

# Mental Wellness Improves Physical Health Management

## ER and Inpatient Visits Cut 50% for Children with Mental Health Interventions

A child with *traumatic injury* who receives mental health investments cuts ER and inpatient visits by 50%, **saving \$6,500** over a 12-15 month period. This makes **mental health investments better than a 1:12 return on investment** within two years.

Healthcare systems **spend \$2,600 more on children with mental health disorders** and chronic health conditions than children without mental health disorders every year.



**\$2,600**  
Healthcare Savings



Children with mental  
health investments

- **\$1,055** prescription drugs savings
- **\$77** emergency care savings
- **\$894** office-based visits savings

## Children with Mental Wellness:



- Are **3x more likely to adhere to medication.**



- Monitor blood sugar levels better & make healthier dietary choices, **improving diabetes management.**



- **Better control asthma** & manage other chronic conditions.
- **Reduce urgent care** & hospital visits.
- Have **fewer chronic health complications.**



## Maternal Wellness Pays Off

**1 in 5** postpartum women on PA HealthChoices **screen positive for depression.** When treated within one year of postpartum:



- Saves healthcare systems over **\$5k.**
- Decreases in-patient hospitalization by nearly **one full day.**
- Eliminates nearly **two ER visits.**
- Lowers pre-term births



# MENTAL WELLNESS IMPROVES PHYSICAL HEALTH MANAGEMENT

- Aarons, G. A., Monn, A. R., et al (2008). Association between mental and physical health problems in high-risk adolescents: a longitudinal study. *The Journal of adolescent health* : official publication of the Society for Adolescent Medicine, 43(3), 260–267.
- Butwicka, A., Fendler, W., et al (2016). Psychiatric Disorders and Health-Related Quality of Life in Children With Type 1 Diabetes Mellitus. *Psychosomatics*, 57(2), 185–193.
- DiMatteo, M. R., Lepper, et al (2000). Depression is a risk factor for noncompliance with medical treatment: meta-analysis of the effects of anxiety and depression on patient adherence. *Archives of internal medicine*, 160(14), 2101–2107.
- Ibáñez Román, JE, et al. (2023) Mental wellbeing and physical activity levels: A prospective cohort study. *Mental Health and Physical Activity*. Volume 24, 2023, 100498, ISSN 1755-2966.
- Korsch, B. M., Fine, R. N., et al (1978). Noncompliance in children with renal transplants. *Pediatrics*, 61(6), 872–876.
- Pennsylvania Performance Measures Rate Chart. (2023) MY 2022 (RY 2023) [www.pa.gov/content/dam/copapwp-pagov/en/dhs/documents/healthchoices/hc-services/documents/2023-PA-Performance-Measures-Rate-Chart.pdf](http://www.pa.gov/content/dam/copapwp-pagov/en/dhs/documents/healthchoices/hc-services/documents/2023-PA-Performance-Measures-Rate-Chart.pdf)
- Pollack, L. M., Chen, J., et al (2022). Healthcare Utilization and Costs Associated With Perinatal Depression Among Medicaid Enrollees. *American journal of preventive medicine*, 62(6), e333–e341.
- Prater, L., Bulger, E., Maier, et al (2024). Emergency Department and Inpatient Utilization Reductions and Cost Savings Associated With Trauma Center Mental Health Intervention: Results From a 5-year Longitudinal Randomized Clinical Trial Analysis. *Annals of surgery*, 279(1), 17–23.
- Reynolds, K. A., & Helgeson, V. S. (2011). Children with diabetes compared to peers: depressed? Distressed? A meta-analytic review. *Annals of behavioral medicine* : a publication of the Society of Behavioral Medicine, 42(1), 29–41.
- Suryavanshi, M.S. and Yang, Y. Clinical and Economic Burden of Mental Disorders Among Children With Chronic Physical Conditions, United States, 2008–2013. *Chronic Dis* 2016
- Weil, C. M., Wade, S. L., et al (1999). The relationship between psychosocial factors and asthma morbidity in inner-city children with asthma. *Pediatrics*, 104(6), 1274–1280.