



Mind Health

GROUP

Breaking Barriers: Addressing the Rise in Mental Health Disorders through Telehealth Solutions.

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Agenda

The Growing Prevalence of Mental Health Disorders

- The Growing Prevalence of Mental Health Disorders
- The Role of Telehealth in Mental Health Care
- Benefits and Challenges of Telehealth for Mental Health Treatment
- Q&A

Introduction

- Brief overview of mental health trends globally
- The impact of technology and telehealth innovations
- Rising mental health challenges

Objective 1: Growing Prevalence of Mental Health Disorders

- 1 in 5 adults suffer from a mental health disorder in the US. 23 %, Approximately 60 million Americans
- Factors contributing to the increase:
 - Social and economic stressors (e.g., pandemic, economic instability)
 - Greater awareness and reduced stigma
 - Healthcare access and demographic shifts
- Impact on individuals and healthcare systems

The Impact of Mental Health Disorders

- Discussion on:
 - Economic burden
 - Lost productivity:
 - Health Care Costs
 - Disability Costs
 - Socioeconomics
 - Strain on healthcare systems
 - Personal toll on individuals and families
- Mental health disorders as a leading cause of disability

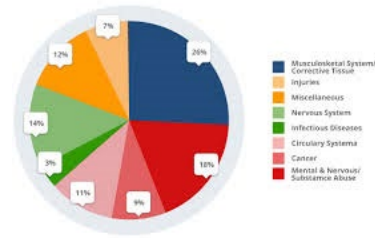
Lost Productivity

Depression accounts for 35% reduction in productivity

Accounts for \$47.6 billion a year to US Economy

Disability

1/3 people who receive disability will do so due to mental illness .
Roughly 3 million Americans



Health Care Costs

- in 2021, over 6.6 million hospital emergency department visits were related to mental health or substance use.

Centers for Disease Control and Prevention (CDC) reports that \$106.5 billion spent on mental health treatment in 2019 representing approximately 2.2% of the total healthcare expenditures.

Socioeconomic

\$282 billion annually

Personal and Quality of Life

individuals with severe mental illness have a lifespan 10 to 25 years shorter than the general population. Leading Cause of Disability:

Substance abuse and dual diagnosis

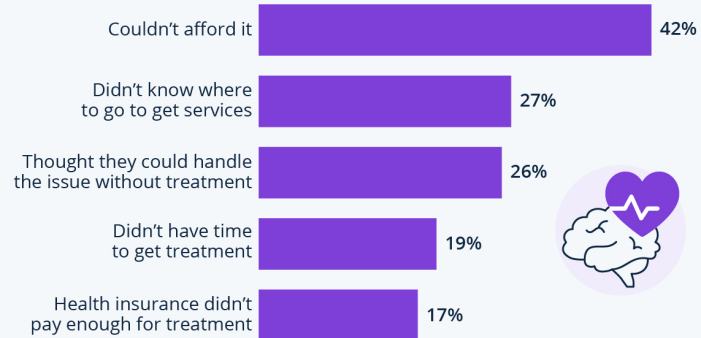
Family system impact

Pervasive and perpetual in regards to relationships

Barriers to treatment

Mental Illness: Cost Is Major Barrier to Treatment in the U.S.

Most common reasons given by U.S. adults with any mental illness for unmet treatment needs in 2022



'Any mental illness' is defined as having a diagnosable mental, behavioral or emotional disorder other than a developmental or substance use disorder.

Source: Mental Health America



Objective 2: The Role of Telehealth in Mental Health Care

- Introduction to telehealth as a solution:
 - Definition of telepsychiatry/telehealth
 - Growth in telehealth usage during the pandemic
- Key features of telehealth:
 - Remote access to care
 - Flexibility and convenience for both patients and providers



TeleHealth's Ability to Break Barriers

- How telehealth addresses:
 - Geographic limitations
 - Access for underserved communities
 - Reducing stigma by providing more private care
 - Overcoming provider shortages

Telehealth Success Stories

- Share specific success stories of telehealth in mental health
- Increased patient engagement and outcomes



Brenda Szubeczak

7 reviews • 0 photos

★★★★★ 11 weeks ago

Very professional care team. My son has received specialized mental health care via Zoom and we couldn't be happier!



Elizabeth Richardson

Local Guide • 9 reviews • 0 photos

★★★★★ 21 weeks ago

I am disabled, so I love that they do Zoom appointments! All of the medical professionals I have had contact with, really listen! And give YOU the options for treatment so you can choose!



Objective 3: Benefits of Telehealth for Mental Health Treatment

- Convenience: no travel needed, flexible scheduling
- Confidentiality: greater privacy, especially in stigmatized regions
- Cost-effectiveness: reduces costs for both patients and healthcare systems
- Improved access for marginalized or rural populations

Challenges of Telehealth in Mental Health Care.

- Technology access: Digital divide, internet access issues
- Regulatory concerns: Varying telehealth laws across states
- Provider burnout and adapting to telehealth platforms
- Security and privacy concerns in virtual care

Overcoming Challenges

- Solutions to address challenges:
 - Improving broadband access
 - Advocating for uniform telehealth policies
 - Cybersecurity measures and patient education
 - Training and support for providers

The Future of Telehealth in Mental Health

- Emerging technologies: AI, VR therapy, mobile apps
- Integration into routine care even post-pandemic
- The role of policymakers and healthcare providers in expanding telehealth (DEA)

Summary of Key Takeaways

- Telehealth's role in breaking barriers for mental health
- Its benefits for accessibility, convenience, and cost-effectiveness
- Challenges remain but are being addressed through innovation and policy change

Questions?



Talk to us today

Scan the QR code or call/text our number below to schedule an appointment.

 248-471-7171



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Thank you!

