

# The Pandemic's Impact on Dependent Mental Health Claims

Since the start of the COVID-19 pandemic, mental health concerns for dependents have risen significantly. According to the National Alliance on Mental Illness (NAMI), one in six youth experience a mental health disorder each year.

A recent HORANalytics® study examined mental health claims volume by dependent age group and diagnosis. The study found the highest volume of mental health claims were among dependents ages 13-23. Below are additional findings from this study.

**34% of mental health claims among dependents were from dependents ages 13-17, and 29% were among dependents ages 18-23.**

**The behavioral health condition category that saw the highest volume of claims was psychiatric.**

**Developmental disability spending increased by 52% for dependents ages 0-12 from 2019 to 2021.**

**Substance abuse claims grew by 25% for dependents ages 13-23, but decreased by 29% among dependents between the ages of 24-26.**

**Psychiatric diagnosis represent more than 75% of all claims for dependents between the ages of 13-23.**

With the increase in mental health claims among dependents, more employers are considering how to enhance benefits for all plan members. Investing in mental health solutions can positively impact your health care costs and show your plan members that you care about their holistic wellbeing.

We are here to help. HORAN can provide you with a strategy to build your mental health offerings and a roadmap of resources to better support your employees. Contact your HORAN representative at 800.544.8306 for more information.

**Dr. Monica Whitehead, Ph. D., Cincinnati Children's Hospital Medical Center Psychologist, appeared as a guest on our podcast "Benefits: What, Like it's Hard" to discuss the rise in dependent mental health claims. Click the link below to listen.**

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