



A Digital Emotional Health Program for Improving Overall Health

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Emotional health plays a critical role in our overall health. Without strong emotional health, we are less likely to engage in general health behaviors. Unlike our physical functioning, our emotional functioning is more likely to affect those around us. We have all had co-workers, friends, or others in our lives who are not emotionally healthy. While a person's physical condition and health struggles may have little impact on others, low emotional health affects communication, attendance at meetings and social functions, decision-making, and a host of behaviors impacting the lives of others.

Despite the positive impact that emotional health has on overall health, there are barriers to accessing to appropriate services. A joint study by the Cohen Veterans Network and the National Council for Behavioral Health, published as *America's Mental Health 2018*, researchers found that 56% of Americans are seeking or wanting mental health care for themselves or their loved ones, yet 74% do not believe that services are accessible, and 46% believe that options are limited. Barriers to emotional health services include high cost and insufficient insurance coverage, limited options and long waits, lack of awareness, and social stigma.

In an effort to improve access to emotional health information and resources, we developed a systematic approach in our Emotional Health Intervention Program (EHIP), discussed in our last blog by Dr. Aaron Quinn. Working with our Advisors, participants learn behaviors and strategies that improve emotional health. While a range of health behaviors (medical, nutritional, exercise) are also incorporated, a cornerstone of Album Health's solution is our Digital Emotional Health Program, a 10-unit, e-learning program -