[1] Data from the National Alliance on Mental Illness reveals that anxiety disorders are the most common kind of mental health condition in the U.S., followed by depression.[2] **On average, employers spend $15,000 more each year on an employee who is mentally distressed** than on one who is not, because of increased healthcare expenses, extra days of work missed and increased turnover. Even more concerning, **nearly a third of adults who have a mental illness also have a substance use disorder**.[3]

For self-insured employers trying to address employees' mental healthcare needs, partnering with the right third-party administrator (TPA) is critical—and what makes the right TPA stand out is exceptional care management.

Narus Health, a Lucent Health Company, offers compassionate care management specifically related to behavioral and mental health. Members enrolled with case management services can be referred to behavioral health services for an assessment and support. Additionally, Lucent Health recently announced its partnership with Youturn Health, a mission-driven company committed to helping individuals and families impacted by mental health challenges and related substance misuse issues.

Lucent Health members who need support addressing substance abuse issues can conveniently access education and support virtually—no matter where they are in their journey.

Education: Lucent Health members have access to Youturn Health's online learning management system, which features an extensive library of educational, inspiring and insightful videos designed to increase understanding of stress, anxiety and wellness.

Peer Coaching: Youturn Health's trained coaches can help members access community resources and programs that best fit their situation. All coaches are state-certified, credentialed by NAADAC (the Association for Addiction Professionals), and specially trained in Assertive Community Engagement (ACE) principles.

Family Support: Youturn Health's family recovery program consists of coaches who have experienced being a family member of a loved one who has struggled with, or lost their life as a result of, mental health challenges. These coaches facilitate family healing with the understanding that family support can increase the likelihood that their loved one will seek help for mental health challenges and maintain their recovery journey.

Reach Out to Learn More

To talk with a care team member from Narus Health, a Lucent Health Company, call: 888-585-3309 | Monday–Friday from 7 a.m. to 7 p.m. CT

1. https://mhanational.org/research-reports/2021-state-mental-health-america#:~:text=51.,hit%20the%20U.S.%20in%20March 2. https://www.nami.org/mhstats 3.Ibid