

# Depression

## Magellan Healthcare's end-to-end solution

In a recent study, 28% of U.S. adults had depression symptoms, compared to 8.5% before the COVID-19 pandemic. Depression is one of the most common mental illnesses in the United States, affecting an estimated 11 million adults.<sup>2</sup> Of these, two thirds do not actively seek nor receive proper treatment,<sup>3</sup> which can result in severe impairments that interfere with or limit their ability to engage in important life activities.

Magellan Healthcare offers a unique, holistic, person-centered approach to the identification, management and treatment of depression based on 50 years of behavioral health clinical expertise.

- ✓ **PCP integration**—Smart Screener digitally administers the PHQ-9 within the primary care setting, helping PCPs quickly and easily identify patients with depression before it results in an emergency visit or admission.
- ✓ **Predictive analytics**—Proprietary algorithms identify members who are most likely to admit/readmit for depression.
- ✓ **Clinical pathways**—Individualized outreach, treatment planning and customized resources based on the member's depression risk level.
- ✓ **Emotional wellness tools**—Our online health tools and programs help reduce the need for face-to-face therapy and prescription medication.
- ✓ **Evidenced-based practices**—Promoting treatments that are safe, proven and cost-effective to support patient change and positive outcomes.
- ✓ **Collaborative care and case management**—Magellan care managers connect members with behavioral and medical experts and community-based interventions, facilitate provider-to-provider consultations and monitor members' progress to help close care gaps and improve outcomes.
- ✓ **Peer support**—Certified peer support specialists provide coaching, encouragement and connection with community resources for those on the road to recovery.

To learn how our approach can help improve outcomes and reduce costs related to depression, contact us at [mhcinfo@magellanhealth.com](mailto:mhcinfo@magellanhealth.com).

55%

reduction in depression scores.<sup>4</sup>

2.5x

lower likelihood of readmission with care coordination.<sup>5</sup>

1. Ettman CK, Abdalla SM, Cohen GH, Sampson L, Vivier PM, Galea S. Prevalence of Depression Symptoms in US Adults Before and During the COVID-19 Pandemic. *JAMA Netw Open*. 2020;3(9):e2019686.
2. National Institute of Mental Health. Major Depression. Retrieved July 21, 2020 from <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>
3. National Network of Depression Centers. Get the Facts. Retrieved July 21, 2020 from <https://nndc.org/facts>
4. In a case study with two large commercial partners, 74% of users with severe depression improved by at least one severity category within six months.
5. Magellan internal data, 2013.