



# BEHAVIORAL HEALTH DIGITAL PULSE

**US Adults increasingly report that COVID-19 has negatively impacted their mental health. Providers nationwide are bracing for a surge in behavioral health patients in the coming months. Digital tools, such as online screening and telehealth, will be vital for scaling delivery.**

Digital strategies have emerged as an important component of behavioral health care delivery, with the ability to improve access, capacity and clinical innovation. To help our members assess their current digital capabilities relative to behavioral health, the AHA is introducing the Behavioral Health Digital Pulse, an easy-to-use, self-assessment tool that can help organizations identify current capabilities and prioritize areas for improvement.



**We spent about 25 minutes thoughtfully answering questions – it was easy to use.** It crystallized what we already knew from a telehealth standpoint – what we are using and what our challenges are for expansion.

We had already identified a need for more on-demand telepsych and have a business plan under review to move that forward, so we used the Pulse results to convey internally to IT and Finance where we have opportunity.



– Rachel Weiss

VP, Telehealth and New Business Hackensack Meridian Health

**Developed in partnership with AVIA, the nation's leading digital transformation partner for healthcare organizations, the Behavioral Health Digital Pulse helps hospitals and health systems benchmark their digital capabilities across these areas:**

### **Increasing access and capacity**

- TeleMAT [medication-assisted treatment] services
- Telemental services
- Peer support services
- On-demand behavioral health services

### **Driving clinical innovation**

- Behavioral health screening
- Behavioral health integration
- Emergency department-based mental health interventions
- ED-based substance-use disorders

**In addition, the Pulse allows members to explore resources to help them accelerate progress and to see how they compare with peers who are also benchmarking progress with this resource.**

By evaluating their organizations' capabilities in specific areas, members can see where they stand against their peers. The Behavioral Health Pulse will clearly and efficiently show what "good" looks like in the field and will point you toward those organizations that are performing well on specific measures.

**AVIA** The Behavioral Health Pulse is only one aspect of AVIA's digital innovation platform — AVIA Connect — to which AHA members have full access with their AHA.org account. With Connect, members can view a curated database of solution providers with which their peers have chosen to work; engage with peers in closed and open discussion groups; and view timely and relevant content on subjects of interest via the AHA online community.

To learn more and to access the Behavioral Health Digital Pulse visit [www.aha.org/digital-pulse](http://www.aha.org/digital-pulse)



#### **Questions?**

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