



# The Critical Role of Integrated Telehealth Technologies in Transforming Our Behavioral Health System

The COVID-19 pandemic has highlighted the need for a more accessible and effective behavioral healthcare system. It has also created opportunities for innovation and technologies with which to make it happen—beginning with telehealth.

## Before the Pandemic



Individuals living with a diagnosable mental illness in the US<sup>1</sup>

## Since the Pandemic



Adults surveyed who say the pandemic has negatively impacted their mental health<sup>2</sup>



Adults suffering from anxiety or depression has quadrupled since the start of the pandemic<sup>3</sup>

## Opportunities Afforded by Integrated Telehealth Technologies

- Captures PROMs prior to appointment, enabling more accurate triage, diagnoses, treatment, and enhanced quality of care
- Automates processes for identifying comorbidities, social determinants of health, and treatment efficacy
- Facilitates panel management while increasing capacity
- Aggregates data to support population health efforts
- Improves coordination among providers, reducing gaps in care



Individuals surveyed who reported new or increased substance use to deal with stress from pandemic<sup>4</sup>



Individuals surveyed who reported thoughts of suicide within previous month<sup>5</sup>

## About Owl

Owl is the leading provider of precision care management solutions for behavioral health. Through its advanced cloud-based platform, the company offers a scalable and sustainable strategy to integrate measurement-based care, clinical decision support, and data insights into existing treatment workflows across all behavioral health conditions. Owl enables behavioral health and primary care providers to expand access, enable telehealth, and improve quality care delivery, while reducing risk and enabling value-based care. Leading organizations, including Main Line Health, Amita Health, Inova Health, West Yavapai Guidance Clinic and Aurora Mental Health Center, use Owl to improve clinical and financial outcomes. For more information visit owl.health.



**Precision-Guided Behavioral Health**

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<sup>1</sup><https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>

<sup>2</sup><https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

<sup>3</sup><https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

<sup>4</sup><https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

<sup>5</sup><https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>