

Essential SolutionsSM is designed to help you navigate the behavioral health care system. Sometimes, that may mean helping you understand available treatment options. At other times, you may need the extra support and encouragement of one of our case or disease managers.

For this program to be most effective, call us as soon as you recognize a problem. We'll help you maximize your behavioral health and medical benefits. This helps you better manage your health and wellness, and control your health-related costs. We handle each case in a sensitive and confidential manner.

How Can We Help You?

Essential SolutionsSM includes inpatient and outpatient services. We help you manage any mental health or substance abuse concerns. Some of our other services include case and disease management. You can access our services with one phone call to find the help you need for:

- Anxiety
- Depression
- Eating Disorders
- ADHD
- Addiction
- And More

Take the First Step

One phone call to a toll-free number puts you in touch with our professional staff. They can assess your needs and assist you in finding the help you need, when you need it. You can access our services conveniently and confidentially, 24 hours a day, seven days a week.



Essential SolutionsSM



**For more information,
contact us at:**

1-800-868-1032

Monday through Friday, 8:30 a.m. - 5:00 p.m.

CompanionBenefitAlternatives.com

SM Service mark of Companion Benefit Alternatives, Inc.

Helping you navigate the behavioral health care systemSM



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Case Management

Case management is a voluntary service to help guide you through difficult behavioral health issues. Our licensed health care professionals help identify effective treatment options. They also explain how your options work. Our team coordinates services throughout your treatment. We answer questions and explain your health insurance benefits.

When you choose to participate, you will be partnered with a case manager. Your case manager serves as your advocate. He or she works with you and your health care provider to help you make decisions. He or she also facilitates treatment alternatives and assists with preventive measures when appropriate. Your case manager also helps coordinate any other medical care you may need.



Depression Management

If you suffer from depression, you are not alone. According to the National Institute of Mental Health, clinical depression is one of the most common mental illnesses, affecting more than 19 million Americans each year.¹ You cannot simply “snap out” of depression. Like any serious illness, depression needs to be treated.

Our program provides resources to improve your quality of life by helping you to:

- Learn how to better manage depression.
- Develop self-monitoring and relapse-prevention skills.
- Communicate more effectively with health care providers.

If you choose to participate, you will be partnered with a disease manager. This professional will help you plan, coordinate and evaluate your options and the services available to meet your needs. You will receive regular telephone calls from your disease manager. He or she also provides continued follow-up support, coaching and educational materials. If you feel you could benefit from this program, call today for more information.

Alcohol Management

Have you ever wondered if you drink too much alcohol? If your life would be better if you drank less? Patterns of alcohol use vary from responsible social drinking to at-risk drinking. At-risk drinking is defined as more than five drinks per day for males, four for females. This excessive drinking may then progress to abuse, dependence and addiction. According to the National Council on Alcoholism and Drug Dependence, almost 18 million Americans abuse alcohol.

If you have an issue with alcohol use, we can help. Through this program, participants are partnered with a disease manager. You receive regular telephone calls to monitor progress and provide encouragement and continued follow-up support. If you feel you could benefit from this program, call today for more information.

Working for You

All of our case and disease managers strive to:

- Enhance your access to care and improve the efficiency of services.
- Facilitate your wellness and autonomy through advocacy, assessment, planning, communication, education, resource management and service facilitation.
- Coordinate with medical case management.

1. National Institute of Mental Health: "The Numbers Count: Mental Illness in America," Science on Our Minds Fact Sheet Series. Accessed August 1999.