

# GOALS AND RECOMMENDATIONS

## In a Transformed Mental Health System ...

<b>GOAL 1</b>	<b>Americans Understand that Mental Health Is Essential to Overall Health.</b>	
	<b>RECOMMENDATIONS</b>	<ul style="list-style-type: none"><li>1.1 Advance and implement a national campaign to reduce the stigma of seeking care and a national strategy for suicide prevention.</li><li>1.2 Address mental health with the same urgency as physical health.</li></ul>
<b>GOAL 2</b>	<b>Mental Health Care Is Consumer and Family Driven.</b>	
	<b>RECOMMENDATIONS</b>	<ul style="list-style-type: none"><li>2.1 Develop an individualized plan of care for every adult with a serious mental illness and child with a serious emotional disturbance.</li><li>2.2 Involve consumers and families fully in orienting the mental health system toward recovery.</li><li>2.3 Align relevant Federal programs to improve access and accountability for mental health services.</li><li>2.4 Create a Comprehensive State Mental Health Plan.</li><li>2.5 Protect and enhance the rights of people with mental illnesses.</li></ul>
<b>GOAL 3</b>	<b>Disparities in Mental Health Services Are Eliminated.</b>	
	<b>RECOMMENDATIONS</b>	<ul style="list-style-type: none"><li>3.1 Improve access to quality care that is culturally competent.</li><li>3.2 Improve access to quality care in rural and geographically remote areas.</li></ul>
<b>GOAL 4</b>	<b>Early Mental Health Screening, Assessment, and Referral to Services Are Common Practice.</b>	
	<b>RECOMMENDATIONS</b>	<ul style="list-style-type: none"><li>4.1 Promote the mental health of young children.</li><li>4.2 Improve and expand school mental health programs.</li><li>4.3 Screen for co-occurring mental and substance use disorders and link with integrated treatment strategies.</li><li>4.4 Screen for mental disorders in primary health care, across the life span, and connect to treatment and supports.</li></ul>

**GOAL 5****Excellent Mental Health Care Is Delivered and Research Is Accelerated.****RECOMMENDATIONS**

- 5.1 Accelerate research to promote recovery and resilience, and ultimately to cure and prevent mental illnesses.
- 5.2 Advance evidence-based practices using dissemination and demonstration projects and create a public-private partnership to guide their implementation.
- 5.3 Improve and expand the workforce providing evidence-based mental health services and supports.
- 5.4 Develop the knowledge base in four understudied areas: mental health disparities, long-term effects of medications, trauma, and acute care.

**GOAL 6****Technology Is Used to Access Mental Health Care and Information.****RECOMMENDATIONS**

- 6.1 Use health technology and telehealth to improve access and coordination of mental health care, especially for Americans in remote areas or in underserved populations.
- 6.2 Develop and implement integrated electronic health record and personal health information systems.