



## Mountain Strong

A resource of Vail Health  
& Eagle Valley Behavioral Health

# Changing the Workplace Landscape: *How Technology Can Revolutionize One of the Most Common, Yet Underutilized, Behavioral Health Resources*

CBHC CONFERENCE OCT. 1ST @ 1:30PM ROOM #503 | DR. CASEY WOLFINGTON & MIKE RICHARDS | EAGLE VALLEY BEHAVIORAL HEALTH

Join Dr. Casey Wolfington and Mike Richards with an interactive presentation as they explore how Vail Health's Eagle Valley Behavioral Health has revolutionized existing EAP services through the utilization of technology to expand services, increase accessibility, enhance awareness and address affordability - [www.MountainStrong.org](http://www.MountainStrong.org).

Vail Health and Eagle Valley Behavioral Health (EVBH) have launched a new Behavioral Health Employee Assistance Program (EAP) called Mountain Strong. EAP participants and their dependents are eligible to receive six free behavioral health sessions per incident per year with a robust team of highly qualified and experienced behavioral health specialists under contract with the program.

Mountain Strong was designed to be free of barriers for both patients and providers. During development, EVBH sought to address barriers that prevent current EAP programs from being readily accessed by employees and prevented top clinicians from joining the network. **Within one year, Vail Health's utilization of the EAP rose from 1.7% (consistent with the national average) to over 15%.**

### Session Learning Objectives:

- ☑ Identify the benefits of behavioral health EAPs and reducing stigma in the workplace.
- ☑ Understand the current landscape of behavioral health employee assistance programs (EAPs) in the workplace.
- ☑ Understand how the Mountain Strong EAP has removed barriers for providers and patients to increase behavioral health EAP utilization.
- ☑ Describe some of the technological features that make the Mountain Strong EAP sustainable and replicable.
- ☑ Discuss lessons learned from the first year of developing a new behavioral health employee assistance program .



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