



UNIFIED FIRE AUTHORITY

MEMORANDUM

24-028

March 1, 2024

TO: All Personnel

FROM: Battalion Chief Fossum

SUBJECT: Insurance Use for Behavioral Health Visits

Over the course of the current fiscal year, we have experienced a sustained increase in the usage of our Behavioral Health Program, specifically with referrals to external clinicians. This greatly outpaced the budgeted amount of \$45,000. Through internal means, we were able to reprioritize other budgeted funds to increase the behavioral health line item to \$120,000 for the remainder of the 2023-2024 fiscal year.

As an additional measure to manage costs, we have made arrangements with **Monarch Therapy and Family Counseling** as well as **Meaning to Live** to utilize SelectHealth Insurance. Upon visiting with the provider, employees must notify them that you have SelectHealth. They will bill the insurance and then invoice UFA for the copay. This will still continue to provide confidentiality to employees using the services. To arrange for UFA to receive your co-pay through this process, you will need to receive a referral through Chris Ownsbey the Behavioral Health Coordinator. He can be contacted at 801-743-7114 or cownsbey@unifiedfire.org.

Doing this will assist in extending available funds for services to those who are using and may choose to use the program in the future.

We are continuing to work towards long-term sustainability of the Behavioral Health Program. This includes improving our Peer Support Program, the Employee Assistance Program and additional measures that will support Captain Hilton. Further communication will be forthcoming as these changes are implemented and take effect.