

Substance Use Disorder Support With Spring Health

A personalized, proactive journey toward recovery

The need is rising

In 2018, 8% of Americans struggled with a substance use disorder (SUD).¹ Today, 25% of essential workers and 13% of all employees have increased substance use.²

The challenges and uncertainty from the COVID-19 pandemic are taking a toll on mental health and as the prevalence of SUD continues to rise, so does the demand for a better solution.

Current solutions fall short

While organizations and HR leaders have worked tirelessly to keep their workforces safe, they face significant challenges in their effort to support those with battling drug and alcohol addiction. It's estimated that 75% of US adults with SUD are employed full-time, yet many are unaware they need help, or are reluctant to seek support.

Existing solutions for preventing and treating SUD fall short:

- **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.
- **Lack of clarity:** Processes are ineffective and cumbersome for HR leaders and employees, insurance denials of care and frequent readmissions contribute to poor outcomes.



Without the right care or support, costs add up.

\$81 billion

Substance use disorders cost American companies \$81 billion every year³.

\$100k

Over 1/3 of high level care claims for substance use disorders are out-of-network (OON), often driving individual yearly costs over \$100k⁴

30%

readmission rates for programs without high touch patient navigation⁵

Better support, from early detection to care delivery to recovery and beyond

Spring Health eliminates barriers to care for those experiencing SUD, with early screening and proactive, high-touch clinical guidance from a dedicated licensed clinician.

Members have access to a full spectrum of support, including high-quality programs designed to meet employees where they are on their journey. Plus, all partners utilize a measurement based care model, ensuring employees receive the best care possible.

The Spring Health Approach



Substance use disorder support from Spring Health

- Prevention and education
- Self-help tools
- Virtual 1:1 coaching
- Virtual out-patient treatment
- Virtual intensive outpatient treatment
- Inpatient residential treatment
- Community and recovery support

Learn more

SUD support is just one part of Spring Health's full spectrum of mental health support. To learn more, contact sales@springhealth.com

References

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- ³Juergens, J. (2021, October 22). *Addiction in the workplace*. Addiction Center.
- ⁴Claxton G., Rae, M., Cox, C., Levitt L. (2018, August 13). *An analysis of out-of-network claims in large employer health plans*. Peterson-KFF Health System Tracker.
- ⁵Gryczynski, J., Nordeck, C. (2021 July). *Preventing hospital readmission for patients with comorbid substance use disorder*. Annals of Internal Medicine.

