First Stop Health

firststophealth.com

A Whole-Person Mental Health Solution



Care for the whole person.

Mental Health is our commitment to broaden our reach in the behavioral and mental health space. By implementing different care models with counselors, therapists and coaches, we can better serve our members.

MENTAL HEALTH SNAPSHOT

- Short-and long-term solution-focused therapy modeled after CBT via phone, app, or web
- Intake counselors call within minutes, appointments with therapist in <3 days (on avg.)
- Same provider each visit, chosen based on personal & clinical need
- Support for grief & loss, anxiety, stress, depression, marital & family issues, etc.
- Available in English & Spanish
- $0 for employees & their dependents & no pre-defined session limit

WHOLE-PERSON MENTAL HEALTH

Collaborative Care

Proactive steerage & coordination within existing First Stop Health solutions and with external providers (i.e. current psychiatrist relationships or when in-person care is needed). A broader team of doctors, coaches, counselors and nurses will provide a full suite of care.

Long-Term Care

Longer term, relationship-based model that will support any clinical indication except active psychosis and in-patient drug rehab. Patients have more visits with their chosen provider (avg. of 8-10 visits) over weeks, months or a year.

“Step Down” Therapy

This model includes coaching for members who are not ready for therapy but want to talk about job coaching, vision planning, wellness, and other mental health and physical health goals.

Mental Health

Empowering minds, measurable change.

WHOLE-PERSON MENTAL HEALTH FEATURES



Medications

Medication management of non-controlled psychotropics (i.e., SSRIs or SNRIs). Prescribing of generics is prioritized.



Individual, Family & Couples Counseling

Short-term and long-term therapy from licensed psychologists and LCSWs based in cognitive behavioral science. This includes support for things like grief, anxiety, stress, depression, substance use, family issues, workplace issues, couples counseling, etc.



Longer Term Support

Long term care beyond short-term counseling. Support from licensed therapists to work through both diagnostic and therapeutic areas of mental health concerns.

WRAP AROUND SUPPORT FROM OUR COACHES



Tobacco Cessation

Plan to quit tobacco & make the commitment last with a health coach.



Lifestyle & Wellness Goals

Support for habit changes and guidance to achieve life-enhancing outcomes.



Vision Planning

Identifying plans, defining goals and additional support to accomplish vision.

MENTAL HEALTH:

1 in 2 — **Patients** have seen another provider with First Stop Health

6 — average number of sessions per case

$1,070 — Annual savings per engaged mental health member

$294 — Savings per visit

+94 — Patient Net Promoter Score