



## CASE STUDY: COMPREHENSIVE MENTAL HEALTH & WELL-BEING SOLUTIONS FOR A LEADING HOSPITAL



Our client, a highly regarded hospital known for its quality healthcare and family-like treatment of patients, serves a wide array of medical needs, from outpatient procedures to a high-volume emergency room. For over 15 years,

**Bree Health** has been the hospital's trusted well-being partner, currently supporting over 10,000 employees. Bree Health's comprehensive well-being solutions help medical and support staff manage the demands of their professional and personal lives, ensuring they can continue providing exceptional care.

### CHALLENGES

The hospital faced significant challenges exacerbated by recent events, leading to increased stress and emotional burden on the staff:

- **Post-Traumatic Stress Disorder (PTSD):** Many staff members were grappling with PTSD due to a surge in patient deaths, impacting their mental health and job performance.
- **Depression and Compassion Fatigue:** The medical staff experienced high levels of depression and compassion fatigue, compounded by long working hours and heightened stress.
- **Feelings of Hopelessness:** There was a notable rise in feelings of hopelessness among the employees, affecting their overall well-being and morale.
- **Need for Constant Support:** The intensity and demands of their work required the medical staff to have access to support services 24/7.

### SOLUTIONS

Understanding the unique challenges faced by hospital employees, **Bree Health** provided a holistic solution designed to support their well-being:

- **Comprehensive Counseling Services:** **Bree Health** offers around-the-clock access to licensed counselors, available via an integrated mobile platform. This ensures that employees can receive support anytime, anywhere.
- **Holistic Well-being Services:** The program addresses all aspects of life's challenges, from personal issues to professional stressors, ensuring a comprehensive support system.
- **Enhanced Accessibility:** The mobile platform ensures that services are easily accessible, providing convenience and immediate support to the hospital staff.
- **Focused Employee Well-being:** By addressing personal problems that could affect job performance, **Bree Health** aims to enhance overall employee productivity, satisfaction, and holistic wellness.

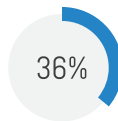
### TOP 5 EMPLOYEE HEALTH CONCERNS ADDRESSED:

1. Stress/Anxiety: **69%**
2. Marital/Partnership: **10%**
3. Depression: **9%**
4. Trauma/Grief: **4%**
5. Occupational: **3%**

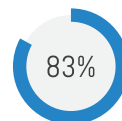
### RESULTS



The hospital achieved an overall cost avoidance of \$5,742,585.



increase in well-being program engagement.



of counseling sessions were initiated by employees.