

Resources from Elevance Health on Youth with Complex Behavioral Health Needs

- [Blog](#): How Elevance Health is Bringing a Whole-Health Approach to the Youth Mental Health Crisis
 - Elevance Health review of member claims from its affiliated commercial and Medicaid health plans data showed younger children born after 2012 (Generation Alpha) and adolescents born between 1997 and 2012 (Generation Z) had significant increases in BH needs, 19% and 11% respectively.
 - Among younger children and adolescents, adjustment disorders increased 18% and behavioral disorders of childhood increased 15%. There was also a sharp rise among adolescents and young adults with eating disorders (38%), suicide and self-injury (28%), and obsessive-compulsive disorder (23%).
 - We are expanding access to BH providers through telehealth and training providers in virtual care (including sponsoring scholarships and other educational offerings)
 - A couple of programs from our folks with Beacon Health Solutions
 - o Integrated Family Care and Support (IFCS) — A strength-based program designed to keep families together and safely at home. Eligible families are typically referred from their current system of care (child welfare, education, or juvenile justice) with the goal of connecting families to quality behavioral health services and other resources within the community to reduce involvement from the referring partner.
 - o Voluntary Care Management (VCM) — For children and individuals under age 18 with a primary diagnosis of an emotional, behavioral, or substance use disorder who can't access the services they need. The child and family's needs are assessed, and a care plan is developed to help achieve their goals.
 - o Intensive Care Coordination (ICC) — For youth up to age 18 who are either at risk of, or currently in, an out-of-home behavioral health treatment facility. Families learn how to self-advocate and navigate mental and behavioral health systems to achieve better quality outcomes
 - o Child Psychiatry Access Programs (CPAPs) — Provide quick access to psychiatric consultation to primary care physicians, pediatricians, family medicine doctors, and emergency room physicians and facilitate referrals for ongoing behavioral health care. Currently, Beacon operates programs in Connecticut (ACCESS Mental Health for Youth) and Massachusetts (MCPAP).
- [Blog](#): Advancing Telehealth Improves Access to Behavioral Healthcare
 - We used telehealth to increase access, including Beacon training over 7,000 providers in virtual care delivery. We're also providing consumers with virtual behavioral health support and care through our Sydney Health app, where they can set up a video visit with a licensed therapist or board-certified psychologist or psychiatrist.
 - According to an Elevance Health analysis of commercial health plan claims data, the overall prevalence of behavioral health diagnoses increased by 7% from 2020 to 2021. These findings build on our 2019 to 2020 research, which showed anxiety and major depressive disorder were among the top 5 telehealth diagnoses. During 2020 to 2021, we found high rates of anxiety, depressive disorder, and trauma and stressor related disorder in younger groups ages 10-25

(Generation Z) and ages 26-41 (millennials), as well as older seniors (born before 1946).

- Anthem supports Shine Light on Depression (www.shinelightondepression.org). This program brings together diverse organizations and evidence-based programs aimed at reducing stigma and raising awareness around mental health, depression and suicide-prevention for children and teens in grades four through 12. The classroom curricula, family engagement programs and additional resources can be adapted for racially and ethnically diverse groups. As of late last year, the project has reached approximately 108,000 students.