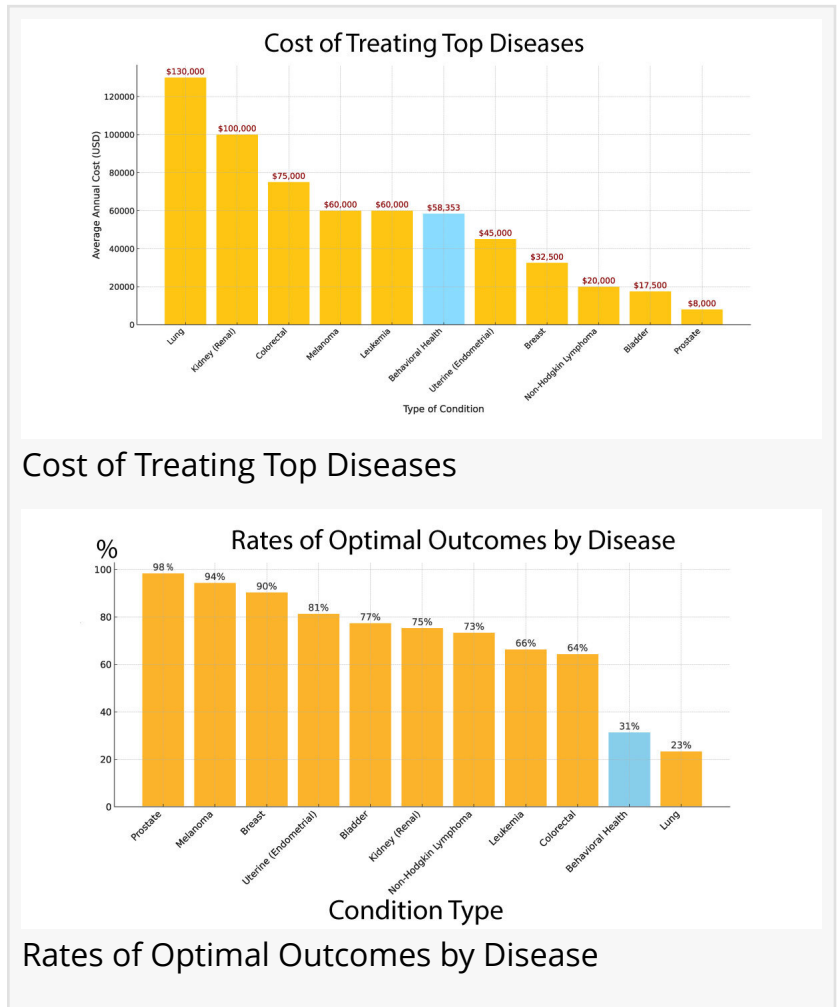


Behavioral Health Outcomes Lag Behind Most Major Diseases Despite Higher Costs

DALLAS, TX, UNITED STATES, January 24, 2025 /EINPresswire.com/ -- Behavioral health conditions, including depression, anxiety, and substance use disorders, are among the most complex and costly clinical conditions to treat. Unlike many major diseases, such as prostate cancer or melanoma, which boast optimal outcome rates exceeding 90%, only 31% of behavioral health patients eventually achieve optimal outcomes. This striking disparity underscores the systemic challenges inherent in treating behavioral health compared to other diseases, despite behavioral health conditions incurring average annual costs of \$58,353 per patient, significantly higher than many other chronic and acute conditions.

Recent data from [YOUU Health](#) highlights the significant challenges associated with achieving optimal outcomes in behavioral health care while also revealing opportunities for innovation to improve care delivery and reduce costs. The low success rates for behavioral health are likely driven by three key factors: clinical methodologies shaped by fee-for-service reimbursement rules that institutionalize poor clinical procedures to ensure compensation for care services; inadequate training of behavioral health clinicians who lack access to longitudinal data for decision-making; and an insufficient focus on integrated care that includes social determinants of health solutions, which perpetuates a reactive 'sick care' model rather than preventive health solutions.

The study examining a behavioral health cohort of 25,688 patients over a five-year period highlights stark disparities between those achieving optimal and suboptimal outcomes. Patients



with optimal outcomes, representing just 31% of the patients, accounted for \$464 million in treatment costs. By comparison, 69% of patients experienced suboptimal outcomes, contributing \$276 million in annual costs and requiring 1.44 million treatment days.

Key Findings from YOUU Health's Analysis

The Average Annual Costs for Common Conditions chart (see below) positions behavioral health as one of the costliest conditions to treat effectively. Behavioral health costs surpass many other conditions, including kidney and colorectal cancers, reflecting the resource-intensive nature of care delivery.

In addition to financial challenges, success rates for behavioral health lag far behind other clinical disease conditions. The Long-term Optimal Outcomes chart places the condition among the lowest-ranked for successful treatment compared to most other diseases like prostate cancer, melanoma, and breast cancer.

Social Determinants of Health Impact Outcomes

The data also highlights the influence of social determinants of health on behavioral health outcomes and the lack of clinical attention from the relatively young behavioral health industry to consider factors that lead to poor success rates. Factors such as socioeconomic conditions, physical environments, and health behaviors contribute to 40%, 30%, and 10% of health outcomes, respectively. Clinical care accounts for only 20%, underscoring the need for systemic changes beyond traditional medical interventions.

The analysis, conducted by YOUU Health, examines optimal outcomes data from a behavioral health cohort of 25,688 patients over a five-year period. The study provides actionable insights into the financial and logistical challenges of treating behavioral health conditions, offering strategies to improve equity and efficiency.

Clinical or social services agencies are welcome to inquire about the study and other findings by [appointment HERE](#).

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Ed DeShields
YOUU Health
+1 855-800-8886
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