



STRENGTHENING YOUTH BEHAVIORAL HEALTH SERVICES

Reducing Healthcare Costs

TAMMIRA's virtual mental health (MH) platform can serve as a meaningful adjunct to the existing behavioral healthcare continuum, as well as help reduce healthcare costs.

Emergency Department Diversion & Step-Down Support

Patients presenting significant emotional distress at the ER and may not require inpatient psychiatric services. Upon discharge, possible long wait times for out-patient follow-ups can contribute to worsening symptoms and repeat visits to high-cost services at the ER and possibly for in-patient hospitalization.

Post-Inpatient Psychiatric Discharge Support

Discharged patients frequently encounter barriers to transitioning back to the community, especially during the first 30 days following hospitalization. TAMMIRA's support services can function as a complementary layer of support to existing outpatient discharge plans, help to reduce risk of reactivating symptoms and need for high cost ER or inpatient hospitalization services.

In sum, this added layer of care supports:

- Lower psychiatric readmission rates and added costs
- Improves discharge planning success and patient treatment adherence
- Enhanced patient and family confidence following discharge
- Increase continuity of care between inpatient and outpatient behavioral health providers

TAMMIRA's virtual MH prevention and education program for youth

Healthcare providers engage youth (10 to 22 yrs) in MH education and wellness support to help prevent emotional illness that can lead to high cost behavioral health ER and inpatient care. Emotional health screenings, interactive live streams and private and peer group events are among the services provided. TAMMIRA collaborates closely with schools at the county and local school district levels.

Service Care Providers: Child and Adolescent Psychiatrists, Nurse Practitioners & Registered Nurses

For more information, please visit tammira.com or contact:

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