

Wisdom of the Greeks



- Plato said,
“The greatest mistake in the treatment of disease is that there are physicians for the body and physicians for the soul, although the two can not be separated.”

President's New Freedom Commission on Mental Health



Overview

- President's Commission Vision and Goals
- Principles of Transformation
- VHA Mental Health Action Agenda
- What are the next steps?
- What is the price of this New Freedom?

President's New Freedom Commission
on Mental Health

VISION

IT'S A FUTURE IN WHICH:

- Everyone with mental illness will recover
- Mental illness can be---
 - Prevented or cured
 - Detected early
- Everyone with mental illness has access to effective treatment and supports- essential for living, working, learning, and participating fully in the community

President's New Freedom Commission
on Mental Health



President's Commission Goals

- Goal 1: Americans Understand that Mental Health Is Essential to Overall Health
- Goal 2: Mental Health Care is Consumer and Family Driven
- Goal 3: Disparities in Mental Health Services are Eliminated
- Goal 4: Early Mental Health Screening , Assessment, and Referral to Services are Common Practice
- Goal 5: Excellent Mental Health Care is Delivered and Research is Accelerated
- Goal 6: Technology is Used to Access Mental Health Care and Information

President's New Freedom Commission
on Mental Health

- Principles of Transformation
 - Treat Mental Health with the same seriousness as General Health
 - Collaborative Care
 - Veteran and Family-Centered
 - It Takes a Whole Community!
 - Best Science to Best Services
 - Recovery (Positive Individual Outcomes)

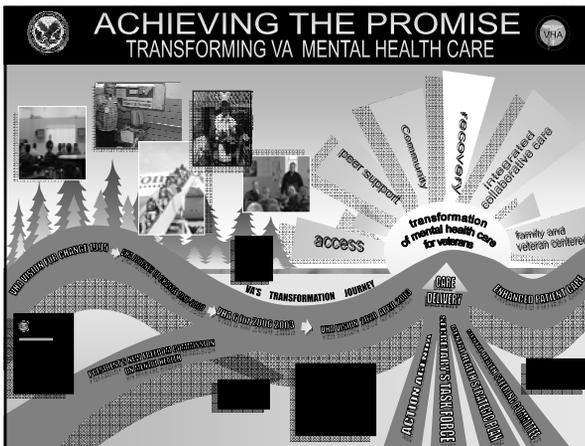
What is Recovery?

- Recovery is a journey of self-healing
- Recovery is re-claiming a positive sense of self despite the challenges of a mental illness
- Recovery is actively managing one's life and health, in order to control psychiatric symptoms, create a positive life style and achieve higher levels of wellness.
- Recovery is reclaiming roles and a life beyond being a consumer of the mental health system.

"Pathways to Recovery": Ridgeway P, McDiarmid, Davidson L et al. Data Reproductions Corporation, Auburn Hills, MI, July 2002

Recovery Programs

- Assertive Community Treatment
- Supported Employment
- Family psychoeducation
- Integrated treatment of mental illness and co-occurring substance abuse
- Peer support

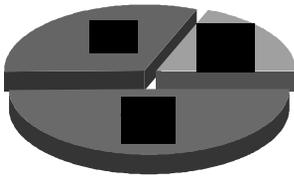


Veterans and Mental Health

- More than 1 in 5 veterans utilize specialized mental health services
- Studies have estimated that 22-29% of veterans suffer from substance use disorders.
- 2000-2010: Veterans aged 85 years will increase from half million to 1.3 million.
 - Aging veterans will need behavioral health care capacity that is not available

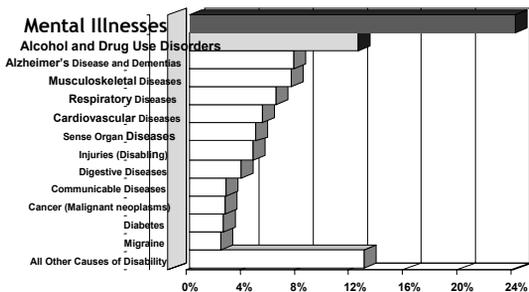
Why is this important?

- Suicide is the Leading Cause of Violent Deaths Worldwide (Source: WHO, 2002)



Causes of Disability

(U.S., Canada, & W. Europe in 2000: SOURCE: World Health Organization, 2001)



Four Obstacles

Preventing veterans with SMI or SUD from receiving care

- Variability and gaps in care for veterans with mental illness
- Reduction of VA substance abuse treatment programs
- Lack of a national plan implemented for consistent provision of a full continuum of care and supportive services
- Lack of involvement and input of Mental health leadership into decisions that affect the care of veterans

Transforming Veterans' MH Care

Goal 1: Americans Understand that Mental Health is Essential to Overall Health

- Produce a MH strategic plan and VISN plans
- Create a VA National MH Campaign
 - Iraqi Freedom and Enduring Freedom
- Encourage help-seeking and promote recovery
- Implement a National Strategy for Suicide Prevention
- Eliminate variability in access by 2008
- Develop collaborative care in primary care clinics

Transforming Veterans' MH Care

Goal 2: Mental Health Services are Veterans and Family Driven

- Develop an VISTA/CPRS treatment planning tool
- Include veterans in development of their individualized treatment plans
- Involve families and veterans in education on Recovery
- Include veterans and families on VAMC MH Councils
- Develop Peer Support Programs and a "How To" manual
- Implement Supported Employment
- Develop Advance Directives for every veteran with SMI
- Reduce use of seclusion and restraint

Transforming Veterans' MH Care

Goal 3: Disparities in Mental Health Services are Eliminated

- Address disparities in access, availability, quality, and outcomes
- Recruit and train a culturally competent workforce
- Support VA research on minority mental health care
- Strengthen rural workforce capacity to deliver evidence based care
- Develop rural mental health plan
- Identify national, state, local partners

Transforming Veterans' MH Care

Goal 4: Early Mental Health Screening, Assessment, and Referral to Services are Common Practice

- Ensure systematic screening for mental health and substance abuse problems in all settings
- Require cross-training for mental health and substance abuse providers
- Identify and implement best practices for co-occurring disorders

Transforming Veterans' MH Care

Goal 5: Excellent Mental Health Care is Delivered and Research is Accelerated

- Convene an EBP Steering Committee to focus on recovery and rehabilitation
- Develop a research agenda for prevention and early intervention for acutely traumatized veterans
- Establish a CSP Center of Excellence in Mental Health
- Create a Mental Health Liaison position in ORD
- Develop a knowledge management system
- Implement QUERI priorities
- Strengthen MH training for Primary Care

Transforming Veterans' MH Care

Goal 6: Technology is Used to Access Mental Health Care and Information

- VISNs should develop a Telemental Health needs assessment and plan
- Monitor outcomes in Telemental Health
- Develop better Workload capture
- Develop an electronic treatment planning tool
- Modify VISTA/CPRS to optimize mental health functionality
- Develop My HealthVet to better serve veterans with SMI and substance use disorders



Achieving the Promise for Veterans

- Implement the Plan
- **Facilitate the work of the** MH Action Agenda Steering Committee
- Collaborate with State governments to develop a State Plan for Mental Health
- Develop VA-adapted Recovery implementation tools, "How To" manual, and educate staff.
- Implement Veteran and Family Centered care programs at all VAMCs by the beginning of FY2005.
- Endorse Collaborative Care as a model for integration of geriatric and mental health services in VA primary care.

Achieving the Promise for Veterans

- Develop a Knowledge Management System to keep staff apprised of best practices and research.
- Develop Cultural Competence Training for all staff
- Adopt the Action Agenda regarding Workforce Development for mental health staff
- Develop a MH research strategic plan that supports VA recovery based mental health and translational research programs
- Establish a VA National Mental Health Campaign
- Partner with SAMHSA on the Federal Interagency Action Agenda

What is the Price of this New Freedom?



- The Four C's of Transformation
- Complex Challenges Require Systematic Solutions
 - Culture Change is Critical
 - Community: Everyone is Responsible for Transformation
 - Communication, Communication, Communication

"We must be the change we wish to see in the world."
- Ghandi
