



Behavioral Health

Mental health disorders are prevalent and costly for employers and often debilitating for employees. Employers carry the cost and productivity burden of mental health issues with more than 70 million lost work days each year. Mental health issues such as stress, anxiety, depression and substance abuse contribute to high turnover, burnout, exhaustion, and decreased motivation. Drug and alcohol abuse alone costs employers \$276 billion each year.

Our Solution

Accessing mental health services can be challenging. **Social stigma, long waits for appointments, and poor quality of care are the top three barriers to mental healthcare.** Because we recognize that mental health is a key contributor to overall wellbeing, Marathon Health offers comprehensive behavioral health counseling services at our worksite health centers.

Our behavioral health counseling services are provided by master's level licensed clinical mental health counselors who are trained in practicing patient-centered, outcomes-based therapy and delivering mental health and wellness care to individuals, couples, and families. The counselor can lead group sessions and educational workshops to promote overall wellbeing in the workplace. Topics may include substance abuse, relationships, stress, anxiety, anger management, and self-image.

Benefits of Worksite Behavioral Health

- Increased access to mental health counseling
- Collaboration between health center provider and counselors for medication management, referrals, and care coordination
- Reduced stigma for mental health issues
- Improvements in productivity and turnover
- Hard dollar savings from redirected care

Proven Value

The impact of offering behavioral health services at work can be measured through health improvements and financial returns.

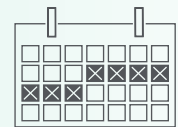
Health improvement measures include depression, anxiety, substance abuse, and domestic violence scores over 12 months. Studies show improvements in the overall mental health of the population deliver a 10 percent increase in productivity and a five percent reduction in turnover. Savings as a result of offering mental health services provide a 2:1 ROI for the redirected care, coordination with the onsite provider, and medication management; with productivity and turnover gains, we see a 3:1 ROI.



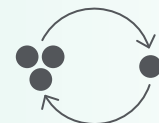
One in five Americans suffer with a mental health disorder



60% of adults with a substance abuse problem are employed full-time



70 million lost work days per year due to mental health disorders



3:1 ROI in redirected care, productivity, and turnover gains