

# CASE STUDY: CBT and Screen/Engage

## SITUATION

Many Primary Care Physicians (PCPs) receive little to no training in treating behavioral health conditions, but many of their patients are in need of behavioral health care. Because of the high demand and shortage of behavioral health professionals, PCPs may prescribe behavioral health medications without the knowledge or support of a mental health professional. This can cause overuse of potentially harmful medications, unnecessary side effects, increase in costs and an ongoing need for individuals to seek additional prescriptions.

## SOLUTION

Cognitive Behavioral Therapy (CBT) can be just as effective or more effective<sup>1</sup> than prescription medication. CBT is a short-term, goal-oriented method that focuses on solving problems and building skills to identify unhelpful thinking, modify beliefs and change behaviors. Magellan's Computerized CBT increases access to nonprescription virtual care and provides individuals the ability to engage with pre-recorded modules for the top five mental health conditions.

Screen and Engage is Magellan's innovative pathway for members to access the CBT programs. Individuals take a self-assessment on an iPad after checking in for their PCP appointment. The assessment asks a series of questions about how he or she is feeling that day. The PCP gets a report from Magellan and addresses any issues during the appointment. The PCP gives the individuals materials and links to resources provided by Magellan that are commensurate with the self-assessment analyses.

## RESULTS

### A clinically-proven alternative solution to prescription drugs

Magellan launched screen and engage in a PCP setting. After four months of screening individuals for a mental health concern, over 79% engaged with the video modules through their computer or mobile device. Of those who engaged, 80% reported improvement within 30 days.

**52%** reduction in depressive symptoms

**3.4** hours per day reduction in time ritualizing & obsessing

**72%** reduction in substance use

**63%** reduction in feelings of anxiety

## Top 5 Behavioral Health Conditions

- Insomnia
- Depression
- Anxiety
- Substance use
- OCD

## Lead to **90%** of all BH complaints

1. Butler, A. C., Chapman, J. E., Forman, E. M., & Beck, A. T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26, 17-31.

