



Active ConsultingSM

Arkansas Program Outcomes

32%

Reduction in Emergency Department Visits

53%

Reduction in Behavioral Health Admissions

53%

Reduction in 30-Day Readmissions

61%

Increase in the Number of Days in the Community

Data set for 116 members referred March 2023 to August 2024, based on claims through June 2024, subject to change as providers submit additional billing. As reported by payer in October 2024.

Data-proven results, one person at a time.

Benchmark’s wrap-around, customized approach leads to substantial improvements for the people and providers we support.

In March 2023, Benchmark began providing Active Consulting services in Arkansas. Our team works to support the success of each individual served, and we are collecting data to measure the success of individuals pre- and post-intervention.

CASE STUDY - 27 y/o Male with Multiple Diagnoses

In one case, the Arkansas team worked with an adult who was in jail after \$5,000 worth of property destruction during a hospital stay.

When our team first met with this individual, his mother and his doctors were recommending placement at a Human Development Center. Through Benchmark’s support, this individual maintained his placement in a group home—living in the community.

The team provided a variety of services, including weekly support by Qualified Developmental Disabilities Professionals (QDDP), Qualified Behavioral Health Professionals (QBHP), and Mental Health Professionals (MHP). We completed client-specific training with this individual’s current provider, and we were available for 24/7/365 on-call wraparound support and de-escalation.

This individual continues to attend outpatient mental health therapy and medication management.

Pre-Benchmark

130

Days in Jail

Post-Benchmark

0

Days in Jail or Acute Care

DIAGNOSES:

- F41.1 Generalized Anxiety Disorder
- F84.0 Autism Spectrum Disorder, with accompanying intellectual impairment, requiring substantial support
- R/O Obsessive-Compulsive Diagnosis

CASE STUDY - 14 y/o Female with DCFS Involvement

In another case, the Arkansas team worked with an individual who was placed in Dept. of Child and Family Services (DCFS) custody after her mother's suicide attempt.

Prior to Benchmark's involvement, the individual had six acute hospitalizations and spent 45 days in acute placement. She was placed with a personal care attendant, and her parent wanted her to be placed in an Intermediate Care Facility.

The services Benchmark provided to this individual include family therapy, individual therapy, caregiver coaching, real-time crisis support, QBHP interventions, and support for transition into foster care.

Since Benchmark started working with this individual in May 2023, she has not needed acute placement or hospitalization. In fact, she is thriving. This individual placed second in a bowling competition, she participated in a pageant, and she is currently attending full-day school in a general education classroom.

Pre-Benchmark

45

Days in
Acute Care

Post-Benchmark

0

Days in
Acute Care

DIAGNOSES:

- F43.8 Other Specified Trauma- and Stressor-related Disorder
- F91.3 Oppositional Defiant Disorder - Mild
- F90.2 ADHD, combined type
- F84.0 Autism Spectrum Disorder
- F70 Intellectual Disability - Mild
- Z62.820 Parent-child Relational Problem
- Z63.8 High Expressed Emotion Level within Family

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