

SPECIAL eBULLETIN

FOR PROFESSIONAL AND FACILITY PROVIDERS

OCTOBER 4, 2021

MENTAL HEALTH AWARENESS WEEK

According to the World Health Organization ([WHO](#)), life expectancy is 10-25 years less in people with severe mental illness. To help our members diagnosed with a mental illness, Highmark created the Behavioral Health Toolkit for Primary Care Physicians which includes (but is not limited to) the following screening tools:

- CAGE – AID (Substance Use Screening Tool)
- Primary Care PTSD Screen (PC-PTSD)
- Patient Health Depression Questionnaire 2 and 9 (PHQ-2, PHQ-9)
- Geriatric Depression Scale (Short and long forms)
- SAFE – T: Suicide Assessment Five-Step Evaluation and Triage

National Alliance on Mental Illness ([NAMI](#)) reports 1 in 5 adults experience mental illness and 1 in 6 youths aged 6-17 experience a mental health disorder each year. Screening of individuals for mental illness is imperative and targeted interventions can increase a person's life expectancy.

ACCESSING THE BEHAVIORAL HEALTH TOOLKIT

To access the Behavioral Health Toolkit:

- Go to 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 Providers**



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