



HEALTHY MINDS: PROMOTING RESILIENCE, RECOVERY AND WELL-BEING IN WASHINGTON COUNTY

3-Year Action Plan for Transforming Behavioral Health

This strategic plan was designed with people with lived experience and their families. Its four pillars are designed to create a recovery oriented continuum of care. The planning process was coordinated by Healthy Bodies Healthy Minds Washington County.

Plan Goal: A Recovery Oriented Continuum of Care Designed with, and accountable to, people with lived experience and their families.

CULTURE CHANGE

Priority Goal Statement:
Reduce stigma and fear of seeking treatment.
Prevention and Promotion

3 Year measure
Decrease deaths by suicide by 10%

Objective 1
Support, promote, and participate in community mental health awareness efforts

Objective 2
Increase the number of towns committed to training residents in Mental Health First Aid from 2 to 5

Objective 3
Implement, with fidelity, Zero Suicide across all healthcare organizations in Washington County

Strategies
1. Partner with organizations to support, promote, and participate in mental health awareness efforts.
2. Invest in mental health promotion and wellness.

Strategies
1. Advocate for towns to propose and pass Mental Health First Aid resolutions.
2. Provide Mental Health First Aid (Youth & Adult) for residents.

Strategies
1. Train Healthcare providers in suicide prevention best practices.
2. Use data to identify opportunities for suicide prevention.
3. Conduct Universal Mental Health Screening.
4. Implement Suicide Attempt Survivors (SAS) Support Group.

SELF-DETERMINATION & INCLUSION

Priority Goal Statement:
People with lived experience and their families are valued and drive the design, delivery, and evaluation of a new system focused on
Wellness, Recovery, and Resilience

3 Year measure
Progress is measured and goals are set according to a recognized model of community inclusion

Objective 1
Consumer and Family Advisory Committee has funding and influence

Objective 2
Each priority in this plan has activities that prioritize the role of people with lived experience and their families in the design, delivery, and evaluation of initiatives

Objective 3
Support and build a movement for recovery, led by people with lived experience and their families

Strategies
1. Maintain funding for the Consumer and Family Advisory Committee.
2. Invest in development of leadership and advocacy skills of committee members.

Strategies
1. Create appropriate levels of input, accountability, communications, and reporting within the HBHM structure.
2. Provide staff support to the committee to facilitate program development activities.

Strategies
1. Foster coordination between advocacy organizations toward shared goals.
2. Provide an infrastructure for consumers and families to develop a support group network.

PARITY AND TREATMENT

Priority Goal Statement:
Improve network adequacy, parity, and accountability along a full continuum of care.
Treatment

3 Year measure
Decrease Preventable ED Visits for BH by X%*

Objective 1
Advocate for insurance parity

Objective 2
Increase access to high quality services and supports along a full continuum of care

Strategy
Develop and implement a policy and advocacy platform that includes:
• Parity Compliance
• Payer accountability
• Provider rates
• Pay Equity
• Insurance eligibility
• Access to telehealth
• Network adequacy

Strategy
1. Increase access to high quality providers with focus on prescribers and integrated Behavioral Health (BH) services in primary care.
2. Develop a score card for excellence aligned with a Recovery Oriented System of Care (ROSC).

CRISIS SYSTEM

Priority Goal Statement:
Address gaps in the crisis system
Decriminalization and Emergency/Crisis

3 Year measure
Length of stay in ED for BH visits by X% or X minutes*

Objective 1
Behavioral health is treated as public health issue, not a criminal justice issue

Objective 2
Improve patient experience across the crisis system

Objective 3
Coordinate, follow-up, and bridge to treatment

Strategies
1. Implement first responder approach, including:
• CIT
• Police Clinicians
• EMS Mobile Integrated Healthcare (MIH).
2. Pursue reimbursement for first responder crisis services.

Strategy
Include peer and family supports across the crisis system

Strategies
1. Develop 24/7 Crisis Triage Call Line (for local resources).
2. Explore feasibility of local Behavioral Health (BH) crisis center.
3. Implement Community Care Teams.

* Specific target yet to be determined

FOR MORE INFORMATION AND TO VIEW THE COMPLETE PLAN, VISIT: WWW.BODIESMINDS.ORG