



Child, Young Adult, and Family Services

Prioritizing youth and their families

Carelon Behavioral Health prioritizes evidence-based models to enhance the range of existing community programs and services available for children, adolescents, young adults, and their families. Our programs deliver effective outcomes through a trauma-informed, resilience-focused system of care that:

- Ensures caregivers and youth have speedy access to resources, supports, and services.
- Empowers families to take an active role in the health and wellness of their own lives.
- Educates youth and families about suicide prevention and delivers services that reduce suicidal ideation.

Addressing the mental health crisis for our nation's youth

Only 50% of children with a mental health disorder receive adequate treatment.

2.7M children have a clinical diagnosis of depression.

50% of mental health problems present themselves before age 14.

70% of U.S. counties have no child psychiatrist options.

Suicide is the 2nd leading cause of death among youth 10-24.*

Closing gaps to care

Carelon Behavioral Health identifies and closes gaps in the behavioral health system that make it tough to find care. Together with our partners, we:

- Ensure best-in-class, evidence-based services.
- Provide clinical support and expertise.
- Build strong provider networks.
- Engage and train stakeholders.
- Promote equity among vulnerable populations.
- Leverage multiple funding sources and implement fiscal intermediary services.
- Coordinate care and manage cases.
- Ensure delivery of quality services.

Outcomes

Our programs around the country remove barriers to care for children and their families, ease the shortage of mental health providers, and make care more affordable.

Connecticut

80.5%

of families in the care management program developed a care plan within 45 days

Massachusetts

7,500

average number of child psychiatry consults annually

3,400

average number of child psychiatry referrals annually

\$2.33

average cost per child per year for child psychiatry access

What our partners are saying

“Care management was a very good program. Very thankful, it has been helpful during tough times.”

—Care management parent

“Had it not been for the support and training I received from the child psychiatrists at Access Mental Health, many of my patients would not be receiving the care that they desperately need.”

—Carelton Behavioral Health network physician, Massachusetts

[carelonbehavioralhealth.com](https://www.carelonbehavioralhealth.com)

A suite of services for children and families

Our quality programs are administered by trained clinicians and include care management, clinical services, and navigation assistance.

Custom care management for rising risk

We use data to proactively identify children and young adults at risk for a mental health crisis. By stratifying these cohorts by level of risk, we deliver timely, developmentally appropriate, and evidence-based interventions.

Navigation assistance programs

- First Point care navigation program
- Children’s systems of care (CSoC)
- Early childhood supports and services (ECSS)
- Family Assistance Program for schools

Clinical programs

- Specialty services
 - Autism spectrum disorder
 - LGBTQ+ supports
 - Eating disorder therapy
 - Maternal substance use disorder
 - First behavioral health hospitalization
 - Child psychiatry consultations
 - Suicide awareness and prevention
 - 24/7 youth and family peer support
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How can we support your behavioral health goals?

Our program can be replicated in any state, county, or territory. To learn more about what we can do for you, email us at behavioralhealthsolutions@carelon.com today.

* Centers for Disease Control and Prevention, *Suicide Prevention* (August 2023): [cdc.gov](https://www.cdc.gov).