



# DEALING WITH THE EMOTIONAL ASPECTS OF MEDICAL CONDITIONS

## HELPING MEMBERS RECEIVE TREATMENT

The added stress of a pandemic exacerbates the emotional impact of a physical health condition. The increased isolation, whether at home or in a hospital, heightens stress as members are forced to deal with a new reality. At Molina, we work with providers to support members in need, including during this unprecedented public health crisis. Our support includes **promoting the integration of behavioral health and physical health, which addresses the whole person.**

When an individual has a physical health condition, they experience lifestyle changes that may cause them to grieve or experience prolonged distress, leading to one or more behavioral health conditions. By paying attention to the emotional health of your patients and asking questions about their feelings, you can make a real difference in their health outcomes.

People are living longer, but we also want to make sure they are living better. Sometimes, depression may be difficult to diagnose in the physically ill, but such a diagnosis is critical to recognize and treat. Molina’s screening tools, such as the new Behavioral Health C.O.V.I.D. Screener, can help you identify your patients’ underlying behavioral health issues.

## RED-FLAG BEHAVIORS COMMON DURING A PANDEMIC

Look out for the following harmful behaviors, which may be exhibited by your patients.



- Substance Use Disorders
- Depressed Mood
- Trauma
- Interpersonal Violence
- Worry or Anxiety
- Isolation



- ~44 million adults** live with a mental illness
- 60%** do not receive any treatment
- 80%** of persons with depression reported some functional impairment

**The single greatest contributor to the chronic disease epidemic is mental illness.**

Parkinson's	51%
Cancer	42%
Diabetes	27%
Cerebrovascular	23%
Cardiovascular	17%
Alzheimer's	11%

The chart shows the prevalence of Co-occurring Physical Health and Behavioral Health Conditions in the US<sup>1</sup>

1 Source: CDC Mental Health Fact Sheet, <https://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/issue-brief-no-2-mental-health-and-chronic-disease.pdf>

**When any of these behaviors are exhibited, please know we are here to help support you and your patient.** Look for trauma red flags, and let us know when you would like support from our Care Management team. Using our integrated approach, Molina can provide recommendations and referrals to the member, and keep you informed every step of the way.