

Accarent: Working Together with Johns Hopkins Medicine

Accarent Health is a unified technology and care management platform granting access to pre-negotiated, fixed bundled prices for complex medical procedures and treatments. In collaboration with The Johns Hopkins Hospital, Accarent Health, offers a variety of behavioral health treatment bundles eliminating unpredictable costs and providing increased access to quality care.

Certified nurse case managers and concierges make up the Accarent Care Team, who help the patient navigate the process, answer any questions, coordinate care with providers, and assist with lodging and transportation.

The doctors and staff at the Johns Hopkins Department of Psychiatry and Behavioral Sciences treat adults, adolescents and children in more than a dozen specialty areas. Treatment is provided by a leading expert in the assessment and treatment of these disorders. All packages include psycho-diagnostic evaluation to identify and differentiate specific disorders from common co-occurring mental health conditions.

Comprehensive Mental Health Assessment

This consists of an In-depth psychiatric consultation with a Hopkins faculty psychiatrist specially trained to help when prior treatment efforts have not been successful, this assessment includes:

- A comprehensive mental health diagnostic interview, including interviews of family members, if appropriate
- Review of past treatment records
- A follow-up meeting presenting (a) the results of the assessment using the unique Johns Hopkins "Perspectives" model and (b) recommendations for treatment
- Care Concierge to assist with the identification of appropriate treatment resources.

Comprehensive Mental Health Treatment

This service, which may follow the Comprehensive Mental Health Assessment, includes six 45-minute sessions with a Hopkins psychiatrist for psychotherapy and, if appropriate, medication management

Cognitive Behavior Therapy for Obsessive-Compulsive Disorder

Initial psycho-diagnostic evaluation is followed by the initiation of Cognitive Behavior Therapy (CBT) emphasizing exposure with response prevention (ERP), the first line of treatment for OCD. While CBT will be individualized to address the patient's unique clinical need, the core therapeutic components will include:

- psychological education about OCD and its evidence-based treatment
- cognitive strategies to manage and overcome intrusive obsessive thoughts
- exposures to practice overcoming distress related to OCD

This step-wise treatment consists of 14 one-hour-long sessions that can be delivered in either an intensive or weekly format and will involve family members as appropriate.

Cognitive Behavior Therapy for Anxiety Disorders:

Initial psycho-diagnostic evaluation is followed by the initiation of specialized Cognitive Behavioral Therapy (CBT) for anxiety disorders. CBT is recommended as the first-line treatment for anxiety disorders. While CBT will be individualized to address the patient's specific need, the core therapeutic components include:

- psychological education about anxiety and its treatment using evidence-based treatments
- cognitive strategies to manage anxious worries and thoughts
- relaxation strategies to manage physiological symptoms of anxiety
- exposures to practice overcoming feared and/or avoided situations.

Treatment consists of 14 one-hour-long sessions that can be delivered in either an intensive or weekly format, and will involve family members as appropriate.

Behavioral Treatment of Tourette's Syndrome

- Initial psycho-diagnostic evaluation is followed by the initiation of the Comprehensive Behavioral Intervention of Tics (CBIT). CBIT is the recommended first-line treatment of TS across health professions, and has shown considerable therapeutic benefit in randomized clinical trials--the gold standard measure of a treatment in medicine. While CBIT will be tailored to address the specific needs of the patient, the core therapeutic components include: psychological education about TS and its behavioral management,
- awareness training and competing response training to reduce tic severity, and
- a functional assessment followed by intervention strategies to mitigate interference from tics in daily life

Treatment consists of 10 one-hour-long sessions that can be delivered in either an intensive or weekly format and will involve family members as appropriate.

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Anorexia Nervosa

A comprehensive inpatient/partial hospitalization program of anorexia nervosa for both pediatric and adult patients. The Johns Hopkins Eating Disorder Program helps patients gain back control over their eating and master healthy eating. The program provides an individualized approach that helps patients interrupt unhealthy behaviors and reach their full potential. Treatment consists of up to 60 days including both inpatient and partial hospitalization.

Johns Hopkins Medicine Balance Program

A digital mental health program developed by Johns Hopkins experts in psychology and psychiatry. Participants start with a confidential survey to evaluate their needs, then they are offered personalized support – a compassionate, expert Care Concierge to guide them to the right kind of care or specialists, plus skill-building content and a digital assistant for 24/7 support. Includes:

- Two confidential surveys using validated questions to understand the patient's behavioral health needs through 4 lenses
- 356 days of access to Bea, a digital mental health assistant built by clinical psychologists and based on the principles of Cognitive Behavioral Therapy.
- Four consultations with a Balance Care Concierge, behavioral health practitioners trained by Johns Hopkins staff