



Understanding the Importance of Mental Health in the Treatment of Injured Workers



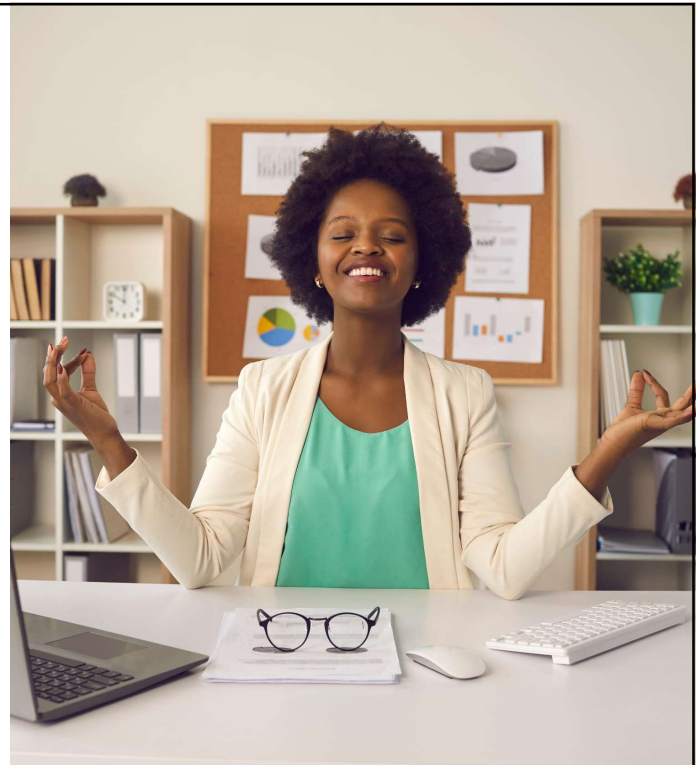
Karen Thomas, RN, MSN, CCM
CorVel Corporation Vice President, Clinical Solutions

1

Relaxation: Connect with your senses

- If you start to feel stressed, overwhelmed or panicked, connecting with your five senses can help to ground yourself in the present moment. You can do this exercise and it does not need special equipment.

©2023 CORVEL

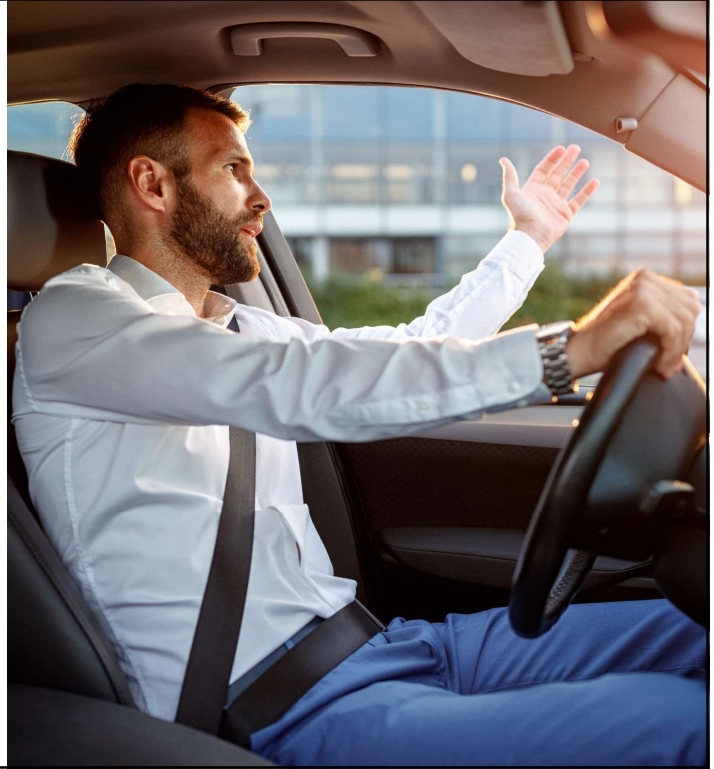


2

Mental Health Epidemic

- The U.S. is currently experiencing an epidemic of mental health problems in the workplace.
- Stress and anxiety are now the most common workplace injury
- An estimated 12 billion working days are lost every year to depression and anxiety
- Mental health issues are driving employers costs up due to turnover, decreased productivity, absenteeism/presenteeism, and increased work injuries related to mental health issues.

©2023 CORVEL

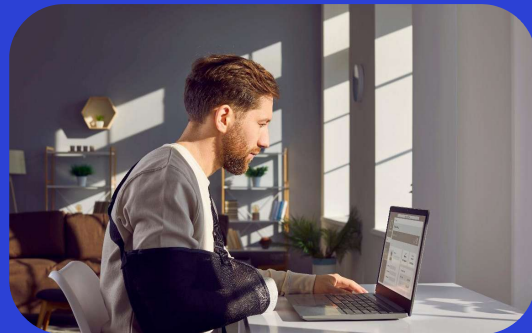


3

Injured workers and mental health

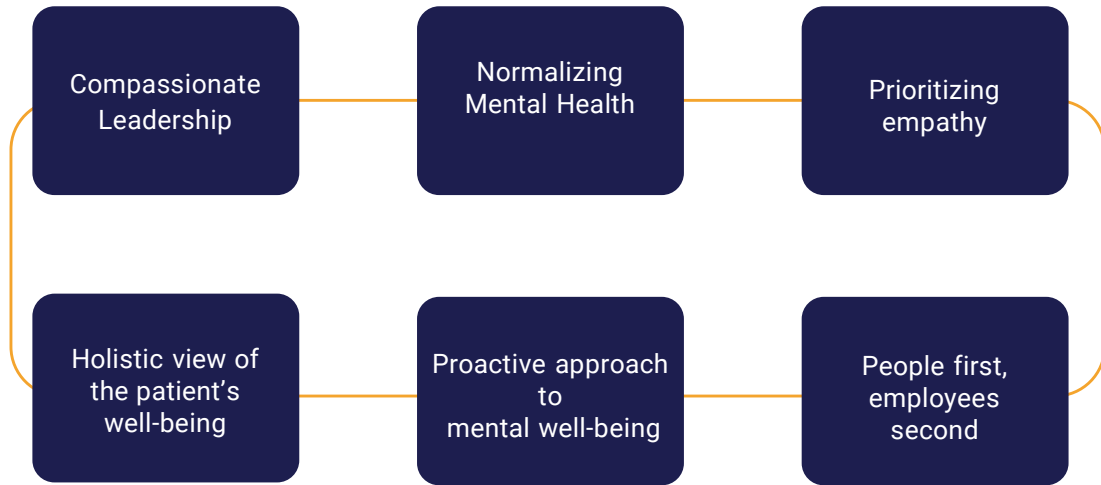
- 25 – 45% of injured workers develop symptoms of depression as early as one month post-injury.
- Chronic pain and uncertainty about returning to work can manifest in a variety of psychosocial factors that act as barriers to recovery.
- Being injured means decreased interactions with friends at work and fewer emotional/social connections.

©2023 CORVEL



4

Holistic Approach To Work Injury/Illness Management



©2023 CORVEL

5

Implementing a comprehensive workplace wellness strategy



6

Provide Employee Assistance Programs (EAP)



©2023 CORVEL

- What is it?
- What is its purpose?
- What are the benefits?
- What is the process?
- How to measure?

7

Early Intervention



©2023 CORVEL

- Case management screenings to identify warning signs of mental issues to address promptly
- Automated data evaluation helps pick clues quickly, utilizing machine learning
- Highly intelligent technology can evaluate audio files for signs of stress and anxiety

8

Care Advocates



©2023 CORVEL

- Guides for the recovery journey
- Integrated Care Technology
- Virtual Care

9

Critical Incident Stress Debriefing (CISD)



©2023 CORVEL

- What is it?
- What is its purpose?
- What are the benefits
- What is the process?
- How to measure?

10

Creating a Mental Health Strategy for the Claim team



©2023 CORVEL

11

Thank you!

©2023 CORVEL

12