



# Occasio Health Strategies

**A Mind & Body Health Connection  
Driving Down Costs and Enhancing Member Care**



# The Need for Coordinated Mental Health Solutions:

**52% of the cost of health care is related to issues that are primarily behavioral in nature – What is your health plan doing to control those costs?**

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This is an ideal time in the health care environment to introduce new strategies to improve care and reduce costs.

Several factors have come together in health care technology and the understanding of how people change, creating the opportunity to take significant waste out of the health care system through effective mental health management.

Clinical techniques, as well as advances in technology, have progressed to the point where psychotherapy (life coaching) for people with mental health related conditions can be specialized and offered through innovative coaching strategies. Improved technology also makes it possible to integrate behavioral health with primary care, leading to an integrated “primary mental health” model.

By combining improved mental health support strategies and the understanding of how to better help individuals make positive changes in their lives, interventions can have a powerful impact on improving people’s overall health.

***Occasio Health Strategies is targeting these unique opportunities to improve overall patient health, treating the whole person and reducing costs.***

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## **Occasio Solutions:**

The following Occasio services can be customized to fit a specific group’s health care needs:

### **Primary Health Integration**

Occasio’s Primary Health Integration solution provides online and telecommunication options to support behavioral health assessments to primary care settings. Utilizing technology to integrate behavioral health concepts into primary care allows in-office assessments and support to a primary care physician for behavioral related issues.

Given that the majority of people who have behavioral health needs are not treated by psychiatric specialists, but are treated by their primary care physicians, Occasio’s Primary Health Integration will improve care and reduce costs.



## **Behavioral Change Enablement**

The Occasio Behavior Change Enablement solution begins with a proprietary assessment that focuses in on members' behavioral health and lifestyle factors. Based on the outcome of the assessment, Occasio staff work to determine a member's stage of change and readiness to improve their health. These factors guide intervention strategies focused on each individual's need. Examples of specifically tailored activities include on-line or telephonic coaching, working with computerized protocols around behavioral issues such as depression and anxiety, involvement in on-line topic focused chat rooms, or connections to other support groups.

## **Health Change Informatics**

Occasio's Health Change Informatics solution incorporates concurrent and retrospective methods of tracking and analyzing individual member data, Occasio intervention strategies and health care claims. The analysis of these data points can shape future health plan strategies. There is currently research that correlates physical precursors with later health problems, yet efforts to treat illness are generally pursued after a consumer is well down the road to illness. By correlating health care costs with lifestyle and personality factors, Occasio can begin to tailor early (and less costly) interventions, thereby preventing some illnesses. For an existing illness, Occasio staff will screen for co-morbid mental health conditions and work to support the member actively pursuing their care path, thereby bending the health care "cost curve".

***Occasio utilizes proven behavioral health methods with strategically focused process and technology solutions to improve the health of members.***

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## **Occasio Health Strategies Corporate Background:**

Park Center, a Community Mental Health Center in Indiana, has been providing mental health and addiction services to adults and children for over 50 years.

Park Center has long understood the value of integrating primary and behavioral health. Recently, Park Center developed a supporting corporation, Occasio Health Strategies, which is focused on reducing the cost of health care through the integration of behavioral and primary health, the effective implementation of change enablement strategies, and using health care informatics to both change behaviors and improve intervention strategies. This allows Park Center to utilize their proven methods on specialized populations, changing the way members receive care by providing a holistic approach encompassing mind and body.





# **Occasio Health Strategies**

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Contact Us Today to Learn More about Programs That Positively Affect  
Your Members and Bottom Line Health Cost

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