

# Look Forward to Transforming the Patient Journey in Mental Health

Adrienne Rivlin, Partner





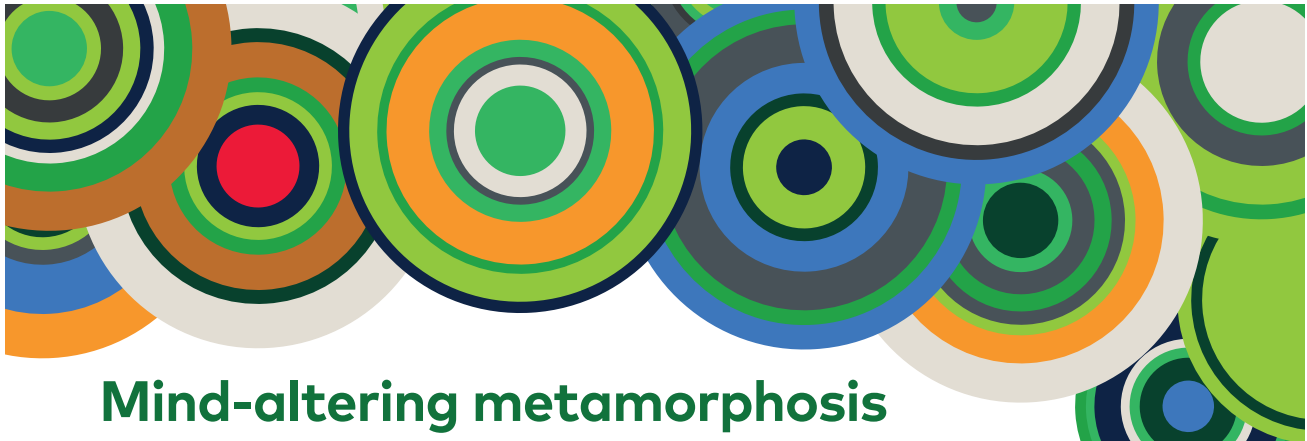
## OUTLOOKS

### L.E.K. Look Forward Into 2024

Welcome to Look Forward, L.E.K. Consulting's annual analysis of the challenges and opportunities in the year ahead. In this arresting infographic, L.E.K. partner **Adrienne Rivlin** reveals the stark cost of mental health issues and looks at an exciting new treatment.

## Look Forward to Transforming the Patient Journey in Mental Health

Our latest analysis of the growing issue of poor mental health makes for compelling reading. With the cost in lost productivity top the world economy already hitting \$2.5 trillion annually, and projected to more than double by the close of the decade, the need to rethink the patient journey has never been more pressing. From smarter processes to new psychedelic therapies – technology holds the key to better mental health.



## Mind-altering metamorphosis

Transforming the patient journey in mental health



According to the World Health Organization, 1 in 8 people globally live with a mental health disorder; depression and anxiety are the most prevalent

Poor mental health costs the world economy over \$2.5 trillion per year in reduced productivity, a figure projected to rise to \$6 trillion by 2030

**\$6tn**  
BY 2030








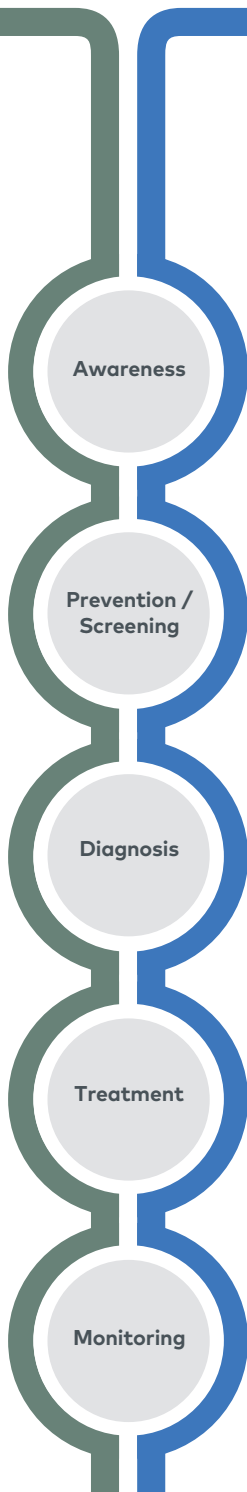


## The Patient Journey Redefined

# 2023






A range of challenges across the patient journey currently plague patients with mental health conditions.

-  Societal stigma hinders individuals from seeking treatment
-  Capacity and affordability constraints give limited treatment options
-  Limited effective pharmacological treatments
-  Extensive wait times and inadequate patient monitoring
-  Continued mental health issues



# 2040

By 2040, we aspire to create a positive patient journey involving the safe use of psychedelics in a supportive environment.

-  Evidence-based public education reduces stigma in mental health disorders and improves public perception of psychedelic therapy with or without psychotherapy
-  Apps with interactive AI questionnaires enable early detection of mental health disorders
-  Seamless patient experience with efficient consultation and accurate diagnosis processes
-  Immersive VR packages create psychedelic-like states to prepare patients for the therapeutic experience  
Apps for patients to track progress
-  Improved at-home engagement with HCPs in follow-up consultations on metaverse platforms  
Joins virtual patient support networks



**“There is a pressing need to radically reimagine and reconfigure the patient journey to allow patients to benefit fully from the potential that it appears psychedelics with or without psychotherapy can deliver.”**

**Adrienne Rivlin, Partner, L.E.K. Consulting**

## About the Author



### **Adrienne Rivlin, Partner | [A.Rivlin@lek.com](mailto:A.Rivlin@lek.com)**

Adrienne Rivlin, Ph.D., is a Partner in L.E.K. Consulting's Healthcare practice, based in the London office. Adrienne advises private and public-sector organisations across the pharmaceutical, biotech, medical device and consumer healthcare sectors on their critical commercial challenges, including corporate and portfolio strategy development, product launch, pricing and market access, clinical governance structures and processes, and commercial and regulatory due diligence. She is passionate about addressing some of the most challenging issues facing the healthcare sector today, including access to and affordability of treatment, discrimination in medicine affecting both patients and caregivers, and mental health. Before her 10-year career in consulting, Adrienne was a researcher, public policy consultant and tutor at the University of Oxford. During this time, she worked with the Home Office, Ministry of Justice and Department of Health to research and review health policy in prisons. Adrienne has authored numerous articles in academic journals on key issues impacting the global healthcare and life sciences sectors.



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