



HOT TOPIC

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NEW BEHAVIORAL HEALTH TOOLKIT AVAILABLE FOR PRIMARY CARE PHYSICIANS

Behavioral Health concerns have reached an all time high in the United States, presenting challenges to both our members and providers. We are seeing a significant decrease in behavioral health providers while according to the Substance Abuse and Mental Health Services Administration (SAMHSA) **57.8 million Americans** were diagnosed with a mental and/or substance use disorder in 2018.

Highmark saw the following for our members in 2019:

- 6.54% were diagnosed with depression
- 4.82% were diagnosed with Substance Abuse Disorders
- 5.33% were diagnosed with other Behavioral Health diagnoses.

To help address this issue, we have created a Behavior Health Toolkit with links to valuable Information Sheets, Best Practice Recommendations, Screening tools, Clinical Practice Guidelines, and other tools and resources to incorporate into your practice.

To locate this toolkit:

- Access the **Provider Resource Center**
- Select **Education/Manuals**
- Click **Educational Resources – Member and Provider**
- Scroll down to **Provider Tools and Resources**
- Select **Behavioral Health Toolkit for Primary Care Physicians**