



Mental Health

THEORY OF CHANGE

PURPOSE

Improve the availability and quality of mental/behavioral health services.*

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.

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 collaboration 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.

PARTNERS

- The uninsured, under-insured, and underserved in our service area.
- Community mental health centers, community-based organizations, and public systems.

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 treatment and preventive 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.

BARRIERS

- Individuals lack adequate coverage and access to 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 deters consumers from seeking help.

LONG-TERM OUTCOMES

- Better Health
- Better Care

ULTIMATE IMPACT

Mental/behavioral health supports will enable people to live healthy and resilient lives in the community.

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