

Meeting the Behavioral Health Needs of Homebound Patients



VNA Care Behavioral Health Program

Depression and anxiety are prevalent among our patient population. Comorbidity is something our patients struggle with on a daily basis. For example, a **2015 study published by the Journal of the American College of Cardiology noted that one in five patients with heart failure have depression.**

To acknowledge the connection between a healthy mind and a health body, VNA Care has created a specialized program that provides structured behavioral health services in the familiar surroundings of your patient's home.

Research shows that a Behavioral Health Program can lead to:

- A higher degree of patient compliance and medication adherence
- Improved clinical outcomes
- Reduced unplanned hospitalizations and emergency care
- Lower costs to your physician practice
- Enhanced quality of life for your patient

What Makes Our Program More Effective?

1) Structure of Program

- Utilizes structure and focus of Cognitive Behavioral Therapy (CBT)

2) Specialized CBT Training

- RN clinicians trained in CBT techniques

3) Comprehensive Care

- 45-50 minute weekly visits over an eight week period of time
- RN connects patients with additional VNA Care services as needed
- Links patients to local resources for ongoing support once home care is no longer needed

4) Evidence-Based Protocols

- Universal protocol treatments focus on connecting the patient's current thoughts, feelings, and emotions to practical life events

5) Proven Outcomes

- Data shows improved outcomes, decreased rehospitalizations and ED visits, reduced costs for your practice/facility, and overall enhanced quality of life for your patients

For more information about the VNA Care Behavioral Health Program, or to make a referral, call our Referral Center at **800-721-1862**.



Who is a candidate for the VNA Care Behavioral Health Program?

Patients who:	Patients may exhibit the following:
<ul style="list-style-type: none">■ Are 45-years of age and older■ Have a diagnosis of depression, anxiety, or early onset dementia■ Are psychiatrically homebound, (refuse to leave home; unsafe unattended)■ Are willing to participate in the program and not actively enrolled in another therapy program■ Are not active substance abusers	<ul style="list-style-type: none">■ History of medication non-compliance■ Hopelessness, sadness, isolation■ Limited social support■ Difficulty initiating or maintaining positive relationships■ Weight loss■ Sleeping difficulties■ Grieving a loss

VNA Care Behavioral Health services are usually covered by Medicare and Medicaid. We are actively working with other insurances to expand access to our behavioral health services.

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