



Solutions Overview for Hospitals

A Trusted, Reliable Behavioral Health Discharge Option

From the nation's leading virtual psychiatry & therapy practice

Given the rising need for mental health care and the lack of available resources and local providers, it's increasingly difficult for hospital discharge planners and care managers to connect patients with timely follow-up care in their community, especially within the time frame required to meet HEDIS measures.

Without timely follow-up treatment and support, these patients are often at risk of relapse and rehospitalization.

Array Behavioral Care can help.

Array is a national behavioral health practice founded by clinicians over 23 years ago. With appointments available seven days a week, Array makes it easy for discharged patients to connect with expert mental health professionals from the convenience and comfort of home through secure, online video calls.

Many of our psychiatrists and therapists are accepting new patients and have appointments available.

We employ a large and diverse team of licensed behavioral health experts across all 50 states with various specialties so patients ready for discharge can find the clinician who best suits their needs.

Array clinicians offer talk therapy, psychiatric assessments, and medication management for a variety of mental health issues.

It's quick and easy for patients to get started:



Patients can self-schedule online using our direct scheduling link at arraybc.com/patients/refer

OR



Contact our Care Navigation team at **877.354.5506** for help booking their first appointment.

Array Behavioral Care has the clinical experience and expertise to serve patients **across the continuum of care, from hospital to home.**

Our virtual outpatient clinic model offers the following benefits:

- Shorter wait times for appointments (typically within one week of discharge)
- Access to behavioral health specialists in home
- Reduces expensive hospitalizations
- Reduces cost of care by shortening LoS in ED and inpatient settings
- Fewer inappropriate inpatient admissions
- Operational infrastructure and intake processes already in place

Most Major Insurances Accepted



Humana



(self-pay is always an option)

Mental Health Issues We Treat

- | | |
|------------------------|-------------------------|
| Anxiety | Family/parenting issues |
| Depression | Grief and loss |
| Trauma, racial trauma | Child psychiatry |
| Substance use disorder | LGBTQIA+ Issues |
| | And more! |