

LEVERAGING THE FORGE CARE MODEL TO IMPROVE MEDICAL OUTCOMES AND LOWER COSTS

Driving life changing, industry leading results for our partners and patients

Forge Health is a mission-driven company transforming mental health and addiction care with a high-touch, technology-enabled model that serves as a “one-stop-shop” for all outpatient behavioral health needs. Forge partners with key industry stakeholders to deliver value-based treatment that increases access, lowers costs, and improves care quality, while providing an exceptional patient experience. The Forge Care Model utilizes multidisciplinary clinical teams, data analytics, and streamlined delivery to provide personalized, whole person care that improves total health outcomes.

STUDY

Forge Health partnered with a leading national payer in a retrospective, before-and-after cohort study to determine whether Forge’s intensive outpatient programming positively impacted medical services utilization, overall patient health, and the cost of care. The study monitored 70 adults ranging in age from 24 to 72 years old over the 12 months prior to, and 12 months following, the date of initial program engagement. This study is the first of its kind to examine national payer-validated data for a full year following mental health and substance use treatment.

KEY OUTCOMES

The study found that over a 12-month period post initial engagement in Forge Health’s intensive outpatient program, participants had significant reductions in emergency room services utilization, all-cause hospital admissions, and medical hospital admissions, along with improved utilization of primary care.

These outcomes suggest that providing a treatment model that:

- (i) *is trauma-informed;*
- (ii) *addresses mental health, substance use, and co-occurring disorders;*
- (iii) *services high and low acuity patients; and*
- (iv) *addresses social and co-morbid medical needs,*

is an effective, achievable population health strategy to improve care quality and overall patient wellbeing, while reducing costs.

62% reduction in emergency department utilization

39% reduction in all-cause hospital admissions

75% reduction in medical hospital admissions

20% increase in primary care visits