

Mental Health Portfolio Theory of Change

GUIDING PRINCIPLES

- Understanding the conditions and adverse experiences a person has gone through can help guide treatment and care
- Services need to be culturally responsive and equitable
- The continuum of services includes being responsive to prevention, treatment and recovery over the lifespan
- Effective systems of care integrate mental / behavioral health with medical care
- Stable, healthy organizations provide better care and services

PARTNERS

- All uninsured, underserved and vulnerable populations in our service area
- Community mental health centers, community-based organizations and public systems

BARRIERS

- Individuals lack adequate access to and coverage for services
- Services are difficult to navigate and often fragmented
- Consumers can have complex clinical and practical needs
- The current financial environment does not match funding needs of systems and providers
- Perpetual workforce gaps impede service stability
- Stigma associated with mental illness

PURPOSE: To improve the availability and quality of mental / behavioral health services.*

STRATEGIES

Improve Capacity

- Advance strategies that deepen workforce and leadership capacity
- Fund core operating support that leads to organizational improvement, builds infrastructure or promotes sustainability
- Develop strategic and accountable partnerships that lead to enhanced continuum of care

Improve Access

- Promote policies, practices and technology that increase coverage, affordability and availability of services
- Support place-based services and strategies
- Encourage coordinated care and linkages among multiple agencies and partners
- Support outreach strategies to inform and engage target populations

Improve Quality Practice

- Encourage the use of emerging or best practices that are evidence based
- Support services that are family focused, person-centered, culturally responsive and trauma informed
- Support the integration of services into primary care settings

SHORT-TERM OUTCOMES

Improve Capacity

- Increased retention of quality staff and leadership
- Improved organizational structures that promote sustainable high quality service
- Enhanced partnerships that improve efficiency and sustainability

Improve Access

- More affordable, available and convenient preventative and treatment services
- Consumers successfully navigate through service delivery systems
- Improved individual and community engagement in mental / behavioral health wellness

Improve Quality Practice

- Improved mental / behavioral health outcomes for consumers
- Improved use of evidence based practices in service delivery
- Consumer satisfaction with service delivery
- Greater integration of services

LONG-TERM OUTCOMES

Better Health

Better Care

ULTIMATE IMPACT: Mental / behavioral health supports will enable people to improve their state of well-being and live healthy and resilient lives in the community.

* Mental / behavioral health services are referred to as "services" throughout this document.