

Preventive Health Update
WBH Provider Website

Western Behavioral Health continues to maintain two Preventive Behavioral Health Programs.

- Improving Treatment Compliance for Adults with Depression for adults ages 18 and up
- Parenting Skills for Children with Attention Deficit Hyperactivity Disorder (ADHD) for parents and guardians of children up to 12 years

The programs send a series of three educational newsletters to members that will help them to learn more about these problems and what they can do to help themselves or their children feel better. The newsletters are free and any member can request to receive them by calling the toll-free Preventive Behavioral Health Phone Line at 1-866-639-2943. Some members will receive a letter asking them if they want to participate in the program. Members can always say no by calling the Preventive Behavioral Health toll-free line and asking not to receive the newsletters.

Western Behavioral Health measures the progress of the Preventive Health Program in six-month cohorts. The information presented here is from two cohorts, June 2005 to November 2005 and December 2005 to May 2006.

Participation in the program is measured by the percentage of members who receive a complete set of newsletters. We found that for June 2005 to November 2005, 95% of members with depression participated in the program. For December 2005 to May 2006, the participation rate for the depression program was 98%. Participation in the ADHD was 97% from June 2005 to November 2005 and 99% participated in the ADHD program from December 2004 to May 2005.

These are high participation rates and Western Behavioral Health is pleased that so many members and families are choosing to be involved with the program.

A mail-in survey is included in the third issue of the newsletters. We are asking members and parents or guardians to take a moment and fill out the survey and return it in the postage paid envelope. Member and family feedback about the program is important to us.

There were also calls from behavioral health or primary care physicians requesting copies of the newsletters for their office. Western Behavioral Health is happy that providers are finding the information useful.

We are pleased that so many members and parents or guardians seem to be benefiting from the Preventive Health Program. As a result of parent or guardian feedback about the ADHD newsletters, Western Behavioral Health added a Medication Fact Sheet to the first ADHD newsletter. This fact sheet gives parents or guardians more information

about the medications used to treat ADHD, some of the common side effects and answers to frequently asked questions.

Additionally, in October 2006 we began to include an insert in each of the three depression newsletters specifically about late life depression. These inserts include information such as symptoms, treatment and recovery.

We encourage you to use the Preventive Behavioral Health Program. Any member can call to receive the newsletters or the ADHD Medication Fact Sheet. If you would like more information about the program or wish to receive the newsletters, please call the toll-free Preventive Behavioral Health Phone Line at 1-866-639-2943. You can also view the materials on the Western Behavioral Health website at www.ccbh.com.