

# Comprehensive support for alcohol and drug use with Spring Health

Match individuals with right-sized care that meets their exact needs

## The need is rising

Of the 19.7 million people who struggle with alcohol and drug use, nearly half also suffer from another mental health disorder<sup>1</sup>. An estimate of 75% of US adults with an alcohol or drug problem are employed full-time, yet many are unaware they need help, or are reluctant to seek support<sup>2</sup>.

## Current solutions fall short

HR and benefits leaders want to help, but existing employer solutions aren't enough:

- **Late detection:** Stigma, distrust or denial lead many cases to go undiagnosed and untreated until they become acute or critical.
- **Lack of precision:** Most solutions do not recommend specific levels of care, forcing individuals to navigate and decide on their own.
- **Little personalization:** Processes are cumbersome, and one-size-fits-all solutions often miss the mark.

**Spring Health is the only solution that combines precision mental healthcare with longitudinal support for alcohol and drug use**

Whether a member is simply curious to learn more about their own substance use, or they have an acute need, Spring Health offers the right level of support for each person across the continuum of care.



**Without the right care or support, costs add up.**

## \$81 billion

Substance use disorders cost American companies \$81 billion every year<sup>3</sup>

## \$100k

Over 1/3 of high level care claims for substance use disorders are out-of-network (OON), often driving individual yearly costs over \$100k<sup>4</sup>

## 30%

Readmission rates for programs without high touch patient navigation<sup>5</sup>

## Help employees and their loved ones address alcohol and drug use with a new standard of care

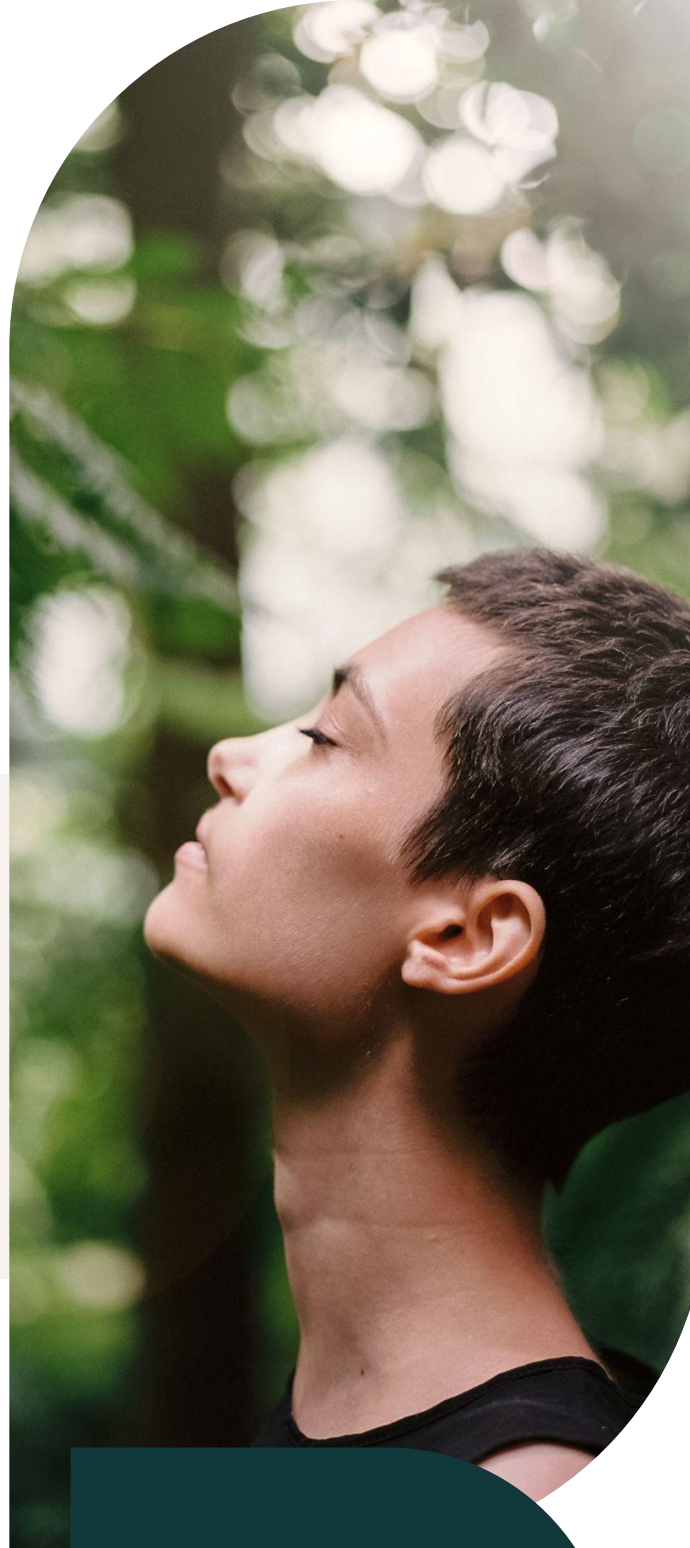
- **Early screening and proactive outreach by specially trained clinicians:** Providers are trained in the American Society of Addiction Medicine (ASAM) criteria, working to match each member's unique needs to the right level of care.
- **Coordinated clinical care navigation:** Members are guided through a personalized care plan by a dedicated clinician, who they can lean on for additional support throughout their treatment and aftercare as needed.
- **Whole person approach:** Treatment for those struggling with alcohol or drug use is an integral part of a comprehensive mental health care plan so that every aspect of a person's mental health is treated.

### The Spring Health Approach



## Alcohol and drug support through Spring Health

- Prevention and education
- Self-guided tools
- Virtual 1:1 coaching
- Medication Assisted Treatment
- Virtual outpatient treatment
- Virtual intensive outpatient treatment
- Residential treatment
- Coordinated aftercare
- Recovery support
- Focused webinars, trainings, and peer forums





## A spectrum of resources and support

Spring Health understands that what's right for one person might not be right for another. A member's dedicated licensed clinician works with them to decide upon the right course of treatment.



**DynamiCare Health.** A secure mobile health platform that allows members to schedule video sessions with a personal coach, conduct at-home virtual testing, learn key skills from home, monitor progress, and more.



**Ria Health.** Flexibility and 360 degree support with a single, convenient mobile app allows members to schedule sessions with expert medical and coaching teams.



**Lionrock.** Members can recover at home with an affordable and easy-to-use online counseling program.



**Hazelden Betty Ford Foundation.** Members have access to recovery solutions across the entire continuum of care, including residential treatment for those needing 24/7 support.



### Learn more

Treatment to help employees change their drug and alcohol use is one part of the Spring Health comprehensive solution for mental health support. To learn more, contact [sales@springhealth.com](mailto:sales@springhealth.com)

#### References

<sup>1</sup> Facts about Addiction. American Addiction Centers, 2022.

<sup>2</sup> Substance Use and Co-Occurring Mental Mental Disorders. National Institute of Mental Health. March 2021.

<sup>3</sup> SAMSHA, 2018.

<sup>4</sup> Claxton, G. Rae, M. Cox, C. Levitt, L. (2018, August 13). An analysis of out-of-network-claims in large employer health plans. Health Systems Tracker.

<sup>5</sup> Gryczynski, J., Nordeck, C. (2021 July). Preventing hospital readmission for patients with comorbid substance use disorder. Annals of Internal Medicine.