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**Concordia Care Observes May as Mental Health Month: Biopsychosocial Approach Addresses Physical & Mental Health, Achieves Overall Wellness, Sets Path to Recovery**

***#4Mind4Body Challenge raises awareness of the importance of the mind-body connection in achieving wellness.***

**MIAMI – May 1, 2018** – [Concordia Care, Inc.](#) (Concordia), a specialty risk-transfer and care coordination company, joins [Mental Health America](#) and other national organizations supporting [May 2018 as Mental Health Month](#). By promoting the #4Mind4Body Challenge, Concordia aims to shed light on the importance of understanding the mind-body connection to better achieve overall wellness and set individuals on their path to recovery.

“As leaders in promoting responsive, compassionate behavioral healthcare, it is important to raise awareness of the connection between what occurs in an individual’s mind and how it impacts what’s happening in their body,” says David Vittoria, LCSW, MCAP, ICADC, NCAC II, vice president, Clinical Services, Concordia. [“Research has shown](#) that mindfulness-based clinical interventions can be effective in treating stress, depression and substance use disorders”.

He says that research is ongoing in these areas. For example, there is a significant impact of opioid use for complex catastrophic injuries in workers’ compensation requiring a biopsychosocial approach to treating work-related injuries.

“Studies are now underway at [UCLA](#) on the connection between mindfulness techniques, an individual’s pain experience and their related use of opioid analgesics- a timely topic given today’s public health concerns”.

Concordia’s biopsychosocial approach identifies and honors patient strengths, embraces optimism and is solution-focused and driven by empathy.

“By supporting groups like [Mental Health America](#) and [National Alliance on Mental Illness](#) in their efforts, we hope to create incremental gains in the overall health and wellbeing of our patients and employees,” he concludes.

**About Concordia Care, Inc.**

[Concordia Care, Inc.](#) (Concordia) is a specialty risk transfer, care-coordination company serving insurers, government entities, self-insured plan sponsors and other managed care organizations. Concordia aims to improve patient-centered outcomes and reduce overall cost of quality care. Founded as a Managed Behavioral Health Organization, Concordia has evolved its health services business to focus on: risk transfer, behavioral health, health technology and specialty services. Concordia holds dual accreditations from the Accreditation Association for Ambulatory Healthcare Inc. (AAAHC) and the National Committee for Quality Assurance (NCQA). Visit [www.concordiacare.com](http://www.concordiacare.com). Concordia is an MBF Healthcare Partners portfolio company.