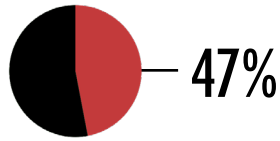


# TELEMENTAL HEALTH UTILIZATION

## Mental Health Impacts of the COVID-19 Pandemic

The percent that continue to report negative mental health impacts related to worry or stress from the pandemic<sup>1</sup>



Increase in adolescent eating disorder diagnosis year over year<sup>2</sup>

30%

2.3  
MILLION

Youth coping with severe major depression<sup>3</sup>



1 in 3 individuals are going without treatment even in states with the greatest access<sup>4</sup>

### REDC

Highest Standards of Care

The REDC Consortium is the national consortium representing eating disorders care focused on standards, best practices, ethics, research, and policy. The REDC Consortium represents approximately 85% of the higher level of care providers in the U.S.

### Telemental Health Prior to March 2020

- Less than 5% of members delivered care via telemental health
- 90-100% of employees working in brick-and-mortar office



### Telemental Health After March 2020

- 75% of members delivered care via telemental health in addition to in-person services
- 50-75% of employees working in brick-and-mortar office

### Patient-centered & Efficacious

The availability of treatment provided via telehealth has the support of patients and is an effective tool in delivering eating disorders care.

### August 2020 study of virtual IOP<sup>5</sup>

Significant and clinically meaningful improvements in all outcomes measured including:

- Self-reported eating disorder symptoms of bingeing, purging, and restricting;
- Depression and self-esteem; and
- Overall quality of life

### Early 2021 Eating Disorder Patient Survey Data<sup>6</sup>

Comparison survey data from patients on the satisfaction between in-person and virtual care:

- Relational connection between treatment provider and patient remained the same
- Program satisfaction had a 4-5 rating on the 5-point Likert Scale
- Absenteeism and premature discharge decreased
- Increase in Family-Based Therapy

### July 2021 Study Comparing Virtual IOP vs. In-person IOP<sup>7</sup>

No differences in patient outcomes including a significant decrease in eating disorders symptoms, depression, and perfectionism and significant increase in body mass index/weight restoration.

### Equitable & Timely Care Delivery

Telemental health services increase access to life saving eating disorders treatment care.

- 20%, 10% and 15% increases in attendance for binge eating programs, partial hospitalization programs and intensive outpatient programs respectively<sup>8</sup>
- Enabled treatment for individuals without transportation; individuals in communities where there are no local treatment options; decreases vulnerability and social anxiety for individuals to access treatment in their homes
- Treatment via telehealth enables individuals to seek care sooner in their illness, which can deter disease progression that would require a higher, costlier level of treatment

# Principles for Effective Telehealth Policy:

1. Retain telehealth coverage for the Outpatient, Intensive Outpatient and Partial Hospitalization Program levels of eating disorder care.
2. Require payment parity for in-person and telehealth visits.
3. Eliminate initial 6-month in-person appointment requirement.
4. Removal of geographic and site restrictions.

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