



# Providing more support for families

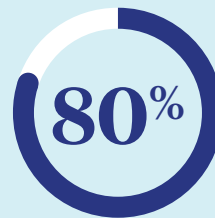


Child and Family Behavioral Coaching provides coaching support to help families address and manage a variety of non-acute mental and behavioral health needs, including:

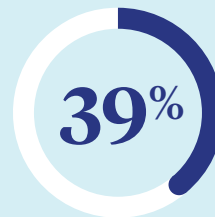
- Low- to moderate-severity ADHD
- Depression
- Anxiety
- Internet/tech addiction
- Relationship issues
- Self-esteem challenges

Designed for children ages 1–17 and their caregivers, the interactive coaching process uses skill-building techniques focused on behavioral, functional or other goals. Coaching techniques are evidence-based and may include mindfulness, parent management training, social and emotional learning, and motivational interviewing.

## Results show improvements for coaching participants<sup>1</sup>



of participants have demonstrated improved symptoms over baseline



average improvement score across all participants

# Building coping skills and resilience

Coaches help participants understand how one's environment, thoughts, emotions and behaviors contribute to how they are feeling or behaving—and help find ways to make changes for the better.

Participants receive personalized support from a dedicated behavioral health coach via 45-minute virtual coaching sessions up to 4 times per month, with secure in-app messaging available between sessions. Participants also receive skill-building exercises to help them put new skills into action.

In addition, coaches can help parents and caregivers access resources to better manage and support their child's growth and development. They also may coordinate with schools and outside providers, including in cases where additional or acute care is needed.

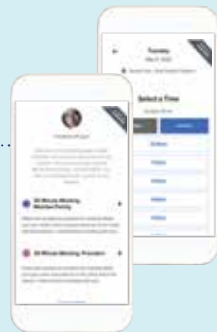
All coaches are trained on mental health and substance use conditions, associated symptoms, motivational enhancement techniques, safety planning and triaging, the impact of stigma, and the diversity of mental health conditions, symptoms and interventions.

## Member experience

From assessment to ongoing support and skills development



Caregiver completes assessment



Caregiver schedules first appointment



Participants learn, practice and complete progressive activities



Parents and kids use supplemental content between visits

This program is provided by Bend Health.

Learn more

Contact your UnitedHealthcare representative

<sup>1</sup> Based on Bend Health internal data between November 2021 and April 2022. Includes those with anxiety and/or depression. N=30. Administrative services provided by United HealthCare Services, Inc. or their affiliates.