



# US Mental Health Promotion Action Plan

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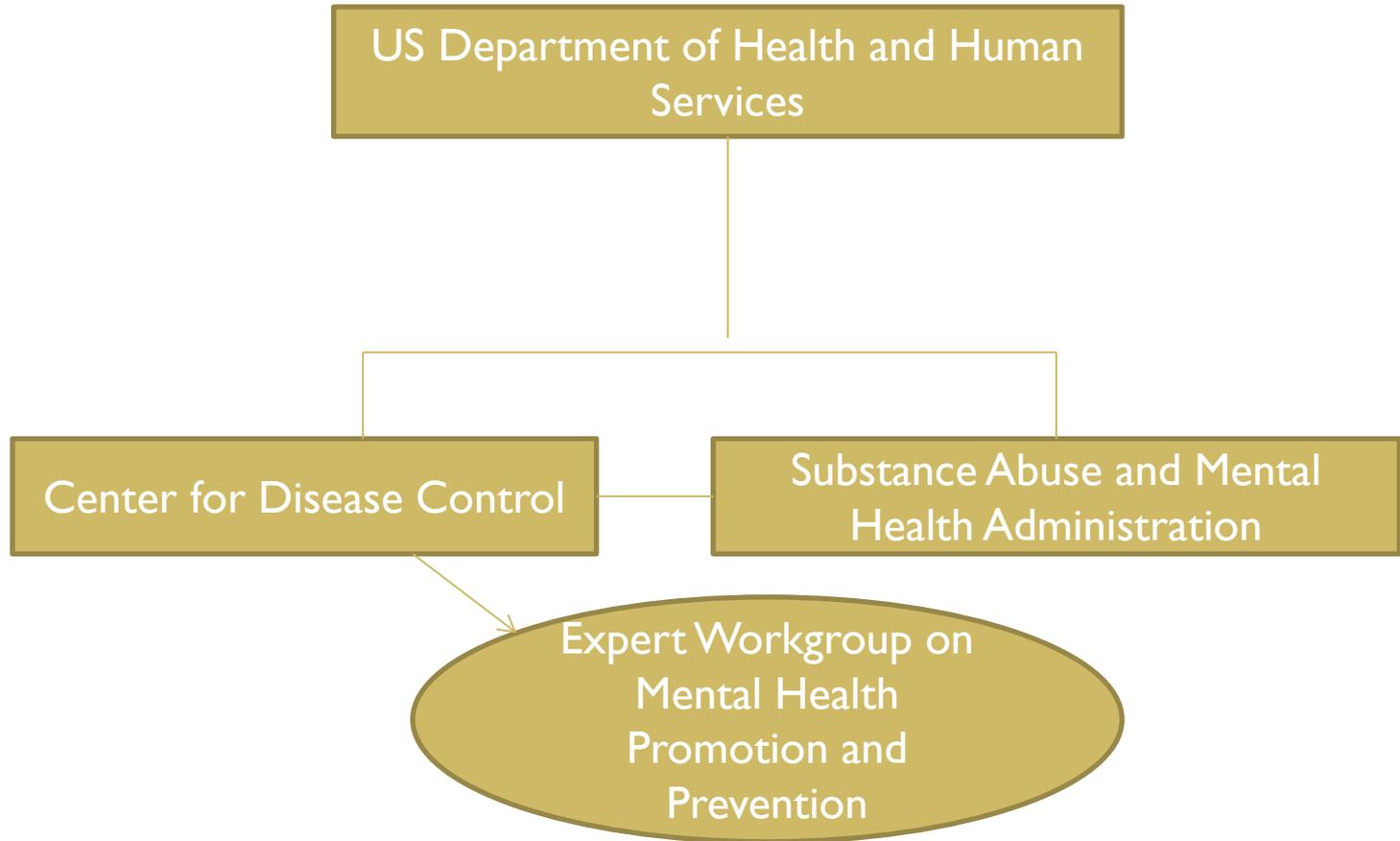
# Organizing Principles:

- Developing an action plan to promote mental health is a shared responsibility of multiple players and organizations, not the sole responsibility of the mental health system.
- Federal leadership is anchored with the Center of Disease Control to reach into basic public health concerns; SAMHSA (Substance Abuse and Mental Health Service Administration) is a key player, so are other health and human services organization.
- States may develop their own mental health promotion plan based on unique regional needs; mental health promotion is embedded in the state's five –year plan.

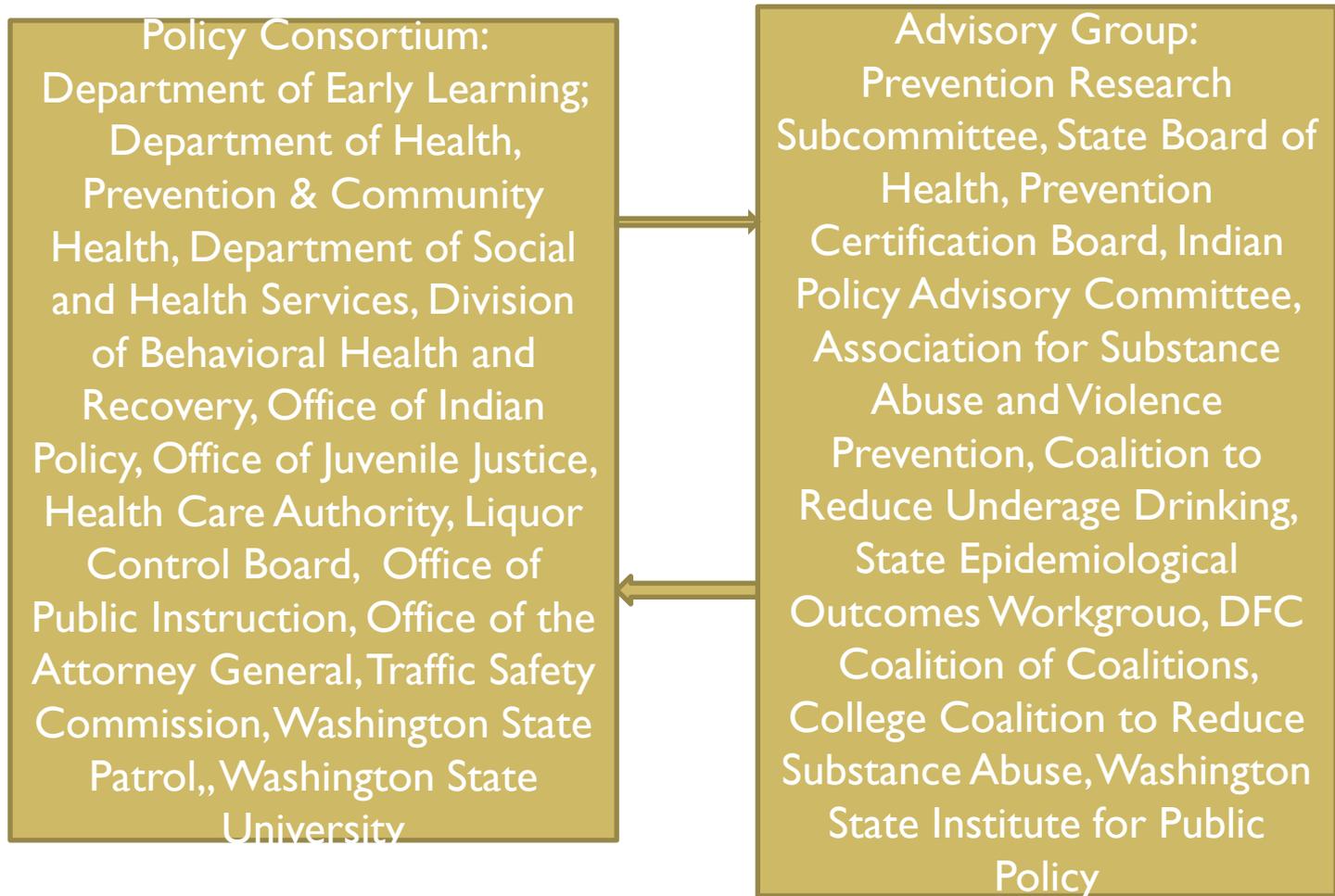
# Unique Features of the US Experience:

- Considerable autonomy at the state level, a result of the division of labor following the Civil War (states became responsible for mental health, disabilities, prison system, etc.)
- Wide variation among the states: not one model of development, but multiple examples
- Nongovernment entity involvement has been anchored with Mental Health Association at state and local levels and other advocacy and policy groups at the national level

# Mental Health Promotion: Federal



# State Model (Washington State)



# US CDC's action plan strategies:

Surveillance:  
support  
collaboration

Education of health  
professionals

Epidemiology



Program Integration

Prevention  
research

Policy integration

Communication

Systems to promote integration

# Points of emphasis in state plans:

- Identify major mental health promotion issues (at-risk communities or population, targeted actions)
- Develop action plans to address the identified issues
- Each mental health promotion issue is fully discussed and implementation plan laid out

# Washington State Example:

## Five Actions

- Reduce underage alcohol and substance use
- Prescription drug misuse/abuse prevention
- Young adult and Pregnant women alcohol & marijuana misuse/abuse prevention
- Tobacco misuse/abuse prevention
- Mental health promotion, anxiety and depression prevention

## Outline of Plan: for each action

- Policy statement
- Information dissemination/public awareness
- Education and workforce development

## Questions addressed:

What is the problem?

Outcome?

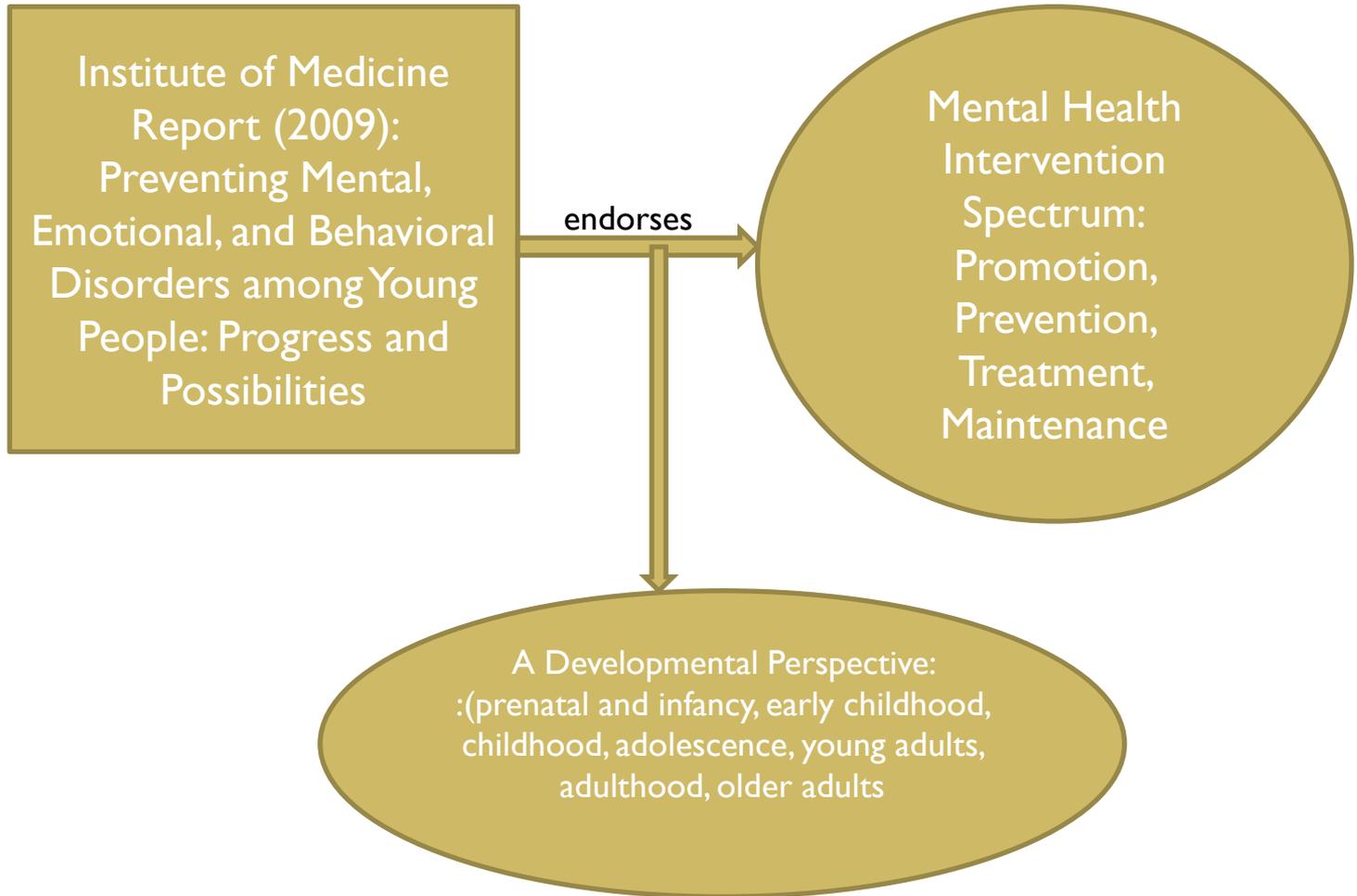
Why here?

What are we doing about it?

What are we doing about it together?

So what? How will know?

# New York State Example:



# New York State Prevention Agenda: 2013-17 Action Plan

- Promote mental, emotional and behavioral well-being in communities
- Prevent substance abuse and other mental, emotional, behavioral disorders
- Strengthen infrastructure across systems

# Outline for Each Action Step (New York):

- Goal 1.1: Promote mental, emotional and behavioral well-being in community
- Objective 1.1.1. Increase the use of evidence-informed policies and evidence-based programs that are grounded on healthy development of children, youth and adults
- Rationale: A detailed description based on research and data collected about the overall health of the population; importance of mental health as part of health
- Action Plan summary: Detailed collaboration with policy makers, practitioners, and researchers; prioritize and strengthen current policy and programs, selection of levels of health impact pyramid (counseling and education, clinical intervention, long-lasting protective interventions, changing the context to make individual decisions healthy, socioeconomic factors to be measured and tracked

## Key Features of US mental health promotion plans:

- Practical and doable
- Responsive to regional needs
- Each one begins with a vision and develops an action plan to implement the vision.

# Lessons for Taiwan:

- Mental health promotion should have a wide participation by government, academic, citizen groups, and providers
- Action plan is meaningful when participants have a strong sense of ownership and commitment to its implementation
- US is supportive of the well-being notion of mental health and has moved toward an intervention spectrum
- Each state must first identify its vision and mission to develop policy goals and objectives, and strategies