

Mental Health Care Support

Increasing Mental Health Care Capacity with Additional Services
Made Available for Blue Cross and Blue Shield of Vermont Members



Blue Cross[®] and Blue Shield[®] of Vermont has partnerships with Valera Health, SonderMind and Amwell, increasing the access Vermonters have to mental health services. When your practice needs help finding mental health and substance use disorders providers, know that Blue Cross Vermont members can now leverage these partnerships to take care of their mental health care needs.



ABOUT VALERA HEALTH



has a network of providers, licensed to practice in Vermont that specialize in Serious Mental Illness (SMI), Child & Adolescent and Maternal Health. Their virtual mental health clinic offers a balance of human touch and technology to care for conditions ranging from depression to schizophrenia. Call (646) 450-7748.

PROGRAM FEATURES:

- Secure Chat
- Goal and appointment reminder
- Video Sessions
- Automated Assessments
- Passive Data Analytics
- Media Library for Psychoeducation
- Caseload tracking & management

- Valera Health offers virtual therapy and psychiatry services for adults (18+) and children, adolescents and teens (ages 6-18).
- Valera's expert clinicians work with patients to support their goals. They make it easy for patients to connect to their care team via their telemental health platform, no matter where they are.
- Their approach is collaborative and includes a health connector, therapist and psychiatrist from a team that's focused on wellness.
- Each high-risk patient is assigned their own Case Manager, who ensures management of symptoms and promotion of patient wellness.
- Valera provides care that is comprehensive, inclusive, and tailored.
 - low acuity needs such as mild to moderate depression, anxiety, and stress
 - moderate acuity needs such as ADHD, PTSD, adjustment disorder, panic, OCD, postpartum, grief
 - high acuity needs such as severe depression and anxiety, bipolar disorder, schizophrenia, co-occurring substance use disorder
- 3 specialized programs also are offered:
 - **Serious Mental Illness (SMI)** - Outpatient therapy, medication management, groups, case management, follow-up after hospitalization/ED visits
 - **Child & Adolescent** - Outpatient therapy, medication management, groups, case management, follow-up after hospitalization/ED visits, parental support. Children and adolescents ages 6+, families and caregivers
 - **Maternal Health** - Outpatient therapy, medication management, groups, case management, custom digital educational content. Women and birthing people that are pregnant or have been pregnant in the past 18 months



ABOUT SONDERMIND



When we prioritize mental wellbeing, we live happier, healthier lives. SonderMind is on a mission to improve mental health access, utilization and outcomes, and decrease the stigma of mental health care. SonderMind provides therapy and psychiatric providers. Call (844) 843-7279

With Sondermind members can get support in-person or virtually for conditions including:

- Anxiety
- Depression
- Insomnia
- Bipolar disorder, and other mental health needs
- Couples Therapy

SonderMind finds the provider nearest to the patient, has availability, and specializes in their area of support.

- Appointment availability within a week – in-person or online.
- Meet online or in person, 7 days a week.
- For all ages and most mental health needs.
- Members can coordinate their sessions and track their progress online.
- See real change and find continued support.



ABOUT AMWELL



Blue Cross Vermont members trust Amwell telemedicine for 24/7 medical care for children and adults with common conditions like rash, fever, cold, allergies, etc. Amwell also provides access to specialty care like dermatology, nutrition, women's health and now mental health care and psychiatry. Learn more: bluecrossvt.org/find-doctor/telemedicine-care.

Using the Amwell web or mobile app, members can securely see a psychologist or counselor face-to-face via their mobile device from the privacy and comfort their own home.

Therapists on Amwell provide care and virtual counseling for:

- Anxiety
- Social Anxiety
- Depression
- Stress Management
- LGBTQ Counseling
- Bereavement/Grief
- OCD
- PTSD/Trauma
- Couples Therapy
- Panic Attacks
- Insomnia
- Life Transitions

Blue Cross Vermont members can:

- Schedule an appointment online at bluecrossvt.amwell.com and use the service code VERMONT to see all services available to Blue Cross Vermont Members.
- Review Amwell provider's education, experience and approach to treatment.
- Members can easily access Amwell's telemedicine platform either on their app on a Smartphone or Tablet, on a computer or by phone at (844) 733-3627.



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